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# Active Living Logan Square

## Joining Together to Create Opportunities for Physical Activity

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**Background:** The Active Living Logan Square target audience is the community of the southwest corner of Logan Square, an urban Chicago community of 84,466 residents, mostly Latinos. Through the Active Living by Design (ALbD) initiative, the Logan Square Neighborhood Association leveraged its 48 years of existence in the neighborhood to create opportunities and build partnerships.

**Intervention:** Activities addressed three primary goals: (1) enhance school environments and practices to support physical activity before, during, and after the school day; (2) encourage individuals and families to enjoy outdoor activities in their own communities; and (3) create safe, inviting places for activity that connect to surrounding communities. The partnership's participatory approach involved a variety of community stakeholders in developing and implementing affordable, accessible, culturally acceptable, and sustainable physical activities for children and their families.

**Results:** The partnership successfully piloted Open Streets (temporary street closures) and advocated for development of the Bloomingdale Trail, an elevated rails-to-trails project. In schools, the partnership changed the culture at McAuliffe Elementary to support healthy behaviors through new policies, physical projects, and programs.

**Lessons learned:** Vital components of the project's success included a full-time coordinator with strong community ties; time to build healthy relationships within the partnership and community; the use of culturally relevant strategies; and flexibility to welcome complementary opportunities.

**Conclusions:** The partnership intentionally did not produce a single community-recognized campaign; instead, it chose to use limited resources to promote tangible programs and projects that led to sustainable and replicable changes that promote physical activity. (Am J Prev Med 2009;37(6S2):361–367) © 2009 American Journal of Preventive Medicine

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### Introduction

The obesity epidemic is taking an ever-increasing toll on the health and physical, mental, and economic well-being of Americans, especially members of ethnic minority groups. In predominantly Latino neighborhoods in Chicago, approximately 36% of adults are classified as obese, compared to 22% of all Chicago adults.<sup>1</sup> In 2007, at one elementary school in the predominantly Latino Logan Square community, 47% of children aged 3–12 years had a BMI (for age and gender) that classified them as overweight or at risk for overweight.<sup>2</sup> In a 2004 population-based survey

conducted in the Humboldt Park neighborhood, which is demographically similar and geographically adjacent to the study site, 35% of adults had hypertension, and 16% had diabetes.<sup>1</sup> This is significantly higher than Chicago's citywide prevalence of 23% for hypertension and 7% for diabetes.<sup>1</sup> To reverse these dangerous and costly trends and safeguard the health of communities, a multi-pronged approach that integrates policy advocacy, environmental interventions, promotions, and community-based programs that encourage physically active and healthy-eating lifestyles is critically needed. While Chicago has a long, beautiful, lakefront trail and rich forest preserves with smooth trails cutting through them, those who live in the inner city have less access to such safe, inviting spaces.

Motivated by this need, the Logan Square Neighborhood Association (Neighborhood Association), the University of Illinois at Chicago College of Nursing (University), and the Illinois Health Education Consortium, with support from the Robert Wood

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Johnson Foundation (RWJF) Active Living by Design (ALbD) initiative, partnered to promote physical activity in the Logan Square neighborhood. Based on the principles of primary health care,<sup>3,4</sup> the partnership's participatory approach involved a variety of community stakeholders in developing and implementing affordable, accessible, culturally acceptable, and sustainable physical activities for children and their families.

As the lead community agency, the Neighborhood Association's 48 years of rich history and credibility in the community opened doors, and their health organizer served as the constant thread throughout the ALbD work. The Neighborhood Association's mission is to unite institutions and residents to improve and preserve Logan Square as an excellent place to live, work, play, raise children, run a business, and worship. Prior to ALbD, the association had a history of advocating for new and expanded schools and parks, opening school-based community learning centers, and providing leadership development for parents in neighborhood schools. The opportunity for the Neighborhood Association to serve as the lead community agency with the ALbD partnership was a natural next step to combine and expand advocacy for open greenspace with community health promotion. The Neighborhood Association and many of the ALbD partners made the commitment to work beyond the 5-year ALbD grant.

In all of the partnership's ALbD-related projects, the primary purpose was to increase opportunities and reduce barriers to physical activity and healthy eating. Three primary efforts emerged to meet this goal: (1) to enhance school environments and practices to support physical activity before, during, and after the school day; (2) to encourage individuals and families to enjoy outdoor activities in their own communities; and (3) to provide safe, inviting places for activity that connect to surrounding communities.

