

When discussing why communities need joint use, here are some talking points which will help support your argument when writing letters to newspaper editors and op-ed columns, or pitching a story to a journalist:

Without places to be active, people can't get the exercise they need to be healthy.

Physical activity is a strong determinant of health, but most Americans don't get the exercise they need to be healthy, simply because many people do not have the places to be active. Approximately 60 percent of U.S. adults do not get the recommended amount of physical activity. Twenty-five percent are physically inactive.¹

Inactivity-related health problems are on the rise.

Inactivity-related health problems such as type 2 diabetes and heart disease are on the rise in the U.S., often with fatal consequences. Between 1991 and 2000, the prevalence of diabetes increased 49 percent.² More than 10 percent of all U.S. adults have diabetes.³

Inactivity and related health problems are linked to the way our communities are designed.

Many Americans don't get the exercise they need to be healthy simply because they don't have places to be active. Research has shown that people who have parks nearby exercise 38 percent more than those who do not have easy access.⁴

Some communities are more impacted than others.

Lower-income communities, including predominantly Latino and African-American communities, often have fewer resources to support active lifestyles and public places to play.⁵ These communities typically have less park space and are less likely to have houses with private backyards.⁶

Joint use can improve health by removing barriers that make it difficult for people to be healthy.

Joint use partnerships between school districts and local governments or organizations can allow community members and groups to use playgrounds, athletic fields, pools, gymnasiums and other recreational facilities after school hours. Joint use partnerships can also be used to open up community facilities to schools at a reduced cost or for free. This increases the opportunities kids and adults have to be active, which, combined with good nutrition, is an important step toward improving health.

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3. *National Diabetes Factsheet*. Issue brief. 2007. Center for Disease Control and Prevention. 6 May 2009 <<http://www.cdc.gov/diabetes/pubs/estimates07.htm>>.

4. *Designing for Active Living Among Adults*. Publication. 2008. Active Living Research, Robert Wood Johnson Foundation. 21 May 2009 <http://www.activelivingresearch.org/files/Active_Adults.pdf>.
5. Powell, L. M., S. Slater, and F. J. Chaloupka. "The relationship between community physical activity settings and race, ethnicity and socioeconomic status." *Evidenced Based Preventive Medicine* 1 (2004): 135-44. 21 May 2009 <http://impactteen.econ.uic.edu/journal_pub/pub_PDFs/EBPM-1-2-Powell%20et%20all.pdf>.
6. Sister, C., J. Wilson, and J. Wolch. *The Green Visions Plan for 21st Century Southern California: Ch. 15 Park Congestion and Strategies to Increase Park Equity*. Publication. Dec. 2007. University of Southern California GIS Research Laboratory and Center for Sustainable Cities. 21 May 2009 <http://www.greenvisionsplan.net/html/documents/15_green_visions_park_congestion_and_strategies_to_increase_park_equity.pdf>.

These talking points were adapted from *Fact Sheet: Joint Use and Health*, available at www.jointuse.org.