

Building a Healthy Ann Arbor: Recreation, Wellness, + Sustainability

# ANN ARBOR PARKS AND RECREATION



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**Parks & Recreation**  
CITY OF ANN ARBOR



# OVERVIEW

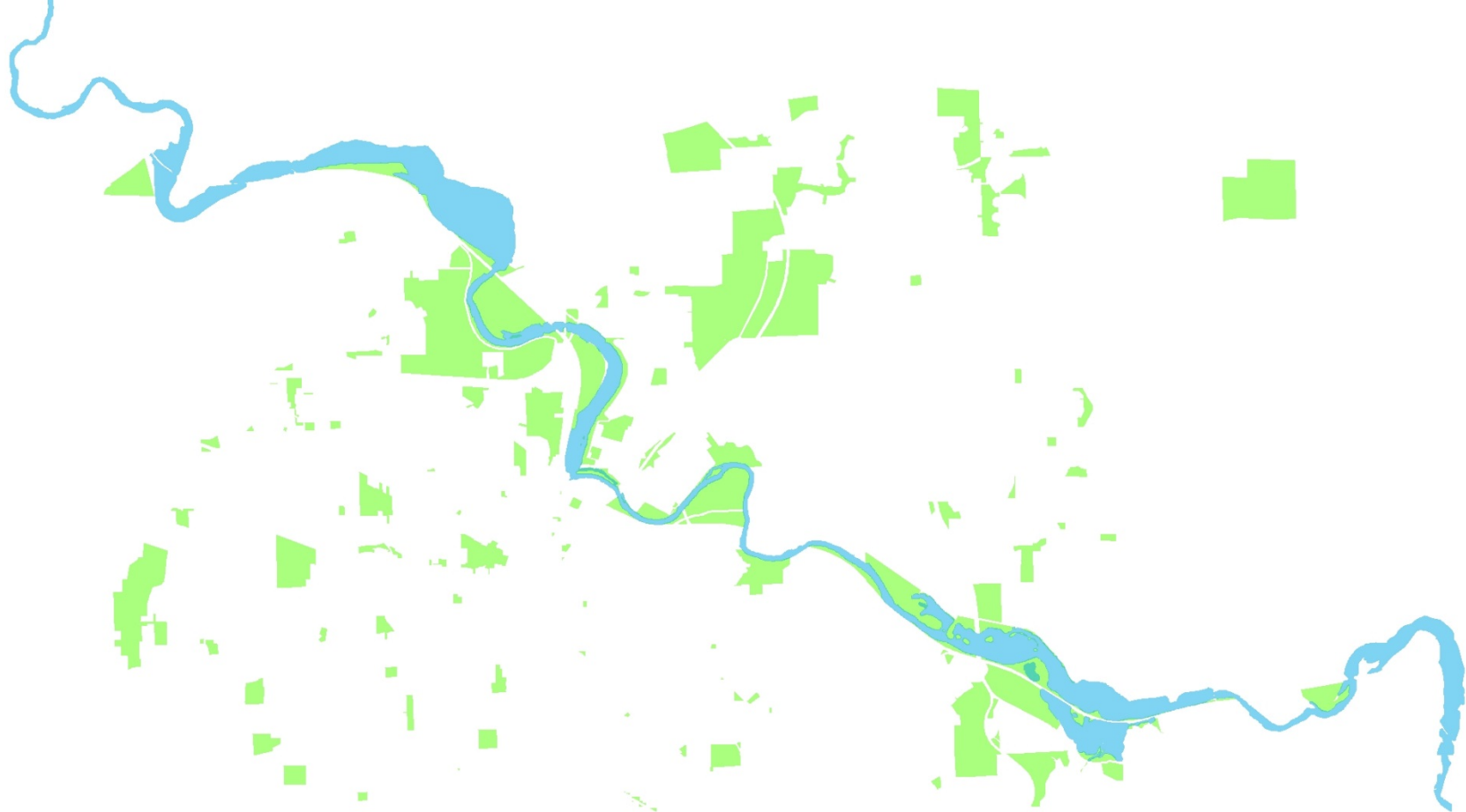


- The value of Parks
- Overview of the Ann Arbor Parks System
- How Parks support the City's Sustainability Goals
- Future opportunities



The Ann Arbor Parks System is anchored along the Huron River, a central artery of our City's bloodstream.





Our Park System weaves sustainability + recreation through our City, and the green space provides an important riparian buffer to protect the river.



