Through the planning of a cross-disciplinary, collaborative course between two University of Kansas departments — public health and architecture — we have developed tools that bring together a shared understanding of how design and health impact one another in two neighborhood communities — one resource rich, the other resource poor.

We have adapted and hybridized national protocols that assess food access and physical activity, as well as community based participatory research exercises through Photovoice, to investigate the relationship between urban design and health disparities.

Through lessons learned, this adaptive process has generated unique, integrated disciplinary perspectives and innovative forms of collaboration through technology and boots-on-the-ground engagement. New cross-disciplinary, analytical communication tools have been applied this semester in real-world neighborhood spaces with participating community residents.

This approach has great potential as both a resource to communities as well framing future perspectives amongst the students.

This method of public health in urban spaces brings together two disciplines in an approach that we believe will produce a more well-rounded and community-engaged student. These future practitioners will be better equipped to engage in real world adaptive, innovative and integrated approaches for understanding how the built environment impacts public health.

TEAM
Nikki Nollen, Ph.D., Associate Professor
Megha Ramaswamy, Ph.D., MPH, Associate Professor
University of Kansas Medical Center
Preventive Medicine and Public Health
GTA: Christi Nance

Shannon Criss, RA
Associate Professor
University of Kansas School of Architecture Design, and Planning
GRA: Matt Kleinmann


Community Members: Broderick Crawford, Monica Mendez, Carl Newton, Carole Newton, Chester Owens, Chuck Schlittler, Mellissa Sims, Erin Stryka, Diosselyn Tot
Understanding Neighborhood Determinants of Health

Contents

page 1  The Argentine Neighborhood
page 26 Riverside / Strawberry Hill Neighborhoods
page 44 Rosedale
page 66 Strugglers Hill and Riverview
page 84 St. Peter and Waterway
page 108 Westheight and Jersey Creek Neighborhood
The Argentine Neighborhood

Argentine is a community of Kansas City, Kansas, located in the southern part of Wyandotte County. It is bordered on the west by the Turner community, on the east by the Rosedale community, on the south by Johnson County, and on the north by Armourdale and the Kansas River. Roughly 11,000 people live in the Argentine community, and the majority are Hispanic. The neighborhood is primarily residential and consists of 14 churches, 1 high school, 2 elementary schools, and its own Argentine Middle School. Other amenities include 5 small parks, a community center, post office, public library, a health center, and the newly-opened Neighborhood Wal-Mart. Prominent nearby landmarks include Argentine Carnegie Library and the Argentine mural located at 30th street and Metropolitan Avenue. The neighborhood is the location of one of three rail yards on the Atchison, Topeka and Santa Fe Railroad, the Argentine Yard.

For the purposes of the UNDO project, we drew a half-mile radius around a small grocery store called Tienda La Esperanza. We chose this area because it is particularly vulnerable due to a lack of resources such as healthy food options, health care, and schools, as well as other pressing issues like poverty, race, and deteriorating infrastructure. Within this half-mile radius there are very few amenities that are within a reasonable walking distance for residents. There is a Family Dollar adjacent to the store, an auto repair shop, five churches, an elementary school, and a park that seems to go unused. The area is not ideal for pedestrian walkability, as the sidewalks are in poor condition or sometimes nonexistent. There are number of bus stops which lack a street presence and visibility for pedestrians. Overall, there is certainly room for improvement in this portion of the Argentine community. Through a more in-depth study of the neighborhood’s demographics, food access, parks, and walkability, our team of architecture and public health students were able to uncover reasons behind some of the barriers to healthy lifestyle choices within the community.
### LA TIENDA - ESPERANZA - ARGENTINE

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGGIES</th>
<th>MEAT</th>
<th>DAIRY AND EGGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Tomatoes</td>
<td>Chicken</td>
<td>Milk</td>
</tr>
<tr>
<td>Bananas</td>
<td>Potatoes</td>
<td>Beef</td>
<td>Eggs</td>
</tr>
<tr>
<td>Avocado</td>
<td>Carrots</td>
<td>Pork</td>
<td>Cheese</td>
</tr>
<tr>
<td>Lime</td>
<td>Spinach</td>
<td>Fish</td>
<td>Soy milk</td>
</tr>
</tbody>
</table>

### TRADER JOE S - LEAWOOD

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGGIES</th>
<th>MEAT</th>
<th>DAIRY AND EGGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Tomatoes</td>
<td>Chicken</td>
<td>Milk</td>
</tr>
<tr>
<td>Bananas</td>
<td>Potatoes</td>
<td>Beef</td>
<td>Eggs</td>
</tr>
<tr>
<td>Avocado</td>
<td>Carrots</td>
<td>Pork</td>
<td>Cheese</td>
</tr>
<tr>
<td>Lime</td>
<td>Spinach</td>
<td>Fish</td>
<td>Soy milk</td>
</tr>
</tbody>
</table>

### DILLON’S - LAWRENCE

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGGIES</th>
<th>MEAT</th>
<th>DAIRY AND EGGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Tomatoes</td>
<td>Chicken</td>
<td>Milk</td>
</tr>
<tr>
<td>Bananas</td>
<td>Potatoes</td>
<td>Beef</td>
<td>Eggs</td>
</tr>
<tr>
<td>Avocado</td>
<td>Carrots</td>
<td>Pork</td>
<td>Cheese</td>
</tr>
<tr>
<td>Lime</td>
<td>Spinach</td>
<td>Fish</td>
<td>Soy milk</td>
</tr>
</tbody>
</table>

---

![Graph comparing choice and quality of items, price, and design and indication for Esperanza, Trader Joe's, and Dillon's.]

- **Esperanza**
- **Trader Joe's**
- **Dillon's**

### Graph Description

- **Choose and quality of items**: A range of stars indicating different levels of choice and quality.
- **Price**: Bar graph showing price comparisons.
- **Design and indication**: Bar graph showing design and indication comparisons.
Census Data

Half of the Argentine population lives below the national poverty line.

(Not sure what other information to include here - the census data for Argentine is similar to other KCK neighborhoods)
TIENDA LA ESPERANZA
RESOURCE POOR NEIGHBORHOOD: THE ARGENTINE
Tienda La Esperanza

1400 S 42nd Street, Kansas City, Kansas 66106

*Tienda La Esperanza* is located in a primarily residential area, in what looks like a small house adjacent to a Dollar General store on 42nd Street. Parking is available directly in front of the store in a parking lot that is shared with Dollar General. The number of parking spots is almost too many in comparison to the capacity of Tienda, which is extremely small: only about six feet wide by fifteen feet long. The store is not very inviting and has little street presence. The signage on the building doesn’t effectively advertise a grocery or convenience store, bars on the windows are uninviting, and the building itself looks worn down and lacks vibrancy. When approaching the store from outside it seems much bigger than it actually is inside. Shoppers enter into a dark, narrow tienda that offers a very limited selection of food.

Tienda La Esperanza falls under the category of a convenience store and caters mostly to the Hispanic population. It’s a sole proprietorship; the owner immigrated from Mexico City thirteen years ago. The store is cash only, which sometimes poses an inconvenience to customers who don’t regularly carry cash in their pocket.
<table>
<thead>
<tr>
<th>Category</th>
<th>WIC</th>
<th>Non-WIC</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td></td>
<td>Limes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Avocados</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>2%</td>
<td>Whole</td>
<td>$3.90 / gal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$3.90 / gal</td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
<td>Queso Fresco</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oaxaca</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>Large white</td>
<td>Onion (Yellow)</td>
<td>Potatos</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tomato (Roma)</td>
<td>Tomatillos</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Garlic</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jalapenos</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hominy</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td>Black</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Refried</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Garbanzo</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lentil</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pinto</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Corn tortillas</td>
<td>White rice</td>
<td></td>
</tr>
<tr>
<td>Grains</td>
<td></td>
<td>Rice flour</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flour tortillas</td>
<td>Maseca</td>
</tr>
<tr>
<td>Canned Fish</td>
<td>Tuna</td>
<td></td>
<td>$1.99 / 5 oz</td>
</tr>
</tbody>
</table>
Healthy Food Options

Studies show that residents with better access to supermarkets and limited access to convenience stores and fast food restaurants have healthier diets and lower levels of obesity (Larson et al., 2009).

Argentine residence have easy access to an abundance of fast food, alcohol, and convenience stores selling nutrient-poor foods. The neighborhood’s only full-service grocery store closed in 2006. In 2015 the Neighborhood Wal-Mart opened which has provided an excellent resource for food and other items within the Argentine community. It is where most of the locals go to buy groceries, but it is located outside the half-mile radius we have studied for this project. It’s about a 25 minute walk, a 5-10 minute bus ride, or a 3 minute drive from Tienda La Esperanza. It’s not terribly far, but most people choose to hop in the car and drive a short 3 minutes to the store that has a wider variety of food options that meets their needs – especially since the sidewalks connecting them are in poor condition and the walk isn’t particularly pleasant.

Poor conditions of infrastructure can be a barrier to healthy food access. Not only is there a need to provide healthy food options within neighborhood stores such as Tienda; there is a need to consider the issue of transportation as a barrier to public health. Many people must rely on walking or taking public transit to buy groceries. Walk audits are useful tools to assess elements such as public transportation access and sidewalk conditions and how they connect people to food outlets.

When comparing Tienda La Esperanza to a grocery store in a resource-rich neighborhood, such as Trader Joe’s in Leawood, it is no surprise that fresh produce is cheaper and more abundant at Trader Joe’s. In general, there is a greater variety of goods and services in Town Center than in Argentine. This begins to show that neighborhood resources are clearly dependent on the socioeconomic status of the community. Limited access to affordable produce and a safe built environment directly impacts health outcomes. Poor health can trap individuals in poverty, which can cyclically trap those same individuals in poor health.
Case Studies

OLIVARES FOOD MARKET

Clara Santos from the Philadelphia neighborhood opened a small market that resembles an average corner store, offering quick meals and grab-and-go snacks that were quite popular but lacked nutritional value. With the help of The Food Trust, Olivares developed her market in four basic phases: inventory changes, promotion and marketing, education, and receiving a fridge to stock her new fresh, healthy, perishable items. Her store now features an element called the “Fresh Corner” which holds all of the produce, an adjusted store inventory to prominently display healthy items throughout the store, refrigerators, planters and exterior facade improvements, and certification by the city as “healthy”. Olivares took it a step further and implemented a healthy lunch special for students to pick up on their way to school.

STOCKBOX

Stockbox Neighborhood Grocery is a company that works to “build a network of stores that are the hub for fresh food, community connections, engaging experiences, and innovation in grocery.” Their goal is to provide better access to the fresh foods customers buy most often. The stores stock their shelves with fresh ingredients, staple products, and grab and go convenience foods. Stockbox is very thoughtful about nutritional content while not preaching about health. They are open to what customers have to say - they take requests and customize merchandise in each store.

Design elements from Stockbox stores that could be useful in Tienda include keeping the produce up front, installing bi-level shelving, and organizing the store with graphic labels and branding.

