

Building Places to Play

A Heart-healthy Tomorrow for Children with the Greatest Need





Meeting Agenda

Meeting Objective: The objective of the meeting is to identify community leaders and volunteers to help with different aspects of the Patchogue playground build and to identify the execution timeline, best next steps and committee communication.

- **Outline of the Patchogue Playground Build**
 - **Project Background**
 - **Build Timeline**
- **Role of the Planning Committee**
- **Planning Committee Communication and Timeline**
- **Next Steps**



Leading a Healthy Movement

The American Heart Association's mission is to build healthier lives, free of cardiovascular diseases and stroke.

Top Prevention Priority:

By 2020, The American Heart Association wants to improve the cardiovascular health of **ALL** Americans by at least 20 percent, while reducing deaths from cardiovascular diseases and stroke by 20%.





Building Places to Play

**1 in 3 kids and teens
are overweight or obese—**

*they may be the first generation in American
history with a **shorter life expectancy**
than we have now.*





Building Places to Play




Why is Play so Important:

- All children over age 2 should be moderately to vigorously physically active for at least 60 minutes every day.
- Children and teens living in communities with parks, playgrounds, trails and recreation programs tend to be more physically active than those living in neighborhoods with fewer recreational facilities.
- In one study, children who had access to playground equipment were observed to be 84% more physically active over 2 years than children in neighborhoods without equipment.

Overview:

AHA Building Places to Play Program

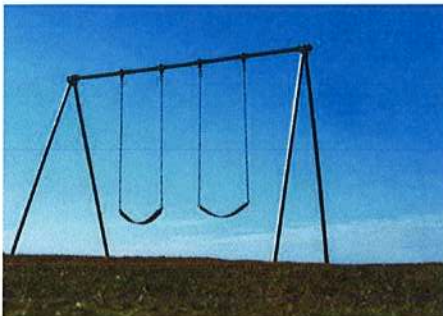
- The Village of Patchogue with the expertise from  it starts with a playground. will lead the playground development programming, logistics and implementation from start to finish.
- The American Heart Association leads heart health education for kids and their families and engage our funder and volunteers in playground programming.
- **We're not just building a playground, we're empowering a community** and building lifelong knowledge about how playing is good for your health—and good for your heart.

Project Overview



What is the process for building a playground?

- About 4 -5 weeks before the build, we will launch a **Community “Get Active” Day**. At this kid-focused Activity Day kids will learn about the project and will participate in a Playground Coloring contest and other healthful activities
- At this time the AHA P.L.A.Y. will be rolled out and community leaders and schools will educate children and their families about the playground and the importance of physical activity and heart-healthy habits.



The P.L.A.Y. Book

Promoting Lifelong Active Youth



Our *comprehensive community education toolkit* includes:

- 10 healthy lifestyle lessons for students
- Tip sheets for parents and community members
- Activities for Get Active Day and Build Day
- Post-Build Day Activities
- Pre- and Post- Surveys to measure outcomes and learning

Project Overview



- On **Build Day, Saturday, June 1st** the volunteers and community members gather on an empty site to make the local children's' dreams a reality and build their playground.



- **Post-Build** – Now that your community has a playground, we can continue to find additional ways for the AHA and the community partner to work together to engage families and other community members in reducing obesity and promoting healthy behavior.