# Breadth of Park System

- 79** Playgrounds
- 70** Miles of multi-use paths
- 38** Miles of nature trails
- 34** Basketball courts
- 32** Ball fields
- 32** Tennis courts
- 19** Picnic shelters
- 4** Swimming pools
- 2** Ice rinks
- 2** 18-hole golf courses
- 2** Canoe liveries
- 2** Community centers
- Skate Park
- Farmer's Market
- Senior Center
- Historic Properties



**159** Parks

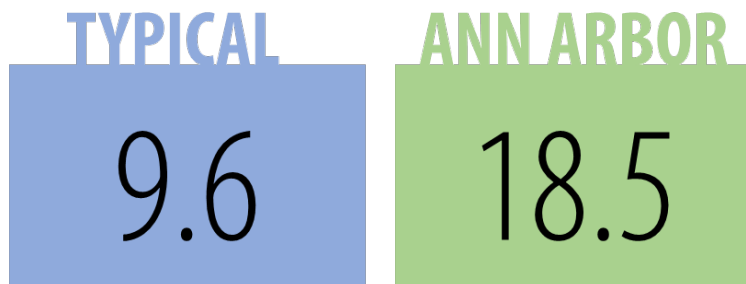
**2,110** Acres



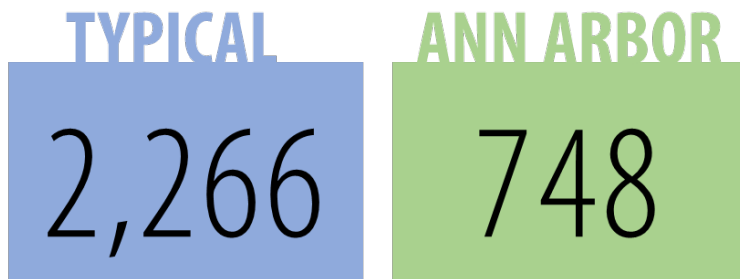


# benchmarking.

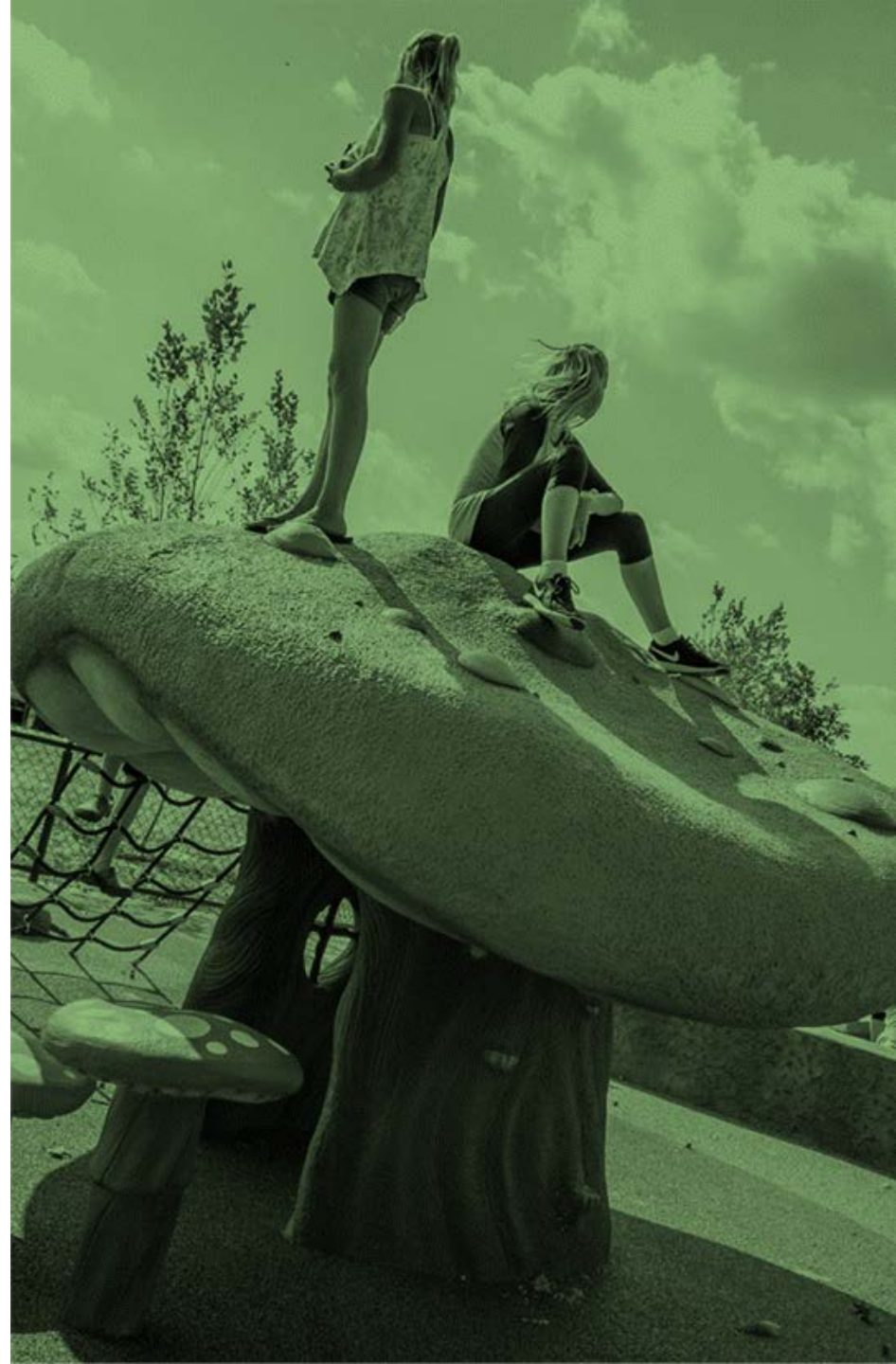
- **Acres of parkland per 1,000 residents:**



