

# DELRIDGE WETLAND PARK

## COMMUNITY HEALTH PROFILE *SUMMER 2017*



*Developed by the Delridge Neighborhoods Development Association & the National Park Service Rivers, Trails and Conservation Assistance Program*



## ACKNOWLEDGEMENTS

This Community Health Profile was created by the following organizations:

**The Delridge Neighborhoods Development Association (DNDA):** The mission of DNDA is to activate growth in the Delridge corridor by providing vital resources for all our neighbors. These resources include access to: affordable housing, healthy food, green space, education, art and culture.

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**The National Park Service Rivers, Trails and Conservation Assistance Program (RTCA):** The National Park Service RTCA program partners with community groups, nonprofits, tribes, and state and local governments to design trails and parks, conserve and improve access to rivers, protect special places, and create recreation opportunities ([www.nps.gov/rtca](http://www.nps.gov/rtca)).

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Additional information was provided by the following partner organizations:

Seattle Green Space Coalition  
Solid Ground  
Tilth Alliance  
K-8 STEM @ Louisa Boren School  
Pomegranate Center  
Outdoor Classroom Design  
Gaynor, Inc

The Delridge Wetland Park is funded by:

King Conservation District  
Sustainable Path Foundation  
[REDACTED]  
Rose Foundation  
King County Green Grant  
King County Conservation Futures  
West Seattle Garden Tour  
King County WaterWorks Grant



Students explore the wetland park (Credit: Stephanie Ingram).

The Delridge Wetland Park buildout is expected to be completed in the summer of 2019. To get involved in the project, contact DNDA at 206-923-0917.

## NEIGHBORHOOD DESCRIPTION

Delridge is a neighborhood in southwest Seattle, Washington. Like many communities, Delridge faces health challenges based on social and cultural determinants of health, and the natural and built environment.

This community health profile examines existing health indicators and needs of residents living in the Delridge corridor, a planning zone along Delridge Way SW. It considers both community health and the built environment. It contains information about the potential impacts of the future Delridge Wetland Park on the health of Delridge residents and makes recommendations for its planning and design, programming, and monitoring and evaluation.



The Delridge Wetland Park before restoration, 2015.

Located at SW Findlay and 23rd Ave SW, the Delridge Wetland Park was acquired through the purchase of a surplus 20,000 sf site, over half an acre, from Seattle City Light by the non-profit Delridge Neighborhoods Development Association (DNDA). Toxic materials were removed and the site was capped as required by state law in 2015. The site continues to experience contamination carried by stormwater due to flooding from rain events.

The Delridge Corridor is located in the **Longfellow Creek watershed**. Stormwater run-off in Delridge flows along roadways and hard surfaces into Longfellow Creek, which then flows into the Duwamish River and eventually Elliott Bay in Puget Sound. Flooding in the neighborhood around the Delridge Wetland Park has historically been a major issue.

The wetland park will be transformed into a public open space, with 7,144 sf dedicated to wetland restoration, with additional space for education and urban food gardening. Stormwater filtration will be a major design feature and focus of the park.

This document is a result of research on existing plans related to health in Delridge, as well as input from a team of local community leaders and organizations that have come together as thinking partners to make decisions on the wetland park. A big thank you to all who contributed their insights to this community health profile!

## THE DELRIDGE NEIGHBORHOOD





## EXISTING PLANS/REPORTS

Establishment of the Delridge Wetland Park is recommended in several local plans:

**Delridge Neighborhood Plan** (currently being drafted): identifies the project as a priority and recommended it for City of Seattle funding and investment (supports City's environmental justice and food equity goals).

**North Delridge Action Plan:** Public Review Draft 10/2016: The SW Findlay/23rd Ave SW site is among the properties recommended for acquisition and public use for wetland conservation, food gardening, and education purposes. The wetland park can play a role in Delridge's work on its six goals (diverse & engaged communities, dynamic destinations, access to food, active transportation, parks, transforming the watershed) and strategies. The small site can be an integral piece of Delridge's desired network of walk/bike trails and routes; public open space and parks; existing and planned greenways; sidewalk/street improvements; safe routes to key community destinations such as schools, parks, shopping, and transit; natural drainage systems; and site improvements and programs.

## EXPECTATIONS AND SCOPE FOR THE DELRIDGE WETLAND PARK

- **Wetland Restoration:**
  - Protect and enhance existing wetland on site
  - Create a new wetland that will absorb and filter water with native wetland plants for wildlife habitat
- **Stormwater Retention:**
  - Address historic flooding around the wetland park site
  - Improve water quality and hydrology of Longfellow Creek, and its outfall into the West Waterway of the Duwamish River, through green stormwater infrastructure (GSI).
- **Expand the Wetland Forest:**
  - Plant conifers to improve hydrology and air quality
- **Demonstration Gardens:**
  - Create a universally-accessible children's teaching garden to be used as an outdoor classroom
  - Create a permaculture garden with a food distribution network for area residents
  - Integrate culturally-appropriate foods
  - Connect generations through gardening and food production
- **Education Area for Children and Adults:**
  - Hands-on science learning on watersheds, wetland ecology and restoration, and water quality
  - Extracurricular science education for school-aged children and their families in Delridge/White Center, including ongoing environmental monitoring and partnership with Louisa Boren School
  - A core ecology and applied mathematics curriculum for K-8 STEM at the nearby Louisa Boren public school, and potential teaching opportunities for partner agencies