PARISIAN EPICERIES

Nearly any “epicerie” in Paris possesses design elements that would be favorable in Tienda La Esperanza. Street presence is something that makes these markets so successful and widely used, and that encourages healthy food choices. Market employees display fresh fruits and vegetables outside the storefront, which catch the eyes of pedestrians passing by. Epiceries are usually very small but well-kept and organized, offering a diversity of products that appeal to the local culture.
Entrance
One door

Frozen items
Ice cream bars

Cooler
Soda, juice

Candy
Counter beneath the register is filled with a variety of Hispanic candy

Spices
Traditional Mexican spices hung on hooks

Grains
Tortillas, only whole grain is soft corn tortillas

WIC approved items

canned items
canned food: beans, salsa

Money
Transfer

Snacks
Processed, pre-packaged Hispanics sweets and chips

Cooler
Milk, water, eggs, individual beverages
Existing Conditions

The long, narrow shape of Tienda La Esperanza makes it challenging to orchestrate any type of circulation within the store. It is difficult for even two people to pass by one another when shopping for grocery items. The space is so small and densely packed with food shelves and beverage coolers that the shopper feels cramped.

You enter the store through a single door on the east and are immediately greeted with two shelves filled with pre-packaged desserts and snacks. These shelves conceal a set of stairs down to a basement, possibly where they store extra food items. The left (south) side of the store is lined with shelves with mostly grains and canned items, and only a few fresh fruits and vegetables. The south wall contains hooks for a variety of Hispanic spices. On the right (north) side of the store, there are two beverage coolers with soda, juice, and a few dairy products, and a freezer with ice cream bars. The checkout is tucked away on the far north side of the building. A cash register sits atop a glass case filled with a variety of Hispanic candy.

There were no artificial lights on and the store was dimly lit by natural light seeping through the windows on the east facade. There is a lack of connection between the interior and exterior. When you walk into the store, you don’t get the feeling you’re in a healthy, fresh environment. The current organization of the store seems like it was thrown together without any consideration for product display.
Immediate interventions could be made to the store to enhance shoppers’ experiences and display healthy food options to encourage healthier choices. First, the cashier’s counter could be moved to directly face the entrance instead of being tucked away in the corner, so that the owner or employee is there to welcome the customer when they enter. Fresh, healthy food options could be placed next to the counter and highlighted by the natural light that shines in from the windows. The shelves are each a different design and should be replaced with the same shelf model to look cohesive and unify the organization of the space. The store could also benefit from credit/debit card machines since it is cash only.
PROPOSED CHANGES | LARGE SCALE INTERIOR

Due to the fact that the south wall butts up against Dollar General, as well as the store’s connection to the house on the west, the only possibilities for expansion are to the north and east.

A larger scale change to the store could consist of demolishing the existing east facade and building a new one further (maybe 10 feet) east. This would engage the street and increase visibility of the store, as well as widen the interior space to eliminate the feeling of being cramped. A 10-foot expansion would make it easier to create a more clear organization and circulation. Produce could be placed on free-standing displays in the center of the store to make these options more visible, as well as to use the displays to create a natural circulation around the store.
Do it yourself

Create visibility
Big glass opening: door, windows

Awning
Create an exterior space
Area of transition between the interior and exterior of the Tienda

Fresh fruits/vegetables
Promote healthy, fresh product

PROPOSED CHANGES | LARGE SCALE EXTERIOR
In a typical restaurant experience, the restaurant buys the product, the chef prepares the meal, a waiter or waitress delivers it to your table, and you pay for the service. Your bill is probably expensive and you don’t know exactly what you are eating and how it is made. When we go to the supermarket, we generally buy one to two weeks worth of food because it takes time to commute all the way to the store and haul groceries home. Usually you know what you need, but you don’t always have all the ingredients in mind. Preparing your own meals is more economical and can be healthier.

But what if the supermarket and the local mexican restaurant collaborate? The restaurant could come up with meal ideas and provide recipes indicating what ingredients the user needs to make the meals. The tienda could sell different boxes of foods each week to make these recipes. The advantages? This is healthier and more economical than eating out, plus the tienda is in close proximity to the residences so it could increase walkability.
Bathrooms closed

Low maintenance

No nets on tennis courts - bad condition

Visited 2/22/16 at 2:30PM CST

Minimal vandalism - friendly: names; "save the bees"

17 trash bins yet multiple sites of small litter

Rusted pole located outside park fence

No people in park

Lighting around tennis courts (not working)

No filling around playground set
High neighborhood walkability is associated with increased physical activity and lower odds of being overweight or obese. When areas have sidewalks, well-lit streets, and pedestrians are safe from traffic, residents walk more and have higher physical activity.

These infrastructure basics are present for the most part in Argentine, but aren’t in great condition and don’t promote a healthy lifestyle. The infrastructure needs to be elevated to increase outdoor physical activity and make a healthy lifestyle more desirable.

Clopper Field is a large open park situated on the edge of the Argentine community next to a rail yard which poses many threats to its use.
Case Studies

RAILROAD PARK

It’s important to consider the effects the railway has on the park. Poor air quality and noise pollution result, posing threats to outdoor public health.

LANDSCAPING

Landscaping is a way to create a barrier to unpleasant physical and environmental factors surrounding an area. Trees can create sound and wind barriers, improve the quality of the air, and create shade.

SEATING / TRASH BINS / SIGNAGE

Park benches can be designed in a variety of ways to provide a place to sit and relax in nature or foster social interaction. Placement of trash bins reminds people to take care of their parks and keep the area free of litter. Signage is necessary in large parks with multiple amenities for wayfinding, and also to denote the name of the park as a gateway or entry into it.
Existing Conditions

Clopper Field has many amenities, including a playground, baseball field, soccer fields, sidewalks, and tennis courts. However, all of these amenities have aged and have been poorly maintained, so they are in poor condition or beginning to deteriorate. The existing bathroom is not functional. When our group visited the park, no one was using it. The existing amenities do not promote a healthy, active lifestyle. The park is gated off by a chain-link fence, on which several metal signs are posted in some areas. The infrastructure surrounding the park is in poor condition and does not invite people in to use it.
The infrastructure at Clopper Field has not been well maintained, so a small change would be to make repairs to the existing amenities. This includes fixing damaged playground elements, landscape maintenance, and elevating what is already there.
The most critical issue with Clopper Field is its proximity to the railway. The park is subject to air and noise pollution, and desperately needs a buffer from this industrial area. One way of doing this is to plant an abundance of trees. This would improve the air quality, provide shade, and enhance the overall aesthetics and appearance of the park. It would make other amenities and physical activities far more enjoyable.
We were presented with the opportunity to investigate food outlets and park access in Kansas City, Kansas. What we uncovered is the reality many of the urban residents face in their daily lives that inhibits a healthy lifestyle. Throughout the process we were able to meet with members of our specific neighborhoods. Our neighborhood was the Bethany Park area and the grocer that we primarily focused on was the Frontera Super Market. Bethany Park and Frontera Super Market were just over a half mile away from each other.

Both Frontera Super Market and Bethany Park are located on Central Ave, which runs west from I-70. Central Ave has characteristics of a disinvested community with open lots, fast food, and limited walkability. Public transit bus routes have stops all along Central Ave, including stops directly in front of Bethany Park and Frontera Super Market.

From the start, we were interested in the community-based participatory design approach. We sought to involve local residents to help us understand the community’s needs and interests through the Photovoice project. In addition to the Photovoice project, we also collaborated with Public Health students at KU Med. Through collaborative efforts, we were able to gain insight into the demographics of the neighborhood and find correlations between income, health, and ethnicity.

Alongside our public health partners, we began the UNDO project, which consisted of data collection for Frontera Super Market and Bethany Park. We visited each site, observed and noted the conditions, and then analyzed the data as a group. The interdisciplinary approach was effective in understanding the community more completely. The data and statistics that the public health students provided assisted in the formation of suggested improvements to both the park and grocery store.

"Partnerships grounded in trust are more likely to endure and can improve aspects of a project such as community commitment, project ownership, and recruitment."

-Mabachi and Kimminau

(Leveraging Community - Academic Partnerships to Improve Healthy Food Access in an Urban, Kansas City, Kansas, Community)
When beginning the Photovoice project, we first met a few residents at the Dotte Agency. We met one young woman who has lived in the neighborhood her whole life and a young family of three. We gave residents disposable cameras and asked them to take pictures to reveal the neighborhood through their eyes. Two weeks later we met with them again to look at the pictures. They shared why they took each picture and what it meant to them. They discussed the Sun Fresh where they shop and a neighborhood garden that residents use to gain access to fresh produce.
**Existing conditions**

Frontera Market is connected directly to Frontera Restaurant. There is the opportunity for both the grocer and restaurant to include healthy foods into their sales. Additionally, the market itself is quite limited in space. However, there is a vacant lot adjacent to the store.

<table>
<thead>
<tr>
<th>Produce</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Beans / Refined Beans / Garbanzo Beans / Pineapple</td>
<td>Skim Milk / Low Fat / 1% Milk / Soy Milk</td>
</tr>
<tr>
<td>Black-Eyed Peas / Chickpeas / Great Northern Beans / Kidney Beans / Lentils / Butter Beans / Navy Beans / Splits Peas</td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td>American Cheese / Cheddar / Cojack / Colby / Monterey Jack / Swiss</td>
</tr>
<tr>
<td>Apples / Cantaloupe / Grapes / Grapefruit / Oranges / Peaches / Pineapple / Strawberries / Blueberries</td>
<td>Queso Fresco / Queso Cotija / Queso Quesadilla / Queso Enchiladas / American Slices</td>
</tr>
<tr>
<td>2 Types of Peanut Butter</td>
<td>Boneless/Skinless Chicken Breast</td>
</tr>
<tr>
<td>Large White or Brown Eggs (Grade A or AA)</td>
<td>Lean / Extra Lean Ground Beef</td>
</tr>
<tr>
<td>At least 4 dozen eggs</td>
<td>Ground Turkey</td>
</tr>
<tr>
<td>Orange Juice (not from concentrate)</td>
<td>Fresh Fish</td>
</tr>
<tr>
<td>Apple Juice (not from concentrate)</td>
<td>100% Whole Wheat Bread / Whole Wheat Tortillas / Brown Rice / Whole Wheat Pasta</td>
</tr>
<tr>
<td>2 Types of non-concentrate juice</td>
<td>Soft Corn Tortillas</td>
</tr>
<tr>
<td>2 Types of concentrate juice</td>
<td>Canned Tuna in Water</td>
</tr>
<tr>
<td>Broccoli / Whole Carrots / Baby Carrots / Celery / Green Bell Peppers / Green Beans / Spinach / Romaine Lettuce / Squash</td>
<td>Canned Sardines in Water</td>
</tr>
<tr>
<td>Onions / Tomatoes</td>
<td></td>
</tr>
</tbody>
</table>
Frontera Super Market

“Corner stores have the potential to be important access points in low-income neighborhoods for needed supplies and food items. It would be ideal if these stores could sell a wide selection of healthy foods.”

-O’Malley, Gustat, Rice, Johnson
(Feasibility of Increasing Access to Healthy Foods in Neighborhood Corner Stores)

Located at the corner of Central and Coy in Kansas City, Kansas, Frontera Super Market is a small neighborhood grocery store. It is connected to Frontera Restaurant, which boasts $0.99 tacos and authentic Mexican cuisine. With two large shelves designated for various types of tortillas and several types of hispanic cheese options, Frontera Super Market caters to the hispanic population which comprises almost a third of the KCK residents.

The store is small, no more than 900 square feet and the only windows are in the front and mostly covered by signs and posters. The dark interior is crowded and the produce is at the rear of the store. There are only a couple of refrigerators, which contain mostly soda and juice drinks from concentrate. Any available floor space is filled by a rack of chips or a candy display, yet there are empty shelves in the back of the store.

