

RED LINES, GREEN SPACES, BLUE WATERS:

Understanding Inequities of Physical Activity

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SCHOOL OF PUBLIC HEALTH
SEPTEMBER 23, 2023









NAME ANY KIND OF BARRIER TO PHYSICAL ACTIVITY









PRESENTATION OUTLINE

□ HEALTH EQUITY

- SDOH → Racism
- Active Living Paradigm

□ ACTIVE LIVING INEQUITIES

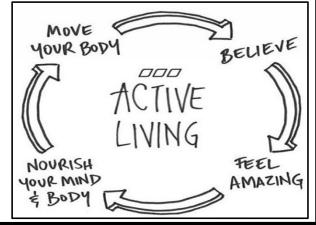
- Blue Spaces
- Green Spaces
- Social Spaces



















HEALTH EQUITY







THE BEGINNING OF AMERICA

1600

1700

1800

1900

AFRICAN AMERICAN ENSLAVEMENT

1619 START OF

AMERICAN SLAVERY

1776

DECLARATION

OF INDEPENDENCE

1863

EMANCIPATION

PROCLAMATION

JIM CROW ERA

Mass Incarceration

2000+

Ship Bance Uland, on tuefday the 6th May next, at Abley-Ferry; a choice cargo of about 250 fine healthy

just arrived from the Windward & Rice Coast.

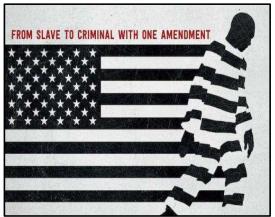
—The utmost care has

fhall be continued, to keep them free from the least danger of being infected with the SMALL-POX, no boat having been on board, and all other communication with people from Charles-Town prevented.

Austin, Laurens, & Appleby.

N. B. Full one Half of the above Negroes have had the











FOUR LEVELS OF RACISM

Private beliefs, prejudices, & ideas as an individual The expression of racism between individuals

Discriminatory treatment, policies, & practices within organisations

"STRUCTURAL RACISM IN THE U.S.

IS THE NORMALIZATION AND

LEGITIMIZATION OF AN ARRAY OF

DYNAMICS (HISTORICAL, CULTURAL,
INSTITUTIONAL, AND INTERPERSONAL)

THAT ROUTINELY ADVANTAGES WHITE

PEOPLE WHILE PRODUCING

CUMULATIVE AND CHRONIC ADVERSE

OUTCOMES FOR PEOPLE OF COLOR."

— DR. TRICIA ROSE —

PERSONAL

INTERPERSONAL

INSTITUTIONAL

STRUCTUAL







STRUCTURAL RACISM: A SYSTEM IN MOTION



of people, perspectives

STRUCTURAL RACISM



INEQUITY

in policy, practice & position

STRUCTURAL RACISM



EXCLUSION

via power, voice & organizational culture

STRUCTURAL RACISM



INJUSTICE

with equal rights & equitable opportunities

STRUCTURAL RACISM







STRUCTURE AND SYSTEM MUST BE DISMANTLED

Equality



The assumption is that everyone benefits from the same supports. This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

Justice



All 3 can see the game without supports or accommodations because the cause(s) of the inequity was addressed.

The systemic barrier has been removed.







HEALTH DETERMINANTS





BUILT AND NATURAL SPACE FEATURES

- -MIXED LAND USE
- -POPULATION DENSITY
- -CONNECTED STREETS
- -NEARBY DESTINATIONS
- -PUBLIC TRANSIT
- -PATHS, TRAILS, SIDEWALKS
- -RECREATIONAL AREAS
- -PARKS AND GREEN SPACE
- -AESTHETICS AND IMAGE

MEDIATING FACTORS



PHYSICAL ACTIVITY



HEALTH OUTCOME RISKS

- -PREMATURE DEATH
- -OBESITY/OVERWEIGHT
- -Type II DIABETES
- -CARDIOVASCULAR DISEASE
- -METABOLIC SYNDROME
- -SOME CANCERS
- -FALLS AND FRACTURES
- -COGNITIVE DECLINE
- -DEPRESSION AND ANXIETY

SOCIAL DETERMINANTS OF HEALTH







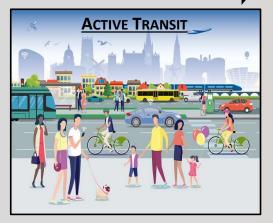
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MEDIATING FACTORS

WEATHER

TRAFFIC



CRIME

POLLUTION

PHYSICAL ACTIVITY





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BUILT AND NATURAL SPACE FEATURES

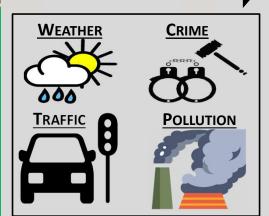
-MIXED LAND USE

Structural Racism

STRUCTURAL RACISM

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SOCIAL DETERMINANTS OF HEALTH

EXAMPLES: HOUSING, FOOD, INCOME, EDUCATION, CULTURE, HEALTH CARE

STRUCTURAL RACISM

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ACTIVE LIVING INEQUITIES IN THE UNITED STATES







BLUE SPACE INEQUITIES









HISTORY OF POOLS IN THE U.S. - BEFORE WWI

□ FIRST PUBLIC POOLS

- Located in large northeastern cities
- Situated in poor urban slums

■ WORKING CLASS

- Poor and immigrant resident
- Racially inclusive pools

□ EARLY 20TH CENTURY

- Cities segregated pools by gender
- Swimmers self-segregated by class
- No race distinction during this time

Source: Wiltse J. 2010. Contested Waters: A Social History of Swimming Pools in America., Al Jazeera. 2019.





