



Auckland UniServices Limited



A Progress Update Report for the Focused Evaluation of the Redevelopment of Templeton Park Initiative

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1. Introduction

Let's Beat Diabetes (LBD) is a Counties Manukau District Health Board (CMDHB) initiative that aims to make long-term sustainable changes within their district to prevent and manage diabetes. One of the Action Areas that will provide the mechanism for these changes in health outcomes is modifying urban design to support healthy, active lifestyles. Within this Action Area, LBD is involved in several projects influencing urban design to encourage and support physical activity including the development of a prototype neighbourhood 'activity park' at Templeton Park in Clendon.

The redevelopment of Templeton Park in Clendon is part of a wider community renewal project undertaken by a partnership between the Clendon Residents Group, the Manukau City Council (MCC), Housing New Zealand Corporation (HNZC) and Habitat for Humanity. CMDHB and LBD have joined with these partners to support the development of a prototype neighbourhood 'activity park' to create a neighbourhood space that is attractive for families and encourages activity, games and play. Increasing family play will also lead to a higher level of social cohesion (Let's Beat Diabetes, 2005).

2. Aim

As part of the overall evaluation of LBD, the evaluation team at the School of Population Health (SoPH) are conducting a focused evaluation on the Urban Design Action Area, which includes the redevelopment of Templeton Park. This focused evaluation has involved monitoring park use before the redevelopment takes place to provide baseline information for the evaluation. The evaluation team intends to continue to monitor park usage during and after the redevelopment takes place. As well as monitoring park use, the evaluation team has also collected baseline information from residents around their quality of health and diabetes status.

3. Summary of the Previous Evaluation Report

As part of the evaluation report for Year One of LBD, the evaluation team presented a report outlining the focused evaluation for the redevelopment of Templeton Park (Willing, Mahony & Clinton, 2006b). The purpose of this section of the focused evaluation was to describe and assist in the consultation phase and establish baseline information on the use of the park. The report included background information on the history of the park and neighbourhood. This information was obtained through meetings with the HNZN Community Renewal Project Manager, the HNZN Community Development Coordinator and the local community constable. Information on the age distribution of the Clendon population was obtained from the 2001 New Zealand Census data.

The evaluation occurred in two phases. The aim of phase one was to identify what facilities local residents would like to see in the redeveloped park and how they intended to use the park after it has been redeveloped. It also sought resident's views on what would make them not want to use that park and their opinions on the walkways into the park. Ninety-five completed surveys were returned for analysis (Willing, Mahony & Clinton, 2006a).

The purpose of phase two was to establish baseline observations to describe the current use of the park space, on-the-street activity in the surrounding cul-de-sacs and the use of the walkway. This baseline information would then be used as a baseline measurement for later comparison following the stages of redevelopment in the park.

The results from the consultation survey and the baseline observations are contained within the evaluation report for Year One of LBD. The evaluation findings were also shared with relevant stakeholders and included in the design submission that was made to the MCC Urban Design Panel on the 30 January 2007.

4. Park Redevelopment to date

In October 2006, the land swap between HNZC and Habitat for Humanity was successfully completed to give the park a better shape and higher level of street surveillance. Although the land is now ready for redevelopment to take place, this process has been delayed due to bureaucratic processes within MCC. Despite these setbacks, the initiative continues to have a high level of support and collaboration from stakeholder organisations.

On the 20 January 2007, HNZC submitted their design for the redevelopment of Templeton Park to the MCC Urban Design Panel. This independent panel provided comments and recommendations on the design and of the park. A revision of the design would take place based on these comments.

5. Update on the Evaluation

This progress update report for the evaluation of the redevelopment of Templeton Park focuses on the baseline information that the evaluation team have collected since the previous evaluation report in June 2006.

In order to gain baseline information from residents around their quality of health and diabetes status, the evaluation team conducted a survey with the Clendon Tool Library. The Clendon Tool Library is a community service that is organised by the Clendon Residents Group with the assistance of HNZC. The Tool Library contains a number of different maintenance and gardening tools, such as lawnmowers, rakes and spades which members are able to borrow.

On Thursday 14 December 2006, the Tool Library held a BBQ event at the HNZC community office for members to celebrate the success of the Tool Library. The evaluation team was able to attend this event and conduct a survey as part of the focused evaluation on the redevelopment of Templeton Park.

5.1 Purpose of the Survey

The main purpose of the survey was to gain baseline information on park use, quality of health and checking diabetes for Clendon residents who live near Templeton Park. The evaluation team felt that the Tool Library would be a suitable group to participate in the survey as members live within the Clendon neighbourhood and regularly meet throughout the year.

5.2 Survey

The survey form used was based on the general questionnaire that was developed by the evaluation team for participants of LBD activities. The questions that were drawn from the general LBD questionnaire focused on quality of health and checking diabetes. The survey also contained questions around park use which were based on a form used in previous consultations for the redevelopment of Templeton Park with Clendon residents.

5.3 Population characteristics

People who attended the Tool Library BBQ included representatives from HNZA, representatives from the Clendon Residents Group and community members of the Tool Library. Almost all of the community members who attended the Tool Library BBQ were of Maori or Pacific Island ethnicity.

