



Life after PARA?

Rebecca E. Lee

Author of the Physical Activity Resource Assessment instrument.



Feature	Rating				Amenity	Rating			
11) Signage – Hours	yes	<input type="checkbox"/>	no	<input type="checkbox"/>	12) Signage – Rules	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
13) Baseball field	0	1	2	3	26) Access Points	0	1	2	3
14) Basketball courts	0	1	2	3	27) Bathrooms	0	1	2	3
15) Soccer field	0	1	2	3	28) Benches	0	1	2	3
16) Bike Rack	0	1	2	3	29) Drinking fountain	0	1	2	3
17) Exercise Stations	0	1	2	3	30) Fountains	0	1	2	3
18) Play equipment	0	1	2	3	31) Landscaping efforts	0	1	2	3
19) Pool > 3 ft deep	0	1	2	3	32) Lighting	0	1	2	3
20) Sandbox	0	1	2	3	33) Picnic tables shaded	0	1	2	3
21) Sidewalk	0	1	2	3	34) Picnic tables no-shade	0	1	2	3
22) Tennis courts	0	1	2	3	35) Shelters	0	1	2	3
23) Trails – running/biking	0	1	2	3	36) Shower/Locker room	0	1	2	3
24) VBI courts	0	1	2	3	37) Trash containers	0	1	2	3
25) Wading Pool < 3 ft.	0	1	2	3					
Inconveniences	Rating				Inconveniences	Rating			
38) Auditory annoyance	0	1	2	3	44) Graffiti/tagging	0	1	2	3
39) Broken glass	0	1	2	3	45) Litter	0	1	2	3
40) Dog refuse	0	1	2	3	46) No grass	0	1	2	3
41) Dogs Unattended	0	1	2	3	47) Overgrown grass	0	1	2	3
42) Evidence of alcohol use	0	1	2	3	48) Sex paraphernalia	0	1	2	3
43) Evidence of substance use	0	1	2	3	49) Vandalism	0	1	2	3

Comments:

[Http://www.hhp.uh.edu/undo](http://www.hhp.uh.edu/undo)



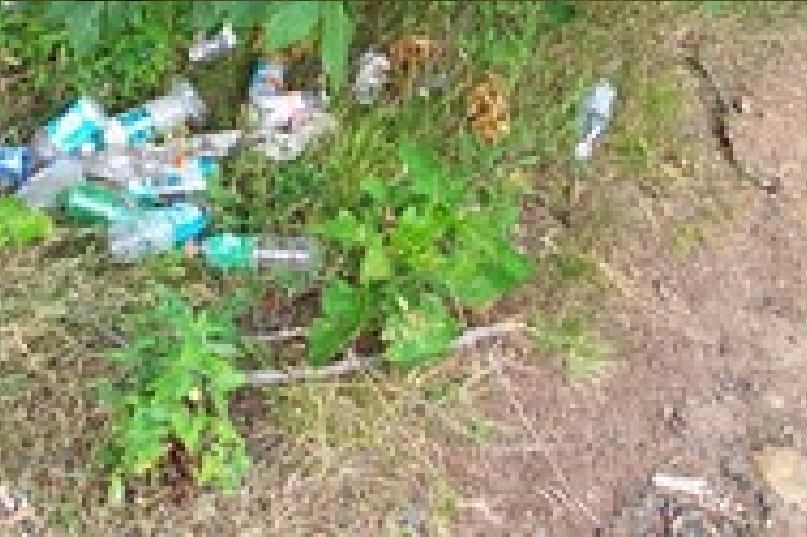
Incivilities

Nine elements that reduce the pleasure associated with using a physical activity resource such as auditory annoyances, broken glass, dog refuse, unattended dogs, evidence of alcohol and substance use, graffiti, litter, not enough grass or overgrown grass, sex paraphernalia, and vandalism.