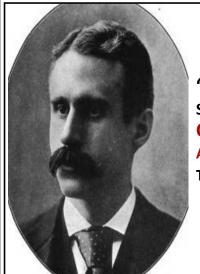




"JUST DON'T TOUCH THE WATER"

□ BATHING POOL

- Served as a large bath for residents
- Swimmers often swam nude
- Before germ theory accepted



BOSTON MAYOR JOSIAH QUINCY'S
STUDY OF PHILADELPHIA'S POOLS

"I MUST SAY THAT SOME OF THE STREET GAMINS, BOTH WHITE AND COLORED, THAT I SAW, WERE QUITE AS DIRTY AS IT IS POSSIBLE FOR ONE TO CONCEIVE."

- Daniel Kearns -Secretary of Boston's Bath Commission (1898)









HISTORY OF POOLS IN THE U.S. - AFTER WWI

□ New Social Construction

- Northerners redrew the social lines
- Different classes swam together
- Both genders swam together

□ COLOR OF WATER

- Pools now leisure destinations
- Racially exclusive pools



Source: Al Jazeera. 2019. At: https://www.npr.org/templates/story/story.php?storyld=10407533 E; NPR. 2007 At: https://www.npr.org/templates/story/story.php?storyld=10407533









WADE-INS AND SWIM-INS









Pools As A Tool For Justice

□ WADE-INS AND SWIM-INS

- In 1950s and 1960s, "Whites only" public pools were sites for civil rights protests
 - Before lunch counters, civil rights leaders targeted whites-only swimming pools

□ DESEGREGATED, BUT CLOSED

- Towns closed all of their public pools rather than allow Black and White people together
 - White families left city for suburban homes and communities with private pools
 - Cities defunded their recreational facilities
 - Urban dwellers with no access to pools

Source: Cecelski D. 2018. At: https://davidcecelski.com/2018/07/20/the-color-of-war-part-9-wade-ins-and-swim-ins/; Wolcott V. 2019. At: https://www.buffalo.edu/ubnow/stories/2019/07/wolcott-segregated-pools.html











FINE! WE WILL GET OUR OWN POOL







"CONTESTED WATERS"



When Cities Closed Pools to Avoid Integration

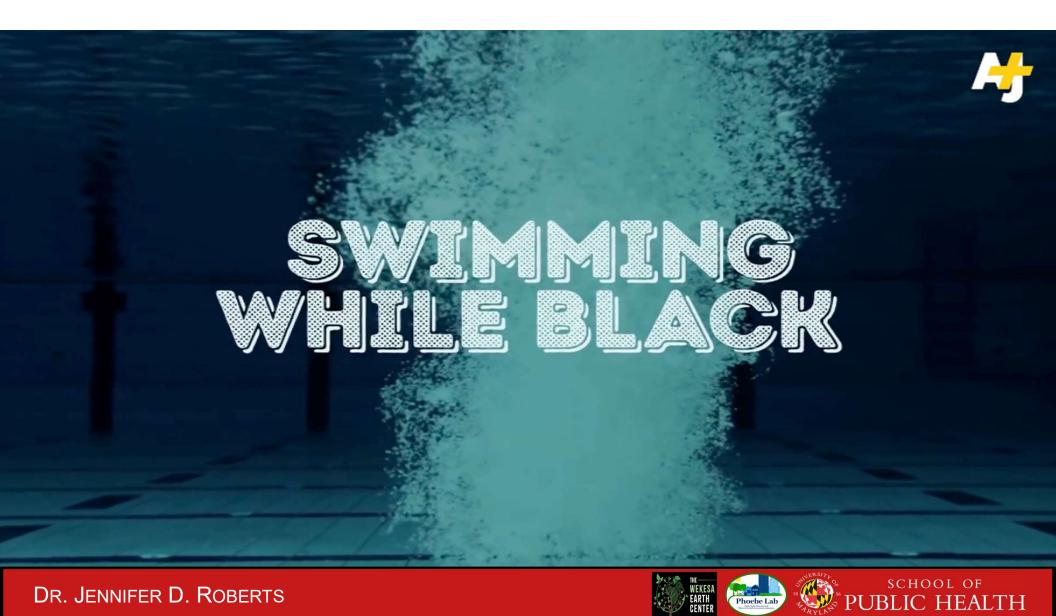
MANY AMERICANS LACK NEARBY MUNICIPAL POOLS, THE LASTING RESULT OF **EXTRALEGAL JIM CROW ERA EFFORTS TO KEEP RACES SEGREGATED AT ALL COSTS**