## Methods

### Settings and Populations

The target audiences were identified based on their proximity to the physical projects (e.g., a playground, the future Bloomingdale Trail) or programs (e.g., Open Streets, bike club). The project focused on the predominantly Latino (71%), lower income, southwestern Logan Square neighborhood in urban Chicago (Table 1). Logan Square is a densely populated community that is not homogeneous; eastern Logan Square is primarily gentrified (Figure 1). Many of the partnership's activities centered at McAuliffe Elementary School and Ames Middle School. McAuliffe is 92% Latino, with many recent immigrants who speak only Spanish.<sup>5</sup> The median household income in Logan Square is \$37,581, and 34% of residents earn below \$25,000.<sup>6</sup> Approximately 95% of

**Table 1.** Logan Square demographic information

Demographics	N/n	%
<b>Population</b>	84,466	100
<b>Gender</b>		
Male	45,629	54
Female	38,837	46
<b>Age (years)</b>		
0–5	7,856	9
6–17	15,078	18
18–24	11,591	14
25–44	30,750	36
45–64	14,199	17
65–84	4,460	5
≥85	532	1
<b>Race/ethnicity</b>		
White/non-Hispanic	36,380	Selection of >1 category was permitted; no percentages calculated
Black	4,878	
Hispanic or Latino	60,133	
Asian	1,321	
Other (includes >1 category)	41,887	
<b>Annual household income (\$)</b>		
<b>Median household income 37,581</b>		
<15,000	5,819	22
15,000–24,999	4,399	15
25,000–34,999	4,222	14
35,000–49,999	5,135	17
50,000–74,999	4,935	16
75,000–99,999	2,404	8
≥100,000	3,032	10

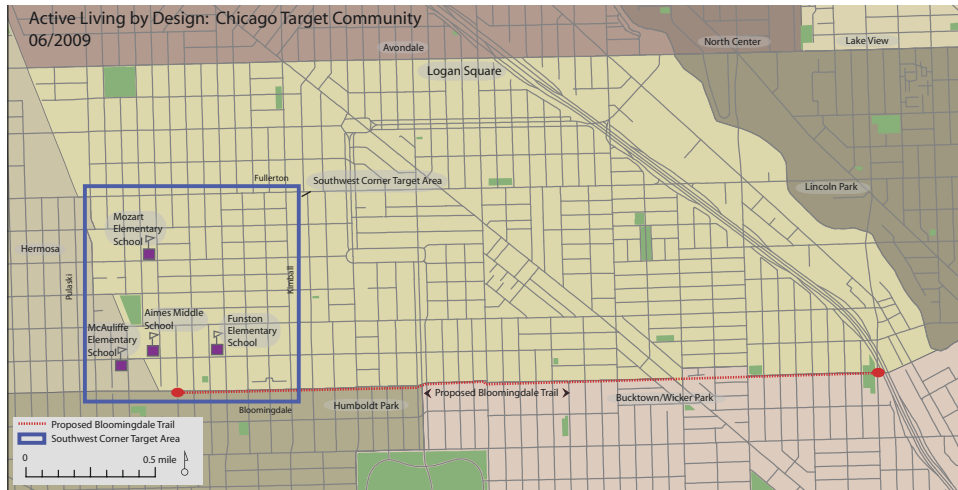
*Note:* Data from Metro Chicago Information Center. Profile of General Demographic Characteristics, Logan Square. Metro Chicago Facts Online report generated from the American Community Survey, 2005.

McAuliffe students qualify for free or reduced-price school meals.<sup>5</sup>

### Active Living by Design Community Action Model

To coordinate efforts to enhance school environments, encourage families to be active outdoors, and create places for activity connecting to other communities, the partnership employed the ALbD 5P model ([www.activelivingbydesign.org/our-approach/community-action-model](http://www.activelivingbydesign.org/our-approach/community-action-model): preparation, promotion, programs, policy, and physical projects).<sup>7</sup> Funding for ALbD primarily supported staff, including a full-time coordinator, project director (small percentage), data analyst (small percentage), and ten community residents who conducted 400 surveys. The ALbD grant covered one third of the project coordinator's salary; other funders matched the remaining portion (i.e., Marguerite Casey Foundation, Aetna Foundation, and the Illinois Department of Public Health).