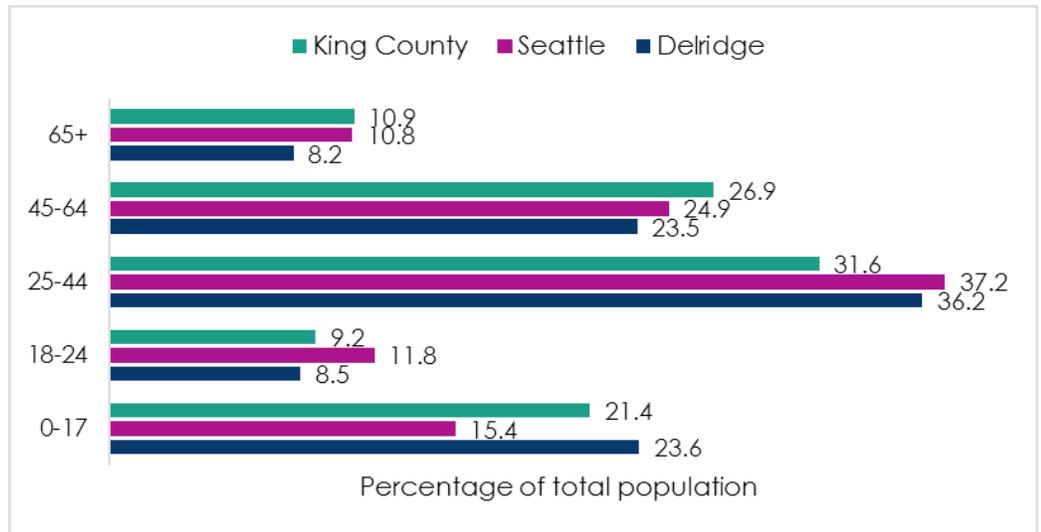


Creating artwork and removing invasive species at the Duwamish Alive event at the Delridge Wetland Park, Spring 2016.

## DEMOGRAPHICS

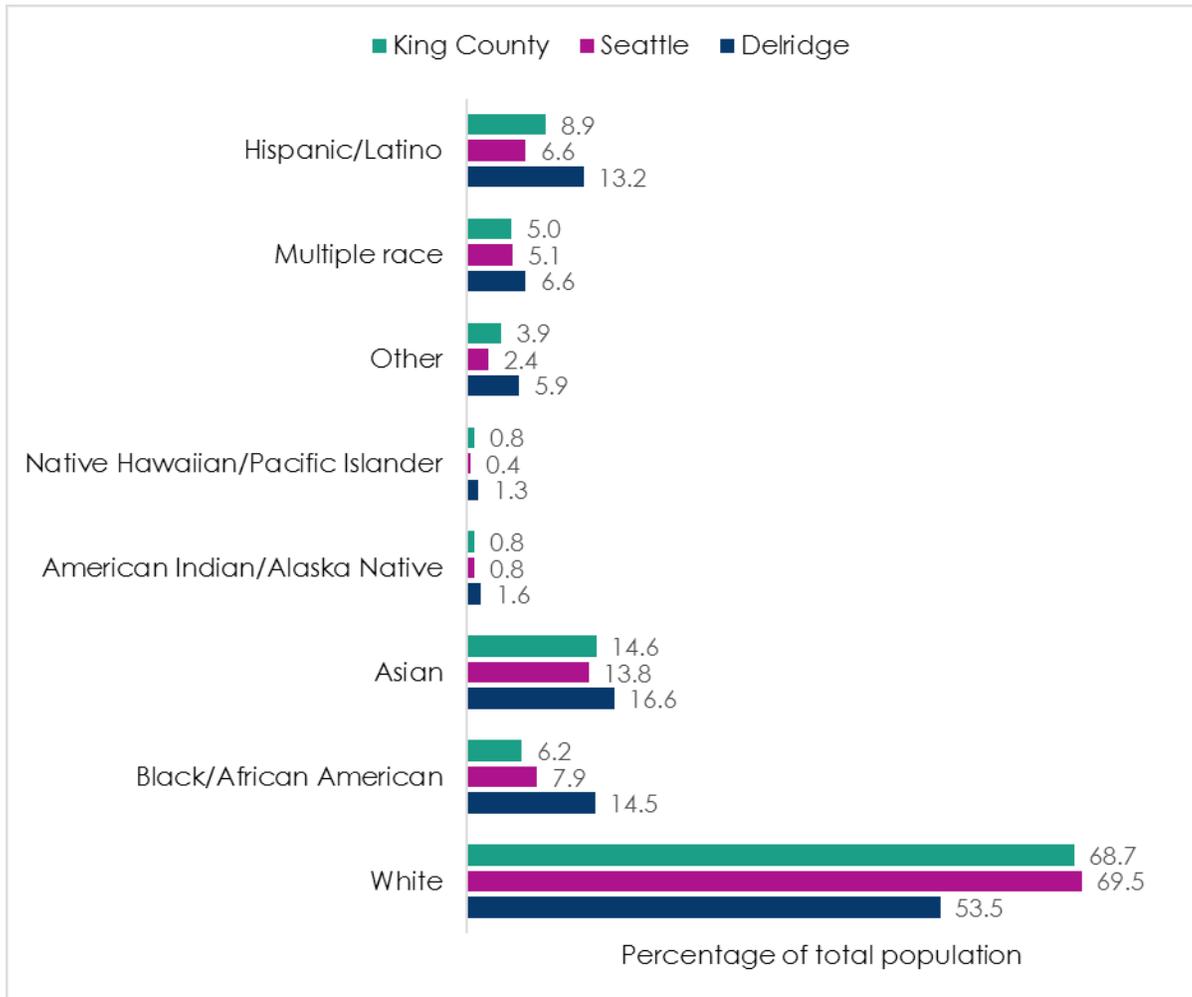
Delridge has a **population of 30,296**, and has the **highest percentage of youth under 18 years of age** (Figure 1) among all neighborhoods in Seattle (23.6 percent). This creates an opportunity to help cultivate a healthier generation in the neighborhood. Delridge is a very diverse neighborhood with many different cultures and languages (Figure 2-3). **Nearly half of residents (46.5%) are non-white**, compared to Seattle with 30.5% non-white residents, and King County with 31.3%.

