El Dorado County Healthy Living Parklet—*Health in Outdoor Spaces*

**Parklets Across the Nation**

Parklets have been established in cities throughout the United States—from Sacramento to Columbus, cities are integrating parklets into communities.

**Why El Dorado County?**

El Dorado County would benefit from the addition of a parklet. Nearly 65% of adults in El Dorado County are overweight or obese.\(^1\) Further, 47% of children and adolescents watch television or play videogames for three or more hours on weekends\(^1\)– taking time away from other more active activities such as playing with friends or spending time outdoors. The addition of a parklet would provide an opportunity to make a positive change in the community.

**The Research**

These compact, temporary spaces have been found to encourage community engagement and have positive effects on local businesses. In San Francisco, three parklets were formally evaluated, and the following changes were observed after parklet installations:\(^2\)

- An *increase* in the number of people observed at each location
- An *increase* in the number of *bikes* parked in each location
- A significant *increase* in the number of individuals stopping to socialize and *engage* in positive behavior

Numerous studies have demonstrated the beneficial effects of positive community environments on the health of community members.\(^3,4,5\)

The odds of a *child* being *obese* or *overweight* were found to be 20-60 percent *higher* among children living in neighborhoods with unfavorable social conditions, *no access* to sidewalks, parks, and recreation centers.\(^5\)

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\(^1\)El Dorado County Community Health Assessment, 2016. Obtained through http://www.welldorado.org/

\(^2\)Parklet Impact Study. The influence of parklets on pedestrian traffic, behavior, and perception in San Francisco, April – August, 2011.


Infographics obtained from Health Outdoors! Forum Announcement, September 2016.