**Preparation.** Over the 5 years, the partnership grew to include organizations with shared values and goals, including representatives from active transportation, open space advocates, city and state departments, and the public schools (Table 2). The ALbD partners met every other month as a collective group. The project coordinator managed the part-



**Figure 1.** Map of the Logan Square neighborhood

nership, engaged intimately with each piece of the plan, and communicated regularly with each partner. The partners supported the overall plan but invested their resources on the work most closely associated with their institution's mission. The 5-year grant period provided time to build strong relationships within the partnership and community and allowed flexibility to add new opportunities that complemented the initial proposal.

The initial proposal was drafted by a handful of partners, including community representatives, with a vision to integrate new stakeholders as the work evolved. In 5 years, the partnership successfully introduced new ideas and projects generated by community residents, teachers, and school administrators. For example, stakeholders, such as parents and teachers at McAuliffe, created a wellness council because they wanted to assure sustainable policies and environmental changes to improve the culture of the school.

The ALbD partnership conducted a survey of residents from a one-half mile–radius area in southwest Logan Square. Bilingual residents conducted 400 face-to-face surveys to elicit adults' descriptions on levels of physical activity and barriers to physical activity. The survey revealed that 75% of respondents believed their children's school should offer recess; 31% owned a bicycle, but only 6% reported riding bikes in the past year; 61% said their children owned bikes; and 45% walked their children to school. Fewer than 8% believed that it was safe for their children to walk alone outdoors during the daytime. Acknowledgement of the barriers posed by crime and perceptions of poor street safety helped the partnership select activities that brought families out onto the streets.

**Implementation.** Implementation efforts related to promotions, programs, policy changes, and physical projects were integrated into two core areas: school and community. All project activities were implemented in a socially and culturally competent manner. Cultural sensitivity was more than just ethnicity and language; it included understanding the culture of place.

**School-based efforts.** To enhance school environments and practices that support physical activity and healthy eating, the Neighborhood Association approached McAuliffe Elemen-

tary to collaborate on an 18-month RWJF Healthy Eating by Design (HEbD) pilot in 2004. The willingness of the administration and teachers to promote fruits and vegetables with 1st-grade students and their parents led to the integration of health-related activities in all grades at McAuliffe Elementary. The success of the initial HEbD activities led the principal to approach the partnership about other opportunities for collaboration (e.g., the construction of playgrounds).

To assist with the coordination, promotion, and delivery of new curricula and programs, six parents and/or residents from the community

served as full-time AmeriCorps members, throughout the 5 years. They were based in schools and mentored by the ALbD project coordinator. These key leadership roles contributed to building the community's social capital and increasing the sustainability of ALbD and HEbD efforts. For example, AmeriCorps members advocated and assisted with a new curriculum Wisercise, which incorporated 10 minutes of physical activity in the classroom, coordinate the walking school buses, and arranged visits from city employees to lead pedestrian and cycling safety workshops in the classroom.

**Community-based efforts.** To create safe, inviting places for physical activity in the community, the partners focused on the physical environment by employing two models to connect neighboring communities: (1) a permanent structure, and (2) the temporary transformation of public space.

The proposed elevated Bloomingdale Trail/Linear Park plan, a rails-to-trails project, will connect four diverse communities, including Logan Square. To measure interest among residents in these four communities, Friends of the Bloomingdale Trail hosted four community-visioning sessions. During each visioning session, residents expressed their dreams and concerns with words and pictures. Residents envisioned this future multi-use trail to be green, natural, safe, and designed to offer universal access to allow diverse people to be active users. Residents also shared personal stories about the once-active freight train line. To honor its context, the community expressed desire for the design of the future greenway to weave in the rich history of the local people and former industry, which included a Schwinn bike manufacturing plant. For example, images of a train engineer throwing candy into schoolyards could be translated into public art. With support from the partnership, the information gathered helped shape a community report, which was shared with key decision makers and the community at large.