FIGURE 1: AGE DISTRIBUTION



Source: U.S. Census, 2010 and American Community Survey, 2006-2010 average.

FIGURE 2: RACE/ETHNICITY



Source: U.S. Census, 2010 and American Community Survey, 2006-2010 average.

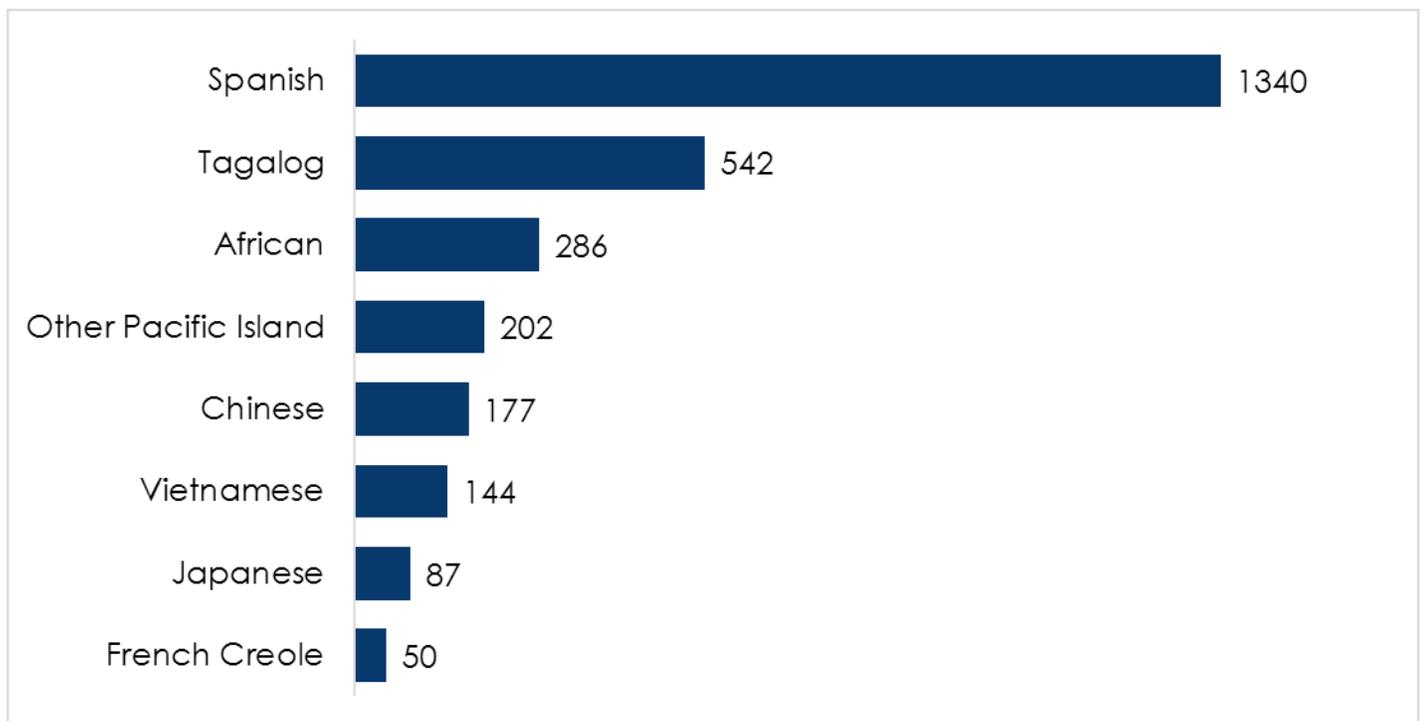
Residents were surveyed in both north and south Delridge to see which languages were most commonly spoken at home. The following is a list of those languages, and Figure 3 represents the most common languages.

- |                      |                        |
|----------------------|------------------------|
| Spanish              | Portuguese             |
| Tagalog              | Cambodian              |
| African              | Laotian                |
| Other Pacific Island | French                 |
| Chinese              | Scandinavian           |
| Vietnamese           | Hindi                  |
| Japanese             | Korean                 |
| French Creole        | Arabic                 |
| German               | Russian                |
| Armenian             | Polish                 |
| Thai                 | Other Native Americans |

In Delridge, there are many different languages that are spoken in the community. It is important to consider these different languages when producing materials, holding meetings, and interacting with community members. Translating information is critical so that all members of the community can participate in neighborhood decisions and activities.

In Delridge schools, Somali is the dominant East African language spoken in students' homes and Amharic is a distant second. DNDA and the City of Seattle routinely provide information in these languages at public meetings. Pacific Islander is dominated by Samoan and Phillipino languages, and Tigala is the most dominant language in the Delridge housing communities.

FIGURE 3: TOP 8 NON-ENGLISH LANGUAGES SPOKEN IN DELRIDGE HOMES



Source: Languages in Delridge, Seattle, Washington. Statistical Atlas. Accessed 6/1/2017.

## EDUCATION & POVERTY

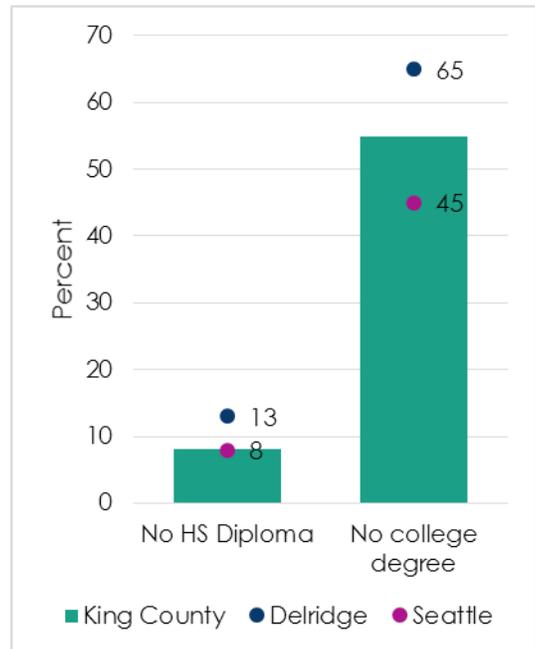
In Delridge, **40% of the population lives at 100% of the poverty line** (Figure 4). Of that 40%, 28% of the population is living 200% below the federal poverty line. This is higher than both in Seattle and King County. Because of economic hardships, many residents in Delridge may have limited resources to access healthy food, transportation, and recreation.