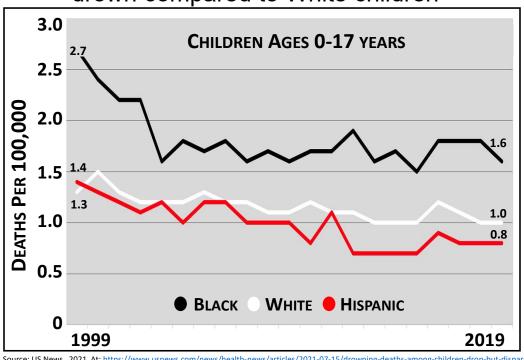




A Public Health Crisis

□ BLACK KIDS DROWNING

 Black children 60% more likely to drown compared to White children





BY CHELSEA CIRRUZZO

JULY 15, 2021

Child Drowning Deaths Decline, but Disparities Remain

BLACK CHILDREN STILL DIE AT A HIGHER RATE THAN WHITE AND HISPANIC CHILDREN



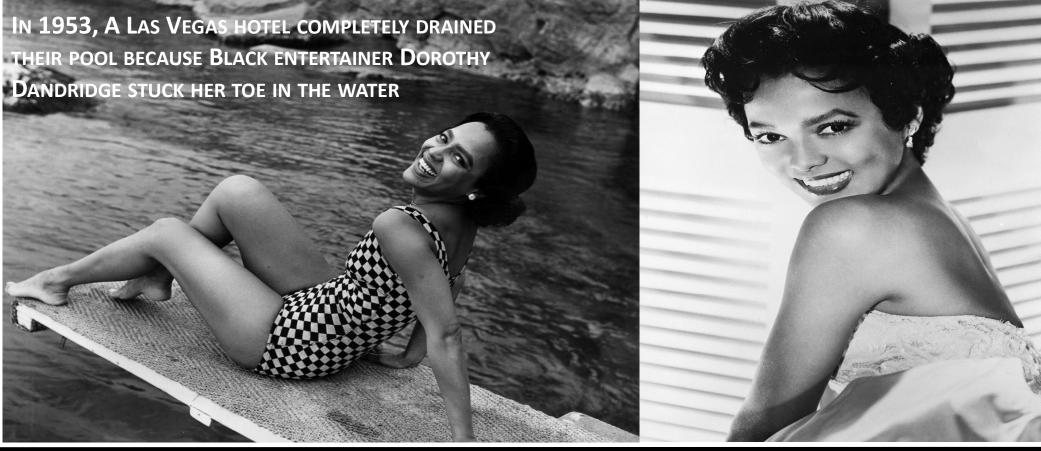
Source: US News. 2021. At: https://www.usnews.com/news/health-news/articles/2021-07-15/drowning-deaths-among-children-drop-but-disparities-remain; CDC. 2021. At: https://www.cdc.gov/nchs/data/databriefs/db413-H.pdf







'SWIMMING WHILE BLACK'....STILL AN ISSUE TODAY







BLUE SPACE RACISM

□ RACISM PERSISTING TODAY

- Recent highly publicized incidents of racism

□ UNDEVELOPED SKILL

 African Americans compared to White people are less likely to know how to swim

□ ANXIETY AND FEAR

 Pool represents an unsafe place for many African Americans, historically and currently

NEWS BY ISOKE SAMUEL

JULY 31, 2020

Black family kicked out of historically Black pool, highlighting lasting impact of segregation



By Alisha Ebrahim.

JULY 1. 2020

Hotel employee calls police on Black family using the pool as guests

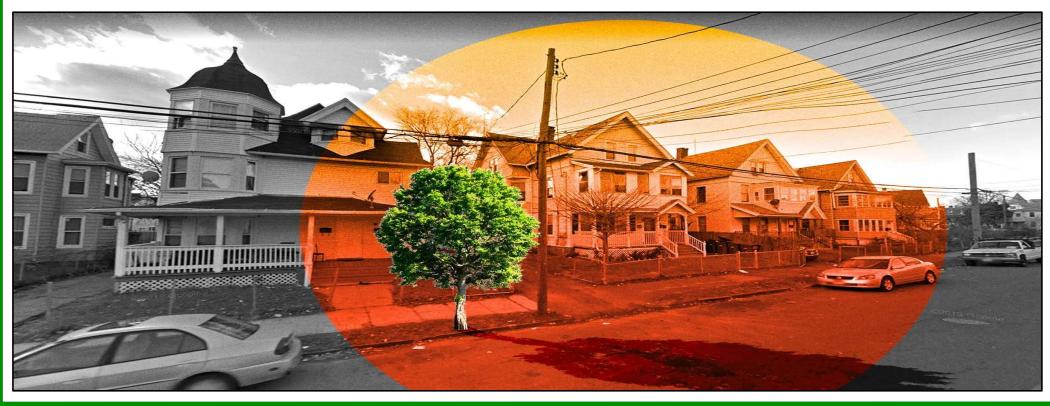








GREEN SPACE INEQUITIES









EMANCIPATED, BUT NOT FREE

□ RECONSTRUCTION AND BEYOND

- Black Codes
 - Laws denying African Americans legal equality or political rights; ensure cheap labor
- Sharecropping System
 - Instead of receiving wages for working an owner's land, rent land for a fixed payment



☐ THE JIM CROW SOUTH

- Legalized Racial Segregation
- "Strange Fruit"
 - Between 1877 and 1950, over 4,000 lynchings of African Americans





purce: History, At https://www.history.com/topics/black-history/sharecropping; https://www.history.com/topics/early-20th-century-us/iim-crow-laws#section 11; EJI, (2017), Lynching in America, At: https://eii.org/wp-content/uploads/2005/11/lynching-in-america-3d-ed-110121.c







"THE WARMTH OF OTHER SUNS"

