

## **Enabling Physical Activity for Low Income Children of Color: Transit to Trails**

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Parks and other green spaces are lacking in the Los Angeles area, particularly in low income areas and areas with a high number of minority residents. The Angeles National Forest provides 78% of the public space in the Los Angeles region, and along with several beaches is an hour's drive of most of Los Angeles. However, many low income children who live nearby have never visited because public transit is lacking; in addition, their parents often work two or more jobs and do not have cars. Low income children and children of color in the Los Angeles area have few places for physical activity, and suffer from high rates of obesity. Transit to Trails brings low income children and children of color to open spaces. The pilot project is a creative partnership between The City Project, a Los Angeles, California-based non-profit working to achieve equal justice, democracy, and liveability for all, and a number of other organizations. The project enriches children's education about water, land, wildlife, and cultural history, and the importance of physical activity and healthy eating. City Project staff engage in policy analyses and advocacy efforts in addition to accompanying youth and families on outings. As this is a pilot project, work is ongoing. Remaining goals include (1) institutionalize the project with park agencies, transit agencies, and public schools; (2) expand the communities served; (3) expand the places visited; and (4) create a best practice example that can be replicated across Southern California and the state.