Education attainment influences lifelong health and well-being. According to the Centers for Disease Control report, Health, United States, 2011:

*Highly educated persons are more likely to be employed and well-paid than the less educated. They have a higher sense of control over their health and lives and more social support...the well-educated are more likely to engage in healthy behaviors and avoid unhealthy ones.*

In Delridge, there are higher rates of residents without high school and college education: **13% of residents do not have a high school diploma, and 65% do not have a college degree**; this rate is 20% higher than in Seattle (Figure 5).

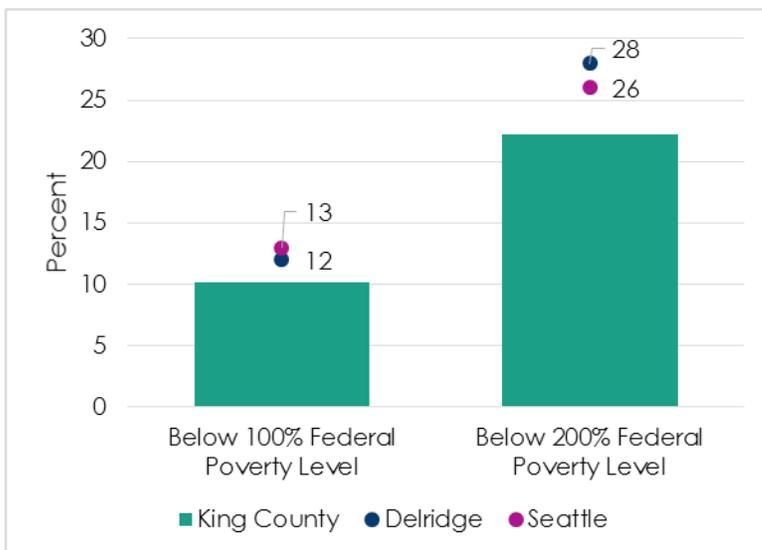
FIGURE 5: EDUCATION STATUS



Source: Public Health – Seattle & King County. City Health Profile - Seattle, 2012.

*Education attainment influences lifelong health and well-being.*

FIGURE 4: POVERTY LEVEL



Source: Public Health – Seattle & King County. City Health Profile - Seattle, 2012.

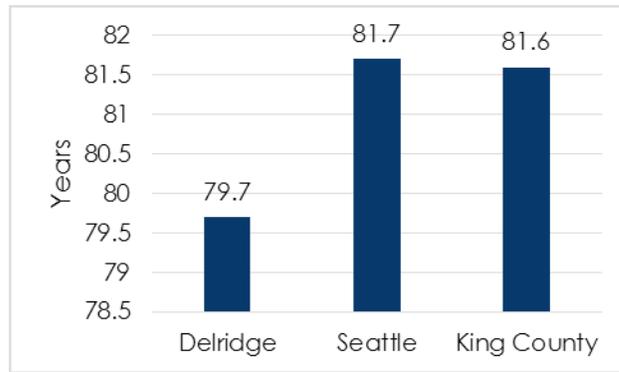
## HEALTH RISK BEHAVIORS

Delridge is designated as a food desert by the USDA (Tract 53033010701 in King County, Washington, 2017), which means there is **limited or no access to grocery stores, farmer’s markets, and other places to buy fresh healthy food.**

Delridge **residents are at high risk for chronic diseases** such as diabetes, obesity, and heart disease (Figure 6). In Delridge, **32 percent of residents are obese**, which is the highest rate of obesity within Seattle.

Fifteen percent of residents in Delridge reported **no physical activity in the last thirty days**, which is also the highest rate in Seattle. Delridge residents have an **average life expectancy of 79.7** (Figure 7), which is lower than both Seattle (81.7) and King County (81.6).

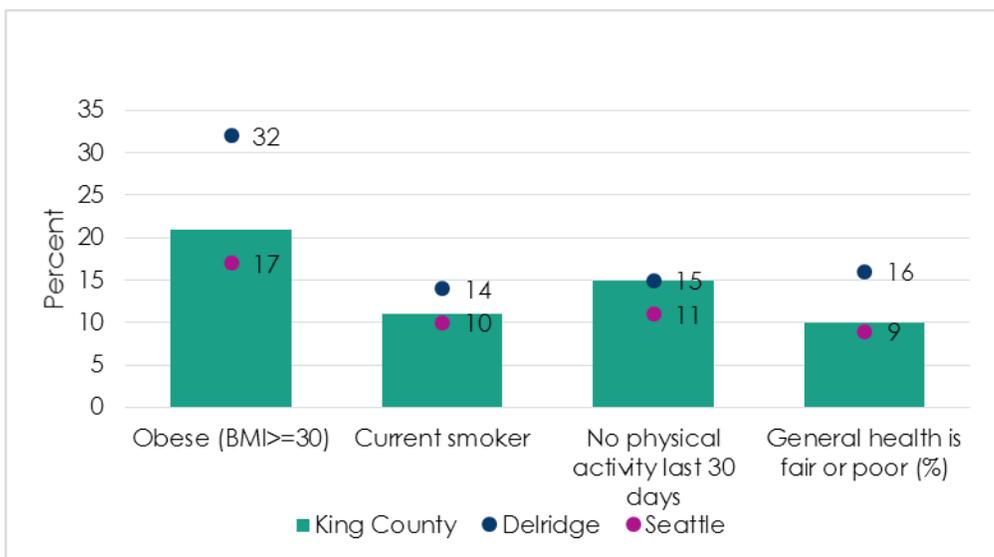
FIGURE 7: LIFE EXPECTANCY AT BIRTH



Source: Public Health – Seattle & King County. City Health Profile - Seattle, 2012.

