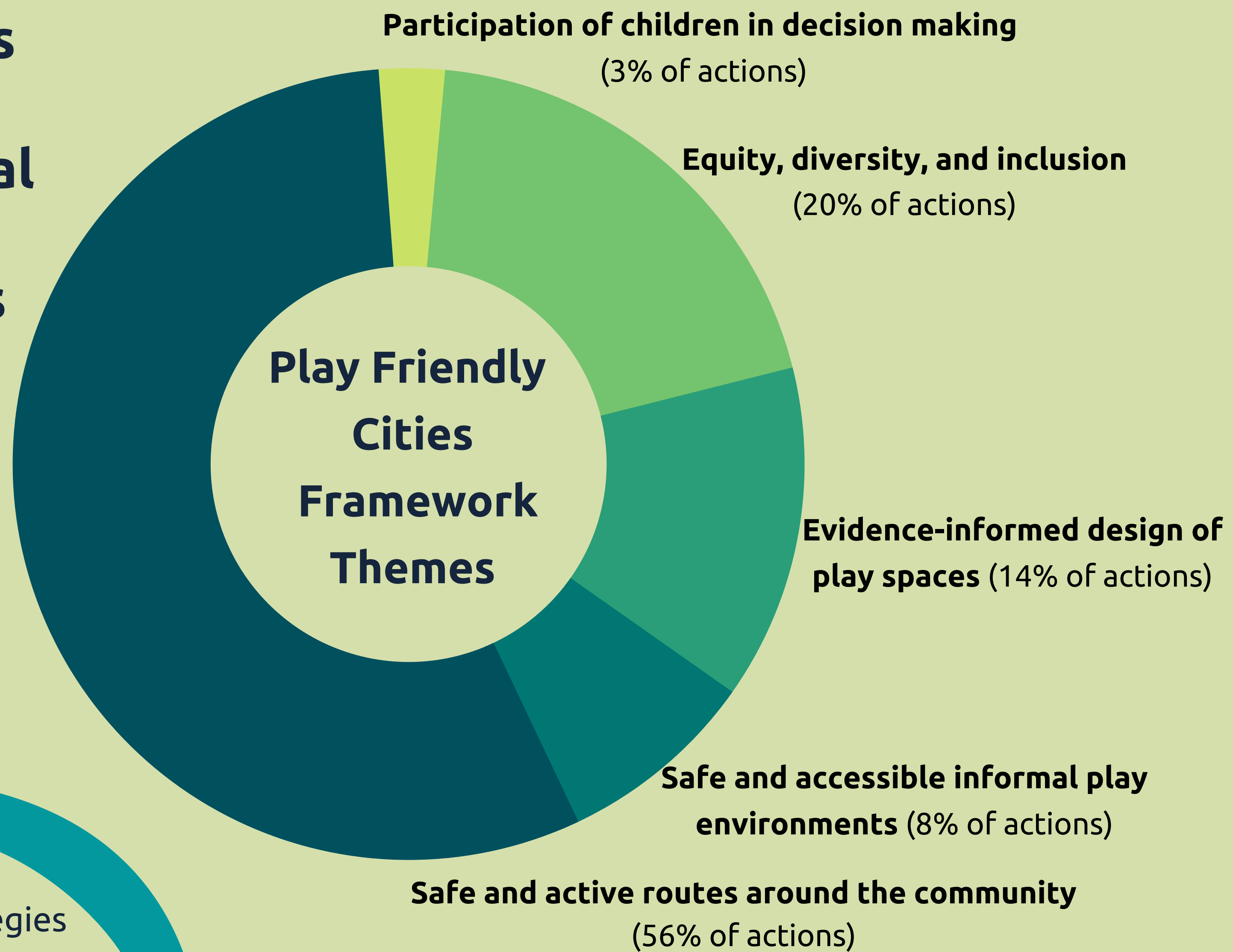


Play-friendly communities in Nova Scotia, Canada: a content analysis of physical activity and active transportation strategies

Nova Scotia physical activity (PA) and active transportation (AT) strategies were analyzed by applying the playability criteria in the Play Friendly Cities framework.

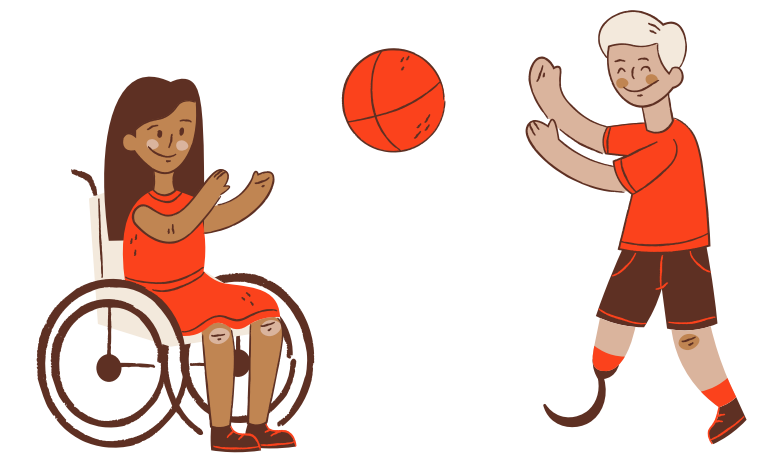
All PA and AT strategies included some content reflective of a Play Friendly City; however, the number of actions varied greatly across strategies.