Inspiration to temporarily reclaim streets for human-powered activities came to the partnership when a staff member from Active Transportation Alliance (formerly Chicagoland Bicycle Federation) visited Bogota, Colombia and experienced *Ciclovía* (Spanish for "bike path"). Using this model, the ALbD partnership invited stakeholders from four con-

**Table 2.** Active Living by Design Partnership members and roles

Partnership members	Major role	Discipline
LSNA	Program planning, implementation, coordination, community survey, engage community, report/grant writing, supervise AmeriCorps members and interns	Community organizing
UICCON	Program planning, evaluate activities and data analysis, identifying resources, report/grant writing, BMI measurements, community survey	Nursing/academic
Illinois Health Education Consortium	Fiscal manager	Health education
UICCON AmeriCorps Chicago Health Corps	Program implementation, data collection: Walking School Bus, Take 10!, snack program, nutrition education in classrooms	Service learning
McAuliffe Elementary School (CPS)	Program implementation of ALbD and HEbD activities	Education
Ames Middle School (CPS)	Program implementation of ALbD activities	Education
Active Transportation Alliance (formerly: Chicagoland Bicycle Federation)	Promotion and advocacy for active transportation, Sunday Parkways Stakeholder, implemented "Go Healthy," technical assistance with Walking School Bus	Active transportation advocacy
AfterSchool Matters	Youth job training program: Bike mechanics and safety leading to summer jobs with Chicago Park District teaching children	Youth job training
Chicago Police Dept. CAPS	Training for Walking School Bus captains	Safety
Friends of the Bloomingdale Trail	Advocates of the future elevated Bloomingdale Trail	Advocacy
Sunday Parkways Stakeholders	Planning, implementing, and promoting Sunday Parkways	Multidisciplinary collaborative
Openlands	Teaching and assisting families with building organic backyard fruit and vegetable gardens	Environment advocacy
UICCON Chicago Partnership for Health Promotion	In-class nutrition education, healthy cooking demonstrations for families	Health promotion/academic
Purple Asparagus	Healthy cooking demonstrations for families	Nutrition education
Seven Generations Ahead	Teach Fresh from the Farm curriculum, lead farm visits, farm-to-school presentations	Sustainable agriculture
Chicago Public Schools Nutrition Services	Healthy snack pilot, installation of salad bar, Universal Breakfast in the classroom	Nutrition/education
West Town Bikes	Teach bike mechanics and safety, after-school and summer; integrated bike mechanics and safety into middle school curriculum	Bicycle education
Illinois Department of Public Health CLOCC	Grant support, introduced and funded CATCH Selected Logan Square as a Vanguard Community, supports full-time community networker, evaluation, grant support	Public health Multidisciplinary collaborative

CAPS, Community Alternative Police Strategies; CLOCC, Consortium to Lower Obesity in Chicago Children; CPS, Chicago Public Schools; LSNA, Logan Square Neighborhood Association; UICCON, University of Illinois at Chicago College of Nursing

necting communities to plan Open Streets. The event was designed to engage residents of all ages and abilities in bicycling, walking, running, rolling a wheelchair, pushing a stroller, or riding a Big Wheel. Two successful pilot events along the tree-lined boulevards took place in October of 2008. Logistically, cross streets were left open, the street grid was not shut down, and participants had to obey stoplights. The north end of the route was in Logan Square and traveled south connecting the communities of Humboldt Park, Garfield Park, North Lawndale, and Little Village, all underserved communities with high rates of hypertension, diabetes, asthma, obesity, and violence. A diverse group of stakeholders generated the plan, raised the necessary funds, and engaged the community. Encouraging residents to participate in Open Streets and to advocate for the new trail required the distribution of flyers door-to-door in the targeted area. Delivering the message face-to-face is crucial, it provided an opportunity for dialogue, which

allowed these new projects to receive wider acceptance. Messages were best received when delivered by someone from the community who is bilingual.

## Results

The preparation, promotion, program, policy change, and physical project activities resulted in many changes in schools and the community through integration of the 5Ps illustrated in [Figure 2](#).

## School-Based Successes

The Chicago Public School District does not mandate recess. Schools are challenged with having one of the shortest school days in the country (5.75 hours), yet a

new playground motivated one school principal to introduce a 10-minute recess policy.