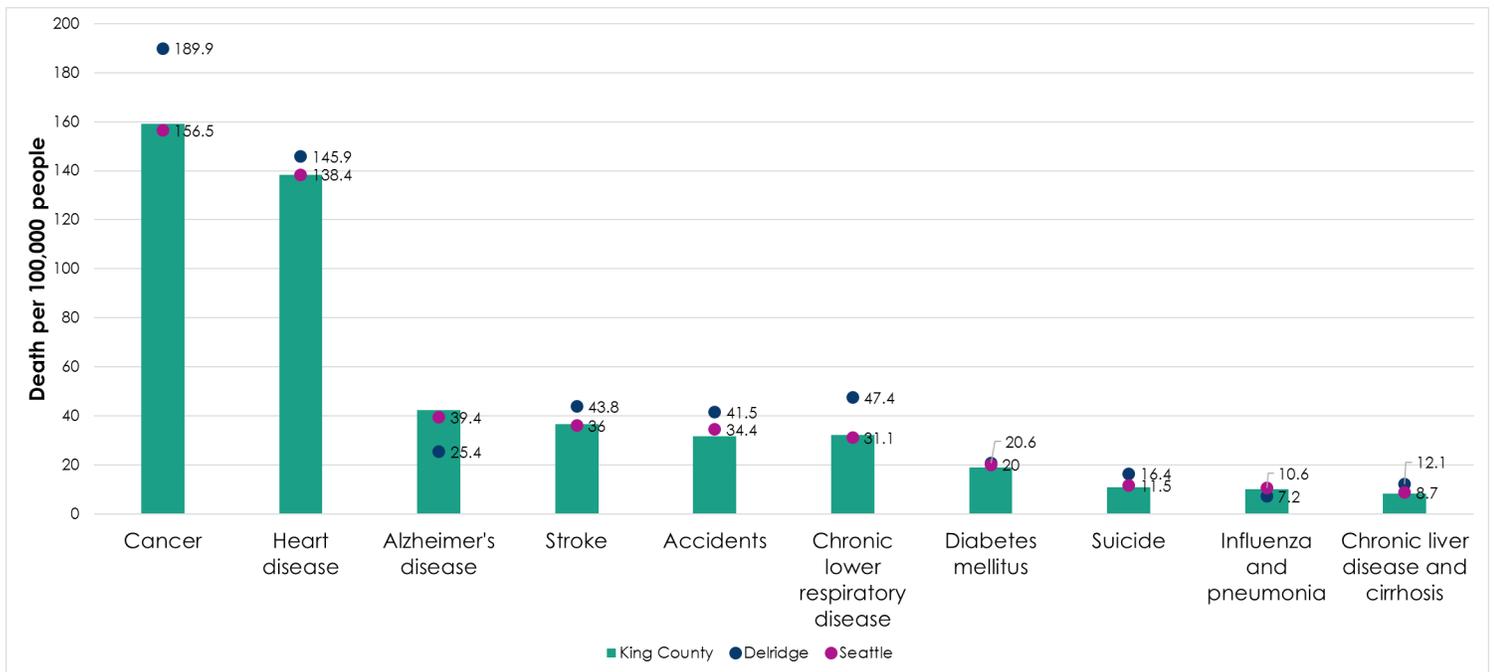
*“Fifteen percent of residents in Delridge reported no physical activity in the last thirty days, which is also the highest in Seattle.”*

FIGURE 6: HEALTH RISK FACTOR



Source: Public Health – Seattle & King County. City Health Profile - Seattle, 2012.

FIGURE 8: LEADING CAUSES OF DEATH IN DELRIDGE, SEATTLE & KING COUNTY



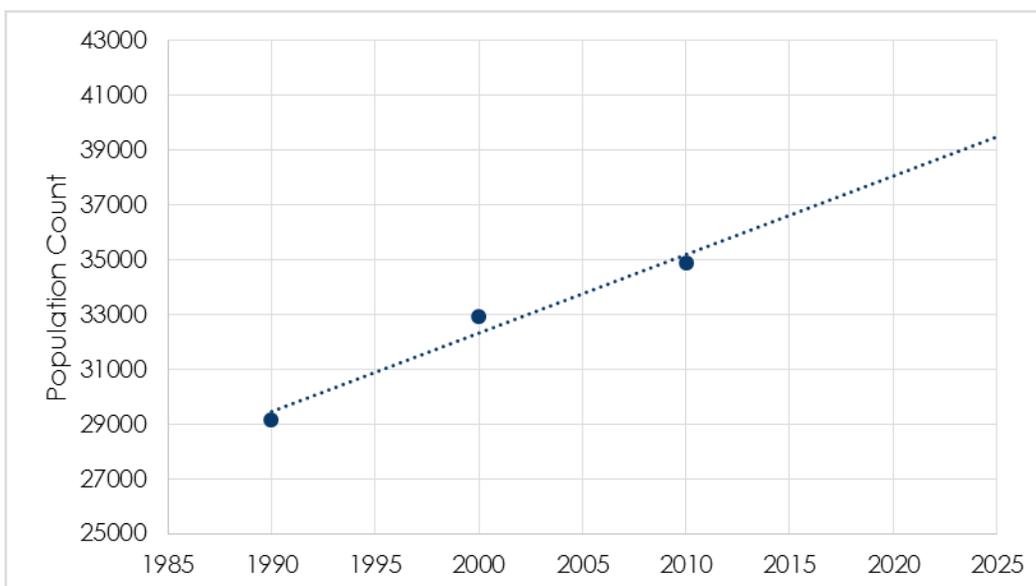
Source: Public Health – Seattle & King County. City Health Profile - Seattle, 2012.

