

IPARC 2007-2008 Report

Investigating Places for Active Recreation in Communities (IPARC) is a research initiative (laboratory) sponsored by the Department of Parks, Recreation and Tourism in the College of Natural Resources at North Carolina State University.

Mission: IPARC exists to advance the science of how park, recreation and sport environments promote active living. It also seeks to facilitate the application of evidence-based policies and practices to enhance opportunities for physical activity in these environments to enhance quality of life.

Vision: IPARC aims to be the leading laboratory in the nation for providing research evidence on the contributions of parks, recreation, and sport to physical activity and an essential resource for evidence-based physical activity research from local, state, and national perspectives.

Summary of 2007-2008 Based on IPARC Goals:

Objectives:

- To conduct research about opportunities for physical activity for all community residents through parks, recreation, schools, and other community settings.

PUBLICATIONS:

- Baran, P. K., Rodriguez, D. A., & Khattak, A. J. (2008) Space syntax and walking in a new urbanist and suburban neighborhoods. *Journal of Urban Design*, 13(1), 5-28.
- Bocarro, J. N., Kanters, M., Casper, J., & Forrester, S. (2008). School Physical Education, extracurricular sports, and lifelong active living. *Journal of Teaching in Physical Education*. 27, 155-166.
- Kanters, M. A., Bocarro, J., & Casper, J. M. (2008). Supported or pressured? An examination of agreement among parents and children on parent's role in youth sports. *The Journal of Sport Behavior*, 31(1).
- Kaczynski, A., & Henderson, K.A. (2007). Environmental correlates of physical activity: A review of evidence about parks and recreation. *Leisure Sciences*, 29, 315-354.
- Librett, J., Henderson, K.A., Godbey, G., & Morrow, J. (2007). An introduction to parks, recreation, and public health: Collaborative frameworks for promoting physical activity. *Journal of Physical Activity and Health*, 4 (Supp 1), S1-13.
- Moore, R., Bocarro, J. N., & Hickerson, B. D. (2007, April). Designing playgrounds for enhanced play opportunities. *Parks & Recreation*. pp. 36-41.
- Kanters, M. A., Bocarro, J., Casper, J. M., & Forrester, S. (in press). Guidelines for positively engaging parents in children's sports. *YouthFirst: The Journal of Youth Sports*
- Hickerson, B., Moore, A., Oakleaf, L., Edwards, M., James, P.A., Swanson, J., & Henderson, K.A. (in press). The role of a senior center in promoting physical activity for older adults. *Journal of Park and Recreation Administration*.
- Floyd, M.F., Spengler, J.O., Maddock, J., & Gobster, P.H. (in press). Environmental and socio-demographic correlates of physical activity in neighborhood parks. *Leisure Sciences*.
- Floyd, M.F., Spengler, J.O., Maddock, J., Gobster, P.H., & Suau, L. (in press). Physical activity in public parks in ethnically diverse communities. *American Journal of Preventive Medicine*.
- Floyd, M.F., Sallis, J.F., & Crespo, C. (in press). Active living in diverse and disadvantaged communities: Stimulating dialogue and policy solutions. *American Journal of Preventive Medicine*.

- To facilitate collaborative research opportunities among NC State faculty and other colleagues throughout the state and across the nation regarding active recreation in communities.

GRANTS:

- School Intramural Sports and Physical Activity: A Middle School Policy Intervention (2008-2010) – Robert Wood Johnson Foundation. \$199,495 (Bocarro, Kanters (co-PI), Dr. Matt Mahar, Dr. Thom MacKenzie, Dr. Jon Casper)
- I-PARK (Investigating Parks for Active Recreation for Kids) (2007-09) - Robert Wood Johnson Foundation. \$205,000 (Bocarro, Robin Moore (PI), Nilda Cosco, William Smith, Beran, Myron Floyd)
- National Park Service. Physical activity in Parks. \$45,000. (Floyd)

- To advance the state of knowledge about evidence-based research about active recreation in communities through projects, publications, and training workshops and seminars.

