

## Uplifting Equitable Park Use and Promoting Physical Activity among African American Families in Minnesota: A Culturally-Responsive, Community-Engaged Approach

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** Up to 18 years old

This study is also accepting healthy volunteers

#### Inclusion Criteria:

- African American parent and child aged 8-12 years old - live in the Twin Cities metropolitan area - participating in less than 60 minutes/day and 150 minutes/week of physical activity - willing to attend weekly activities at French Regional Park in Plymouth, MN, for 12 to 16 weeks - live with participating parent or caregiver at least half of the time - able to read and speak English

#### Exclusion Criteria:

- currently doing 150 minutes or more physical activity per week for adults or more than 60 minutes per day for children - unable to be physically active - currently pregnant or planning to become pregnant or breastfeeding

### Conditions & Interventions

#### Conditions:

Children's Health, Community Health, Prevention & Wellness

#### Keywords:

African American, children, nature, parents, park, physical activity, wellbeing

### More Information

**Description:** This is a study about a special park program built for kids and families who identify as African American or Black, live in the Twin Cities region, and participate in less physical activity than is recommended. This research study takes approximately 4 months, from June to September, with 1 additional visit in May. All activities will happen at French Regional Park, in Plymouth, MN.

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#### IRB

**Number:** STUDY00021480

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