Built Environment and Violence Prevention

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Objectives

➔ Violence and Injury Prevention

➔ Shared Risk and Protective Factors

➔ Healthy Eating Active Living (HEAL) and Violence Prevention

➔ Social Connectedness

➔ Economic Stability

➔ Resources
Violence and Injury Prevention-Mental Health Promotion

The VIP-MHP branch coordinates state and local efforts to prevent unintentional and intentional injury and violence. The branch works to promote mental health and prevent substance abuse through policy, public awareness, training, funding, and system change.

**Topic Areas**

- Communities that Care
- Marijuana Education
- Sexual Violence Prevention
- Child Fatality Prevention System
- Bullying Prevention
- Suicide Prevention
- Prescription Drug Overdose Prevention
- Motor Vehicle Safety
- Sexual Violence Prevention
- Substance Use Prevention
Violence and Injury Data

- Violence and injuries not only impact individuals directly involved, but also families, employers, communities, and greater society.
- 3rd leading cause of death, behind cancer and heart disease.
- Leading cause of death for Coloradans 1-44 years old.
- Leading causes of injury deaths:
  - Suicide
  - Falls
Shared Risk and Protective Factor Approach

- **Risk Factor**: characteristics or situations that increase the probability of experiencing injury and/or violence. ex: coping skills, prosocial peers, attachment to teachers, community support

- **Protective Factor**: characteristics or situations that mitigate the risk of experiencing violence and/or injury and help to build resilience to thrive when faced with adversity. ex: aggressive behavior, involvement with antisocial peers, low school commitment, low community attachment
Shared Risk and Protective Factor Approach

Health outcomes are interconnected and share root causes. Research shows risk and protective factors are shared among:

- Child maltreatment
- Teen dating violence
- Intimate partner violence
- Sexual violence
- Youth violence
- Bullying
### CDC: Connecting the Dots

<table>
<thead>
<tr>
<th>Protective Factors</th>
<th>Community</th>
<th>Relationship</th>
<th>Individual</th>
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<tbody>
<tr>
<td>Coordination of resources and services among community agencies</td>
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<td>$X^{40}$</td>
<td>$X^{41}$</td>
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<td>Access to mental health and substance abuse services</td>
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<td>Connection to a caring adult</td>
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<td>Connection/commitment to school</td>
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<td>Skills in solving problems non-violently</td>
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</table>
Social Ecological Model

Risk and protective factors occur at all levels of the social-ecological model: individual, family, school, organization, community, and society.

The communities people live in can protect them from violence or can increase their risk of violence.
Protective Factors:

• Connectedness (family, school and community)

• Positive Social Norms

• Good Behavioral Health

• Economic Stability

• Resilience (individual, familial and community)
Shared Risk and Protective Factor Approach

R/P factor approach not only has the potential to prevent multiple forms of violence and injury; it also has the potential to leverage resources and partnerships across state and community-based agencies to effectively break down topic specific silos within agencies and enhance the sustainability of these initiatives.
Communities that Care

- $7,125,000 to fund 46 communities statewide

- Helps local communities assess the specific risk and protective factors among youth in their community

- Communities will pick from a menu of effective, evidence-informed strategies to address the specific needs of the youth they serve
What is Community Violence?

Community violence is defined as acts of interpersonal violence committed by people who are not related and may or may not know one another. It usually takes place outside the home in public places.
Why Built Environment, HEAL and Violence Prevention...

Violence and fear of violence cause people to be less physically active and spend less time outdoors.

Violence and fear of violence alter people’s purchasing patterns, limiting access to healthy food.

Experiencing and witnessing violence decrease motivation and capability of eating healthfully and being active.

Violence reduces social interactions that would otherwise contribute to community cohesion.

Violence acts as a barrier to investments in community resources and opportunities that support healthy eating and active living.

www.preventioninstitute.org/unity
Why Built Environment, HEAL and Violence Prevention...

