

LIVABLE LIVES INITIATIVE

Restorative Environments in Low-Income, Predominantly African American Neighborhoods

Abstract: A livable life is not achievable when one is incapable of restoring from daily and compounding stressors due to environmental constraints. Restorative environments alleviate directed attention fatigue, assuage psychophysiological stress, and provide environments for passive and exercise activities. Past research has shown natural environments and open space to promote restoration, but this research is primarily based on samples of university students and western European populations. I am proposing a series of exploratory research steps to establish baseline restorative places and experiences within two low-income, predominately African American St. Louis communities. Utilizing focus groups, I will establish favorite and restorative environments within these communities and better understand the resident's relationship to publically-funded natural parks and open space. I will quantitatively rate the perceived restorativeness of identified environments and natural parks. Finally, I will correlate access and proximity to parks/identified restorative environments with census SES data

Principal Investigator: J. Aaron Hipp, PhD, Assistant Professor, Brown School of Social Work

Phone: (314) 935-3868

Email: ahipp@wustl.edu

One Brookings Drive St. Louis, MO 63130-9906