Cancer, heart disease, stroke, lower respiratory disease, and suicide are the leading causes of death in Delridge, and the age-adjusted mortality rates from these deaths are higher than Seattle average (Figure 8). Chronic lower respiratory disease is responsible for many more deaths in Delridge (47.4) than in Seattle (31.1).

## POPULATION GROWTH IN DELRIDGE

The population growth rate in Seattle is 8% over 10 years, or 0.8% per year. Population projection should encourage zoning changes. **Delridge home and rental values are consistently less than the Seattle average** in 2017. In Delridge, the Zillow Home Value Index (2017) is \$419,700, which is **over \$200,000 less compared to Seattle as a whole** at \$638,100. The Zillow Rent Index (2017) for Delridge is \$2,167, cheaper than the average Seattle rent at \$2,540.

FIGURE 9: POPULATION PROJECTION (DATA BASED ON PAST CENSUS)



Because of its affordability, **Delridge is expected to grow quicker than other neighborhoods in Seattle.** By the year 2020, the population is expected to reach 38,065; in 2025, it is estimated to be 39,499 (Figure 9).

Source: U.S. Census Bureau Decennial Census 100% Count data 2010. Produced by: City of Seattle, Department of Planning and Development

## HEALTH IMPACT ASSESSMENT

The following seven tables summarize existing conditions and research information from the *Seattle's Delridge Corridor Multimodal Improvement Project: A Health Impact Assessment* (University of Washington: Gundersen,G., Jauregui,H., Mager,M. & Snelson, CD. 2015). The tables provide health indicators for the Delridge neighborhood, which were considered along with issues and opportunities related to the wetland park to make planning and programming recommendations. They also list suggestions for how to monitor and evaluate the success of the wetland park in influencing health in Delridge.

# 1. ZONING & FOOD ACCESS

## EXISTING CONDITIONS

- Delridge is primarily **zoned as single family and lowrise residential, with small neighborhood commercial zones**, which means families have to travel beyond their immediate neighborhood to get groceries and to reach other services.
- Transportation is one of the challenges in Delridge**, and limits residents' easy access to shopping and services.
- Many residents struggle with **high food insecurity, which increases their risks for chronic diseases such as diabetes, obesity, and heart diseases.**
- With population growth, **new options for accessing healthy food are needed.**

## PLANNING RECOMMENDATIONS

- The wetland park can **provide access to healthy food** by providing a community garden for area residents to purchase or grow and harvest fresh produce.
- The wetland park will require better foot and bike access, considering those who cannot or choose not to use a vehicle for transportation to the site. **Design should promote walking and biking by integrating safe routes to the park** and nearby destinations.

## PROGRAMMING RECOMMENDATIONS

- Food grown in the wetland park can be incorporated in the **"Garden-to-Table" and "Lettuce Link" programs at schools and preschools**, which would bring fresh food directly to the residents and their families.
- Promote the use of **farmer's market "bucks" and EBT** at the wetland park community garden and events for low-income residents.
- DNDA can incorporate programs such as **on-site community cooking, food demonstrations, and taste-testing** to promote healthy eating habits.
- Join the Delridge P-Patch** in food production & distribution.

## MONITORING & EVALUATION

- Count the **number of people visiting, walking or biking to the site**, and **track participation** in gardening, food education and programming.
- Survey students** about food and nutrition knowledge.
- Track participant success and completion in **community training and work-exchange** garden programs.
- Measure food access for **specific target populations** through a work-trade CSA and track participation with SNAP participation.
- Measure **changes in demographic health indicators.**
- Track number of residents that start **home gardens** based on skills learned at wetland park.

# 2. MOBILITY & TRANSPORTATION

## EXISTING CONDITIONS

- **Delridge lacks investments in alternative and non-motorized transportation.**
- **Pedestrian and biking injury rates are high** (between January 2012 and April 2015, there was a total 354 vehicle collisions, 9 bicycle collisions and 14 pedestrian collisions along Delridge Way SW).
- The topography of Delridge has historically been a challenge to obtain priority and funding for infrastructure improvements and traffic navigation.
- Given the lack of investments, **residents are less likely or unable to use alternative transportation and as a result many are less physically active.**



## PLANNING RECOMMENDATIONS

- **There are no sidewalks between the wetland park and the K-8 STEM school**, so design should provide safe walking routes to the wetland park.
- Create **safe, walkable connections between Longfellow Creek, nearby parks, trails, greenspaces**, and the wetland park.
- Incorporate **information from other transportation plans**, including the plan for the Rapid Ride in 2020.
- Establish **clear link (with signage and complete streets) to Delridge Way SW.**
- Support multiple safe and appealing routes for walking and biking, including alternatives to **Delridge Way SW.**
- Install **bike racks** on site to promote bicycling to the wetland park.
- Install **signage at top and base of nearby hillclimbs/stairs** that direct visitors to the wetland park.

## PROGRAMMING RECOMMENDATIONS

- Establish **“Safe-Routes-to-School” programs** that promote safe, walkable routes and crossings to the wetland park so that it can be a destination for area residents and K-8 students using active transportation.
- Offer **information about community resources and suggested safe routes for active transportation.** Offering information on the proximity of community resources and businesses such as schools, restaurants, and library encourages walking and accessibility.
- Hold **events that promote walking and bicycling** to the wetland park.
- **Partner with local bicycle shops and hold bike workshops** at the wetland park.
- Conduct **bike and walking audits with community members** at the wetland park.
- Work with adjacent landowners to **maintain a clear alleyway** next to the wetland park.

