Building Momentum for a Healthier Philadelphia
May 11, 2010
PUFFA

• Community oriented advocacy & policy change initiative:
  
  – Promote access to healthy food at school and in our communities
  – Promote access to safe places for fitness & play
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Includes community advocates, youth, and institutional partners

Southeast Philadelphia Collaborative (SEPC) & The Enterprise Center CDC are the community conveners
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• Improve our physical activity environments by advocating for:

  – Building & redesigning neighborhoods with safe sidewalks and streets; quality parks
  – Supporting schools to provide physical activity
  – Cleaning & re-using vacant lots as places for physical activity
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• Promote active living & routine physical activity through:
  – Improved playgrounds
  – Joint use agreements with local indoor & outdoor recreation facilities
  – Community gardens & landscaping
Some of the young kids come out here to be active because it’s free, but what if they want more activities? They can go to the YMCA WEST, but not everyone can afford this recreation center because it’s too expensive.
Being Active

- Places such as the PAL center and the Salvation Army are free to the community.
• Because of empty places that are closed off to the community, such as the one shown at the bottom, kids are forced to play on public sidewalks that are cracked and have trash everywhere.
Vacant Lots

This empty lot could be a park, vegetable garden or a playground. Lots of opportunity!
Walking can be hazardous

Live wires dangling from a house being remodeled block the sidewalk.

Cracked and uneven sidewalks cause tripping and injuries for pedestrians.
Playground interests younger kids. Where can teens go?

Boys play football here on this empty lot at night due to lack of a place to play.
This playground and garden seem a safe place to play and sit, but at night it’s not safe and healing!
How can we be physically active if we don’t feel safe?
Poor Conditions

• This tennis court doesn’t have a net and the other court net is broken. How can you play tennis?

• The kids use the slide so much that the safety pad is worn away. Now it’s not safe for kids to use.
WHAT DO YOU WANT TO SEE CHANGE IN THE COMMUNITY????

- A green, clean, and safe environment
- Community needs to take ownership and responsibility for itself.
- More places that we can go to be physically active.
- More places that will promote a healthier lifestyle.
Empty Spaces

- I selected this picture because there are a lot of empty spaces that can be cleaned up and people could plant fruits and vegetables; and if they do people can be a lot healthier by eating fruits and vegetables.
  
  -Josh, 15
This picture means a lot to me because this garden before was an empty spot like the one across the street, so it is an example of what people can do in some of the empty spots around the City.

-Josh, 15

Teens4Good Community Garden
• Some people like to ride bikes instead of taking the bus or driving a car. If more people ride bikes or walk places, they can be more physically active and be more healthy and get better exercise.

Ashley - 13
• The reason why I took this picture is to describe physical activity in the young people of today. This picture shows a young man riding his bike instead of catching public transportation (Septa). More physical activity can equal better health.

Efrain - 16
Such a big satellite that you have to pay for. Why not pay for a treadmill or some apples?
How come kids stay home to watch people move about instead of moving about themselves?
- Steve, 16
Stay active on your own or with a friend, this way it is fun.

- Steve, 16
I have this picture of the different places in South Philly where youth and adults could go to get active. I think this shows what people think about physical fitness because there are different options and that could influence a person’s decision about getting active.

Lynnette - 16
• My goal was to show people how the community cares about our health. It’s only $10/year for the workout program at CPA.

Efrain - 16
The more variety of play structures the more fun we can have. The more clean the recreation centers are the more people will enjoy being outdoors.

“Why doesn’t every playground look alike?”
Doesn’t matter how the structure looks, it matters more if the water is healthy to drink and the water pressure is the right level from the fountain.

“don’t put your mouth on it”
What can teens do?

• Volunteer workforce
• Plant some greens
• Take action help communities
• Help organize community clean-ups
• Help recycle
• Outreach to other teens
• Make a “green team”