



connections

FOR SUSTAINABILITY

Linking Greenville's Neighborhoods to Jobs and Open Space

City of Greenville, South Carolina

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Sustainability Spotlight

Health and Green Space

by Jaclin DuRant



Community input sought for West Side Plan.

West Side Comprehensive Plan

The West Side Comprehensive Plan kicked off in August with a week-long design workshop. More than 250 people participated in the discussions about the type of changes that would be welcome, as well as the changes that should be avoided in their neighborhoods. The design workshop wrapped-up with a lively presentation and discussion on September 5. [Click here](#) to view the presentation.

The comprehensive planning team is now working to incorporate all of the comments and information into a refined plan. This plan will help guide new and infill development that the market may bring to these neighborhoods in the next 10 to 20 years. The next event for the [West Side Plan](#) will be November 2 with the West Side Fall Fair, to be held at the Kroc Center from 11 to 1. See below for more details, or sign up for our [mailing list](#).

My father always says, "If you don't have good health, you don't have anything." Without good health, it's difficult to enjoy a high quality of life. There's no question that there are a myriad of things that contribute to or detract from a person's mental, physical, and social health and well-being including what we eat, where we live, and even how much green space we have in our lives.

Green space refers to areas within a city or town that are planted and set aside for use as parks, gardens, trails, and conservation. Recent research into the connections between health and green space has shown that access, availability, and use of green space have impacts on many different aspects of our health.

Studies of laboratory and zoo animals show that when these animals are placed in over-crowded, degraded habitats, the social interactions between individuals become more aggressive. In essence, without a healthy habitat, animals can get mean and depressed. The same thing can be said about humans. Research shows that people need a certain amount of green space in order to maintain healthy social interactions.

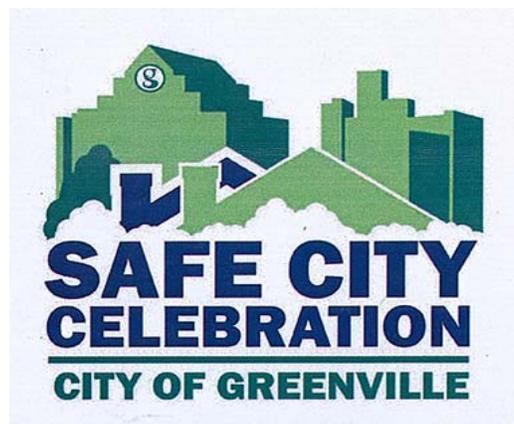
In addition to social structure, access to and use of green space has been linked to a variety of mental and physical health benefits. One study showed that children in areas with more green space had lower rates of obesity. Another study showed higher death rates in areas with less green space, especially from cardiovascular diseases. Patients with both ADHD and Alzheimer's disease have showed increased cognitive



West Side Fall Fair

The West Side Plan will be will be November 2 as a part of the West Side Fall Fair from 11:00am to 2:00pm at the Kroc Center. Details are still in planning, but it will be a blast! Early plans include a focus on local history, and a talent show. The fair will also include a Tremendous celebration of urban trees with a tree planting demonstration and free saplings. Contact the Connections Team if your church or civic organization wants to get involved!

More information can be obtained by contacting us at connections@greenvillesc.gov website.



Celebrate Our Safe City!

This year's Safe City Celebration will include great food, free goodie bags, and awesome giveaways! The first 100 children will receive a free bike helmet. The Connections team will be there, along with the SWAT and K9 police units, a car seat safety booth, and other safe and fun activities. Bring the family to McPherson Park on October 5, 11:00 to 1:00 for a safe day in the park!

Free shuttles to and from the event will begin at 11:00 at the following west side locations: West Greenville Community Center, Flour Field, and 813 Hampton Avenue in Southernside.

functions following time spent in nature. People who spend time outdoors can expect to see a range of health improvements, from better concentration, reduced stress, and memory retention to better cardiovascular health, and lower rates of respiratory disease, migraines, intestinal complaints, and more.

It's easy to equate the health benefits of green space with exercise, but a recent study done in Japan suggests that more than just the physical activity is important. This experiment showed that after a 30 minute walk in a forest, blood glucose levels of diabetics dropped much more than it did following other types of exercise, even 3 hours of cycling. For years, nature enthusiasts, writers, and others have been saying that nature is an important part of our quality of life. Now, researchers are seeing that green space may be more important than many ever thought, helping to keep our society, our bodies, and our minds functioning well.

Greenville is a beautiful city, and we are lucky that many here already understand the importance of protecting and setting aside natural areas in our city. The next time you get the chance, take a walk around a park or just sit outside beneath a tree and relax. It's good for your health.

"In every walk with nature, one receives far more than he seeks." - John Muir

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[Click on the map to view a larger, printable drawing.](#)

City Park Design

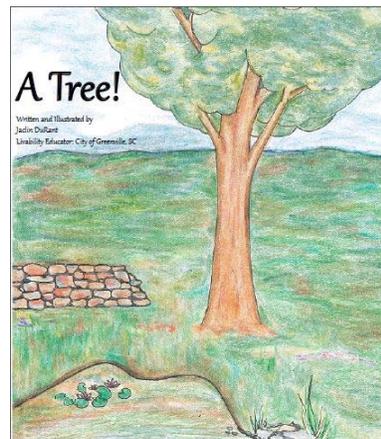
The final park design was presented on September 17, 2013, 6:00 at the Kroc Center. The Seamon Whiteside consulting team presented the final draft of the City Park Plan for public review and comment. Community input, together with input from City Council and City Staff, and the availability of future funding opportunities, will help guide the potential future implementation of this plan going forward. This meeting provided an opportunity for people to ask questions about specific amenities and costs, as well as share thoughts about the design. It should be noted that the creation of a park in this area is still dependent on finding funding to relocate public works. [Click here](#) for more information about the design process.

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A Tree!

Story and Coloring Book

The Livability Educator has just published a new children's story and coloring book, titled *It's a Tree!* The book is part of the TD Green Streets grant, and copies will be given away at the upcoming *Tremendous Day* celebration booth at the November 2nd West Side Fall Fair.



Try it FREE today.