## MONITORING & EVALUATION

- Conduct a **walkability analysis.**
- Assess the number of **“complete streets”** connecting the wetland park to other key destinations.
- Assess the number of community members participating in wetland park programs who live within a **quarter-mile, half-mile, and 1 mile radius** from the wetland park using sign-in sheets with addresses.
- Survey **how frequently visitors walk or bike** to the wetland park.
- **Track the number of safe-routes-to-school programs** within varying distances of the wetland park.

# 3. SOCIAL CAPITAL

## EXISTING CONDITIONS

*Social capital describes the social relationships among community members, which foster trust and norms of reciprocity.*

- In communities with high social capital, people have **rich social networks and are active in their communities**. They tend to **live longer and enjoy better physical and mental health**.
- Delridge is a community rich with culture and diversity**, which also brings some challenges.
- Delridge has lower social capital relative to other Seattle neighborhoods due to a **high percentage of residents that cannot communicate with one another due to language barriers** and lack of integrated media.
- Delridge has numerous community groups, and residents are civically engaged. However, **lack of accessible transportation and other barriers prevent strong participation** in those community groups.

## PLANNING RECOMMENDATIONS

- Promote walkability and improve the neighborhood environment by adding **community shared space and natural areas** at the wetland park.
- Support the idea of a network by **connecting to other public green spaces**.
- Add **play equipment appropriate for children of all ages**, including pre-school.
- Create **infrastructure that meets the needs of neighborhood gatherings** (rain protected seating areas, electrical outlets, bathrooms, fenced child play areas, etc).
- Offer **benches and tables** at the wetland park.
- Create **flexible space for different group activities**.
- Provide **spaces for sharing community information and comments**, like a kiosk or bulletin board.

## PROGRAMMING RECOMMENDATIONS

- Promote extracurricular activities for children and teens, recreation time for adults around work hours, and involvement in activities for all ages and **provide quality programs for families and neighbors to spend time together**.
- Thank volunteers for participation** with a special gesture or token of appreciation. Offer awards for most volunteers hours, heroic efforts, and special talents.
- Provide **information in key languages** used in Delridge.
- Promote **student and neighborhood ownership of wetland park** through education.
- Offer **free community “meet and greet” meals** at the wetland park.
- Offer **garden produce in exchange for volunteering**.
- Offer **free childcare at community meetings** at the wetland park.
- Invite food trucks** to the wetland park.

## MONITORING & EVALUATION

- Conduct a **social capital impact assessment** (see <https://www.hks.harvard.edu/programs/saguaro>).
- Count the **number of participating community members** (attendance, officers, etc.).
- Survey neighborhood residents about their **feelings of social cohesion**.
- Inventory current community gatherings, festivals, and events and create space and time for appropriate events** at the wetland park.
- Connect with and inform all neighborhood stakeholders about planning and construction activities**.
- Document **number of families that are served** by the food garden.

# 4. AESTHETICS & GREEN SPACE

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## RESEARCH FROM HIA

There is growing evidence that **exposure to nature and participation in art positively influence mental and physical health.**

Contact with nature is essential for healthy mental and cognitive development in young children and studies have shown that poor access to urban green spaces is associated with behavioral problems and inattention and hyperactive disorders. **Increased access to and involvement in art support higher literacy and increased academic achievement.**

Greenspaces provide relief and space to build **community resilience and social cohesion**, and provides public outdoor space for individuals and families.



## PLANNING RECOMMENDATIONS

- The wetland park can serve as an **interpretive center for Longfellow Creek.**
- The wetland park can provide **relief and space to build community resilience**, foster social cohesion and potentially decrease health-related inequities within the community.
- The wetland park should have a design process that creates a place that appeals to the **whole community's idea of beauty.**
- Create an **identity for the park using design and art elements** like murals or fencing.
- Create **art projects that engage the public through "citizen science" and stewardship efforts** and connect to the natural environment at the wetland park (ex: wavy blue line on road to represent water absorbed by plants).
- Gardens and art should reflect the **many different diverse cultures** in Delridge.

## PROGRAMMING RECOMMENDATIONS

- Provide **community art opportunities.**
- Offer **health and wellness programs that have a focus on nature and the outdoors.**
- DNDA to partner with others** to enrich programs at the wetland park (possibilities include Puget Ridge Edible Park, Delridge Food Co-op, etc.).
- Offer art and culture programs reflective of the Delridge community and support **intergenerational connections.**
- Access to the wetland park can provide the community **mental and physical benefits of being exposed to nature and art.**

## MONITORING & EVALUATION

- Assess neighborhood resident's **current access to private and public greenspace.**
- Evaluate the value of "placemaking":** Measure the change in property values surrounding the wetland park and conduct a visual assessment of neighboring properties, assessing changes or improvements.
- Track volunteer hours, and offer awards** for most hours.

# 5. ENVIRONMENTAL HEALTH

## EXISTING CONDITIONS

• **Industry first moved into the bay over 150 years ago, and with it came many pollutants**, which may still be in the soil and can be carried into the waterways with heavy rains.

• **Stormwater run-off** has negatively affected water quality and habitat of Longfellow Creek.

• **Air pollution** raises the risk of cancer, and heart and lung disease, and increased hospitalizations from asthma and other respiratory illnesses.

• **Noise pollution can cause a variety of health issues**, from stress to tinnitus (ringing in the ears) and difficulty sleeping (which can exacerbate other health issues).

• **Healthy soils produce healthier vegetation and trees**, which absorb carbon dioxide, provide shade, and reduce stormwater runoff.

• Roughly half the homes in Delridge were built before 1980 and **may contain lead paint, asbestos, polychlorinated biphenyl (PCB) or chlorinated hydrocarbons, and other potentially harmful toxins** used before modern construction regulations.



## PLANNING + DESIGN RECOMMENDATIONS

• The wetland park design must slow stormwater and prevent pollution from entering nearby waterways. Stormwater leaving the wetland before entering Longfellow Creek will be cleaned by wetland vegetation before **entering Puget Sound as clean water**.

• Plant **specific vegetation** for water absorption and filtration.