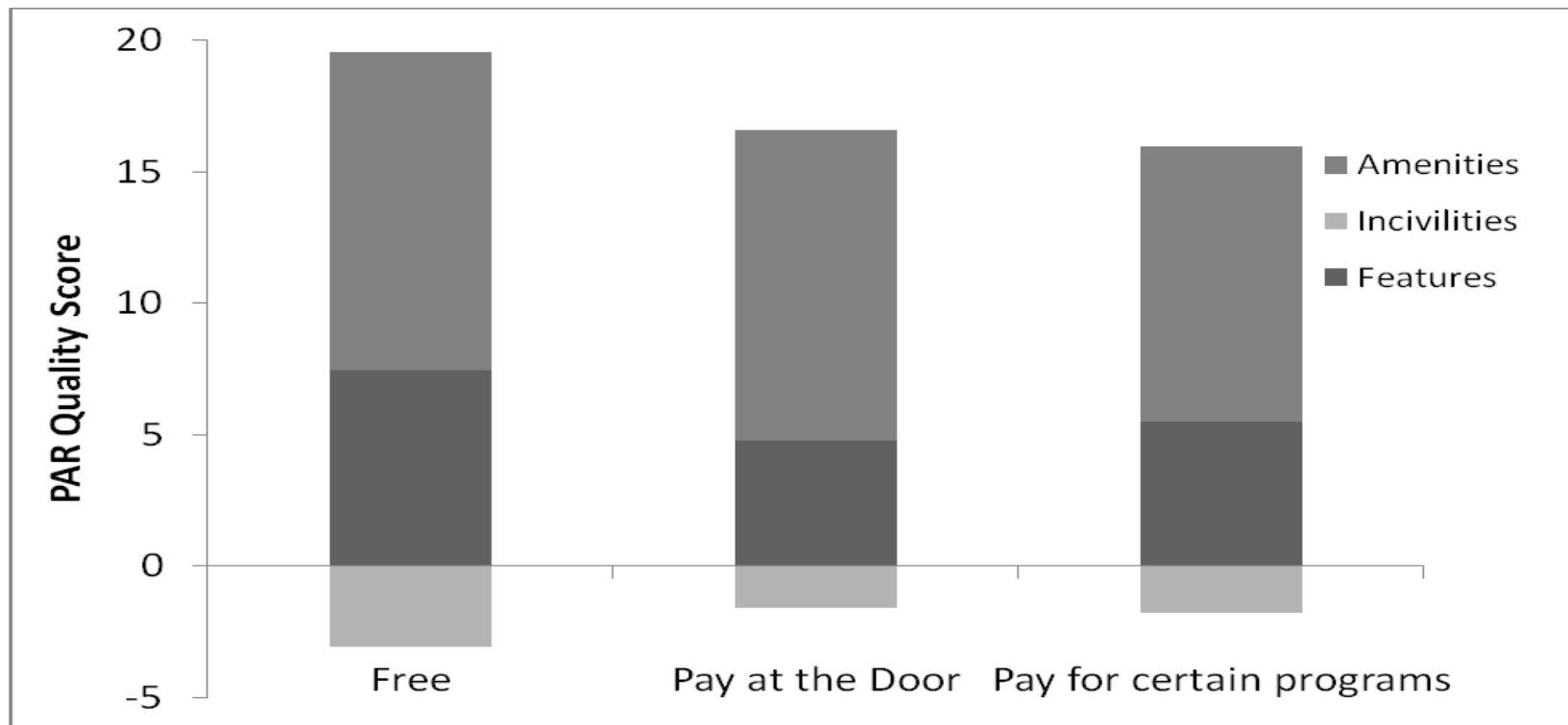
Heinrich KM, Lee RE, Suminski RR, Regan GR, Reese-Smith J, Howard HH, Haddock CK, Poston WSC, Ahluwalia JS. Associations between the built environment and physical activity in public housing residents. *International Journal of Behavioral Nutrition and Physical Activity*. 2007;4(1):56.