PRESENTATIONS:

- Hickerson, B.D., & Henderson, K.A. (February, 2007). *Measuring physical activity at camp*. Paper presented to American Camp Association conference in Austin, TX.
- Wilson, B., Cardenas, D., & Henderson, K. (April, 2007). The impact of Senior Games on communities. Paper presented to the Southern Gerontological Association in Greensboro, NC.
- Henderson, K.A. (October, 2007). *Just research: Diversity as more than an independent variable*. Keynote paper presented to the Cooper Institute Scientific Research Conference in Dallas, TX.
- Bocarro, J. N., Floyd, M. F., Moore, R., Baran, P., Danninger, T., Cosco, N., & Keuber, G. (October, 2007). *Developing a reliable measure of physical activity among children in different age groups*. Cooper Institute Scientific Research Conference in Dallas, TX.
- Floyd, M.F. (2007, November). Measuring park and recreation environments in low-income and minority communities: Gaps and gains. Paper presented at the National Cancer Institute Workshop on Measures of the Food and Built Environment Workshop: Enhancing Research Relevant to Policy on Diet, Physical Activity, and Weight. Bethesda, MD.
- Floyd, M. F., Henderson, K., Bocarro, J. N., Casper, J., Moore, R., Kanters, M. A., Laven, K., & Edwards, M. B. (accepted for April 2008). *Assessing the potential of park and recreation agencies to promote active living policies: Insights from a survey of North Carolina municipal park and recreation directors*. Active Living Research Conference in Washington, D.C.
- Kanters, M. A., & Bocarro, J., Casper, J., Forrester, S. (accepted for May 2008). Middle School Sport Participation: An Examination of Intramural versus Extramural Sports Using the Theory of Planned Behavior. Canadian Conference on Leisure Research in Montreal, CAN.
- Cardenas, D., Wilson, B., & Henderson, K. (accepted for May 2008). Promoting physical activity through Senior Games programs in communities. Paper for the Canadian Congress on Leisure Research in Montreal, CAN.
- Edwards, M. B., Kanters, M. A., & Bocarro, J. (accepted for May 2008). Middle School Sports Participation: An Exploration of Program Structure, Gender, and Race Effects. Canadian Conference on Leisure Research in Montreal, Can.

SERVICE:

- Wake to Wellness Fitness Program (2007). Assisting Apex, NC with evaluation (Kanters and Bocarro).
- North Carolina Senior Games Board of Directors. (Wilson)
- Guest Editor for a special edition focusing on Physical Activity and Health for *Journal of Parks and Recreation Administration* (Bocarro)
- Partner with Project FACT (Faith-based groups Addressing health issues through Community outreach together in the Community). Active Community Neighborhood Grant, NC Physical Activity and Nutrition Branch, NC Division of Public Health. (Grant awarded to the Gethsemane Seventh Day Adventist Church). (Floyd)
- Appointed to the Wake County Fitness Council.(Floyd)
- Advisory Committee Member for NC Center for Physical Activity Policy Research (UNC-CH) (Henderson)
- National Advisory Committee for Active Living Research (Robert Wood Johnson Foundation) (Henderson)

SUMMIT:

“Active Recreation Counts” to be held April 3, 2008. Partners for the Summit include: Recreation Resources Services, NCSU College of Design, UNC-CH School of Public Health, East Carolina University College of Health and Human Performance, Appalachian State University Department of Recreation and Sport, Mecklenberg County, NCSU Extension, NC Department of Public Health, NC Department of Public Instruction, Blue Cross/Blue Shield Foundation, Senior Games

STUDENT RESEARCH:

- James Zuravle (Undergraduate grant \$1000) “ Influences of Developmental Experiences and Types of Involvement on Adult participation in Physical Activity” received by, \$1,000. (Casper)
- Kyle Fox (MPRT)– The Road to Health: Youth Obesity Prevention and Awareness Program for the Henderson Family YMCA (Bocarro)
- Larissa Witner (MS)– Master’s thesis focus on physical activity of African America Girls (Bocarro)
- Mike Edwards (Ph.D.) – School sport policies: Urban vs rural communities. (Kanters and Bocarro)
- Ben Hickerson (Ph.D.) – Physical activity promotion in camps (Henderson)

WEBSITE: (Under Development)

Talking Points for IPARC

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Twelve Faculty members in PRTM are involved in various projects ranging from research to service to student mentoring. In 2007-2008, over 10 scholarly works were published or accepted for publication with several others currently under review.

The NC Forestry Foundation is supporting this initiative with funding for graduate assistants, the 2008 Summit and other conferences, the development of a website, and seed money for various research and evaluation projects.

Robert Wood Johnson Foundation (Active Living Research) has funded two projects that address how children use parks to be physically active and how intramurals contribute to physical activity in middle schools.

IPARC is currently partnering with:

- Recreation Resources Services
- NCSU College of Design
- UNC-CH School of Public Health and Dept of Urban and Regional Planning
- East Carolina University College of Health and Human Performance
- Appalachian State University Department of Recreation and Sport
- Mecklenberg County
- NCSU Extension
- NC Division of Public Health
- NC Department of Public Instruction
- Blue Cross/Blue Shield Foundation
- NC Senior Games
- NC Office of Disabilities and Health
- Be Active NC
- North Carolina Parks and Recreation Association