In 2005, through the assistance of the ALbD partnership, the first playground was built for small children at McAuliffe School. As a result, the school administrators established a new policy to provide students in kindergarten, first, and second grades with a 10-minute recess. Older students and their teachers felt they too deserved recess; yet, the administration could not extend the policy to grades 3–6 because of limited outdoor space. In 2008, a motivated 6th-grade teacher asked her students to enter an essay contest with the hopes of winning a playground; a McAuliffe student won the prize. With this second playground, older students gained a 10-minute recess. Each playground was built on an existing employee parking lot. To address the displacement of employee parking, the school principal worked with the local alderman (councilman) to create permit parking for school employees on the street alongside the school.

Physical activity was integrated in schools in a number of ways. For example, a bike club at the local high school observed that students who thrived most in the

club had learning disabilities. This observation led the partnership to introduce more opportunities for students with diverse learning styles. In Fall 2008, a full-time bike instructor was integrated into the school day at Ames Middle School. The instructor taught 7th- and 8th-grade students basic bike mechanics and safety. “Elev8,” a national program, funded this class, the first in Chicago Public Schools.

To reinforce positive lifestyle behaviors, it was important that McAuliffe students receive a continuum of physical activity and healthy-eating health messaging when they moved on to Ames Middle School. McAuliffe and Ames Middle Schools formed wellness councils composed of administrators, teachers, parents, and partners to assess current health promotion activities and advocate for continued growth of active living and healthy eating efforts. Most members of the council had had a positive experience with an ALbD or HEBD activity, which motivated them to serve as advocates for active living and healthy eating. As the wellness councils develop, it is anticipated that council members will inspire and mentor their peers at other feeder schools to integrate active living and healthy eating practices.

Preparation	Promotions	Programs	Policy Changes	Physical Projects
<p><b>McAuliffe Elementary</b></p> <ul style="list-style-type: none"> <li>Conducted teacher professional development for “Wisercise” curriculum</li> <li>Trained 25 parent tutors to lead “Wisercise” curriculum</li> <li>Assessed Student BMI (3 consecutive years)</li> </ul> <p><b>Ames Middle School</b></p> <ul style="list-style-type: none"> <li>Integrated ALbD into the “Elev8” planning</li> </ul> <p><b>Both schools</b></p> <ul style="list-style-type: none"> <li>Completed CDC-School Health Index</li> </ul>	<p><b>McAuliffe Elementary</b></p> <ul style="list-style-type: none"> <li>Provided 25 bikes to winning parents of “Bike Town” program</li> </ul> <p><b>Ames Middle School</b></p> <ul style="list-style-type: none"> <li>Hosted annual Safety Summit</li> </ul> <p><b>Both schools</b></p> <ul style="list-style-type: none"> <li>Participated in International Walk and Bike to School Day</li> <li>Presented School Health Index results to school community (highlight disparities)</li> </ul>	<p><b>McAuliffe Elementary</b></p> <ul style="list-style-type: none"> <li>Offered bicycling and pedestrian safety education</li> <li>Created bike lock library</li> <li>Combined literacy with health at Family Night</li> <li>Bike Days: Jr. Bike Ambassadors (high school students) led bike safety activities for community on school grounds</li> <li>Hosted Harvest Festival in conjunction with playground dedication</li> <li>Offered “Go Healthy” to encourage more active modes of transportation</li> </ul> <p><b>Ames Middle School</b></p> <ul style="list-style-type: none"> <li>Integrated bike club into Summer Day Camp program</li> </ul> <p><b>Both schools</b></p> <ul style="list-style-type: none"> <li>Parent Patrol assisted students at street crossing</li> <li>Parent captains led the Walking School Bus program</li> <li>Hired parents/community residents (AmeriCorps) to coordinate programs</li> </ul>	<p><b>McAuliffe Elementary</b></p> <ul style="list-style-type: none"> <li>Adopted “Wisercise,” 10 minutes of physical activity in classrooms</li> <li>Introduced 10 minutes of daily recess</li> <li>School employees gained street parking permits (parking lot removed for playground)</li> </ul> <p><b>Ames Middle School</b></p> <ul style="list-style-type: none"> <li>Integrated bike instructor in school day</li> </ul> <p><b>Both schools</b></p> <ul style="list-style-type: none"> <li>Employees encouraged by local manufacturing company to assist students at street crossings on company time</li> <li>Established Wellness Council</li> </ul>	<p><b>McAuliffe Elementary</b></p> <ul style="list-style-type: none"> <li>Removed parking lots on school grounds</li> <li>Installed two new playgrounds with landscaping</li> <li>Helped eight families be active through gardening by raising vegetable beds in their backyards</li> </ul> <p><b>Both schools</b></p> <ul style="list-style-type: none"> <li>Installed bike racks</li> </ul>
<p><b>Sunday Parkways</b></p> <ul style="list-style-type: none"> <li>Invited four neighboring communities to co-host event</li> <li>Engaged various City of Chicago Departments</li> <li>Visited other model programs in Latin America and U.S.</li> </ul>	<p><b>Sunday Parkways</b></p> <ul style="list-style-type: none"> <li>Recruited through door-to-door knocking along the route</li> <li>Held 1:1 meetings with churches and local institutions</li> <li>Developed press conference and press release</li> </ul>	<p><b>Sunday Parkways</b></p> <ul style="list-style-type: none"> <li>Residents participated in two events that promote human powered activities along 4 miles of streets</li> </ul>	<p><b>Sunday Parkways</b></p> <ul style="list-style-type: none"> <li>Held conversations with city officials to reduce required minimum hours police work at events</li> </ul>	<p><b>Sunday Parkways</b></p> <ul style="list-style-type: none"> <li>Turned a main street running through several communities into a temporary park for individuals and families to be active, safe from traffic</li> </ul>
<p><b>Bloomington Trail</b></p> <ul style="list-style-type: none"> <li>Conducted visioning sessions and survey with residents</li> </ul>	<p><b>Bloomington Trail</b></p> <ul style="list-style-type: none"> <li>Recruited through door-to-door knocking along the trail</li> <li>Hosted cookouts for community residents under the viaduct</li> <li>Completed and shared Community Report</li> </ul>	<p><b>Bloomington Trail</b></p> <ul style="list-style-type: none"> <li>25 youth conducted interviews and took photos to document residents’ views on proposed project</li> </ul>	<p><b>Bloomington Trail</b></p> <ul style="list-style-type: none"> <li>Introduced new language requiring community engagement in design by Chicago Dept. of Transportation</li> </ul>	<p><b>Bloomington Trail</b></p> <ul style="list-style-type: none"> <li>Acquired land for the City of Chicago and the Trust for Public Lands for pocket parks and access points to a new Rail-to-Trail project running through the community and connecting to other communities</li> </ul>