- **Residents per park:**



\*NRPA Published Park Metrics





# sustainability framework.



Climate and Energy



Community



Land Use and Access



Resource Management



# climate + energy

- **GOAL: Sustainable Energy**— *Improve access to and increase use of renewable energy by all members of our community:*
  - Solar panels are located on Veterans Memorial Park arena roof, the Farmer's Market shelter roof, and soon to be on the Bryant Community Center.
- **GOAL: Sustainable Buildings**— *Reduce new and existing buildings' energy use, carbon impact and construction waste, while respecting community context*
  - Veterans Memorial Park Pool Filter (170k gallons saved)
- **FUTURE OPPORTUNITIES**— Honeywell energy efficiency study is ongoing and the results will be applied to future mechanical upgrades to save energy and costs.







# engaged community

- **GOAL:** *Ensure our community is strongly connected through outreach, opportunities for engagement, and stewardship of community*



- **FUTURE OPPORTUNITIES—**  
Work with area businesses to increase volunteer hours through workplace incentive programs and goals.







# engaged community



Friends of the Ann Arbor  
Skatepark

The Rotary Club of Ann Arbor







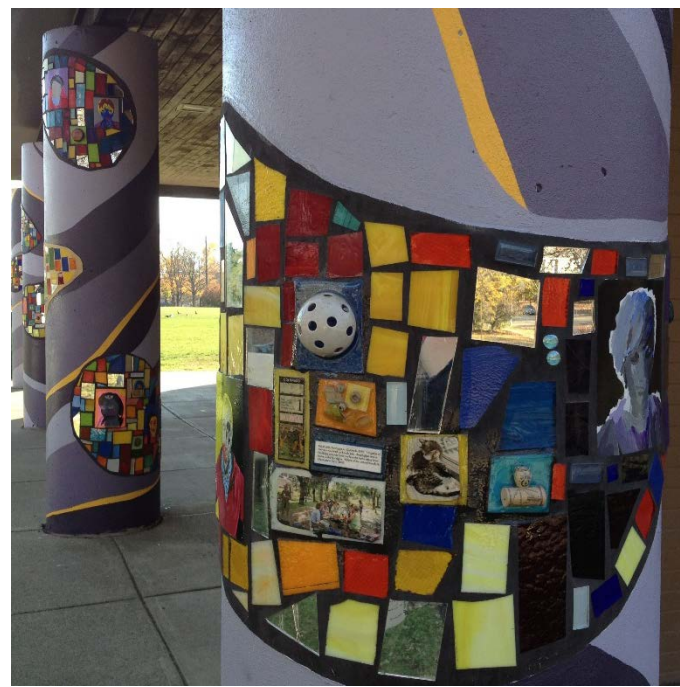
# active living + learning

- **GOAL:** *Improve quality of life by providing diverse cultural, recreational, and educational opportunities for all members of our community*





# cultural opportunities







# recreational opportunities



**FUTURE OPPORTUNITIES**— Newly opened pickleball courts responded to new trends and community feedback. Parks will continue to monitor and react to new recreation opportunities. Additionally, there are several planned improvements along the border-to-border trail.





# educational opportunities

SENIOR CENTER



LESLIE SCIENCE + NATURE CENTER



NATURAL AREA PRESERVATION



LIFEGUARD TRAINING



**FUTURE OPPORTUNITIES—** Parks will continue to develop new educational content, such as the local chef cooking demonstration series at the Farmer's Market.



# human services



## GOAL:

- **Human Services -**  
*Provide services that meet basic human needs of impoverished and disenfranchised residents to maximize the health and well-being of the community*
- **FUTURE OPPORTUNITIES:**  
Increase awareness of our scholarship program.



# human services



Parks partners with the Community Action Network to provide services at the Northside and Bryant Community Centers.