Children of women who report chronic intimate partner violence are 1.8 times more likely to be obese than other children; the effect is magnified for families living in unsafe neighborhoods (1)

Researchers have found that women who perceive their neighborhoods to be unsafe are 25 percent more likely to be obese (2)

Children of parents who perceived their neighborhood as unsafe were 4 times more likely to be overweight than those of parents who perceived their neighborhood as safe (3)

Mothers with high exposure to neighborhood violence were twice as likely to report never exercising (4)

Persons who described their neighborhood as not at all safe were nearly three times more likely to be physically inactive than those describing their neighborhood as extremely safe (5)

Connecting the Dots...
Built Environment, HEAL & Protective Factors:

- Connectedness (family, school and community)
- Economic Stability
Protective Factor: Connectedness

**Connectedness:** the social interactions, relationships and networks that people have with others and the benefits these relationships can bring to the individual as well as to society. It can be viewed as one aspect of community cohesion.

Quigley and Thornley (2011)

**Social Cohesion:** strong social ties among people and positions, built upon mutual obligations, opportunities to exchange information, shared norms, and the ability to enforce standards and administer sanctions.

Built Environment and Connectedness

Walkability/ Bikeability

Parks and Gathering Spaces

People feel:
- Independent
- Safe and secure
- Sense of belonging

Social Activity:
- Knowing neighbors
- Increased frequency of social interaction
- Reciprocity - watching out for each other

Social Connectedness and Positive behaviors
Community Connectedness

Using and connecting community resources can help strengthen positive norms and community culture.

Creating accessible and safer community spaces can help strengthen community bonds and culture.

Shared-use agreements can leverage safe space, create community partnerships, and connect school climate with the broader community.
Create Safe Spaces

Mestizo Curtis Park
Creating Safe Spaces - Learning Landscapes

- Shared Use
Creating Safe Spaces - Learning Landscapes

"We have always tried to promote peace in the community. The Learning Landscape has brought a sense of pride and is bringing the school together to feel like one large family."
- Principal Sally Edwards.

"The kids take care of the schoolyard and are quick to report if anything is wrong or damaged. Now there is very little graffiti."
- Principal Sally Edwards

A Path to Peace: Improved student attitudes towards themselves, each other, and their school

Harrington Elementary’s Learning Landscape was designed around a central theme of peace, creating an environment that reinforces positive social interaction. Since the Learning Landscape was built, very positive effects have been seen throughout the community. Today, Harrington students are very proud of their school and view their schoolyard as a safe, positive, and prominent focal point of their community.

As part of a qualitative research methods course conducted at the University of Colorado, graduate students examined behavior on the playground where games, norms, and rules are socially defined and learned. In order to understand how schoolyards can positively influence play behavior, graduate students compared the use of power on playgrounds with and without a Learning Landscape. LL schoolyards saw an increase in social norms and oral rules based on responsibility, equality, and a superior use of knowledge. Correspondingly the need for direct supervision from teachers decreased.
Creating Safe Spaces - GOCO School Yard Initiative

Our (GOCO) School Yard Initiative (SYI) funds projects to inspire more active physical play and enhance outdoor learning on school grounds. This program emphasizes projects that reach underserved youth and families who may otherwise have limited access to quality parks. All projects are required to be open to the public during non-school hours.

http://www.goco.org/grants/apply/school-yard-initiative
Benefits of Shared Use

People everywhere want access to safe and affordable recreational spaces. With shared use, public and private property owners can open underutilized facilities for community use. Though often used as a strategy to increase opportunities for physical activity, shared use has many wide-ranging benefits.

