

Creating Rural Spaces and Community Assets for Recreation

Teresa Penbrooke, CPRE, MAOM
PhD Candidate, Researcher, and Consultant

NC STATE
UNIVERSITY



Current Research on Rural Disparities

- Rural adolescents are more likely to be physically inactive than youth living in more urban areas.
- Physical distance, social isolation, lack of community offerings, and transportation are key barriers.
- Rural communities often lack human capital to sustain initiatives.
- Racial divisions and culture influence perceptions of opportunities.
- Despite divisions, there are often good examples of pooling of resources to create and sustain physical activity opportunities.

Edwards, M.B., Theriault, D.S, Shores, K.A, & Melton, K.M. (2014). Promoting Youth Physical Activity in Rural Southern Communities: Practitioner Perceptions of Environmental Opportunities and Barriers. *The Journal of Rural Health*. 30, 379-387c, National Rural Health Association.

How to Address These Disparities?

- Develop partnerships and leveraging local resources.
- Involve church leaders, school officials, health care workers, and cooperative extension, along with various parks and recreation providers.
- Allocate resources to existing community personnel and volunteers for continuing education.
- Conduct joint system-wide master planning of county and municipal agencies.

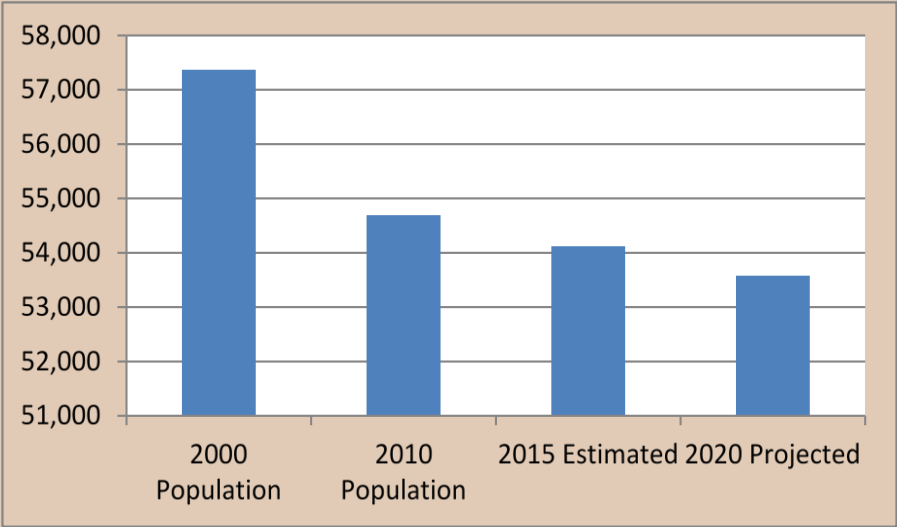
Demographic Assessments

Example - Halifax County, NC

Declining Population (-.2 to -.5%)
Higher African American Population (53%)

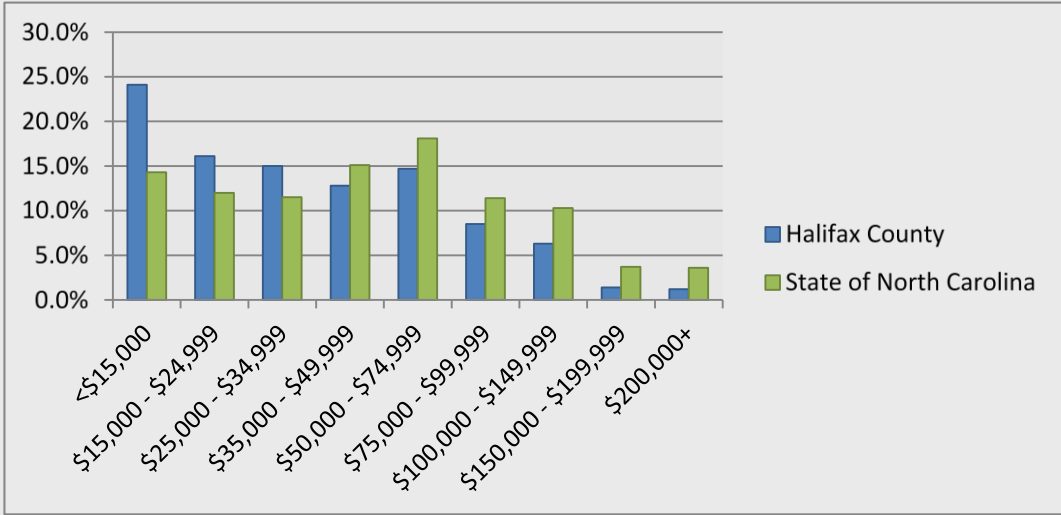
Summary Demographics	Halifax County	State of North Carolina
Population	54,120	10,014,449
Number of Households	22,027	3,945,351
Avg. Household Size	2.39	2.47
Median Age	42.8	38.2
Median Household Income	\$30,816	\$46,306

Figure 1: Halifax County, North Carolina, Population Growth Trend



Source: Esri Business Information Solutions.