• The wetland park will provide a **clean, natural outdoor space for Delridge residents that may live or work in a polluted environment**.

• Promote biodiversity in the park and surrounding areas by planting a **variety of native plants**.

• Create a footpath along wetland for **observation and education**.

• Create a bioswale to **pretreat stormwater before entering the wetland park**.

## PROGRAMMING RECOMMENDATIONS

• Connect wetland park projects to **ongoing SPU and SDOT plans in the area to maximize effects of Green Stormwater Infrastructure (GSI)**.

• Create a **robust citizen science program** to educate students and residents about environmental health and how the wetland park projects affect community health.

• Promote environmental health by **holding informative workshops for families** to learn about how to improve health in their own home and yard.

• **Compost and mulch** at the wetland park to create healthy soil.

• Provide **information/interpretation on history of site and restoration efforts of the wetland park and nearby areas**.

• Provide **community education** at clean-up events.

## MONITORING & EVALUATION

• Measure the **amount and quality of water entering and leaving** the wetland park.

• **Re-test soil regularly for contaminants**, and observe over time.

• **Measure the amount of CO2 offset** by comparing number of trees/amount of vegetation before and after wetland park is constructed.

• **Measure biological diversity** by documenting all vegetation and wildlife on the site.

• **Weigh produce** that is produced on the site.

• Document **what food is grown and where it is distributed**.

• Participate in **long-range monitoring** of neighborhood temperature, bird species, storm surges, etc.

# 6. ACCESS TO SOCIAL & COMMUNITY HEALTH SERVICES

## EXISTING CONDITIONS

• **Social services** allow people to live longer, healthier lives: **housing, education, libraries, basic nursing services, and other services and community building organizations that provide food, education, affordable housing, and well-paying jobs** are critical to increasing the health of a neighborhood.

• Many studies have demonstrated that **education is the cornerstone of living a longer, healthier life.**

• **Mindful planning assures that displacement of long-term residents does not occur** through revitalization efforts, and is of critical importance for maintaining a community that reflects the diversity of Delridge.



## PLANNING + DESIGN RECOMMENDATIONS

• Community members representative of Delridge's diverse socio-economics and cultures should be **included in leadership and site development roles** during planning and development phases.

• Neighborhood residents need to be committed and informed during planning and development phases of **any changes in transportation, access, parking, or any other concerns.**

• Design park elements (such as the gardens, art, places to rest, book mobile presence and access to food) to help residents **build a stronger sense of self-identity** and create a place for all.

• Gather data from local social services regarding populations served and transportation-related barriers to **prioritize access for populations that need it most.**

• Consider how local households will be able to afford to stay in the neighborhood; plan for potential community tensions and build equity to **decrease the health impacts of gentrification.**

## PROGRAMMING RECOMMENDATIONS

• Explore the possibility of providing **basic health services** during events at wetland park (blood pressure monitoring, etc).

• Provide opportunities for **horticulture-based job skill training and employment.**

• Maintain and foster **new community connections** in the Delridge neighborhood.

• **Coordinate with local social service organizations** before, during, and after the construction phase.

## MONITORING & EVALUATION

• Record number of **social health service events** hosted on site (South Seattle College, Earth Day, Tilth Alliance).

• Record number of schools and students who visit and utilize the site for **hands-on learning of next generation science standards.**

• Record number of students that obtain jobs with skills learned at the wetland park (**green economy jobs**).

# 7. SAFETY

## EXISTING CONDITIONS

- There are three measures of safety: **traffic safety, crime and personal safety, and preparedness for disasters.**
- Safety fosters a **sense of community by instilling trust and respect among neighbors** and **diminishes harm and stress.**
- In Delridge, crime concerns are **unsafe driving along Delridge Way SW, property crime,** and an **overall sense of safety related to high-profile crimes** (gangs, gunshots, etc.).
- People who feel unsafe in their neighborhood may have **higher levels of anxiety and stress,** which can lead to cardiovascular disease, poor endocrine regulation, cancer, and psychological disorders.
- People who live in high-crime and low-income neighborhoods are at **greater risk of drug abuse, unwanted pregnancy, relationship problems, elevated body mass index and cardiovascular risk in adolescents.**



## PLANNING + DESIGN RECOMMENDATIONS

- **Create a stronger natural surveillance system by increasing foot and bike traffic** on Delridge Way SW through pedestrian and cycling infrastructure improvements (the more **pedestrian movement** in an area, the more observers to dissuade criminal acts).
- **Traffic calming measures** and walkability infrastructure such as shade trees and sidewalk improvements can increase safety.
- Include resilience in the planning and building of the wetland park project, as detailed in the **Seattle Climate Action Plan.**
- Include **emergency planning** as part of the wetland park project, in cooperation with emergency medical services.
- Incorporate **Crime Prevention Through Environmental Design (CPTED) principles** and consider elements such as lighting, fencing, establishments between private and public space, and signage.

## PROGRAMMING RECOMMENDATIONS

- Trained **volunteer park ambassadors** can be at the park to provide information, help surveillance, and provide a friendly face at the wetland park.
- Make the wetland park a **resource center/meeting place for emergency response.**
- Host Delridge neighborhood **natural disaster “drills”** at the wetland park.
- Keep the wetland park **clean and well-maintained** to dissuade criminal acts.
- Work with law enforcement to establish **policies about park use** (hours, code of conduct, etc.).

## MONITORING & EVALUATION

- Study **crime rates before and after** installation of the park.
- Establish emergency hubs and **record the number of trainings and attendance** at trainings.
- **Monitor trash and pick-up.**
- Inventory current emergency evacuation plans and **survey residents to see what they would do in case of emergency** or natural disaster.
- **Monitor 911 calls** over time with proximity to park.
- **Monitor vulnerable populations** (children, elderly, etc) and their use of the park.
- Monitor **hours of use** during and after park hours.