After speaking with residents during the Photovoice project, it was clear that the majority of residents do not use Frontera Super Market but instead they are willing to travel further to Sun Fresh. Although Sun Fresh is less convenient, it has more healthy options, fresher produce, and more variety of brands and products.
Case Studies

“Before we did anything, we brought together a group of community leaders, and we just asked them to tell us exactly what it is they were looking for in a neighborhood grocery store,”

- Jeff Brown, Brown’s Super Stores

Brown’s Super Stores, Philadelphia, PA

Brown’s Super Stores is a branch of Shop Rite in Philadelphia that has a history of succeeding where other branch owners have failed. It is essential to their success that the stores are embedded in their neighborhoods and are a place where people actually want to be.

1. Healthy cultural options
2. Hire professional butchers and cooks
3. Better store branding

By hiring professional butchers and cooks, the stores can easily market and sell healthy, delicious food options while also educating customers.

Mandala Foods
Maricopa, CA

Mandala Foods is a food cooperative that serves what was previously a “food desert.” The food they sell is locally sourced and the shop is owned by its employees so the profits truly benefit the neighborhood.

1. Employee owned
2. Nutrition Education
3. Community Produce Stands

The store has had remarkable success at providing healthy food to people who did not have the option before. They hope to re-establish the vigor that life in Maricopa used to have.

The Food Trust, National

The Food Trust strives to fill the void that larger supermarkets cannot fill in neighborhoods by working more intimately with local shops as opposed to chains. Their goal is to provide healthy produce on the shelves of stores that typically sold unhealthy snacks and goods.

1. Work with existing shop owners
2. Help provide necessary equipment for produce
3. Establish a nutrition rating system

The food trust is successfully bringing healthy foods to the stores where people already shop and have established relationships. The shoppers don’t need to change their habits just to get healthy produce.
At the most basic level the grocery store needs a programmatic overhaul that places healthy food options in optimal locations. In addition to decluttering the shelves we propose that the front of the store is cleared of the unhealthy snack options that are there now. Reducing the number of shelves and creating a zone dedicated to produce would mean that shoppers no longer have to walk to the back for their produce options. This should help avoid over-crowding in the store as well because shoppers would be able to come in, quickly select their goods and check out right there.
Long-Term Step

When speaking to local residents, they didn’t know that Frontera Market existed. Currently the interior is quite removed from any interaction with the outdoors. We propose adding windows/skylights or simply a new coat of paint to make the market more inviting. By introducing a branding and facade intervention, focused on utilizing the on-site billboard, the store would be able to promote healthy, delicious food options. Also, renovating the building envelope would make it more inviting and open to daylight.
The Photovoice project revealed a lot about how the residents view the built environment in their neighborhood. They took pictures of buildings that inspire a sense of community, like a church and school. They also took pictures of some of the blighted areas, like abandoned homes and trash in the parks. Although there are many examples of disinvestment in the neighborhood, it was interesting to hear the residents’ pride when they describe recent improvements or unique amenities.
Existing conditions

Bethany Park is located on central avenue and has direct access to public transportation at an on site bus stop. The condition of the park has been allowed to fall into disrepair, however, it is fairly clean and well kept. The biggest needs are infrastructure updates.
Bethany Park

When passing through the Strawberry Field and Riverside Neighborhoods one thing becomes immediately evident: the area is ripe with opportunity for small improvements to bring about impactful change. It seems tangible that the neighborhoods have the capacity to be healthy, thriving communities in the near future.

Bethany Park, the under-utilized park on the fringe of these neighborhoods, is no exception. The park may look forgotten, but nonetheless provides a sufficient framework to trigger the imagination of future architects and public health workers alike. Accessible by public transportation, the park has the potential to be a thriving community asset with fairly simple design changes and improvements. Despite the lack of resources dedicated to the park, it is quite evident that the park is a place is respected by the people who use it. So much so that the only sign of vandalism read “Maria is hot,” by some considered a compliment. Thanks to several trash bins the park is void of most litter. There is a definite impression that the community cares about the park yet, for numerous reasons, the physical condition has lapsed into disrepair. Updates such as replacing paths and sidewalks surfaces, adding lights, and repairing general equipment is essential for the future of Bethany Park. Such changes offer a lasting impact on the fabric of the Strawberry Field and Riverside Neighborhoods.

The greatest asset of Bethany Park is currently the futsal courts, which were built in partnership with the Sporting KC soccer team. On the weekends and in the warmer seasons, the courts are heavily used by the community. The courts give residents a place to congregate and socialize around a healthy activity. The success of this type of project validates the need and feasibility of greater improvements to the park. The changes that could be made could have such a profound impact. It would be a shame to watch such a space continue erode.
Case Studies

“The project promotes public health on many levels — physical, social, cultural — while serving to enhance the physical beauty of the existing park. The varied, flexible and diverse nature of the City Loop Proposal offers a 21st century view of what a public landscape can be and strives to establish a new precedent in contemporary civic amenities.”

- Port Urbanism, on City Loop

606 Trail
Chicago, IL

The 606 trail in Chicago occupies a six mile stretch of abandoned elevated rail lines. Winding through several neighborhoods, the 606 takes what was once an eyesore and converts it into a community attraction.

1. Low maintenance design and landscaping
2. Varying surface materials maximize activities
3. Embedded in place, via entry parks

The 606 trail provides alternative routes to busy city streets while also remaining intimately local through the integration of larger park spaces at each trail entry.

The Highline
New York City, NY

The High Line is another example of urban development that utilizes aging or retired infrastructure. By taking advantage of public land, the city created a park that would otherwise have been impossible.

1. Attracts visitors
2. Provides spaces to gather
3. Unique way to experience city

The Highline has been an enormous success for the City of New York. The use of public land allows the park to exist in a place that contradicts a typical park’s surroundings. The rail line also places a creative constrain on the project that drove it to become something truly special.

Denver Park City Loop
Denver, CO

The Denver City Park City Loop is a prime example of what can be accomplished at Bethany Park. The City Loop aims to set the standard for public health by incorporating fitness and activity directly into a prime landscape.

1. 1/2 mile fitness loop
2. Designed for all age groups
3. Establish nutrition rating system

The City Loop goes beyond simply providing the space for healthy activities to occur. The innovative design strategy provides the infrastructure for fitness that is actually enjoyable, exciting and mealleable to the individual user’s needs.
**Immediate Step**

“The investment by Sporting Club in our community will have a long-term value by cultivating local soccer talent and by providing healthier recreational options for our youth,”

- Mark Hollond, Unified Government of Wyandotte County

---

**Small Scale Intervention**

To immediately transform the park into a more user-friendly condition, the parks and recreation department could improve the paved walking surfaces, increase night-lighting, and add more benches and picnic tables. Also, adding bleachers around the futsol courts would support spectators.
Long-Term Step

Large Scale Intervention

Bethany Park has the potential to grow and provide more for the residents. By annexing the park to the north of the site, the footprint of Bethany Park would greatly increase. Additionally, this sets up the opportunity for the community center to become more engrained in the park. Longer fitness loops could be created for more varied and engaging workouts. Additionally the northward expansion connects the park visually to neighboring blocks that were previously disconnected.
Understanding Neighborhood Determinants of Health
Rosedale

“Rosedale is a unique community in that it is bordered by the University of Kansas Medical Center, Highway 35, and the Kansas/Missouri border”

Rosedale is a unique community in that it is bordered by the University of Kansas Medical Center, Highway 35, and the Kansas/Missouri border. One of the most prominent features of the area is the presence of the Medical Center complex, which covers multiple city blocks. Several quick-serve restaurant options have sprung up along the edges of the Medical Center, but the lack of a real grocery store is still an issue that plagues the less mobile residents of Rosedale. The area is home to a few green spaces and parks, Rosedale Park being the largest in the area. A bus route does serve the area, however the stops are almost exclusively concentrated around the Medical Center.

The Rosedale Arch, pictured above, is a WWI Memorial that sits atop a hill overlooking much of the Rosedale Neighborhood.
<table>
<thead>
<tr>
<th></th>
<th>Rosedale</th>
<th>Kansas City KS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Median Rent</strong></td>
<td>$581</td>
<td>$556</td>
</tr>
<tr>
<td><strong>Male &amp; Female Population</strong></td>
<td>4245</td>
<td>3748</td>
</tr>
<tr>
<td><strong>Average Household Size</strong></td>
<td>2.1 People</td>
<td>2.8 People</td>
</tr>
<tr>
<td><strong>Percentage of Family Households</strong></td>
<td>31.8%</td>
<td>48.7%</td>
</tr>
<tr>
<td><strong>Percentage Of Married Couple Families (Among All Households)</strong></td>
<td>19.3%</td>
<td>34.1%</td>
</tr>
<tr>
<td><strong>Percentage of Single Mother Households</strong></td>
<td>19.6%</td>
<td>16.9%</td>
</tr>
<tr>
<td><strong>Female</strong></td>
<td>32.8 Years</td>
<td>32.4 Years</td>
</tr>
<tr>
<td><strong>Median Rent</strong></td>
<td>$581</td>
<td>$556</td>
</tr>
<tr>
<td><strong>Male &amp; Female Population</strong></td>
<td>4245</td>
<td>3748</td>
</tr>
<tr>
<td><strong>Average Household Size</strong></td>
<td>2.1 People</td>
<td>2.8 People</td>
</tr>
</tbody>
</table>
Rosedale Demographics

“Rosedale is a very diverse neighborhood in that multiple socio-economic and ethnic groups are merging within a relatively small area”

Rosedale is a very diverse neighborhood in that multiple socio-economic and ethnic groups are melding within a relatively small area. This is potentially due to the fact that the KU Medical Center borders the neighborhood, which brings a unique demographic to the area. The area consists of 50% whites, 26% blacks, and 24% Hispanics. What is surprising to us as the researchers was how much impact the presence of the Medical Center seems to have on the area. On one hand we saw new high-rise apartments being built, and on the other within the confines of a single block in some cases were older single-family homes. Another fact that was surprising is the poverty level, which currently sits at about 26% for the area. This must create an even larger divide in the neighborhood, considering the Med Center brings in an certain amount of wealth, while those who live in the area around the complex have a high chance of being below the poverty line.

The area consists of 50% white/caucasian, 26% black/African American, and 24% Hispanics.
Parks

- Huron Park
  - close to Strawberry Hill
  - close to Library
  - good for walks

Use
- lunch
- wedding (event)
- children biking around
  - could be increased

*good for outdoor activities (sports: soccer)
Photovoice Project

“She actually learned some things about her community... most importantly that there are things that need to be fixed, and that community involvement and ownership is going to be key in doing that.”

While it took a little longer to collect our data for this project than expected, the feedback Sylvia (a college aged resident of Rosedale) gave us was extremely valuable. She put emphasis at first on the parks located around where she lives, primarily Rosedale Park and Fisher Park. She spoke very highly of Rosedale Park, saying it was very clean for the most part, and that a large number of community members use the park regularly. She did mention however that access to the park by foot is limited due to high traffic directly adjacent to it. She spoke less highly on Fisher Park, saying it is dirty, unappealing and not used by the community.

Sylvia then put a lot of emphasis on the streets around where she lives, and took several photos of them. She pointed out how 42nd Street near where she lives has several stretches of new sidewalks, but that other stretches have none, making for abrupt stops and awkward dead-ends, which forces many to simply walk in the road.