Annual Household Income Distribution Comparison for Halifax County and the State of North Carolina (2015)



Source: Esri Business Information Solutions, 2015.

24% of household incomes less than \$15,000 per year

Gaps Analysis

Ex: Rolesville, NC

What's Nearby



Parks

Rolesville Park

121 Redford Pl Dr .5mi

Mitchells Mill State Natural Area

5432 Zebulon Rd 3.7mi

Ailey Young Park

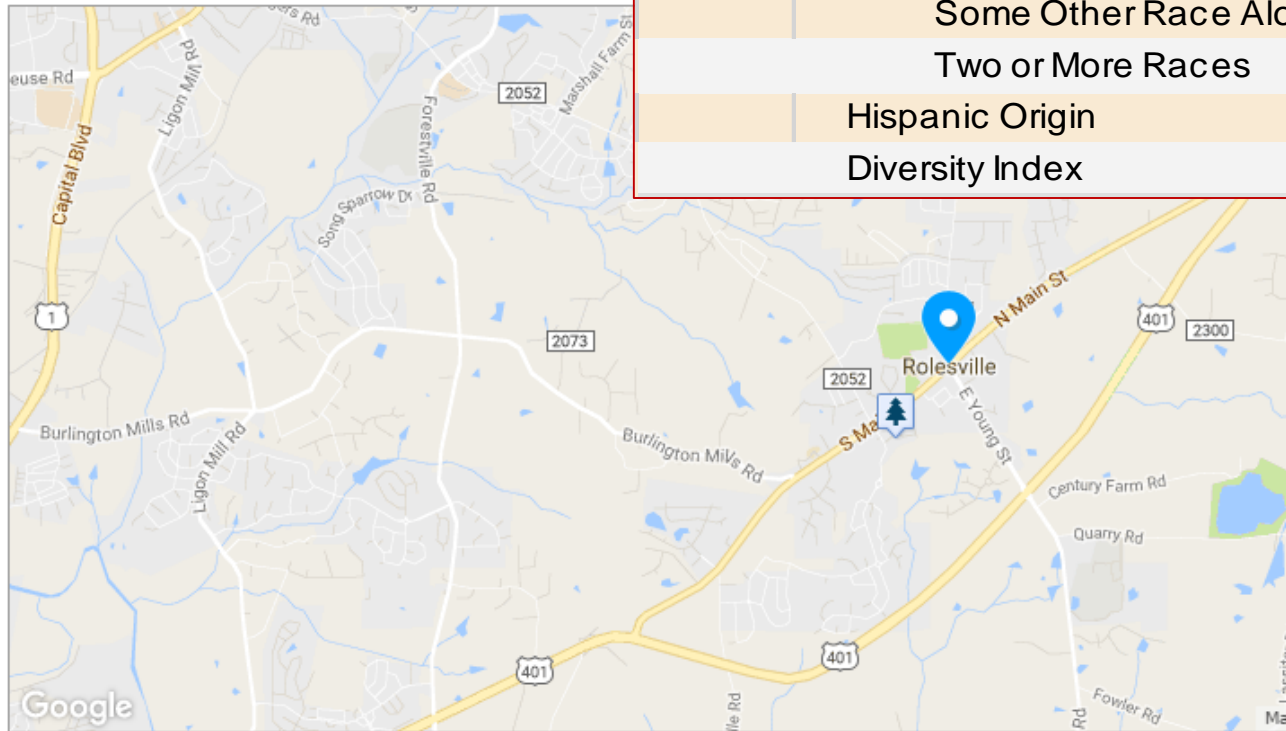
240 Carroll St 4.5mi