**Health**
- Increased physical activity among people who live near recreational spaces
- Reduced risk of chronic disease associated with more physical activity
- Better access to healthy foods through community gardens and kitchens
- Improved mental well-being for those who live near parks or recreational facilities
- Reduced stress for people who spend more time outside

**Equity**
- More opportunities for physical activity in low-income communities and communities of color, which are less likely to have access to recreational spaces
- Reduced health inequities by creating more spaces for play and exercise in the communities that need them most

**Community**
- Decreased crime, vandalism, and violence in recreational spaces that residents use regularly
- Stronger community ties through informal interaction, organized activities, and volunteering

**Education**
- Improved academic performance among kids who are more physically active
- Better classroom behavior when students can play and be active

**Economy**
- More cost-effective than building new resources or facilities
- Increased economic opportunity when shared use supports small business incubation
- Higher property values for properties closer to parks, open spaces, and recreational facilities
Protective Factor: Economic Stability

Economic Stability: is the condition of having stable income or other resources to support a standard of living now and in the foreseeable future. (personal/business)

Economic Mobility: is the ability of an individual, family or some other group to improve (or lower) their economic status—usually measured in income.
Economic Stability

Vibrant economies contribute to the health and well-being of people and communities by providing economic stability and access to opportunities. (living wage jobs, affordable housing, healthy food, recreation)

By creating the conditions for economic stability – it is possible to contribute to positive individual and social outcomes such as improved access to basic necessities (food, clothing, housing) as well as access to the types of social, economic, recreational, and educational opportunities needed to promote individual health and well-being.
Economic Stability

Denver Economic Development Plan

Financing a cooperative ownership model for small neighborhood-based businesses that employ residents

Developing a maker’s lab that provides entrepreneurs with access to manufacturing resources

Encouraging developers to recruit, train and hire low-income residents for entry-level, middle-skill positions

Establishing a $3 million fund to finance at least one full-service grocery store each 3 selected neighborhoods
Economic Stability


Ex: Houston pledge to hire 5,000 local youth
Resources - **Colorado Downtown Streets**

Communication tool to help make the case for safe, healthy, economically vibrant, walkable and bikeable streets.

Available on DOLA’s website:

- [Print Version](#)
- [Infographics](#)
  - The Changing Landscape
  - Benefits of Great Streets
  - Key Considerations for Successful Street Design
  - Streetscape Components
- [Minute on Main Street Videos](#)
  - Design for the Speed You Want
  - How Wide Should our Lanes Be?
  - Design in Context
  - Designing for Pedestrians
Resources: AARP Livability Index

https://livabilityindex.aarp.org
## Resources: AARP Livability Index

### Total Index Score

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<th>LOCATION</th>
<th>Grand Junction, Mesa County, Colorado</th>
<th>Woodland Park, Teller County, Colorado, 80863</th>
<th>Lamar, Prowers County, Colorado, 81052</th>
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<tr>
<td><strong>HOUSING</strong>&lt;br&gt;Affordability and access</td>
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<td>38</td>
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<tr>
<td><strong>NEIGHBORHOOD</strong>&lt;br&gt;Access to life, work, and play</td>
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<td>60</td>
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<td><strong>TRANSPORTATION</strong>&lt;br&gt;Safe and convenient options</td>
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<td>68</td>
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<tr>
<td><strong>ENVIRONMENT</strong>&lt;br&gt;Clean air and water</td>
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<tr>
<td><strong>OPPORTUNITY</strong>&lt;br&gt;Inclusion and possibilities</td>
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Neighborhood
[https://livabilityindex.aarp.org/categories/neighborhood](https://livabilityindex.aarp.org/categories/neighborhood)

Engagement
[https://livabilityindex.aarp.org/categories/engagement](https://livabilityindex.aarp.org/categories/engagement)

Opportunity
[https://livabilityindex.aarp.org/categories/opportunity](https://livabilityindex.aarp.org/categories/opportunity)
Resources

CDC: Connecting the Dots

Shared Risk and Protective Factor Conference

Prevention Institute

Synergy of Strategies

Built Environment Strategic Collaborative - Google Group

Creating Safe Park Environments to Enhance Community Wellness

Safe, Healthy, & Active Transportation Toolkit

Colorado Downtown Streets

Community Safety by Design Preventing Violence through Land Use
Thank you

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