On Springfield Street, which leads to Rosedale Middle School, no sidewalks exist, which is a problem for kids walking to school. A general comment on the state of the streets in regard to walk-ability was that many streets have poor signage, showing one intersection where she saw a car accident happen due to this issue. Sylvia then talked about the bus stop nearest to her house, which is about one minute away. While it is very close, she mentioned in our first meeting that she generally drives everywhere she needs to go, even though it takes only 8 minutes by bus to get to the nearest Wal-Mart.

Sylvia’s family always drives to get groceries, usually at the Aldi or the Wal-Mart on Roeland Park about five minutes away. She mentioned that her family usually cooks and eats together. She didn’t mention whether or not she shopped at the market or used the community garden adjacent to the church on Rainbow Boulevard.

As far as safety goes, Sylvia rated her feeling of safety in Rosedale an 8 out of 10. She said that crime is low for the most part, potentially because the streets are well-lit at night, and because there are two police stations nearby.

Sylvia said that she actually learned some things about her community while taking part in this process. Most importantly that there are definitely things that need to be fixed around her community, and that she thinks community involvement and ownership is going to be key in doing that.
## WIC Eligibility

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Veggies</th>
<th>Dairy &amp; Eggs</th>
<th>Meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>Tomatoes</td>
<td>Milk</td>
<td>Chicken</td>
</tr>
<tr>
<td>Berries</td>
<td>Carrots</td>
<td>Soy Milk</td>
<td>Beef</td>
</tr>
<tr>
<td>Apples</td>
<td>Spinach</td>
<td>Eggs</td>
<td>Lean Ground Beef</td>
</tr>
<tr>
<td>Grapes</td>
<td>Broccoli</td>
<td>Cheese</td>
<td>Fish</td>
</tr>
</tbody>
</table>
Stop N’ Shop

“The store doesn’t appear to be any kind of ‘social gathering space’, instead seems to hearken to its namesake”

The Stop N’ Shop, located just across the street from the KU Med Center, is a typical gas station, in this case without the gas pumps. A large parking lot is located in front of the single story structure, which if not in disrepair, seems to be showing its age. Bars adorn the windows of the store, and a simple sign denotes it as a “Stop N’ Shop Food Mart”. The interior of the store is more of the same, with industrial metal shelving taking up much of the space inside. The content on the shelves is what seems like an attempt to stock a variety of items, but many spots are bare. A set of freezers are positioned at the rear of the store, but they do not appear to be in working order, as nothing is inside of them.

The store doesn’t appear to be a “social gathering space,” but instead seems to hearken to its namesake, as we only saw a smattering of customers come in and out without any sort of interaction. The context of the store puts it in a valuable position, with the Medical Center directly across the street, and one has to wonder if it is only a matter of time before the land is sold to make way for more lucrative businesses. Most striking is the fact that Stop N’ Shop has nothing in the way of WIC eligible items, which makes it worse in regards to WIC than a grocery store in a resource rich neighborhood of Kansas City.

One of the main barriers to accessing healthy food options in this part of town is the simple fact that those without means of transportation would have to walk or ride public transportation for long periods of time just to get to a large grocery store with fresh, healthy options.
Case Studies

“Full service supermarkets in underprivileged communities can become the anchor to fulfill community needs and ensure consistent access to fresh, affordable food”

UpLift Solutions is a national nonprofit organization that supports food businesses, government, and nonprofits to create sustainable environments for undeserved communities. UpLift Solutions believes that full service supermarkets in underprivileged communities can become the anchor to fulfill community needs and ensure consistent access to fresh, affordable food. UpLift Solutions is able to implement its programs in undeserved markets across the country by creating entrepreneurial solutions that empower communities while benefiting all stakeholders involved. This model could be implemented in a place like the Stop N’ Shop we researched. In many cases, the grocery stores that were improved by UpLift Solutions were beautified on the interior, which makes them more visually pleasing.

A Farmers’ Market in Maryland has become highly successful that accepts food stamps, aimed at easing the stigma around farmers markets that they are only for those who are well-off.

Crossroads is the first farmers market in Maryland to accept food stamps, and it targets participants in the U.S. Department of Agriculture-administered Special Supplemental Nutrition Program for Women, Infants and Children (WIC). This case study offers two unique opportunities for the Stop N’ Shop. One simply being that the store could potentially stock healthy, freshly grown food grown in the area, which would be a step towards becoming WIC certified. Another would be for the store to hold an actual farmers’ market in the parking lot.
1. Bars over the windows:
   Makes area feel unsafe
   Lowers the appeal for customers to enter

2. Poor lighting

3. Lack of any fresh non processed foods

4. High fat - High sugar foods

5. No WIC products
Existing Conditions

“The Stop N’ Shop has a meager supply of anything beyond the standard supply of anything beyond the standard gas station fare”

The Stop N’ Shop we researched has little beyond the standard gas station fare, however the “infrastructure” is already in place for healthier food options to be stocked. Bars are covering the windows and doors, which makes the entire space feel unsafe to a degree. Lighting is primarily achieved through overhead florescent lights, which give the space a less-than-appealing feel. Several of the freezers in the rear of the store are either empty or in disrepair, which makes the store feel as if it already on its way to going out of business.

Overall, Stop N’ Shop has a great deal of potential to improve. However, since it isn’t marketed as a grocery store that offers healthy food options, it remains static.
1. Remove Bars from windows- replace with impact resistant safety glass
2. Fresh Produce in clear view upon entry
3. WIC Products in clear view upon entry
4. Pre- Packed To-Go Produce
5. Pre- Packed To-Go Produce
6. Replace lighting with high CRI lights.
Next Steps

By removing the bars from the windows and replacing them with a roll-down bar system, the space could become less foreboding and more inviting.

While Stop N’ Shop is in fine shape, a few minor steps could be taken to improve the store’s outward appearance. By removing the bars from the windows, and replacing them with a roll-down bar system, the space could become less “foreboding” and more inviting. Installing a fresh produce display, with WIC products in clear view of the entry, and replacing the light fixtures with more inviting CRI lights are all small ways to increase healthy options within the store. A larger scale option would be to “expand” the store to the parking lot by holding farmers’ markets there on the weekends. By working with local farmers, the store owner would potentially be able to stock the fresh produce at a reduced price, while at the same time increasing traffic into the store by holding the markets.
Fisher Park

“Fisher Park, while small, appears to be a nice community park with several amenities within its boundaries.”

Fisher Park, while small, appears to be a nice community park with several amenities within its boundaries. Close in proximity to the parking circle is a medium sized play structure that is surrounded by a layer of mulch enclosed by a plastic fencing system. A bench is situated within view of the structure for parents to sit and watch their children play, along with several trash cans around the area (trash was still scattered around which means the cans aren’t being used to their full potential...
Case Studies

“With the goal being to help Fisher Park become better used by the public, simple design strategies such as better lighting, pathways that give people a reason to enter the park, and stages for community events could help Fisher Park.”

This park renovation in Oak Park Illinois offers a number of design oriented changes that can be implemented to Fisher Park in Rosedale, Kansas City. With the goal being to help Fisher Park become better used by the public, simple design strategies such as better lighting, pathways that give people a reason to enter the park, and stages for community events could help Fisher Park.

Simple pathways that meander through the park were an effective measure that helped Scoville Park become better traversed by pedestrians. Offering them opportunities to sit on a number of benches along the paths and look out over the park has turned this park into a relaxing escape from the busy intersection of Oak Park and Lake Street to the south eastern corner of the park.

Lighting was improved at Scoville Park and has since allowed for people to still be able to use the park during the twilight hours, especially during the summer months. The park closes after dusk, but having these lighted pathways makes the park feel much safer than it did before and extended the time that the park can be in use.

The stage has become a very important factor in making this park the center of community activity. During the summer and fall months, Scoville Park hosts a “Music in the Park” series of musicians that draw large crowds and has become an important community event in addition to other community focused events and activities.
Fisher Park - Existing
Existing Conditions

“Providing better access to the park through public transit will help to increase the number of likely park-goers”

At this time Fisher Park does not yet have a public transit connection. The nearest bus stop is several blocks away, so it will be important to add a bus stop at this location to allow people who do not own an vehicle or choose to commute via public transit the opportunity to have easy access to this park. Providing better access to the park through public transit will help to increase the number of likely park goers.

Finally, for those who do drive, the provision of more parking spaces in the park will be important to allow for large groups of people to gather here. If there is a community event, a sports game or any number situations where people may gather they will need a place to park. If people need to park far away from the park it may deter them from using this park, so providing parking to make using the park as convenient as possible will be key to increasing the park’s use.

A water fountain, shown above, has just recently been added to the park.
Fisher Park - Changes

- Clean-up of Paths
- Walking Path Entrance
- Grass Pad Parking
- Public Event Stage
- Bus Stop
Fisher Park would benefit from the following changes to help make it a more widely used park for the community of Rosedale.

Better lighting will allow the park to feel safer after dark. Even when the park is closed after dark, having this park become a well-lit area will help to make the surrounding residential area feel safer. Better lighting will also act as a countermeasure against possible criminal activity that could occur in the park.

Fisher Park connects with an extensive trail system of walking paths that link with surrounding parks but is currently under-utilized. Bringing attention to these trails with an entry marker will help to make the presence of these trails better known and increase their usage.

A stage for community events in Fisher Park would help to make this park a place of social gathering for community-focused activities and become a way to bring the people of Rosedale together and strengthen the community.

“A stage for community events in Fisher Park would help to make this park a place of social gathering for community-focused activities”
Understanding Neighborhood Determinants of Health

.5 mi radius from Bonito Michoacan

- Big Eleven
- Waterway Park
- Strugglers Hill
- Waterway Park
- Riverview

- Bonito Michoacan
- Restaurant
- Bus Stop
Strugglers Hill and Riverview

“...frequent streets and short blocks are valuable because of the fabric of intricate cross-use that they permit among the users of a city neighborhood.”
— Jane Jacobs, The Death and Life of Great American Cities

The Riverview and Struggler’s Hill Neighborhoods are located north and south of Minnesota Avenue in Kansas City, Kansas. These historic neighborhoods have been around for decades and have slowly lost healthy living resources they once had. Within these urban core neighborhoods there are few, if any, healthy food store options. If someone living in this neighborhood wants to have a good variety of foods they must drive a few miles from home to reach a grocery store that offers viable healthy options such as fresh produce, fresh meats and simple everyday options for meals. The neighborhoods are seemingly divided with cultural differences and language barriers. The neighborhoods north of State Avenue were originally predominant African American families. Since the 1960’s, many have left the urban core and now migrant Hispanic families are renting and purchasing homes in the area. With many recent changes in the last decade of new migrant families, many community members are feeling increasingly isolated and wishing for a more inclusive community life. Building relationships between the diverse cultures requires time and conscious efforts. Throughout the years, many of the older residents of the Struggler’s Hill Neighborhood have tried to reach out and address these issues, but have had little success to date. Often, the kids from these families will be around and interact with the long-term residents, but the residents struggle to establish relationships with the families.