□ THE GREAT MIGRATION

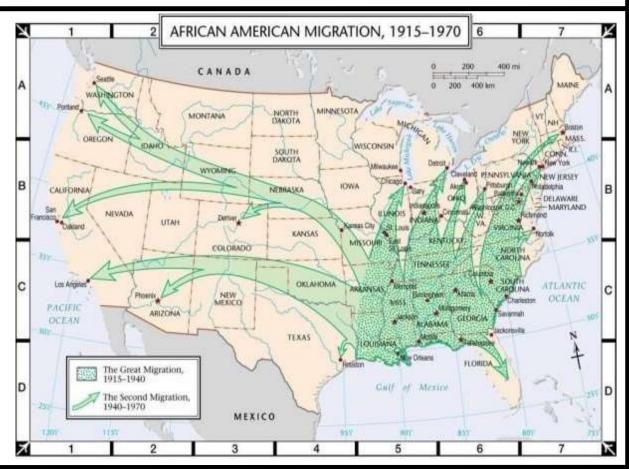
- First Migration 1915-1940
- Second Migration 1940-1970

■ MIGRANTS BY CHOICE

- Physical Mobility
- Upward Mobility



Source: US Census. (2012). The Great Migration. At: https://www.census.gov/dataviz/visualizations/020/; Communities Count. At: https://www.communitiescount.org/blog/2019/8/14/the-great-migration









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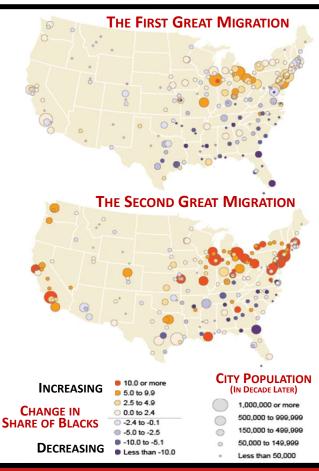
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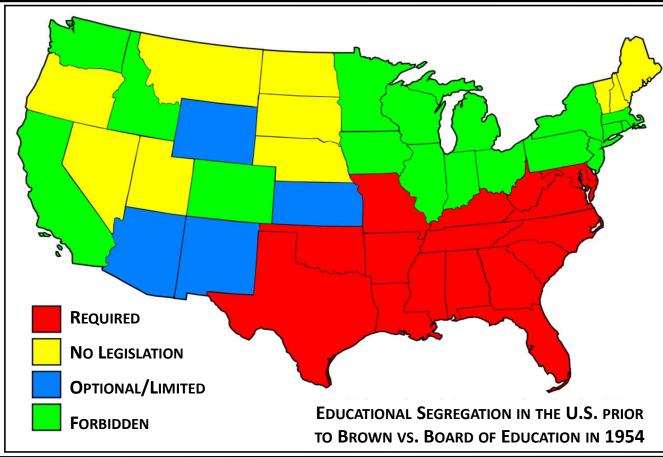




LEGALIZED SEGREGATION IN THE U.S.













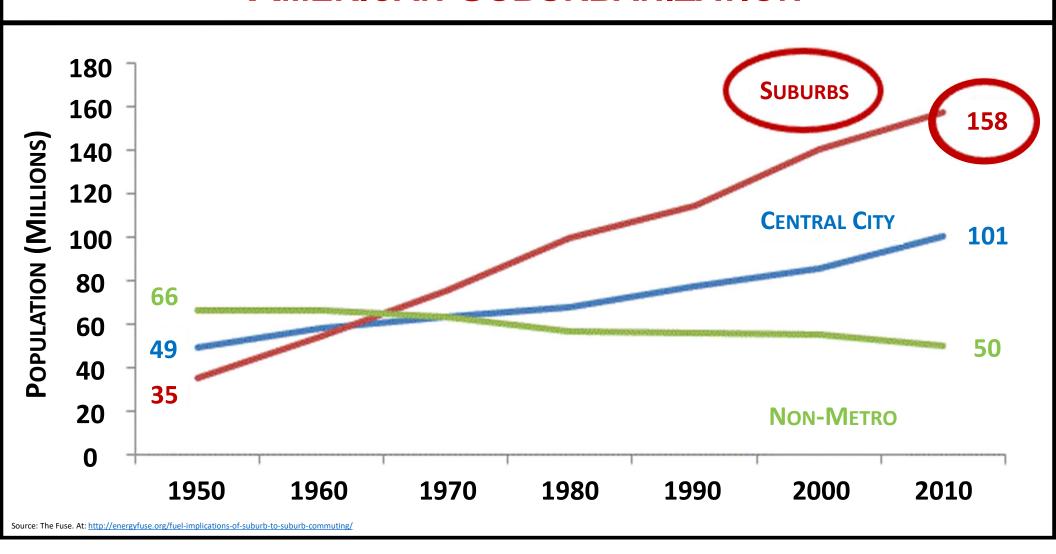
SUBURBANIZATION IN AMERICA



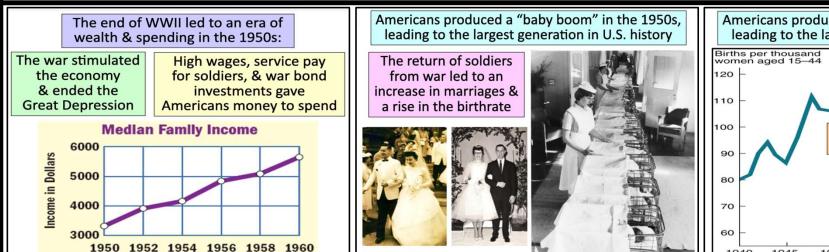




AMERICAN SUBURBANIZATION



U.S. SUBURBANIZATION: GI BILL



Americans produced a "baby boom" in the 1950s, leading to the largest generation in U.S. history