N Taylor Street Park Rehabilitation

400-498 N Taylor St 4.9mi

Holding Community Park

136 W Sycamore Ave 4.9mi

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Market Profile

2019 Population by Race/Ethnicity

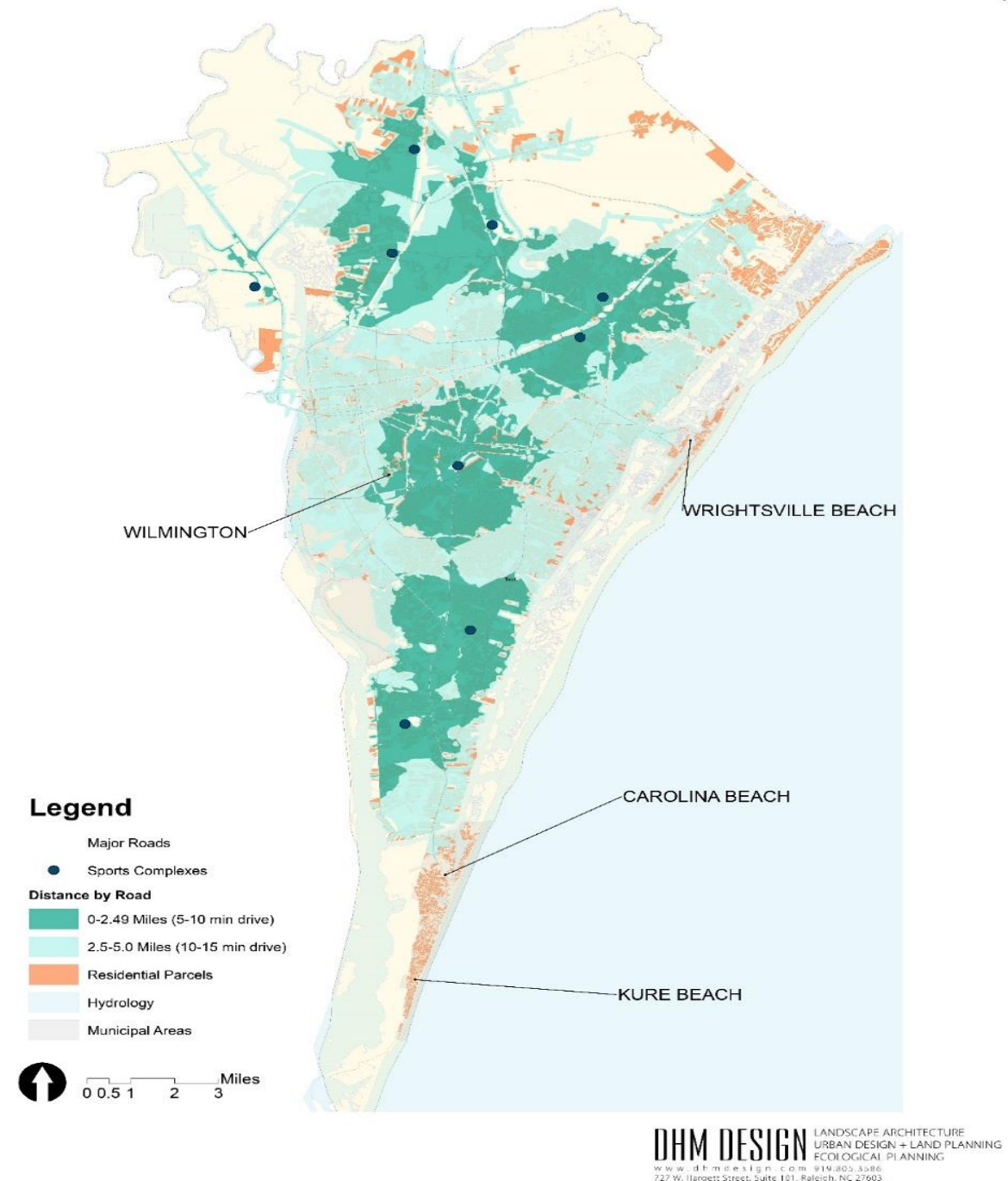
Total	5,786
White Alone	71.3%
Black Alone	20.3%
American Indian Alone	0.4%
Asian Alone	2.7%
Pacific Islander Alone	0.1%
Some Other Race Alone	2.8%
Two or More Races	2.4%
Hispanic Origin	8.3%
Diversity Index	53.3