Differences in PAR Quality by Accessibility

Free PARs had better features $M=12.1$; $p<.001$ and better amenities $M=7.4$; $p=.025$ but also had a higher number of incivilities $M=-3.1$; $p<.001$ than pay-for-use PARs

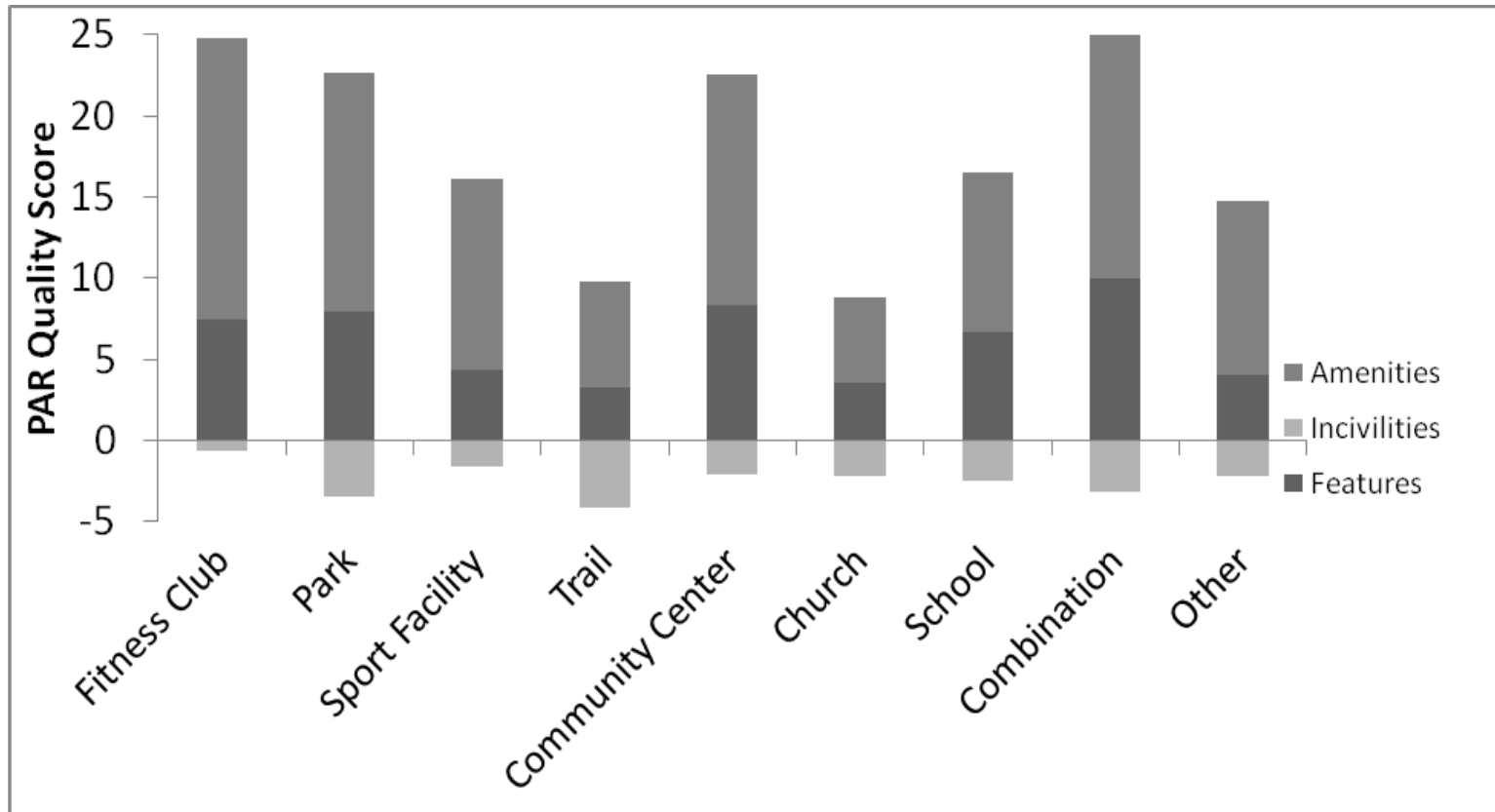


Adamus HJ, Mama SK, Sahnouné I, Lee RE. Evaluating the quality and accessibility of physical activity resources in two southern cities. *American Journal of Health Promotion*. 2011; In press.