**Figure 2.** Integration of the 5Ps ALbD, Active Living by Design

## Community-Based Successes

When the ALbD partnership was formed, the Bloomingdale Trail was one of many proposed projects in the Logan Square Open Space Plan. To stimulate this large capital project, community advocacy was key. Friends of the Bloomingdale Trail, an ALbD partner, helped this project become a priority on the city's trail development list. In addition, the Bloomingdale Trail Collaborative, made up of various City of Chicago departments and led by the Trust for Public Land, has engaged members of the ALbD partnership in the planning process.

In 2008, with federal funding from the Congestion Mitigation and Air Quality Program (CMAQ), the City of Chicago posted the engineering and design Request for Proposals (RFP), states that the project will engage community residents in the design process. As the community waits for groundbreaking on the trail, residents will participate in the design of four street-level pocket parks that will also serve as access points to the future elevated trail.

After 3 years of planning, over 10,000 residents representing five diverse communities actively participated in two Open Streets pilot events. Each event closed 4 miles along Chicago's boulevards, connecting three inner-city communities. An additional pilot took place on Saturday, August 1, 2009, connecting five communities along an 8-mile route. Participants have described Open Streets as "a long block party" or a "plaza," much like the ones in many towns in Mexico, where people come out and enjoy each other. In 2008, and 2009, some six cities across the U.S. piloted the Ciclovía (Open Streets) model. There are discussions to bring together representatives from all of these cities to help create a national movement.

## Discussion

The ALbD partnership in Logan Square has influenced parents, children, teachers, school administrators, and the partners themselves. People who live and work in the community have started to integrate active living initiatives; teachers led aerobics classes after school; aldermen supported street closures; a church organized a "bike to worship" day. Some residents now see how active living is relevant to the quality of life within a school, a church, and a community.

## Impact on the Logan Square Neighborhood Association

The Neighborhood Association and its 40 member institutions have earned respect as a central partner in this public health initiative. New partnerships have formed, including a regional alliance, consortiums, and cooperation of city and state departments of health.