Gaps Analysis

Example - New Hanover County, NC

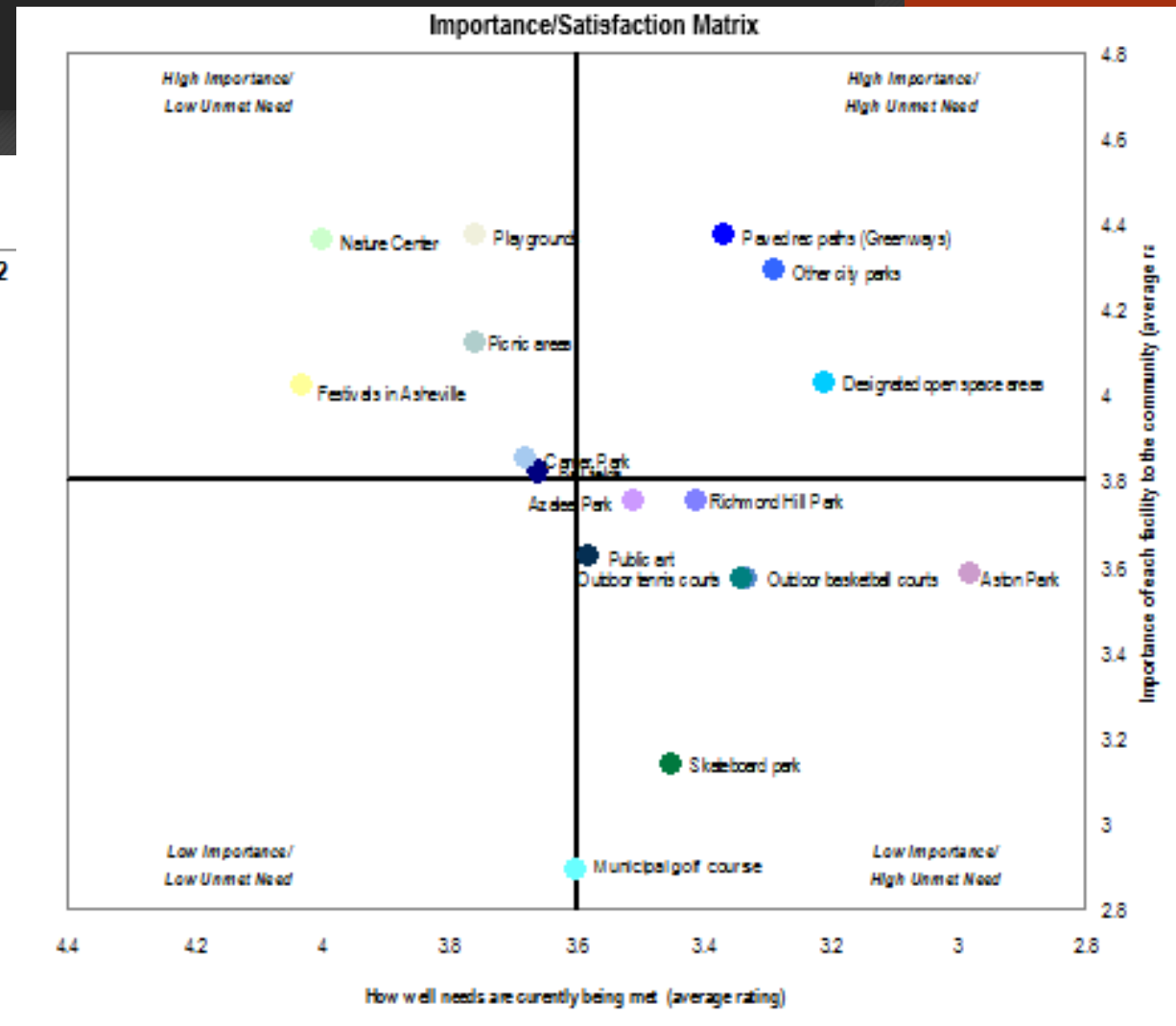
