

# 228th Sports Science Research Conference

Dates: Friday 15 September 2023 15:00~

Location: Conference Room1 Building No.100 Waseda University  
Tokorozawa Campus Simultaneous online (Zoom)

**Title**      **Understanding critical park features for children, teens, adults and older adults**

**Speaker**   **Associate Professor Jenny Veitch  
(Deakin University)**

- **Abstract:** This presentation will include the main findings from Project PARK – a 3-year study that used multiple methodologies to identify the most important park features for encouraging park visitation, park-based physical activity and social interaction among children, teens, adults, and older adults.
- **Bio:** Jenny Veitch is an Associate Professor, in the Institute for Physical Activity and Nutrition (IPAN), at Deakin University, Melbourne, Australia. Her research aims to better understand the impact of the built and natural environment on physical activity and health-related behaviors. A/Prof Veitch is internationally recognised for her research on understanding how the design of parks and public open spaces can optimise physical activity and social interaction across the lifespan.
- **Main Research Achievements:**
  - Veitch J et al. Understanding children's preference for park features that encourage physical activity: an adaptive choice based conjoint analysis. Int J Behav Nutr Phys Act, 2021; 18: 133.
  - Veitch J et al. Are park availability and satisfaction with neighborhood parks associated with physical activity and time spent outdoors? BMC Public Health, 2021; 21: 306.
  - Veitch J et al. Increasing translation of research evidence for optimal park design: a qualitative study with stakeholders. Int J Behav Nutr Phys Act, 2020; 17: 49.