These neighborhoods feature two parks in the area: Big Eleven Lake and Waterway Park. Waterway Park is one of Kansas City, Kansas’s most popular parks in the area and visited by residents from miles away. It is an exemplary park that has been reinvested by local community members and agencies such as the Community Housing of Wyandotte County organization. We now see this park being a constant draw for families and residents. Although it could have more amenities added, it is an great start to an urban green space in this community that is supportive to a healthy, active lifestyle.
### Understanding Neighborhood Determinants of Health

<table>
<thead>
<tr>
<th></th>
<th>Brookside</th>
<th>Riverview</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Employed:</strong></td>
<td>57.70%</td>
<td>61.10%</td>
</tr>
<tr>
<td><strong>Unemployed:</strong></td>
<td>5.80%</td>
<td>7.40%</td>
</tr>
<tr>
<td><strong>Not in Labor Force:</strong></td>
<td>36.10%</td>
<td>31.50%</td>
</tr>
<tr>
<td><strong>Median Household Income</strong></td>
<td>$53,482</td>
<td>$34,408</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Types of Services by Numbers</th>
<th>Brookside</th>
<th>Riverview</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fast Food/other</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td>Table Service Restaurants</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>Grocery Stores/Supermarkets</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Farmers Markets</td>
<td>1 (seasonal)</td>
<td>0</td>
</tr>
<tr>
<td>Gas Stations</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Convenience Stores</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Pharmacies</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Liquour Stores</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Bars</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Tobacco Outlets</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>FitnessCenter</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Salon/Barber</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td><strong>Places of Worship</strong></td>
<td>1</td>
<td>6</td>
</tr>
</tbody>
</table>
Census Data

The demographic data retrieved from City Data tells us that the Riverview Neighborhood is 63% Hispanic descent. The neighborhoods surrounding Riverview to the north in the Struggler’s Hill Neighborhood are also seeing a rise in Hispanic families renting and buying homes there, also. The type of food outlets and restaurants available reflect this emerging demographic shift as visible with signage in Spanish, culturally related foods and with many people that shop at this location are predominantly Spanish speaking.

Not only do the statistics reveal a change in the surrounding neighborhoods, but the residents from the Struggler’s Hill Neighborhood, a historically African American neighborhood, are recognizing an increase of the number of Hispanic families that are “coming and going from this neighborhood.” To the long-term residents, this high turnover rate, partnered with a lack of being able to communicate because of the rise of predominant Spanish-speaking neighbors, makes it difficult to relate and build a thriving community together.

Another significant factor for this neighborhood is the high level of unemployment. In comparison to the nearby resource rich neighborhood of Johnson County, the Riverview Neighborhood has 3.4% higher rate of unemployment.

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic / Latino</td>
<td>63.0% +/- 5.7%</td>
</tr>
<tr>
<td>White</td>
<td>19.1% +/- 6.9%</td>
</tr>
<tr>
<td>African American / Black</td>
<td>8.5% +/- 3.5%</td>
</tr>
<tr>
<td>Asian</td>
<td>7.9% +/- 5.25%</td>
</tr>
<tr>
<td>American Indian / Alaska Native</td>
<td>0.0% +/- 1.0%</td>
</tr>
</tbody>
</table>
As part of the initial research on the Struggler’s Hill Neighborhood, we asked local long-term community members to visit the spaces in the community that they frequent in their everyday lives and take photographs. It was emphasized that these photos should reveal the spaces that support their access to physical activities, walkability and food. We asked that our community members take photos of places they live, showing what the sidewalk conditions were like, and how they and others got around the city. We also asked that they take photos of where they purchase food, what they eat, how it is prepared and how they get regular exercise (if they do).

After processing the film, we met with the community members and discussed each photograph and why they thought each one revealed their access to a healthy lifestyle—identifying barriers, also. This was an interesting task because it led us into conversations that we wouldn’t have gotten to without the prompts through photography and with residents who live directly in the community able to provide information not easily detected. The community members gave us vital information about their everyday lives and the different aspects that come from living in a neighborhood that lacks many assets that support a healthy lifestyle.

We found that our community partners usually drive over 20 blocks to get to a grocery store that was well-stocked with fresh produce, fresh fish and meats. Luckily, they cooked almost every meal at home and enjoyed fresh fish twice a week. For some of their neighbors, they don’t have the capacity to travel this distance and have to settle with food options available at the convenient stores.

“A street is a spatial entity and not the residue between buildings.”
– Anonymous
Baked goods from the Bonito Michoacan bakery across the street from the grocery store.

Taco plate served in Bonito Michoacan restaurant within the grocery store.
Bonito Michoacan

“Cities have always offered anonymity, variety, and conjunction, qualities best basked in by walking: one does not have to go into the bakery or the fortune-teller’s, only to know that one might. A city always contains more than any inhabitant can know, and a great city always makes the unknown and the possible spurs to the imagination.”
— Rebecca Solnit, Wanderlust: A History of Walking

Bonito Michoacan is a local Spanish restaurant and grocery store located in the Struggler’s Hill Neighborhood. They offer a brightly lit food line that has many food options that is very popular with local residents. The grocery store is a bit cramped, but features an abundance of Spanish products. The food that is cooked and sold provides a good sense of what can be cooked with the fresh meat and fish sold in the store. The store directly across the street is a bakery that serves fresh baked Spanish goods each day. The surrounding neighborhood lacked pedestrians and activities however, there were recently installed sidewalks that were walk-able and plenty of parking for shoppers for both the grocery store/restaurant and bakery across the street. It should be noted that inside the store, the restaurant is emphasized by its location and access to daylight, rather than the grocery store.
The **Improving Sales in Small Grocery Stores** case study is a small grocery store located in Washington, D.C. that focused on small intervention placement. The study examined the location and quantity of all items sold in the store. Being able to put common, “add-on” products next to corresponding products increases the likelihood of the “add-ons” being sold.

Eliminating dead space on shelves and installing a “point of sale” system for the store allows the store owner to look at the connection of the product sales. Using this system to better locate products helps in creating a better system of product placement within the store that leads to higher sales.
Case Studies

**Mandela Marketplace** has been recognized as being on the forefront of providing healthy, locally sourced food options and one that establishes specialty grocery stores in low income, diverse communities. Through community engagement, business education, and cultivation of food, they have developed and grown many different marketplaces in the California area. By building local markets and working together with communities, Mandela has provided a business model that continues to grow. “Since 2004, Mandela Marketplace has made significant economic, health, food system and social impacts, including: increased revenue for businesses and farmers, new jobs and expanded employment opportunities, and improved access to healthy food for hundreds of neighborhood residents and local customers. The history of this community effort spans more than a decade, and continues to grow.”

Mandela continues to expand and open up grocery stores and markets throughout Oakland, California. Mandela has opened up eight local fresh markets and six local community produce stands. These produce stands are not permanent structures, but aren’t a large event such as a farmers’ market either. By opening up these six specific markets and selling fresh food, Mandela introduces to residents how to grow food in their backyards. The produce stands are usually located at senior centers, health facilities and residential communities. With this approach they can continue to expand to fit the demand where a building and market isn’t always necessary. As part of their sustainability efforts, Mandela sources all of its food within a 200 mile radius of Oakland.

mandelamarketplace.org

**Zella's Souful Kitchen** is located in Oakland, California, in one of the Mandela Foods Cooperative stores. It is a good example of a store that provides locally sourced healthy food options within a specialty grocery store. Zella’s and Mandela’s businesses share the same values that emphasize healthy food. The idea of having a restaurant within the grocery store allows customers to see how healthy options are prepared, how they taste and that foods are available to purchase makes it possible for customers to imagine how these simple healthy meals can be made at home.
Limited space between aisles providing lack of movement and ability to see items shelved

Shelves not completely full with items

Fresh Meats/Fish

Dairy/Juice/Eggs

Restaurant

Home Supplies

Fresh Produce

Successful and busy quick restaurant up front provides freshly cooked items at a reasonable price point
Existing Conditions

“Cities have the ability of providing something for everybody, only because, and only when, they are created by everybody.”
-Jane Jacobs, The Death and Life of Great American Cities

**Bonito Michoacan** is a specialized grocery store that provides a variety of Hispanic, culturally specific food options. The front façade of the building has limited visibility into the store from the street to the interior. The interior of the store is very dense in the aisles. The shelving units are very close to one another and are not fully stocked with merchandise. At the front of the store, where the restaurant is located, the gathering space is open and has a good flow to support the clientele. The layout of the store is reasonable, but if the food stock was more equally distributed with wider aisles, the store would be more comfortable.
Next Steps

If a small-scale renovation were possible in Bonito Michaoacan, it would be beneficial to remove some of the shelving units as the aisles tend to be too narrow and only one person can move in the aisle at one time. Also, it is very hard to see anything on the bottom shelves because it is difficult to bend over in the tight space. Reducing the store from three shelving unites to two would allow for the same amount of stock (as noted with the red shelves). Also, adding low shelving units (as noted with the green units), would allow for a better display of the fresh produce next to the restaurant so that people are aware of healthy food options as they are eating. These combined changes will provide customers with a more comfortable shopping and dining experience.
Next Steps

If a large-scale renovation were possible in Bonito Michoacan, it is recommended that the storefront be renovated. By simply opening up the windows by removing the existing ads that cover them, the grocery store would be more visible to those passing by. Creating more visibility and daylight would allow customers that are walking and driving by to be able to see in and also provide a healthy, well-lit environment inside. Another recommendation is to consolidate the back storage area and locate the fresh meats and fish further back to promote a growing fresh produce section and increase in the restaurant size in the front of the store.
Waterway Park

“There is no logic that can be superimposed on the city; people make it, and it is to them, not buildings, that we must fit our plans.”
— Jane Jacobs

Waterway Park has become a very desirable park for the local community within the last four years. Through community engagement and supplemental grant support sponsored by the Community Housing for Wyandotte County (CHWC), it has become well-equipped and popular for local residents. CHWC has renovated and built new houses surrounding the park, built new sidewalks connecting the schools and families to the park, and installed a new playground, new trails and a soccer field. The park draws people from further away because of the quality of the installations and the growing reputation as a safe park. Exercise stations have also been recently installed along the outside sidewalk and trails. The workout stations provide opportunities for residents to walk around the park, while also providing an accessible path and workout stations for the disabled. The interior of the park has a crushed limestone path that leads from one end to the other.

While visiting the park, we noticed multiple families on the playground after school and a few children playing on the soccer field. The neighboring houses, with porches and well kept lawns, provide a “good eye on the street” and connection to the park. Exterior lighting along the perimeter of the park has helped the park stay safe at night, but the park needs lighting in the center as it gets a little dark at night. Luckily many local partners have developed programming and more projects in the Waterway Park in the past that keeps residents engaged and interested in future growth and development for the future. The draw of a well-kept park has allowed it to draw residents frequently and throughout the seasons. Continuing to program events each year will increase its popularity.
Waterway Park has been the subject of a lot of community-engaged efforts over the last few years and stands as a model park in the area. The new sidewalks feature workout stations that everyone in the community can use. The park has a new parking lot for those who drive there and a wood-chipped playground with a new play-set. The soccer field has a good patch of grass that is maintained and a small gazebo with a picnic table allows families to have a picnic near the playground. The only problem we noticed is that the crushed limestone path is eroding, as it isn’t properly drained.
Waterway Park could benefit from a set of permanent toilets (marked in red). A set of toilets near the playground where the parking lot is located would support the young children at the playground and another near the soccer field would support children and adults at that end. Adding a set of bleachers near the soccer field would allow families to watch the children play soccer. The toilets could be incorporated into the design of the bleachers and provide a simple and elegant element in the park if designed well. Fixing the limestone path and extending the path near the soccer field would be beneficial.
St. Peter and Waterway

“Livable neighborhoods with a **vibrant street life** will stimulate our economic life as well.”