5.4 Survey results

17 surveys were completed by members of the tool library for the analysis. The survey analysis was undertaken by the evaluation team to identify key issues and themes. The following sections will present results from this survey pertaining to park use, physical activity, quality of health and diabetes status.

5.4.1 Park Use

When asked how often they used the park, two respondents stated that they used the park frequently and four replied that they used it sometimes. Eleven respondents stated that they never used the park, with four of these respondents stating that they

didn't know where it was. Another three of these 17 respondents replied that they used other local community parks in the area, such as Weymouth and Finlayson.

For the six respondents who stated that they did use the park, two replied that they usually used it during the morning, two respondents said that they usually used it after school, while one respondent used the park during school hours and one during the evening.

The most common activities that respondents did in the park were walking, running or jogging and using the park for children's play time. Two respondents stated that they used the park for team games and one used it for family outings. Although eleven respondents did not answer this question, these respondents stated that they did do these activities elsewhere, such as at other parks and reserves (3 respondents) or the Clendon Recreation Centre (1 respondent). A number of the respondents commented that they participated in physical activity as they walked to the shops (3 respondents) or around the neighbourhood (4 respondents).

5.4.2 Physical Activity

Participants of the survey were asked how often they participated in at least 30 minutes of moderate physical activity over a regular seven day period. Only one respondent stated that they had no regular physical activity, while the majority of respondents (6 respondents) replied that they did moderate physical activity one to three days per week. Two respondents stated that they did regular exercise five days per week while five respondents stated that they exercised seven days per week. Three respondents gave no answer.

When asked for the length of time they exercised for, seven respondents answered that they exercised for 30 minutes. Four respondents stated that they exercised between one and two hours while one respondent answered that they exercised for four hours. Five respondents gave no answer.

5.4.3 *Quality of Health*

When asked to describe their general health along a scale from excellent to poor; three respondents described their health as excellent. Four respondents stated that their health was very good, five answered that their health was good and four respondents stated that their health was fair. No respondents stated that they experienced poor health and one respondent gave no answer.

5.4.5 *Diabetes Status*

When asked whether they had been checked for diabetes, eight respondents answered that they had been checked for diabetes. All eight of these respondents stated that they had been checked by their general practitioner. Eight respondents answered that they had not been checked for diabetes while one respondent gave no answer.

Only one respondent who participated in the survey stated that they had diabetes.

When asked if they had any complications associated with their diabetes, the respondent answered that they had high blood pressure, high cholesterol and that their sight was affected.

Although the remaining 16 respondents stated that they did not have diabetes, a number of respondents indicated that they had health problems that are associated with diabetes. These included: one respondent who said that they had high cholesterol; one respondent who said that they had high blood pressure; and one respondent who stated that they experienced kidney disease.

When asked if any of their immediate family had diabetes four respondents answered that they did have family members with diabetes. Eleven respondents answered that none of their immediate family had diabetes and two respondents gave no answer.

5.5 Discussion

Although the survey had a small number of respondents, the evaluation team was able to gain a better understanding of the health and physical activity levels of Clendon residents. The survey identified a number of important issues regarding current use of

the Templeton Park green space and the levels of physical activity for residents. A number of respondents did not realise that Templeton Park existed, although after some prompting did state that they knew where the 'green space or reserve' was on Templeton Place. Although many of the respondents did not use Templeton Park for physical activity, they stated that they did use other community parks and reserves in the area for these purposes.

The survey also highlighted that many of the respondents may have over estimated their levels of physical activity as the types of activity they were involved in was incidental and had a purpose, such as walking to the shops or around the neighbourhood. The evaluation team also noted that a number of respondents underestimated their weight and may have underestimated their perceptions of their own health.

Only half of all respondents had been checked for diabetes, with all of those who reported that they had been checked stating that their GP had checked them. However, a number of respondents who reported that they did not have diabetes or had not been checked for diabetes indicated that they experienced health issues associated with diabetes, such as high cholesterol, high blood pressure and kidney disease. This is concerning as these health issues are linked to diabetes and could indicate that these respondents have undiagnosed diabetes.

6. Future Direction for Evaluation

The evaluation team will continue to monitor changes in park usage throughout the staged redevelopment of Templeton Park. The baseline information collected over the past year will provide a baseline comparison for future analysis.

The evaluation team has also planned to meet with Habitat for Humanity families who live in the neighbourhood to provide another community group that could be followed over time as the redevelopment of the park occurs. The evaluation team plans to conduct the same survey with this group to provide further baseline information on park use, quality of health and diabetes status for Clendon residents who live near Templeton Park.

Summary

- Current progress remains slow
- The participants perceptions of health and body image not accurate
- Participants had little understanding of screening and results
- The community were unaware of the plans for the redevelopment of Templeton Park and just thought of the park as a green space.

7. References

Let's Beat Diabetes (2005). *Operational Plan 2005/2006*. Auckland: Counties Manukau District Health Board.

Willing, E., Mahony, F., & Clinton, J. (2006a). *Survey report of the Templeton Park community consultation day*. Auckland: University of Auckland.

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