Births per thousand women aged 15–44

120

In 1957, a baby was born every 7 seconds

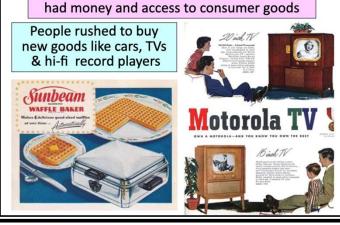
80

70

Suburbs changed American life

cheap loans for new homes & tuition for college

The GI Bill of Rights offered returning soldiers



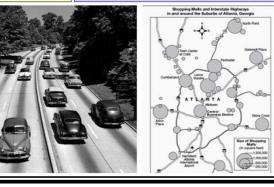
Consumerism returned in the 1950s because

for the 1st time since the 1920s Americans

Suburbs increased
America's need for cars & highways

Churches, schools, grocery stores, & shopping centers were build to service the suburbs

Stopping Math and Interside Highways is and amount the Stote of Allanti, Georgia and anount the Stote of Allanti, Georgia and American IITE



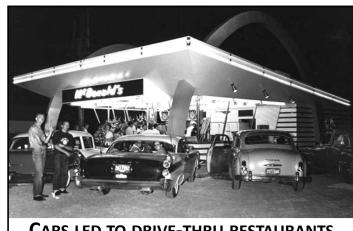
U.S. SUBURBANIZATION: AUTOMANIA

In the 1950s, Americans bought cars in record numbers





AMERICANS WERE MORE MOBILE, TOOK LONG-DISTANCE VACATIONS, AND LIVED **FURTHER FROM THEIR JOBS**

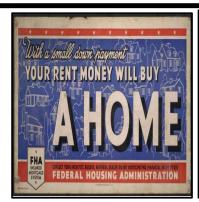


CARS LED TO DRIVE-THRU RESTAURANTS

U.S. Suburbanization: U.S. Government's Role

□ HOME MORTGAGES

- Government agreed to under-write mortgages for suburban single family homes
 - Encouraging transfer of the White middle-class population out of inner city and into the suburbs





□ RESIDENTIAL SEGREGATION

- Racist Housing and Land Use
 - Redlining
 - o Blockbusting
 - Covenants
 - Zoning









Source: Rutgers. At: https://crab.rutgers.edu/~glasker/FHADMIN.htm







are "ripe" for racial change. How

"STATE SPONSORED SYSTEM OF SEGREGATION"

□ REDLINING

- Home Owners Loan Corporation
 - Government sponsored corporation created under the New Deal in 1933
 - Created 'Residential Security Maps' that rated mortgage risk in American neighborhoods
 - Maps were color coded by mortgage risk level and used by other federal administrations
 - ➤ Anywhere African Americans lived or near were colored red to indicate high mortgage risk

REDLINING LIMITED AFRICAN AMERICAN HOMEOWNERSHIP AND SOLIDIFIED RACIAL HOUSING SEGREGATION AND WEALTH INEQUITY ACROSS THE COUNTRY AND ACROSS GENERATIONS.

Source: Roberts, J., Dickinson, K., Hendricks, M. et al. (2022). "I Can't Breathe": Examining the Legacy of American Racism on Determinants of Health and the Ongoing Pursuit of Environmental Justice. Curr Envir Health Rpt 9, 211–227.









U.S. Suburbanization: Highways

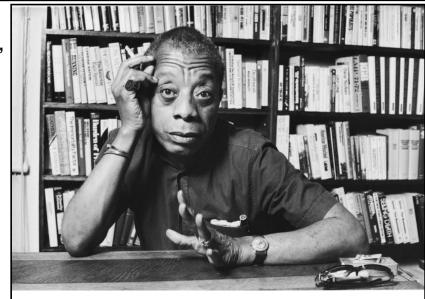
□ HIGHWAY CONSTRUCTION

- "the greatest single element in the cure of city ills"
- 1944 and 1956 Federal Highway Acts
 - Initially covered 50% of construction costs and by 1956 covered 90%

■ URBAN RENEWAL

- "using highways to "redeem" urban areas"
 - Build highways and get rid of "slums"
 - Displaced and decimated close-knit African American communities throughout the U.S.
 - > Many residents lost fully paid homes

Source: The Atlantic. At: https://www.theatlantic.com/business/archive/2016/03/role-of-highways-in-american-poverty/474282/; ROCC. At: https://roccbuffalo.org/category/in-the-news/page/2/;



"They were tearing down his house, because San Francisco is engaging — as most Northern cities now are engaged — in something called urban renewal, which means moving the Negroes out. It means Negro removal, that is what it means. The federal government is an accomplice to this fact." — James Baldwin (1963) —







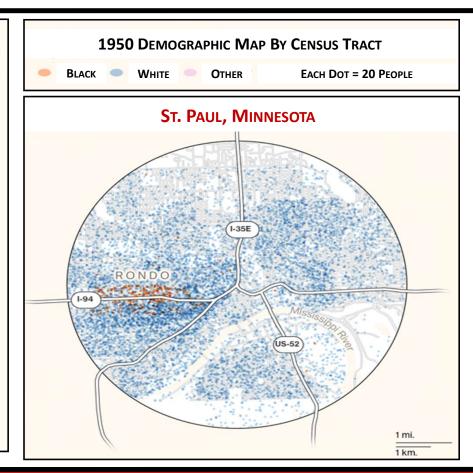
What It Looks Like to Reconnect Black Communities Torn Apart by Highways

Bloomberg CityLab

BY: RACHAEL DOTTLE, LAURA BLISS, PABLO ROBLES
JULY 28, 2021

∏ y in ⊠

TAKE ANY MAJOR AMERICAN CITY AND YOU'RE LIKELY TO FIND A HISTORICALLY BLACK NEIGHBORHOOD DEMOLISHED, GASHED IN TWO, OR CUT OFF FROM THE REST OF THE CITY BY A HIGHWAY. THIS LEGACY OF RACIST FEDERAL TRANSPORTATION POLICIES CONTINUES TO DEFINE THE LANDSCAPES OF URBAN SPACES.