-Gavin Newsom

The St. Peters, Waterway, Bethany and Prescott Neighborhoods are located in the core downtown area of Kansas City, Kansas. Just north of Interstate 70, the area includes the Wyandotte School District. The Wyandotte High School is located within a mile of this area. This project evaluates the El Torito II food outlet and Clifton Park as the primary spaces for access to healthy food and physical exercise. These spaces support many family households with children in the Kindergarten to 12th grade ranges.

These selected neighborhoods have a high Hispanic population. During our visit in the neighborhoods, we noticed many Hispanic themed shops, restaurants and bars, including El Torito II through signage and conversations spoken in Spanish.

Reviewing demographic data it is observed that most residents of the community do not have a college degree. The majority of the population has a high school diploma or has not graduated. The average household income levels in this area range greatly between $15,000 to $75,000.

Kansas City, Kansas is transforming as discovered through interaction with residents through a Photovoice Workshop and other outside research, we were able to pin point the problems that residents of the neighborhood feel are present. By having one-on-one conversations with residents from these neighborhoods, we achieved a whole new perspective that helped us see things through residents’ eyes. Our design concepts and ideas that we propose in the following pages are some of many ways that living conditions and the quality of the appointed neighborhood have the potential to improve.
Leawood, Kansas: primarily top 10% average income.

Lawrence, Kansas: Incomes vary depending on proximity to University of Kansas campus (Light Blue). Even looking at the imidiate neighborhoods, most are higher than the majority of Kansas City, Kansas.
In the graphs shown to the left, the average income of households are shown from three different neighborhoods: Kansas City, Kansas; Leawood, Kansas; and Lawrence, Kansas (top to bottom). Also, are the three neighborhoods we studied and researched when working with our Kansas University Medical Center Public Health student partners. This comparison was instructive in understanding the context of our chosen Kansas City, Kansas (KCK) neighborhoods.

In the adjacent ‘heat maps’, the income levels are shown from low-to-high. By comparing KCK with Leawood and Lawrence (more affluent neighbors), we see that our neighborhood has the largest block of low-income households in the area. Comparable income levels are found in Lawrence, Kansas where students (with lower incomes) live.

Directly relating the ‘heat map’ of Kansas City, Kansas to Leawood, Kansas, we see a drastic difference in average income. Kansas City, Kansas has a 50% low income rate as compared to Leawood with 10%. This census data illustrates that Leawood is highly privileged over our area of study in Kansas City, Kansas. In this project, we recognize that our neighborhoods are in high need of the most basic resources such as transportation, walkability, access to healthy food and goods. With this study, we provide preliminary concepts on how to improve and solve this problem in the chosen food outlet, El Torito II and nearby park, Clifton Park.

Census Data

*Kansas City, Kansas neighborhood average income in comparison to Leawood, Kansas and Lawrence, Kansas as of 2014*
At the first meeting, students met with residents of the community and discussed their experience within their neighborhoods; discussed the Photovoice Project; and sent the residents with cameras to document their neighborhoods as related to access to healthy food and exercise.

At the follow-up meeting, we used the residents’ photos as prompts for discussion and annotated the observations and emotions while listening to the residents’ stories.
Photovoice Workshop

“Images contribute to how we see ourselves, how we define and relate to the world, and what we perceive as significant or different. The lesson an image teaches does not reside in its physical structure, but rather in how people interpret the image in question.”

-Carolyn C. Wang, Photovoice Creator/Researcher

The Photovoice Workshop is a way of letting those express their view, emotion and challenges with a community issue in an accurate way.

Back in 1995, creator Carolyn C. Wang and her students conducted a study on women in rural villages in China. This was a creative way to express the true problems within the health policies of the system.

The agenda of Photovoice starts with gathering volunteers from the selected neighborhood or community. These volunteers then meet with students to talk a little bit about their background and relationship to the community. Disposable cameras were then distributed and instructions were given on the prompt. Volunteers were told to tell their “story”. The residents were encouraged to take photos of things that they felt represented their neighborhood whether it be good or bad. The purpose was to understand the community from an insider’s perspective.

As a follow up meeting, photos were developed and reflected on. This information was very valuable to the study and was an eye-opening experience. They have always said that “a picture is worth a thousand words”, but here we have seen that it is beyond that.

Our own groups photos from the Photo Voice Project
El Torito II is located in the center of Kansas City, Kansas. It is located on Central Avenue between 14th and 15th Streets. With such a prime location, it’s easy to see how well situated the store is with its relationship to many single family and multiple family residences nearby. It is located on one of the busiest streets and has great connections to residential areas, schools and other community buildings. It is near the Bethany Park that has a recently installed futbol court that attracts children and their families. There are multiple bus stops near the El Torito II store which makes it easily accessible to the community.

The central location and accessibility to mass transportation provides a unique amenity to the city with the wide selection of healthy, fresh food. The commercial development that exists along the Central Avenue corridor is highly visible—this gives this area an economic advantage.

Overall El Torito was an excellent grocery store for KCK. It really catered to the Latino demographic of the area supplying food products that fit well into a Latin diet. Most products were labeled in Spanish and some in English as well. There were pinatas hanging from the ceiling and the paint colors gave the space a very lively feel. Almost everyone in the store was speaking Spanish with each other and a great aspect of the store was the amount of variety and quality of meats. It was like being in a foreign country, everything was in Spanish and people were shouting to the employees what they wanted and how to prepare it. It was like being in a real butcher shop. There were also a lot of styles of meat that we did not recognize and having the chance would have loved to try some of them out.

When our team toured El Torito II we could tell it was an important amenity to this neighborhood and the area that surrounds it. It has a strong Latino cultural sense about it with most people there speaking Spanish and most labels (and menus) in Spanish. It’s more than a grocery store though, we could tell that it serves as a social gathering space in the city. Many families were there talking and catching up.

There was also a restaurant connected to El Torito serving freshly prepared Latin food; the tacos are amazing! This was an excellent asset to the store because people could stop in and shop and then get something to eat as well. El Torito is a one stop shop and makes going grocery shopping an event more than a task or chore.
Types of resources in area and goods available
(Leawood, Lawrence, and Kansas City, Kansas)

El Torito II Supermarket

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Veggies</th>
<th>Meat</th>
<th>Dairy and Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Broccoli</td>
<td>Chicken Breast</td>
<td>Milk</td>
</tr>
<tr>
<td>Bananas</td>
<td>Carrots</td>
<td>Ground Beef</td>
<td>Soy Milk</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Tomatoes</td>
<td>Lean Ground Beef</td>
<td>Cheese Variety</td>
</tr>
<tr>
<td>Grapes</td>
<td>Spinach</td>
<td>Fresh Fish</td>
<td>Grade A Eggs</td>
</tr>
</tbody>
</table>

Trader Joe’s

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Veggies</th>
<th>Meat</th>
<th>Dairy and Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Broccoli</td>
<td>Chicken Breast</td>
<td>Milk</td>
</tr>
<tr>
<td>Bananas</td>
<td>Carrots</td>
<td>Ground Beef</td>
<td>Soy Milk</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Tomatoes</td>
<td>Lean Ground Beef</td>
<td>Cheese Variety</td>
</tr>
<tr>
<td>Grapes</td>
<td>Spinach</td>
<td>Fresh Fish</td>
<td>Grade A Eggs</td>
</tr>
</tbody>
</table>

Dillon’s

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Veggies</th>
<th>Meat</th>
<th>Dairy and Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Broccoli</td>
<td>Chicken Breast</td>
<td>Milk</td>
</tr>
<tr>
<td>Bananas</td>
<td>Carrots</td>
<td>Ground Beef</td>
<td>Soy Milk</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Tomatoes</td>
<td>Lean Ground Beef</td>
<td>Cheese Variety</td>
</tr>
<tr>
<td>Grapes</td>
<td>Spinach</td>
<td>Fresh Fish</td>
<td>Grade A Eggs</td>
</tr>
</tbody>
</table>
Overall, KCK is known as a food desert so most people don’t expect much access to healthy food when shopping in this area. The neighborhood is made up of many convenience stores and fast food chains that provide high calory, low nutrient food that is cheap but very unhealthy. The problem is that this is what most people can afford.

Most people are also very busy with having to work and activities; the speedy, convenient food is very alluring. When talking to one of our community members in the Photovoice exercise, she said that in most families, food is important, but with their busy schedules it is hard for people to take the time to make home, prepared meals forcing them to eat fast-food on the run.

For our group, El Torito did not represent this situation. There are plenty of healthy food options and products that require cooking. It is not the kind of store that has nothing but frozen food like a convenience store. Although El Torito did not have every single fresh food item on our list it did have most of the them. Most items that were missing were either seasonal or were not typical of the culture. The graph to the left shows the disparities among food items. It also catered to a Latino diet so there were fruits and vegetables that we did not recognize but definitely wanted to try.

There was also healthy, Latin food being served in the connected restaurant that was an option for people. This menu consisted of healthy food options but at a fast-food price creating a food amenity that many people utilized. Even people who do not live in the area would come and take advantage of the flavor!

---

Goods and Services

"That it is logical, fair and reasonable to maintain the purchasing power of an hour’s work in terms of goods and services the employee must purchase in his daily living."

– Charles E. Wilson

92
Case Studies

Curtis “50 Cent” Jackson Community Garden

“I am just so happy to have this garden. I know when the kids are in school, we come in the afternoon and invite other kids in the neighborhood who come in and do their homework in the shade. And for those of us who are asthmatic it’s just wonderful to have a garden to come to.”

- Deborah Sampson

Previously known as Baisley Park Community Garden, Curtis Jackson (otherwise known as “50 Cent”) decided to give back to his childhood neighborhood in Queens, New York. By pairing up with the New York Restoration Project (NYRP), the rap sensation added to NYRP’s 52 community gardens make strides to help reconstruct the space and give back to the city’s need for open green space.

In an area that is home to over 10,000 child-residents, the space is lacking dedicated park space. What is a childhood without a place to play, run and just be outside? This 11,000 square foot garden is a positive asset to everyone within its proximity.

Many residents have shared their gratitude. One resident, Deborah Sampson, mentioned that she feels comfortable having a place for the kids to gather afterschool to enjoy the weather and do homework in the fresh air.

“50 Cent,” through the G-Unit Foundation, donated amenities to support the park: an interactive learning garden, communal planting beds for vegetables and fruits, and a neighborhood multi-functioning hub to support community activities. By integrating sustainable design and innovative ideas, the “50 Cent” Jackson Community Garden is a welcoming service that provides the residents a place for rest and relaxation.

Cite: https://www.nyrp.org/green-spaces/garden-details/curtis-50-cent-community-garden
El Torito II is located in a dense urban area with commercial development all along Central Avenue with residential development extending north and south of Central.

When our team toured El Torito we could tell it was an important amenity to KCK. It has a strong Latino cultural feel to it with most people speaking Spanish and most labels in Spanish. It’s more than a grocery store though, we could tell it almost doubled as a social gathering spot for the city. Many families were there talking and catching up. El Torito is a very important grocery store in the Kansas City area.

“As mentioned previously, El Torito II is centrally located within an active neighborhood that includes single-family and multi-family housing. There are a set of bus stops along the street outside the store and restaurant, making healthy food options available to those without cars. In addition to the buses, there is an abundance of parking in the area. Across the street from the store, along Central Avenue, is a parking lot to the north and another behind the store to the south. There is a small pocket park to the east of the store along Central Avenue with seating and shade. There is also an empty lot directly across the street from the pocket park. Access to El Torito II is easy, even though it is located in a dense urban area.