The association's long history in schools now includes the integration of health, developing parent leaders, growing local residents into certified teachers, and opening and managing school-based learning centers.

## Engaging the Community

The ALbD partnership strove to engage the community in all aspects of the project. Employees working within local institutions (e.g., YMCA churches) were invited to participate in the development of ALbD programs and events. Regular communication and activities designed to meet mutual goals have been the core of engaging community partners. While activities such as policy change and trail building can take many years to come to fruition, small, meaningful activities along the way (e.g., building a playground, interviewing and photographing residents along the trail and producing a book, leveraging funding to temporarily hire community residents to knock on doors to invite residents to participate in Open Streets) helped maintain the morale of the partnership. When respected and engaged community stakeholders were at the table, those who influenced policy (e.g., school principals, police, food-service directors, elected officials) were more willing to invest their authority and resources.

## Using the 5P Framework to Identify Priorities

The 5P model served as a good tool for guiding the work of the partnership. The framework was used to identify and develop strategies for short- and long-term goals. The partnership intentionally did not produce a single community-recognized campaign; instead, it chose to use the limited resources to promote tangible programs and projects that had a strong possibility of being sustainable and replicable. Building playgrounds, piloting Open Streets, and working with neighboring communities were not in the initial proposal; rather, these projects developed as community need became apparent and opportunities emerged.

## Working with Schools

Policy changes in the Chicago Public Schools occur slowly for many reasons. School budgets are erratic and are threatened annually. Change primarily happens at the individual school level, driven by school administration, staff, or the local community. Additional support from HEbD bolstered the partnership's efforts by allowing for a more holistic approach. As a result of the partnership's record of accomplishment and the school's readiness, Chicago Public Schools invited McAuliffe to be the first school to participate in the Universal Breakfast Program, providing every student (regardless of income) with breakfast in the classroom. In addition, to capture why McAuliffe has been successful, the University has taken the lead role in an RWJF

ALbD sustainability study that will evaluate the ALbD work at McAuliffe. Through interviews, focus groups, surveys, and data analysis, they will identify the key factors that contributed to success and sustainability and use the findings to replicate selected activities at another school.

### Impact on the Community

Gentrification has displaced some homeowners and renters in both Logan Square and Humboldt Park, (the next community east along the proposed trail). Long-time homeowners alongside the proposed trail worry that the trail may increase their property taxes. Some residents fear that this much needed and deserved trail will threaten their ability to afford to live in the community. In situations like this, the department of housing should assess the impact this greenway will have on changes on affordable housing and propose initiatives to prevent the displacement of the existing residents. Most residents, new and old, wish to preserve the ethnic and economic diversity of their community.

During the promotion of Open Streets, some Latino residents asked if this new event was for “the bikers” or for the new “white” residents moving into the community. The partnership stressed that the event is intended to create a neutral space for all people. The successful events attracted a racially, socially, and economically diverse population. Open Streets draws attention to common interests: protecting the environment, promoting economic development, and engaging individuals and families in physical activity.

### Workforce Diversity

In general, the active living workforce would benefit from more diversity. Currently, the Active Transportation Alliance in Chicago has two employees of color, both with roots in Logan Square’s ALbD work. While at the local YMCA, one employee joined the ALbD partnership as a part-time “Go Healthy” coach; today, he is the director of advocacy. Another was a student in the first Junior Bike Ambassadors cohort (i.e., job training program for high school students originally housed at Ames Middle School) and currently serves as the community liaison for the African-American community. The strong community roots of the Neighborhood Association’s lead health organizer who is also the ALbD program coordinator helped the partnership build stronger relationships. She continues to work at the Neighborhood Association as the director of the RWJF Healthy Kids, Healthy Communities Chicago Partnership and provide technical assistance to existing

and new active living and healthy eating work in Logan Square.

People of color need to be active agents of change in creating a more equitable transportation system, as well as in the development and preservation of public open space. Passionate residents who serve as leaders in the movement will stimulate a genuine and more open dialogue that will generate tangible and sustainable change.

Grassroots engagement is key to preventive health. Lack of green space can cause isolation, which can be devastating to the human soul and the vitality of a community. The 5P model brought together diverse expertise from within and outside the community to influence the built environment. The partnership’s work built on previous heroic community efforts and has generated momentum to reclaim public spaces.

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