Differences in PAR Quality by Type

Combination resources had the best features $M=9.9$; fitness clubs had the best amenities $M=17.1$; and trails had the greatest number of incivilities $M= -4.3$



Adamus HJ, Mama SK, Sahnouné I, Lee RE. Evaluating the quality and accessibility of physical activity resources in two southern cities. *American Journal of Health Promotion*. 2011; In press.





Heinrich KM, Lee RE, Regan GR, Reese-Smith J, Howard HH, Hou Q, Haddock CK, Poston WSC. How Does the Built Environment Relate to BMI and Obesity Prevalence Among Public Housing Residents? *American Journal of Health Promotion*. 2008;22:187-194.

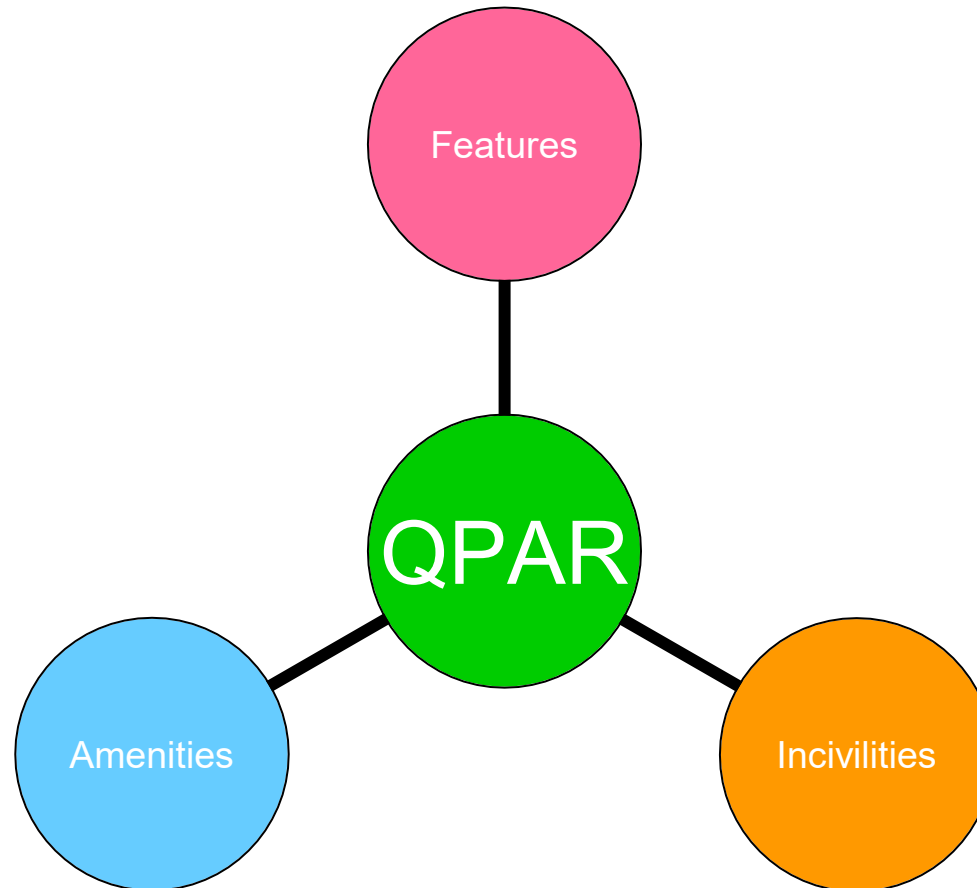




McAlexander KM, Mama SK, Medina A, O'Connor DP, Lee RE. The concordance of directly and indirectly measured built environment attributes and physical activity adoption. *International Journal of Behavioral Nutrition and Physical Activity*. 2011;8(1):72.



Quality of Physical Activity Resources Index



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