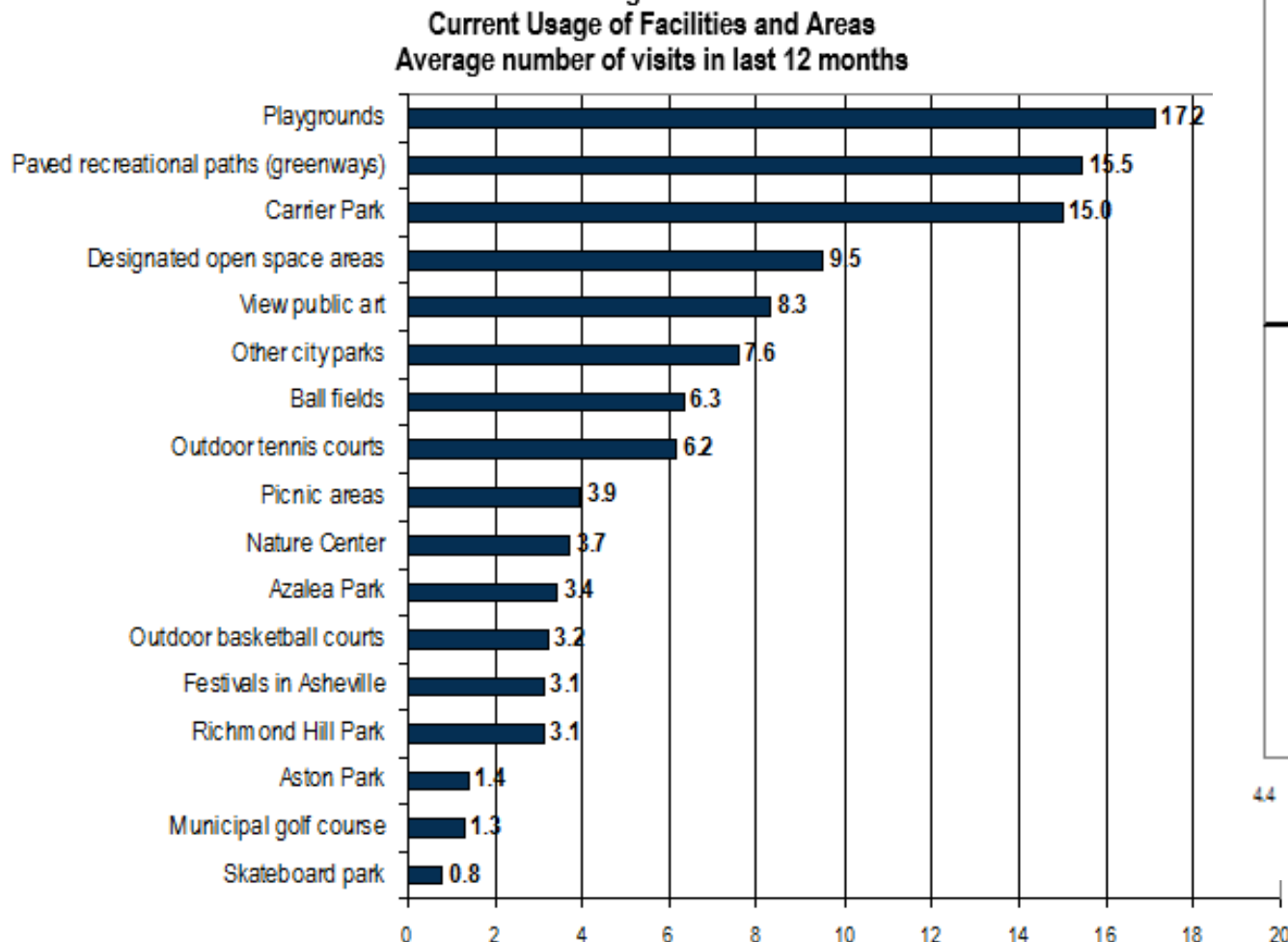
Component-Based
Inventory and Level of
Service Analysis in GIS