- After School Programs
- Food Distribution
- Summer Camps







human services +



local food



## GOALS

- **Human Services** - *Provide services that meet basic human needs of impoverished and disenfranchised residents to maximize the health and well-being of the community*
- **Local Food** - *Conserve, protect, enhance, and restore our local agriculture and aquaculture resources*





human services +



local food



- The Ann Arbor Farmers Market is a producer-only market
- On a given Saturday in the summer may see **over 13,000 customers.**
- Roughly **130 vendors** with a wide range of products from produce to baked goods and specialty foods.





human services +



local food



## Double Up Food Bucks

- **Doubles the amount you have to spend on fruits and vegetables** with your SNAP/Bridge card at market.
- The Ann Arbor Farmers Market distributes over **\$40,000 worth of Double Up Food Bucks per year** to our customers.
- **FUTURE OPPORTUNITIES:** Increase outreach to spread awareness of our Double Up Food Bucks program.





# economic vitality

- **GOAL:** *Develop a prosperous, resilient local economy that provides opportunity by **creating jobs, retaining and attracting talent, supporting a diversity of businesses** across all sectors, and rewarding investment in our community.*
  - Parks + Rec hires approximately 350 seasonal employees and 35 full-time employees
  - **FUTURE OPPORTUNITIES:** Partner with Human Resources to develop hiring practices that increase diversity.
  - Financial Stewardship: % of general fund operating expenditures recovered through revenue generation:

TYPICAL

RECOVERS 29 %

ANN ARBOR

RECOVERS 63 %

# economic vitality

1

2018 Top 100 Best Places to Live

## Ann Arbor, MI

Population: 116,194

LIV  
SCORE

694



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*“More than 150 parks, the clean Huron river for boating activities, bike trails, hiking and four-season weather make Ann Arbor a great place to be outdoors year round.”*

– [Livability.com](#)





# economic vitality



The Trust for Public Land analyzed how park systems economically benefit cities and developed seven attributes of how park systems provide measurable economic value:

- Hedonic Value: Increasing Property Values
- Tourism
- Direct Use
- Health
- Community Cohesion
- Reducing the Cost of Managing Urban Stormwater
- Removal of Air Pollution by Vegetation
- **FUTURE OPPORTUNITIES:** Have an economic impact study conducted for the Ann Arbor Parks System.





# transportation options

## **GOAL:**

*Establish a physical and cultural environment that supports and encourages **safe, comfortable and efficient ways for pedestrians, bicyclists, and transit users to travel throughout the city and region.***







# transportation options

- 70 miles of multi-use paths
- 38 miles of nature trails
- Major bike commuter corridors
- The regional Border-to-Border trail runs through city parks and is part of the statewide Iron Belle Trail.





# transportation options

## **FUTURE OPPORTUNITIES:**

- Conduct a feasibility study for a pedestrian tunnel beneath the railroad between Barton & Bandemere parks, a key link on the Border-to-Border trail.
- Replace the boardwalk along the Border-to-Border trail at Riverside Park.
- Fuller / Riverside Park connection







sustainable systems +



clean air and water







sustainable systems +



clean air and water



### GOALS:

- **Sustainable systems:** *Plan for and manage constructed and natural infrastructure systems to meet the current and future needs of our community*
- **Clean Air + Water:** *Eliminate pollutants in our air and water systems*





# sustainable systems +



# clean air and water



- The forest canopy, pervious surfaces, and rain gardens and wetlands of the city parks create a **green infrastructure system** that improves water and air quality in the community.
- Ann Arbor Parks have over 6,000 trees and over 60 rain gardens, basins and bioswales.
- In 2010, the tree canopy cover for parks & natural areas was 48%.
- **FUTURE OPPORTUNITIES:** Continue incorporating green infrastructure improvements with each park project.





# healthy ecosystems



**GOAL:**  
*Conserve, protect,  
enhance, and restore  
our aquatic and  
terrestrial  
ecosystems*



# healthy ecosystems



## **FUTURE OPPORTUNITIES:**

- Streambank naturalization and stabilization at Glazier Hill Park and Huron Hills Golf Course.
- Continue to recognize parkland's role as living labs for testing new design & engineering innovations.



# healthy ecosystems



Natural Area Preservation (NAP) works to protect and restore Ann Arbor's natural areas and to foster an environmental ethic among its citizens.

- plant and animal inventories
- ecological monitoring
- stewardship projects





# healthy ecosystems





# mental health + wellness



## 3 WAYS NATURE IMPROVES MENTAL HEALTH & WELLNESS:

1. **Reduces Stress:** A 2003 Swedish study revealed that the more often urban residents visited open green spaces, the **less often they reported stress-related illnesses**.
2. **Improves Memory & Attention:** A University of Michigan Study confirms that engaging with nature for just an hour a day can **improve memory and attention span**.
3. **Increases Happiness:** A UK study showed that, by challenging participants to spend time outside for 30 consecutive days, there was a **significant increase in their health and happiness**.

## FUTURE OPPORTUNITIES:

Explore ways that parks can partner with healthcare providers + higher education institutions to further research and expand on wellness initiatives.





QUESTIONS?