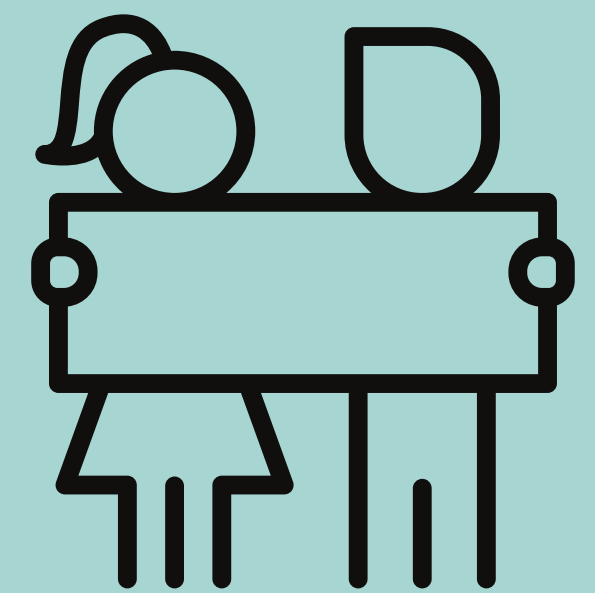
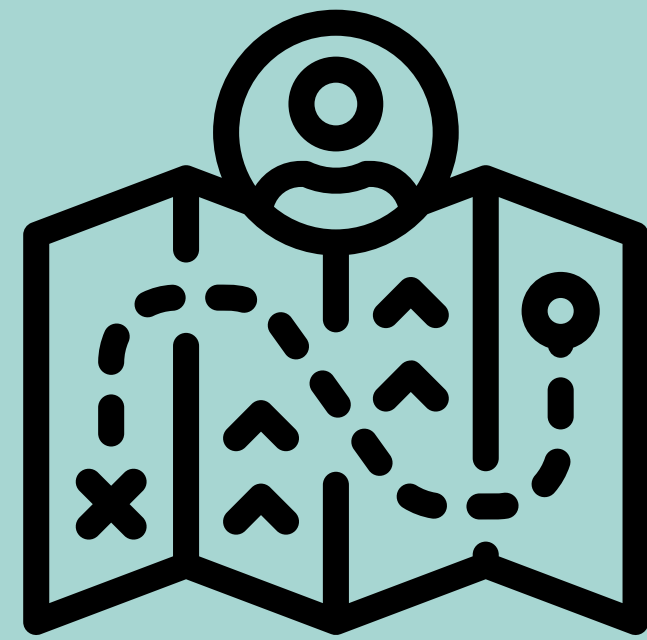
This study provides key information on opportunities, such as involving youth in municipal decision making, that can inform future actions and policies to improve a community's playability.



Play-friendly communities in Nova Scotia, Canada: a content analysis of physical activity and active transportation strategies



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NOVA SCOTIA PHYSICAL ACTIVITY (PA) AND ACTIVE TRANSPORTATION (AT) STRATEGIES WERE ANALYZED BY APPLYING THE PLAYABILITY CRITERIA IN THE PLAY FRIENDLY CITIES FRAMEWORK

42 STRATEGIES (28 PA, 14 AT) FROM ACROSS NOVA SCOTIA WERE ANALYZED FOR ACTIONS OF EACH OF THE FOUR THEMES OF PLAY FRIENDLY CITIES FRAMEWORK AND AN EQUITY, DIVERSITY, AND INCLUSION THEME

CONTENT WAS ANALYZED BASED ON FIVE THEMES:

- PARTICIPATION OF CHILDREN IN DECISION MAKING
- SAFE AND ACTIVE ROUTES AROUND THE COMMUNITY,
- SAFE AND ACCESSIBLE INFORMAL PLAY ENVIRONMENTS
- EVIDENCE-INFORMED DESIGN OF FORMAL PLAY SPACES
- EQUITY, DIVERSITY, AND INCLUSION

CONTENT ABOUT SAFE AND ACTIVE ROUTES AROUND THE COMMUNITY WAS MOST PREVALENT (56% OF ACTIONS)

PARTICIPATION OF CHILDREN IN DECISION MAKING WAS LEAST FREQUENTLY PRESENTED (3% OF ACTIONS)

All PA and AT strategies included some content reflective of a Play Friendly City; however, the number of actions varied greatly across strategies. This study provides key information on opportunities, such as involving youth in municipal decision making, that can inform future actions and policies to improve a community's playability.