Goal is equitable
distribution



Random Representative Community Survey

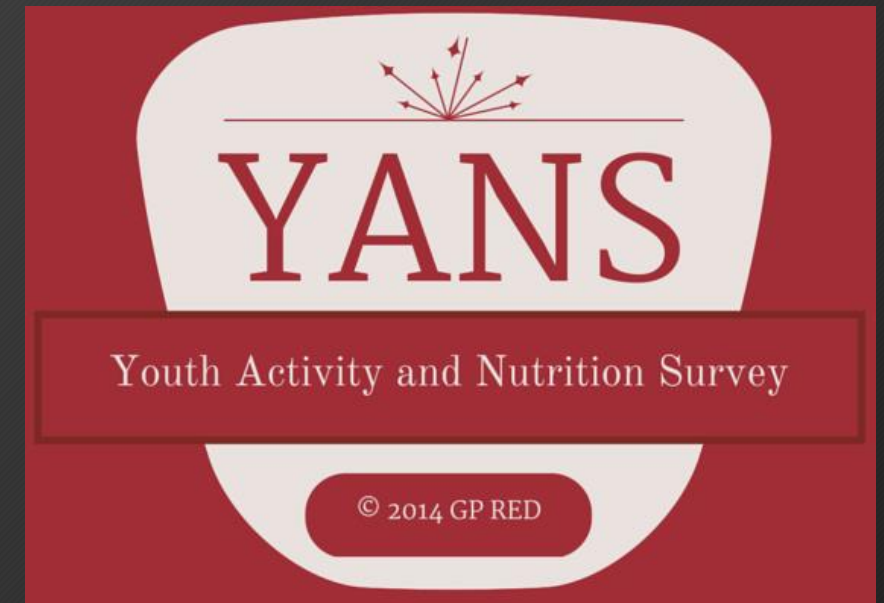
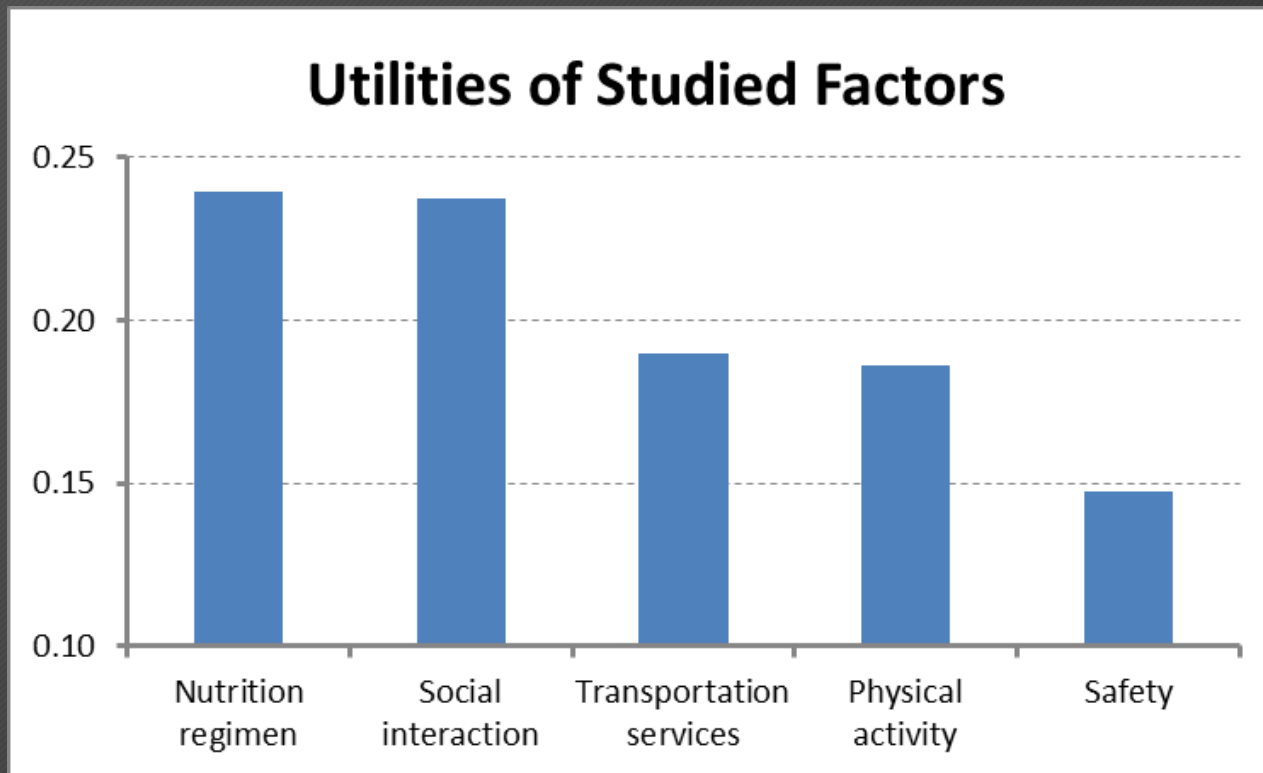
Ex: Asheville, NC