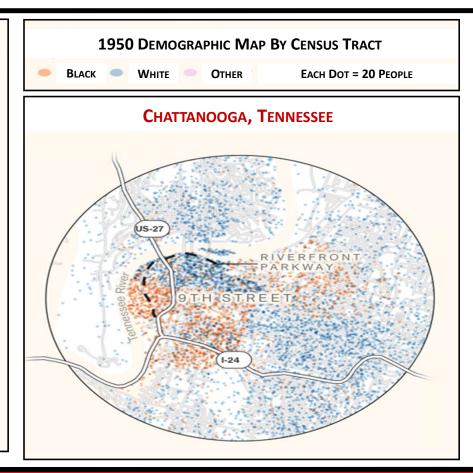
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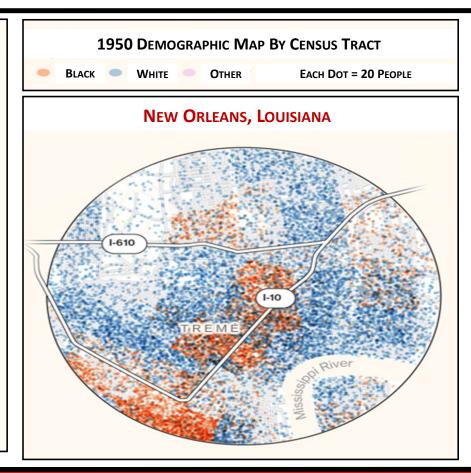
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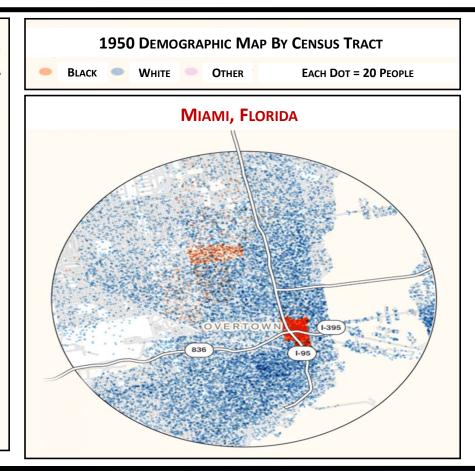
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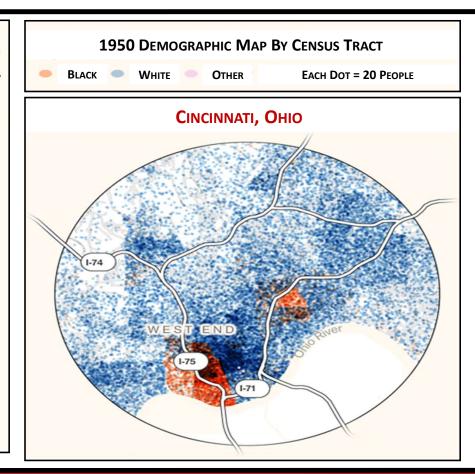
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PULVERIZED PARKS AND PARKWAYS

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Source: The Atlantic. 2016. At: https://www.buffalospree.com/wny_life/developing-bringing-back-an-olmsted-parkway/article_9172a1cb-6f46-58de-b24d-572845257249.html

HUMBOLDT PARKWAY, BUFFALO, NY - 1912



KENSINGTON EXPRESSWAY, BUFFALO, NY - PRESENT DAY





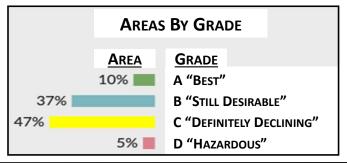




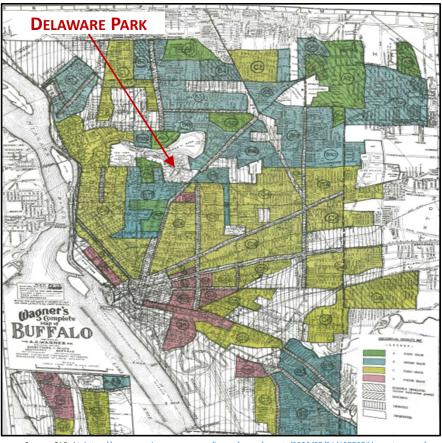
RESIDENTIAL INEQUITY = NATURE INEQUITY

□ RACISM AND CITY PLANNING

- More communities of color live in "nature deprived" areas
- Historical racism in housing practices, city planning, and institutions shaped this pattern
- Cities invested in improving "A" neighborhoods and neglected redlined areas
 - Planting trees, building and beautifying parks















NATURE INEQUITY = ACTIVE LIVING INEQUITY



How 'nature deprived' neighborhoods impact the health of people of color

Green spaces make people healthier and happier, but decades of systemic racism have left many people of color living in areas without access to nature.