The store has a simple, understandable layout with the meat preparation and counter on the east side, shelving and refrigerated dairy in the center and fruits and vegetables on the west side. There are three entrances off of Central Avenue (on north side) with one entrance on the west side, adjacent to the additional parking. The checkout area with cash registers is on the Central Avenue side. The store has a large storage space on the southwest side of the store.

One of the barriers that exists within El Torito is a lack of space. The store provides food for a large area of KCK and as mentioned before is one of the best, if not the best, options when seeking fresh, healthy food. When walking through the store the aisles seemed a bit cramped but that was because of the abundance of food. There were so many options, all within a Latin diet.

Another barrier would be that everything was labeled in Spanish. This is convenient for the local community but for outsiders who want access to healthy food, too, it is not ideal. Also, in terms of labeling, none of the aisles had labels addressing what existed in them. This meant that people would have to wander around the store looking for something that could have easily been marked, or they would have to ask an employee.
Immediate Change

When looking at how El Torito II functions, we initially found the lack of labeling and signage made it difficult to find things. Everything was labeled in Spanish making it difficult for non-Spanish speaking customers to find items. Due to the lack of labeling, it created a sense of disorganization without specified areas being clear. The passage between the restaurant and the store was completely unnoticed by our team—we felt that with some signage it would provide a better connection. When approaching the store, the advertisement stickers “littered” the windows so that visibility between outside the store and inside was difficult, if not impossible. When we walked inside there were fruit and vegetable coolers that covered up the windows. Some small, immediate changes that could be developed and encourage more customers to shop in the store, would be to have signage that is in Spanish and English so that customers can more easily navigate the store. To encourage healthy eating, it would be beneficial to place healthier food options next to the cash registers rather than junk food that currently exist. And, by relocating the coolers away from the windows, it would be possible to make stronger connections to customers walking by the store and to let healthy, natural light inside.
Ultimately, El Torito would benefit highly by providing safer and easier access across Central Avenue, the busiest street in our neighborhood. By creating a crosswalk in front of the store, pedestrians, ranging from mothers with small children to customers carrying loads of groceries would have an easier time accessing the store. To address the issues of view obstructing window advertising we suggest a better, designed storefront with more glass on the façade along Central Avenue. This design permits more daylight into the store (healthier and more pleasing space as a result), but also allows customers to view inside to see what is available. When touring El Torito II, we enjoyed the culture exuberantly displayed inside. The bright colors give the store a festive feeling, however, unfortunately this is not perceived from the exterior. Bringing the life that exists inside the store’s exterior would be a good way to invite the community inside. Finally, we imagine that the addition of a farmers’ market within the pocket park and/or within the empty lot across the street would provide more interest and further strengthen the identity of this area as a place where healthy food is served and purchased. These outdoor spaces could host festivals and outdoor sales on nice, warm days.

**Large Scale Change**
A half-mile walk down Central Avenue from El Torito II brings one to Clifton Park—a park that we have chosen to study. Located in the same neighborhood, it has the same census data factors as El Torito II. It is a rather large park reaching a little over eight acres as well as situated in a prime location right off of Park Dr. Within a large residential area and equally accessible from a commonly used street, we believe that this park could be popular for Wyandotte High School students and residents within a mile.

Unfortunately, the quality of the park and its amenities is disappointing. Many components were damaged and mistreated. Finding one’s way from the park entry by vehicle was difficult. The only signage available was at the foot traffic scale. Once one reached the parking area by vehicle and got out of the car, we experienced inadequate paving making it difficult to walk (impossible for those in a wheelchair) and aesthetically displeasing. We found this the case throughout the park. Also, a road within the park is overgrown and barricaded with large cement blocks. These concrete blocks and many other elements in the park are vandalized with offensive marks and gang tags. The elements that do exist there (picnic tables, benches and a pavilion) are in poor shape needing coats of paint and other maintenance.

Fortunately, the playground is in good condition and of high quality. However, it was quite small for the size of park and could use a new layer of mulch of play pad to make it cleaner and safer. In particular, the play slide lacks a safe landing as it drops about three fee from the edge of the slide to the ground. Simply adding a new pad under the slide would make it safer and more useful.

Clifton Park is littered with trash: empty wrappers, Styrofoam cups and drug paraphernalia. Not only is garbage unappealing and bad for the health of the environment, but this type of litter sends a message that this park may not be safe with drug users and possibly dealers, too.

The most significant negative trait of the park is the abandoned home in the middle of an open field. It is odd that a house would be situated in the middle of a public park. This abandoned house denotes a “creepy, spooky and haunted” quality with graffiti, bullet holes and broken windows. It is assumed that it is unappealing to park users and especially at night when it could host illicit behavior.
Understanding Neighborhood Determinants of Health
Lafayette Park Renovation

“We are proud of the historical value that Lafayette Park holds for its residents. With that in mind, it is our highest priority to incorporate the community’s vision and ideas into the improvement renovation.”

- San Francisco Recreation and Parks

“Lafayette Park is an 11.5-acre multi-use recreation area bounded by Laguna, Sacramento, Gough, and Washington Streets in the Pacific Heights District. Rich with a history that spans back to the 1860s, Lafayette Park has hosted a myriad of “owners” over time, from former City Attorney, Samuel Holladay; to University of California professor, George Davidson; to real estate mogul, Louis Lurie; to condominium developer, Alexander Wilson – all of whom contended with the City of San Francisco for rights to the area. It was not until 1936 that the City secured Lafayette Park as purely public space – that is with the exception of the St. Regis Apartments which remain the only privately-owned building in a San Francisco public park.

In 2008, the voters of San Francisco passed the Clean and Safe Neighborhood Parks Bond to fund renovations in our parks throughout the city. Lafayette Park was one of thirteen city parks selected for inclusion in the program and will receive $10M in funds for park improvements. Friends of Lafayette Park is working with the San Francisco Recreation and Parks Department, the Neighborhood Parks Council, and San Francisco Parks Trust to increase and coordinate public participation in the process. As part of this effort, several public meetings have taken place, including three official public input meetings and other town hall meetings for specific interest groups in preparation for the public input meetings. On December 16th, the SF Rec & Parks Commission unanimously approved the Lafayette Park Conceptual Plan.

Today, Lafayette Park serves one of the densest urban areas in the City. Our upcoming renovation efforts will keep this neighborhood gem in tip-top shape. San Francisco envisions renovating the park’s recreational amenities and restoring and maintaining its natural features.”

- Friends of Lafayette Park Renovation

http://sfrecpark.org/project/lafayette-park-improvements/
http://www.friendsoflafayettepark.com/park-renovation-project.html
When reviewing Clifton Park it is easy to identify some significant changes that are needed. City Park, which is nearby, is a very nice park with many amenities that gets a lot of use, especially during the weekends. Clifton Park could be equal to City Park as they have similar, basic amenities. Clifton’s shelter pavilion has graffiti all over it including gang tags on the floor. There are offensive drawings on the benches and floors.

As previously mentioned, there is an abandoned house in the park. It has a sign that says that the Parks and Recreation Department owns it but it is obviously vacant and appears to be a place for illegal activities. It is in terrible condition and does not look structurally sound.

Throughout the park are unusable asphalt paths. The parking lot is also in very poor condition with crumbling asphalt. There are overflowing trashcans throughout the park and they appear to not be maintained. The main park sign at the corner of Park Drive and 23rd Street is small and poorly maintained with chipped paint and decaying wood.

Positively, Clinton Park has a large, grassy area that is flat and could easily be turned into soccer or baseball fields and/or be left open to other designated uses. The playground is in good shape and just recently received mulch to make it safer than what it used to be when we first started to study this park. The shelter is in good structural shape, but needs to be repainted and maintained.
Immediate Change

Despite the poor state that Clifton Park is currently in, there are many small changes that could be acted upon that wouldn’t require a large budget and be done in a short time frame. These changes include: repaving the paths, updating the signage and repainting the pavilion structure. The paths, in some locations could be refinished with a new asphalt coating, while in other locations will require completely new construction. Getting around the park with a stroller or in a wheelchair would be impossible at this point. Refinishing the paths would allow access to the shelter pavilion and to the edges of the park, connecting with street sidewalks. Signage is also a recognizable need for improvement. Developing new signage and updating the existing ones would make entrances and the park itself more easily recognizable to people driving or walking by. This would make the park more inviting. And finally, repainting the shelter pavilion, the surrounding benches and other vandalized equipment is needed. Getting rid of gang tags and other inappropriate markings would help make the park more inviting and feel safer—this may need an ongoing strategy for maintenance as painting over the markings may not immediately solve the problem.
If substantial changes could be made to Clifton Park, we recommend razing the abandoned recreational facility. Removing it would make the park feel safer as well as make it more family friendly.

Repairing the parking lot near the shelter pavilion would help provide a better, initial impression of the park and also make the park more accessible to those in a wheelchair.

Providing lighting throughout the park would make the park safer and more accessible for those wishing to use it at night. This is not a park people would feel safe using at night as is. The park is at the bottom of a hill and is hidden from Park Drive. Lighting would assist the playground and shelter pavilion to be visible from the street.

And finally, an addition of a soccer field on the north side of the park in the large, flat, grassy area would bring activity to the park. As illustrated in other parks through KCK, the futsol courts have brought families and children to the parks with lots of activity. The same could happen in this park. Clifton could become a great family park with a few improvements.
Westheight and Jersey Creek Neighborhood

“When it comes to collaboration, people often jump to the final question - ‘do we want to do this?’ Instead, we need to focus on gathering information first and decision making second. With the right information, the question becomes ‘what is the best thing to do together?’”

-Unknown

The Westheight and Jersey Creek Neighborhoods are confined by Highway 635, on the north and west sides; 18th Street on the east side; and State Avenue on the south side. This neighborhood has 9,127 inhabitants with a density of 3,791 inhabitants per square mile contrasted to Kansas City, MO there are 1,192 inhabitants per square mile. Most people who live there are elderly due to the fact that many houses were built between 1940 and 1969. In addition, there is a significant number of resident homes that were built between 1970 and 1999. This neighborhood does not have many grocery stores or markets with easy access to healthy foods, and the few markets that do provide healthy foods are located a greater distance away. Another important neighborhood factor to consider are the bus routes. The route of the bus is hardly integrated into the neighborhood. The population contains a significant number of people who declare their cultural identity as Hispanic, at 39% of the population. Furthermore, 32% of the residents declared that they were born in another country. These neighborhoods have the highest number of people employed in manufacturing and laborers (48.8%). During a walk in one of our visits in this neighborhood, we could see that it is mainly residential. The parks and streets rarely have sidewalks or they are considerally damaged. Despite the ill-repair, the population is using what they have and generally enjoy their neighborhood.
Census Data

“Poverty is the parent of revolution and crime.”

-Aristotle

The infographics illustrate the income and household levels of the Westheight and Jersey Creek neighborhoods. This data reveals a low-income region and explains why many streets and parks do not have sidewalks or street illumination. There is a minimum of 28% high school graduation rate for students in this area. Crime rates in the neighborhood is considerably larger than the average national crime rates. About one-fifth of the houses in the area are vacant. In turn there is an abundant amount of places to worship ranging from numerous religions.
Participatory Photovoice Project for Social Community

Community member Mellissa writing comments about the photos describing conditions of the community.