Assess Community-Specific Needs

EX: YANS Survey Instrument

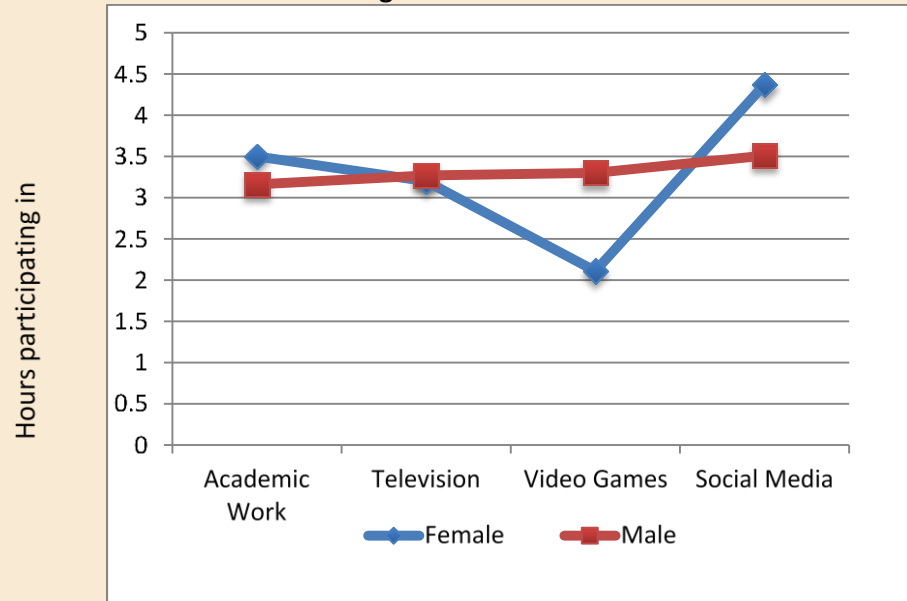
- 23 questions - Ages 10 to 14, 6th to 8th grade
- Height/Weight - BMI for dependent variable



YANS Example - Halifax County, NC

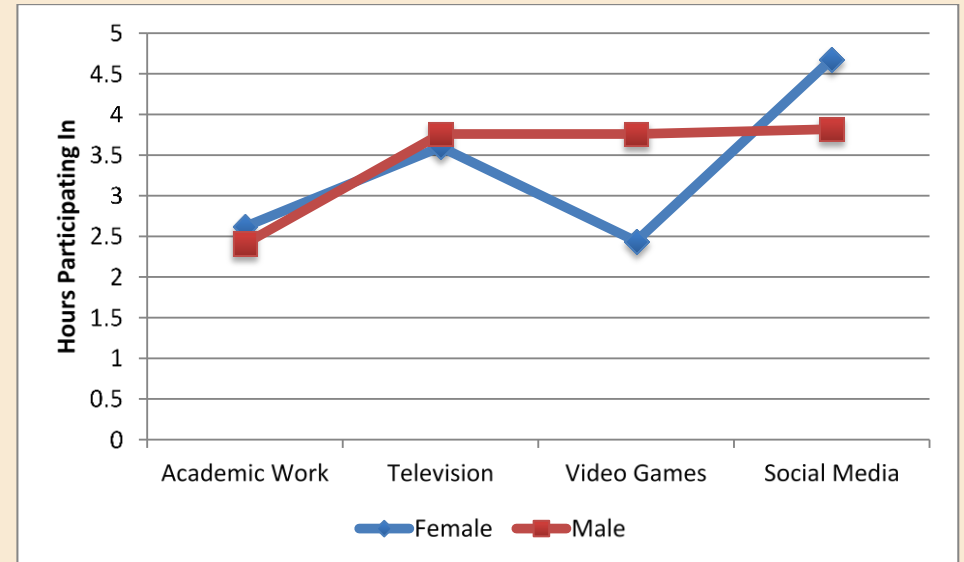
Gender Differences - Non-Active Activities

Weekdays – Gender Differences – Average Time on Various Activities



During the week, females spend slightly more time on academics and social media, and less time on video games; however, the amount is only significant for video games

Weekend Gender Differences – Non-Active Activities Weekends



Males played video games **3.76 hours** while females spent **2.4 hours** on weekends. Females spent more hours connecting social media than male students.

YANS Example: Halifax County, NC

Transportation for youth

Modes to Get to School

	Walk	Bike	Bus	Adult drives
Total	3.2%	1.0%	45.4%	50.4%
Female	2.2%	0.7%	42.8%	54.3%
Male	4.3%	1.3%	48.5%	45.9%