By Alejandra Borunda

JULY 29, 2020





Across the nation, the wealthier and whiter your neighborhood is, the greener the view from your window is likely to be. This map shows a healthy tree canopy in Philadelphia, based on analysis by EarthDefine.

By IAN LEAHY AND YARYNA SERKEZ

JUNE 30, 2021









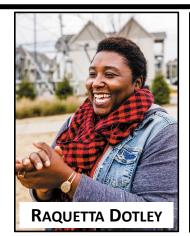
"WE'RE NOT SUPPOSED TO BE OVER THERE"

□ REPEATED PATTERNS

 Nicest parks tend to be in the wealthiest, Whitest neighborhoods

□ ONE EXAMPLE OF MANY

- Neighborhood Park
 - Raquetta lives next to a small neighborhood shoehorn park
 - > 95% African American residents
- Coolidge Park
 - Four miles from Raquetta is a waterfront park with walking paths
 - > 75-97% White residents



"IT DRAWS A HARD LINE, LIKE WE'RE NOT SUPPOSE TO BE OVER THERE BECAUSE THEY DIDN'T DESIGN THAT FOR US IN THE FIRST PLACE. YOU START TO ASK, IS THIS INTENTIONAL...WHY THERE WAS MORE INVESTMENT INTO THAT PARTICULAR PLACE THAN OUR AREA?"

- RAQUETTA DOTLEY (2020) -





urce: USA News. At: https://www.usatoday.com/story/news/nation/2020/08/22/covid-outbreak-park-access-barrier-black-latino-communities/3291907001/







NATURE INEQUITY = HEALTH INEQUITY

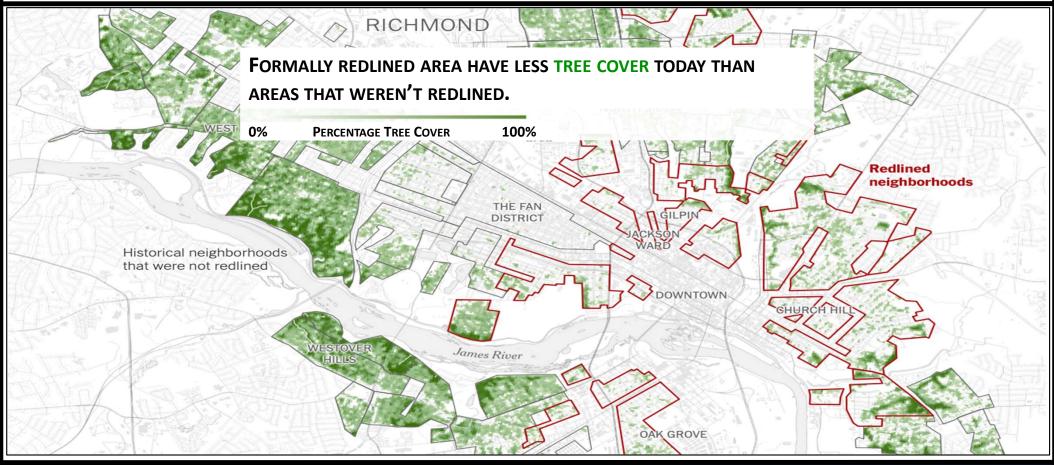








Nature Inequity = Health Inequity

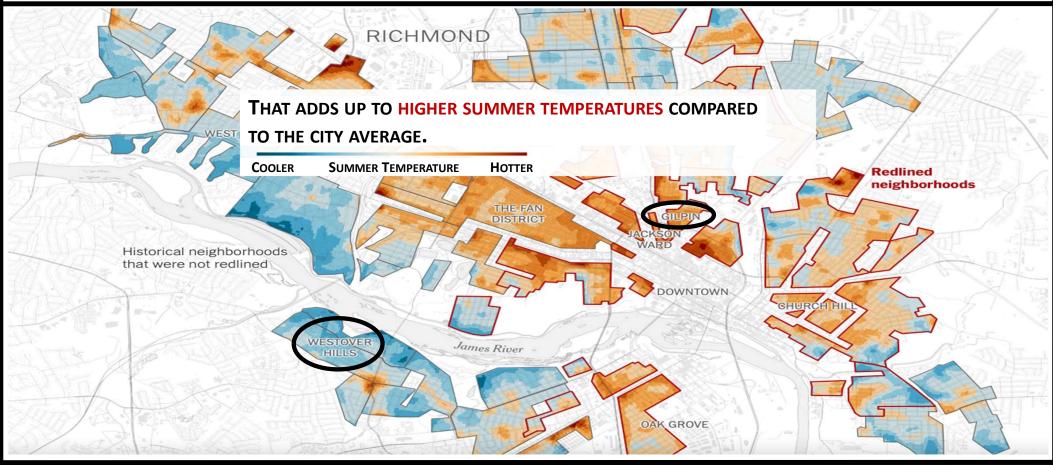








Nature Inequity = Health Inequity



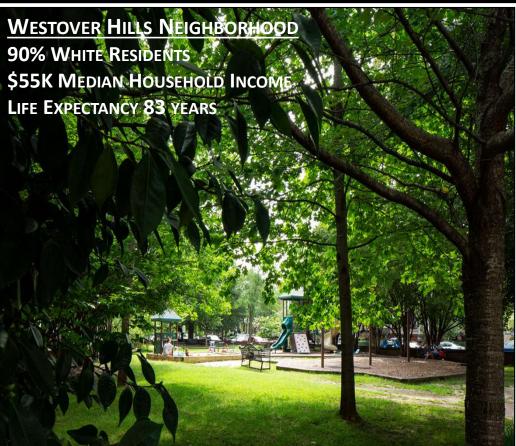






NATURE INEQUITY = HEALTH INEQUITY











SOCIAL SPACE INEQUITIES









Moving While Black and Brown

□ Double Entendre

 Expression derived from U.S. "driving while intoxicated" criminal offense

□ RACIAL PROFILING

- Demonstration of the racial profiling endured by many Black Americans
 - o Pedestrians, Runners
 - o Cyclists, Scooterist