“Lack of access to fruits and vegetables” - Mellissa

Broderick explaining to Shannon Criss


Community member Broderick explaining to KU Med student Kellen about the need for more community engagement.

“Communities no longer are able to connect with local family businesses.” “Bus stops do not have benches or sidewalks.” - Mellissa

Each group explains to the rest of the class what the Photovoice project was about and how it informed them about the neighborhood.
Teaming up with the KU Medical students, we gathered together and spoke with members of the community, Broderick and Mellissa, and really got to know them. They talked about the positives and negatives of the community. One thing they talked about was community involvement and how getting the community together would create a trustful bond. Both Broderick and Mellissa grew up in the same neighborhood but in different generations. Both of them talked about a candy shop they would go to after school. The candy shop was closed down a while ago due to zoning laws. But, they really emphasized on this candy shop and how children would go there and hang out with friends and how the owner was involved with these kids lives. The owner made sure kids were using their manners and helped the children become better people. This candy shop was the connecting piece of the community. Mellissa also mentioned a bike event that took place in the community and talked about how she felt it was a good way to get the community involved. She brought her son to the event and they really enjoyed bonding together at the bike event. She believes if there were more events like this to bring the community together, people would enjoy going out more. With the photos taken by Broderick he explained how walkability is an important factor in the community. He really stressed about the sidewalks and how there was a lack of continuity and a deteriorating condition of the sidewalks. He took photos of sidewalks and showed us how there were random pavements of sidewalk that did not fully stretch down a road. Because of this, he would rather walk in the street with a flat surface rather than walking on the existing/non-existing sidewalks. Being able to get an insight of the community from the eyes of some members was really inspiring.
### Fast Fred’s Market

**Products Available**

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Veggies</th>
<th>Meat</th>
<th>Dairy and Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Bananas</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Strawberries</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Grapes</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

- X: Not Available
- ✓: Different Types Available

### Natural Grocers, Shawnee

**Products Available**

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Veggies</th>
<th>Meat</th>
<th>Dairy and Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>Bananas</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>Strawberries</td>
<td>X</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
</tr>
<tr>
<td>Grapes</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓</td>
</tr>
</tbody>
</table>

- X: Not Available
- ✓: Different Types Available
Fast Fred’s Market

“The biggest mistake a small business can make is to think like a small business.”

-Anonymous

Fast Fred’s Market is located at the corner of North 18th street and Wood Avenue. The store can be considered by one as a “convenience store” because it sells mostly snacks, such as cookies, potato chips, and soft drinks. There is a small kitchen where they cook fast food meals such as burgers and sandwiches. According to the owner, this is where Fast Fred’s makes their profits. A key factor of Fast Fred’s is considering how food is distributed. The owner mentioned that he goes out to larger stores and purchases meats from them 2-3 times per week. Food distribution companies charge more money for healthy foods to small stores like Fast Fred’s Market because they are only able to buy merchandise in small quantities compared to other large scale grocery stores who buy in bulk to gain a discount. So, as a result, Fast Fred’s can only survive as a business by purchasing the cheapest products to make the needed profit. Fast Fred’s Market is well located in the city and has adequate space for parking. But, inside there is a lack of attention to infrastructure and lack of organization of shelving space. The storage could be better utilized. Currently, they use part of the corridor space to store maintenance equipment for the store. Unfortunately, they have cleaning products and food mixed together on the shelves and many products are not properly labeled. The venting system is uncovered and allows dust and debris to be blown into the store through the HVAC system. Many lights on the ceiling are broken and the windows are covered with old advertisements, denying sunlight into the room. Even with all the problems, the owner says that if they received help they would make many changes to provide more healthy foods to their customers.
Case Studies

“Traditional distribution systems are not built to serve small stores. This results in a lack of healthy, fresh foods in the communities that need them most.”
- Unknown

After recognizing the problems of Fast Fred’s Market, the next step would be look at case studies to see what could be done to help better the store. The first example is Kwik Trip. It is a small market which can be found in Wisconsin, Minnesota, and Iowa. This store provides an “island” layout which concentrates the organization of the products while providing movement around it and an open flow to the store. Kwik Trip provides artificial and natural illumination in the stores.

In addition, Kwik Trip addresses the cost food distribution. The company signed a Memorandum of Understanding with the “Partnership for a Healthier America” committing to supply fresh and healthy foods to customers. To fulfill this agreement Kwik Trip dedicated a certain amount of square footage to healthy options, which included whole grains, low fat dairy, fresh-packaged, cut-produce, and various healthy snacks and meat. They also launched an EATSmart program in which they offered meals under 600 calories and have reduced sodium and fat.

Due to an integrated distribution network with a central commissary in La Cross, Wisconsin, Kwik Trip has been able to supply a wide variety of healthy food options to its customers. Without this distribution network it would be difficult for the company to provide these options. This network allows Kwik Trip to buy large volumes for all stores then redistribute in smaller units to individual stores. Traditional supply networks do not always meet the needs of smaller stores which leaves the smaller stores looking for different and better ways to satisfy their customers. DC Central Kitchen is a nonprofit organization whose goal is to help build communities through food. Through its Healthy Corners program DC Central Kitchen is able to supply smaller stores with healthy options.

They deliver fresh produce and healthy snacks to 67 stores by purchasing case quantities from other programs and then distribute the products in smaller quantities. They also offer merchandise and marketing support to the stores to provide training on how to best display the fresh produce as well as how to properly store the products. This assistance can help deliver positive health outcomes to the community. Access to affordable, nutritional food is an important factor to people’s everyday life. The challenge for smaller, corner stores is that they do not have access nor can to provide healthy foods at a reasonable price. Smaller stores in lower-income communities have a hard time finding distributors that can make healthy food affordable. Larger retail stores can buy in bulk which costs less to them and are able to provide access to healthy foods. To help close this gap, smaller stores, like Fast Fred’s, need to find distributors to help keep reasonable costs.
Immediate Steps

Some small modifications that could be made is reconsidering 1) the organization of the products; 2) buy more varieties of natural juices and milk instead of artificial juice, energy drinks, and soft drinks; 3) open the corridors that are obstructing the aisles by storing the products of the store in another place; 4) clean the windows to let the sunlight get in; 5) fix the lights; and 6) cover the vents. By cleaning up the corridors and organizing shelving area this will allow for more space to add healthy options.
Long-Term Steps

For more, investment, the shelving units would be replaced by “island” units. This would allow the products to be separated into different food groups like fruits and whole grains. The islands allow for customers to move around more freely and find products more easily. A second modification could be to rebuild the refrigerator area to contain more fresh vegetables. This would be better than selling artificial juices because there is already a copious amount of juices being sold. And finally, renovating the front of the store will allow for more space to store fruits and other healthy options by extending the front facade. With a display of fresh fruits in their window, it will attract more customers to their store and bring in more profits.
Aerial view of Westheight Park

View of playground and equipment on the south side of the park.

Photo of community using what once was tennis courts for volleyball and other games.

Pavilion located at the center of the park.

Photo of the new futsol courts.
Westheight Park

“...the goal is to elevate parks to the same level of community importance as other civic assets: as basic as schools; as essential as libraries; as necessary as hospitals; as valuable as clean air and water; as culturally important as symphony halls, opera houses, and museums.” -Greg Moore

At first glance, Westheight Park is a very open area. When driving to the park there are no parking spots nearby, but many people have parked on the side of the road near the futbol courts. Most of the area is elevated with small, sloping hills. The grass is tall and has not been cut in awhile. On the northeast section of the park is the futbol courts. The futbol courts are newly installed courts by Sporting Kansas City. The conditions of the courts are high quality but there was damage to the exterior fence probably from the ball repetitively hitting the fence. The tennis courts are no longer in use for tennis, but rather for volleyball and other games. In the center of the park is a pavilion structure. The pavilion has one table and one grill. Slightly to the East of the pavilion is a small, concrete pad that leads to a storm sewer. South of the pavilion is a playground and swing set. Both are surfaced with mulch on the ground. The swing set has two swings, (neither are baby seats), and also has a bench to sit on. Next to the swings is the playground which has three slides, monkey bars, places to climb on, a spring “bouncy” horse, a bench, and also a trash bin. The condition of these elements is good.

Throughout the park is a water drainage system which runs from the west to the north side under two small bridges. The drainage system is dirty with trash in it.

When we were there, children were playing in it. Surrounding the park there were no sidewalks that led to the park nor were there any walking within the park, aside from the minor bridges.
Case Studies

“Walkability matters. It brings the community together. When people are out about and walking, there is more opportunity to interact, to be engaged in their community. There’s so many benefits to that.”

- Pam Fischer

In Hastings, Nebraska, civic leaders got together and developed the idea of “Complete Streets.” This was done to encourage more physical activities like walking and biking around the community. The plan was to connect every street with sidewalks and to repave any feeble sidewalks as well as install ADA-compliant ramps and cut-outs. This study can be related to Westheight Park in a way that it could have sidewalks lead to the park for people to access more easily. An important part of the Hastings Case Study is the involvement of two city council members and the mayor. Because the civic leaders played a role in the production of this, there was little resistance to the plan. If the community of Westheight Park had the funding and the willpower to advocate for these necessary sidewalks it would be beneficial to the community.

The case study in Helena, Montana takes a different approach to park access. In the effort to improve access to local amenities, the community created a free trolley system for the youth, teaming up with the Youth Connections. Originally, their plan was to add new trolley stops to existing routes but eventually blossomed into a greater idea. The trolley system transports only youth, unless supervised by an adult, to trails, parks, pools, the library and other amenities around the community. The trolley system runs from June to August during summer vacation for students. This system is a cultural starting point to help promote healthy activities for the youth of the community. This case study can correlate to the Westheight Park community to help get more youth out and active. If there was a system that brought kids from school to the local park, and throughout the community, it could create a new culture of health.
Existing Conditions

“Without a sense of caring, there can be no sense in community.”
-Antony J. D’Angelo

Westheight Park is a fairly large park. As described earlier a main concern about the park was the unclean rain water drainage that ran through the park. It is a concern because children play in this contaminated water and could potentially get sick from it. An immediate change that could be done to this park would be to wash and clean the concrete pavement. Then all that would be done would be to put flower beds or bushes on the edge of the drainage to give the park a cleaner more natural look. Children are going to find ways to play in it, the best way is to keep it clean. A second, more large scale change, would be to create a trail for the park. There are no side walks in the park or on the outer edge of it. Building sidewalks in the park will give people a reason to go out and be more active even if it is just walking around the park on a gorgeous day. Due to the terrain of the park it can prove difficult to lay out the concrete so that it will last a long time. In order to do so, the paths may not look ideal, as in they may take a longer time to get from point A to point B, but this will reduce the stress on the concrete and prevent it from cracking or deteriorating.
Immediate Steps

Above is the view from Wood Avenue of the rainwater drainage system. The concrete pavement that runs through the park has not been cleaned in awhile. When we visited, children were playing in the water. A simple, first step would be to clean up the debris and muddy waters. We propose planting shrubs and bushes along the edges. This will hopefully prevent children from going in while also beautifying the park with landscaping.
Long-Term Steps

Westheight park does not currently have a sidewalk to walk through the park. We propose creating a system of sidewalks to connect throughout the park. A large scale proposal would be to create a system of sidewalks that flow throughout the park. This way people can walk on a trail to the different amenities with ease. Due to the hilly terrain of the park, it would be hard to cast concrete, which is why the suggested paths are curved to follow the topography of the land. This way the concrete sidewalks will last longer.