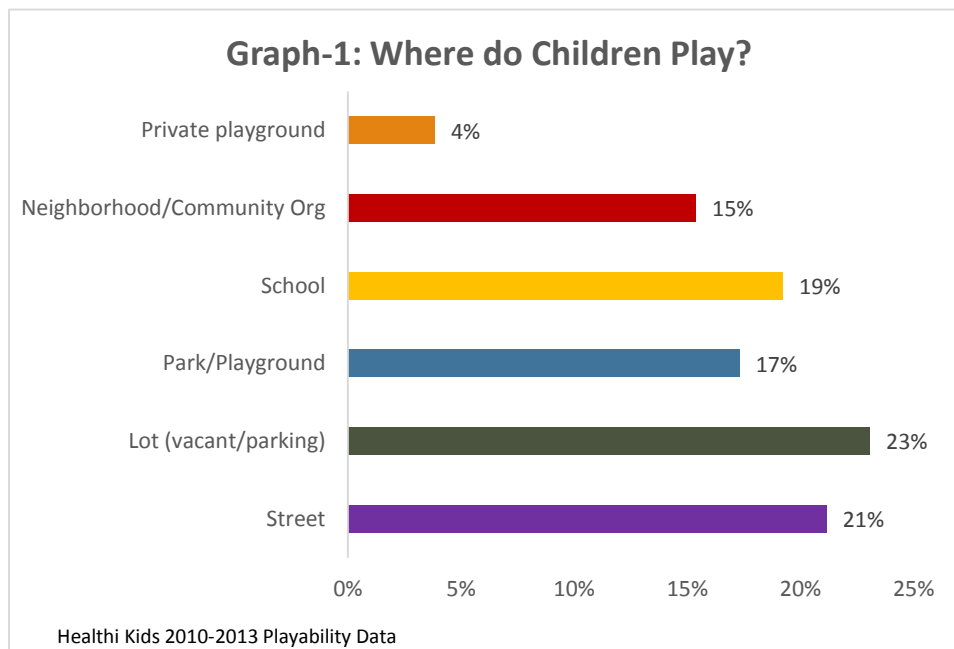


## STATE OF PLAY IN ROCHESTER, NY

- Play is important for the physical, social, and emotional health of all children.<sup>1,2,3</sup>
- A recent study shows that 85 percent of mothers in America agree that today’s children play outdoors less often than they did a few years ago.<sup>4</sup>
- Instead of playing outside, studies indicate that 65 percent of children aged 4 to 11 spend on average more than 2 hours a day of screen time.<sup>5</sup>

### WHERE DO CHILDREN PLAY?



- In 2009 - 2013, the Healthi Kids Play BEST Action Team worked with five neighborhoods in Rochester: Beechwood, Bridges to Wellness, Dewey-Driving Park, Jefferson Ave. and Project HOPE, to answer the question **“Where do our children play?.”**
- In the initial scan of 52 playspaces in each of the five neighborhoods indicate children are not always playing at their local park or playground. Playspaces include: private playgrounds, neighborhood or community organizations, schools, parks/playgrounds, vacant lots or parking lots, and the street. **Eighty-three percent of all play** in these five neighborhoods is happening outside of public parks and playgrounds (Graph-1).

<sup>1</sup> Clements, R. (2004). An investigation of the status of outdoor play. *Contemporary Issues in Early Childhood*. 5(1).

<sup>2</sup> Ganley T, Sherman C. Exercise and children’s health. *The Physician and Sports Medicine Journal*. February 2000.