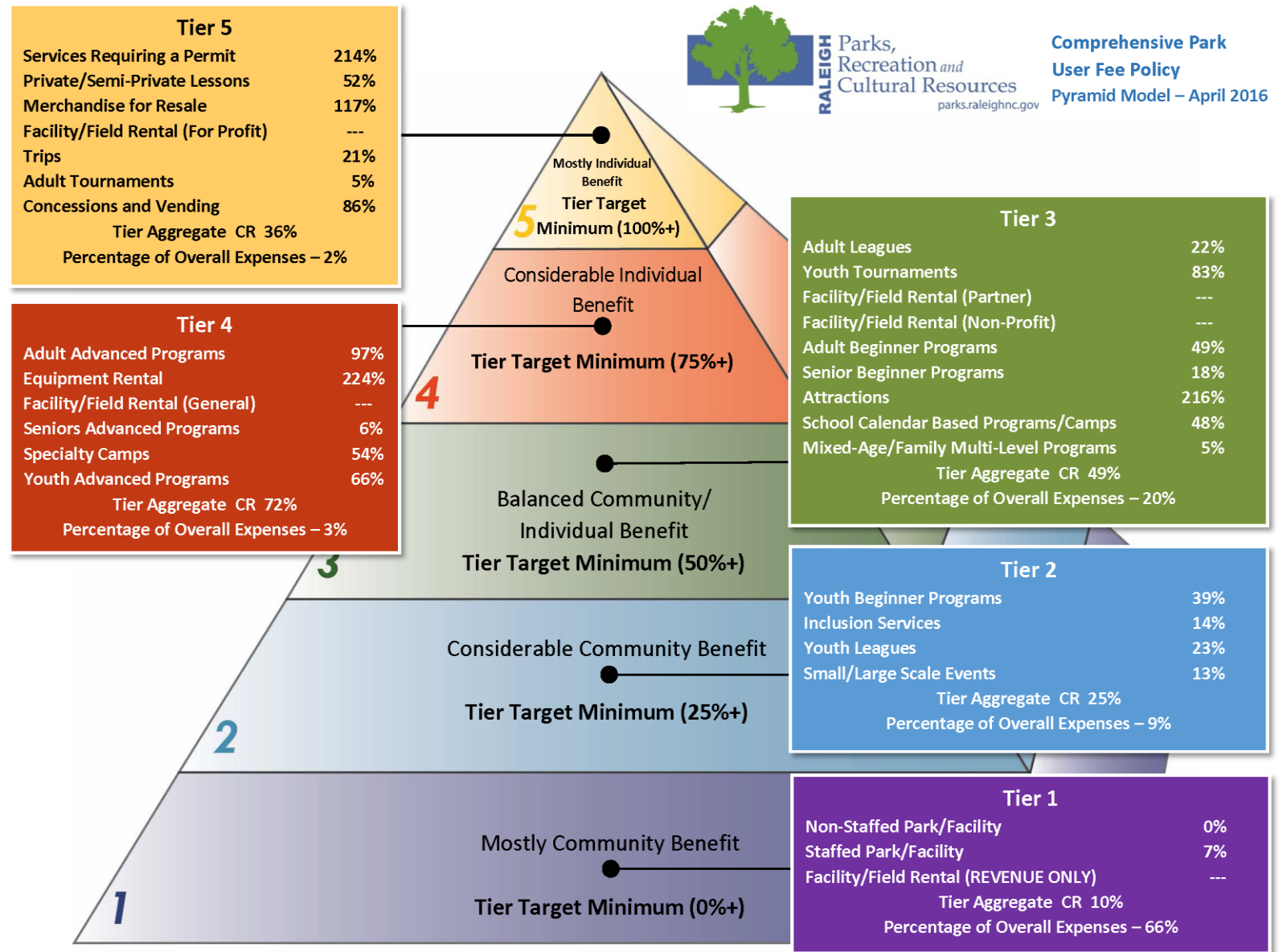
Modes to Get to Location for After School Activities

	Walk	Bike	Bus	Adult drives	Other
Total	15.3%	13.0%	1.7%	63.0%	7.0%
Girls	15.7%	6.3%	0.8%	73.2%	3.9%
Boys	14.8%	20.8%	2.8%	50.9%	10.6%

While bus is an option for many to school, unless an adult drives them, most walk or ride a bike to an afterschool activity.

Descriptive statistics indicate that students who ride a bike or walk show slightly lower BMI scores than those students taking bus or vehicle, but the result was not statistically significant ($F=.291$, $df=500$, $p>.05$).

Customized Equitable Approaches to Service Provision for All in Region *Example: Raleigh, NC Fee Policy Study*



Key Aspects for Rural Health and Recreation Planning

- May not have organized resources in local communities - have to work together for funding
- May not be able to get there
- May be harder to build trust
- Need to work together to identify leaders and champions
- Needs are there - may actually be higher for rural areas

Questions?

Thank you for your Time!

Contact:

Teresa Penbrooke, MAOM, CPRE

303-870-3884 / tlpenbro@ncsu.edu / teresap@gpred.org



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