2018 E-SCOOTER FINDINGS REPORT

While many East Portlanders and Black Portlanders expressed enthusiasm for e-scooters, some focus group participants also expressed an **overall concern for traffic safety and the risk that Black e-scooter riders would be targeted for racial profiling and harassment.**

Source: PBOT. At: https://www.portlandoregon.gov/transportation/article/709719

Los Angeles Times

BY: ALENE TCHEKMEDYIAN, BEN POSTON, JULIA BARAJAS

NOVEMBER 4, 2021

L.A. sheriff's deputies use minor stops to search bicyclists, with Latinos hit hardest









MOVING WHILE BLACK AND BROWN

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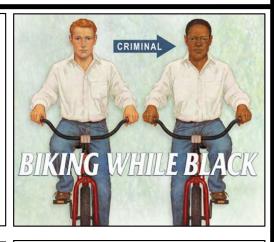
Source: PBOT. At: https://www.portlandoregon.gov/transportation/article/709719

Chicago Tribune

March 17, 2017 'Biking while black': Chicago minority areas see the most bike tickets

BY: MARY WISNIEWSKI

CHICAGO TRIBUNE



RUNNER'S WORLD RUNNING

Black Men Less Likely to Run in White Neighborhoods

SOCIOLOGIST SURVEY SOUGHT TO UNDERSTAND RACIAL DISPARITY AMONG ACTIVITY

OCTOBER 2. 2013



Recent research by sociologist Rashawn Ray, Ph.D., an assistant professor at the University of Maryland, found that black men are less likely to run outside if they live in a predominantly white neighborhood. The opposite, however, was true for black women They were more likely to be active in predominately white communities.

Ray surveyed 500 college-educated African-Americans living in urban and suburban areas

across the United States in 2011 to explore why middle-class blacks were less physically active than their Caucasian peers.





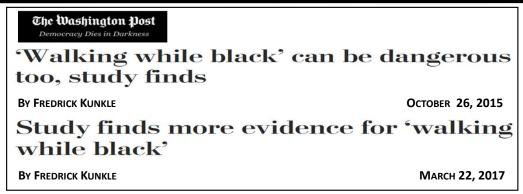


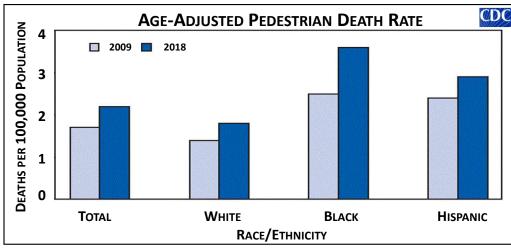


Moving While Black and Brown

□ SAFETY AND PERCEPTION

- Research Findings
 - Overall, pedestrian deaths increased
 - > 1.7/100K in 2009 to 2.2/100K in 2018
 - Drivers less likely to brake for Black American pedestrians
 - More cars passed through crosswalk with Black American pedestrian compared to the White pedestrian
 - Compared to White (1.8) pedestrians,
 the age-adjusted pedestrian death rate
 - ➤ <u>Double for Black Americans</u> (3.6)
 - ➤ One and half greater for Hispanics (2.9)





Source: Goddard. 2014. At: http://dx.doi.org/10.15760/trec.130; Coughenour. 2017. At: doi.org/10.1016/j.aap.2016.09.031; CDC. 2020. At: https://www.cdc.gov/mmwr/volumes/69/wr/mm6939a7.htm







It's Personal For Me: My First Cousin

CRIME

UH nurse fighting for her life after being struck by suspected drag racer in Cleveland

Cuyahoga County Crime Stoppers offering \$2,500 reward for information leading to arrest of hit-and-run driver

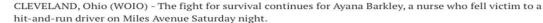


No arrests in Cleveland hit-skip that left a young woman in a coma



BY: VICTOR WILLIAMS

SEPTEMBER 30, 2019





The victim survived the accident, but has been in the ICU ever since.



19 News has been told by Ayana's father that her condition is only getting worse.

'She is fighting for her life': 26-year-old woman in coma after getting run over by driver in Cleveland SEPTEMBER 29, 2019



Cleveland police confirmed Barkley was at Poochie's Deli at 11921 Miles Ave., and was crossing from north to south when she was struck by a westbound vehicle. The vehicle did not stop at the scene and continued west on Miles Avenue.

His daughter recently accepted a job as a trauma nurse at a local hospital, but her father fears those dreams may never come to fruition.

"She's trying to be a nurse and trying to help other people," Barkley said, "And then she herself is now fighting for her life."







"MY ONLY SIN IS MY SKIN"









NAME ANY KIND OF BARRIER TO PHYSICAL ACTIVITY















THANK YOU!

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Risk & Social Policy Working Group