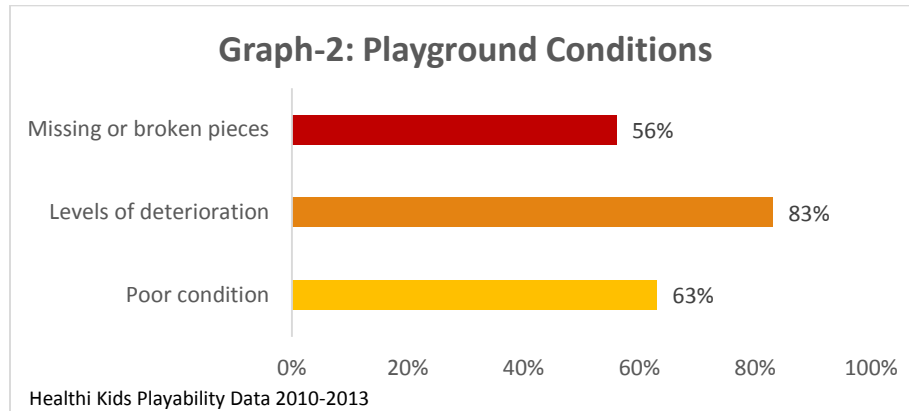
<sup>3</sup> US Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. October 17, 2008.

<sup>4</sup> Hillman, C. et al. (2014). Effects of the FITKids randomized controlled trial on executive control and brain function. *Pediatrics*. 134(4). p. 1063-1071. Online.

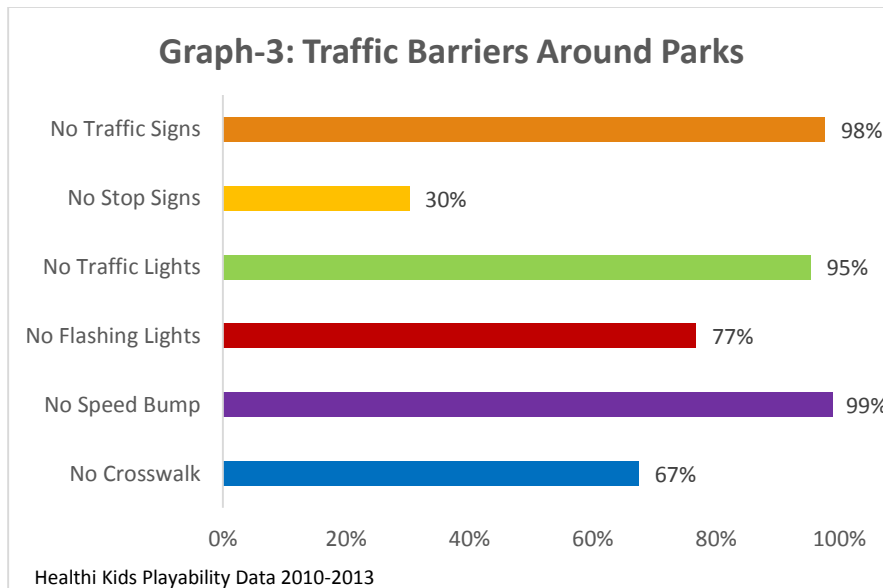
<sup>5</sup> Ibid.

WHAT ARE THE BARRIERS TO PLAY?

- Healthi Kids and five neighborhood groups focused on 25 playspaces across the city to conduct an assessment.
- Playability reports showed that community members wanted to see better facilities available for their neighborhood kids to play, safer areas to play, and more attractive places to play.<sup>6</sup>



- Sixty-three percent of play spaces were in poor condition; 83 percent had various levels of deterioration; and 56 percent had missing or broken pieces (Graph-2).



- 30-91 percent of play spaces lacked proper street signage, crosswalks and stop signs.

<sup>6</sup> Healthi Kids (2010). Playability plans: Beechwood, Bridges to Wellness, Dewy-Driving Park, Jefferson Ave., & Project HOPE. Healthi Kids Be Active Resources <http://www.healthikids.org/BeActive/Resources.aspx>

For More information about the State of Play in  
Rochester visit:

[www.playrocs.org](http://www.playrocs.org)



*Healthi Kids is an initiative of Finger Lakes Health Systems Agency. By advocating for a handful of public-policy and practice changes, the **Healthi Kids Coalition** is blazing a path for healthier, more active children in Rochester and Monroe County, N.Y. Our change agenda calls for better school food, safer play areas, food standards at childhood centers, at least 60 minutes of in-school physical activity, and policies that support breastfeeding.*

