

# AUDRC Research Note

## The Park Life Project



## *How much do parks contribute to overall physical activity?*

### **Background**

A plethora of studies link the provision and use of urban green space (i.e., parks) to physical activity participation, and these outcomes inform public health policy, park design and health promotion interventions.

However, the physical activity and urban green space literature typically fails to simultaneously report park-based physical activity in the actual parks people have used. Further, the amount of park-based physical activity, as a portion of total physical activity, is mainly unknown, leaving researchers unable to articulate the actual contribution parks make to population physical activity levels. This information is needed to underpin park design that facilitates park use for physical activity and interventions that improve physical activity participation levels.

The Australian Park Life Project (n=7941) used park metrics derived from geographic information systems (GIS) and the Park Physical Activity Questionnaire (Park PAQ) to quantify spatially accurate physical activity undertaken within and outside of parks to determine the contribution that park-based physical activity makes to overall physical activity levels.

### **Links to publications**

Hooper, P. and Edwards, N., 2024. A reliability study of the Park Life public participatory geographic information system survey. *Geographical Research*, 62(1), pp.134-146. <https://onlinelibrary.wiley.com/doi/full/10.1111/1745-5871.12629>

Edwards, N. and Hooper, P., 2023. The park physical activity questionnaire (Park-PAQ): A reliable measurement tool for park-based and total physical activity. *Health & Place*, 83, p.103085.

### **Contact**

For further information, please get in touch with Dr Nicole Edwards at [nicole.edwards@uwa.edu.au](mailto:nicole.edwards@uwa.edu.au)