

# Benefits of Shared Use

People everywhere want access to safe and affordable recreational spaces. With shared use, public and private property owners can open underutilized facilities for community use. Though often used as a strategy to increase opportunities for physical activity, shared use has many wide-ranging benefits.



## Health

**INCREASED PHYSICAL ACTIVITY** among people who live near recreational spaces

**REDUCED RISK OF CHRONIC DISEASE** associated with more physical activity

**BETTER ACCESS TO HEALTHY FOODS** through community gardens and kitchens

**IMPROVED MENTAL WELL-BEING** for those who live near parks or recreational facilities

**REDUCED STRESS** for people who spend more time outside

## Equity

**MORE OPPORTUNITIES FOR PHYSICAL ACTIVITY** in low-income communities and communities of color, which are less likely to have access to recreational spaces

**REDUCED HEALTH INEQUITIES** by creating more spaces for play and exercise in the communities that need them most

## Community

**DECREASED CRIME, VANDALISM, AND VIOLENCE** in recreational spaces that residents use regularly

**STRONGER COMMUNITY TIES** through informal interaction, organized activities, and volunteering

## Education

**IMPROVED ACADEMIC PERFORMANCE** among kids who are more physically active

**BETTER CLASSROOM BEHAVIOR** when students can play and be active

## Economy

**MORE COST-EFFECTIVE** than building new resources or facilities

**INCREASED ECONOMIC OPPORTUNITY** when shared use supports small business incubation

**HIGHER PROPERTY VALUES** for properties closer to parks, open spaces, and recreational facilities