



Let's Move in
Libraries



UNC
GREENSBORO

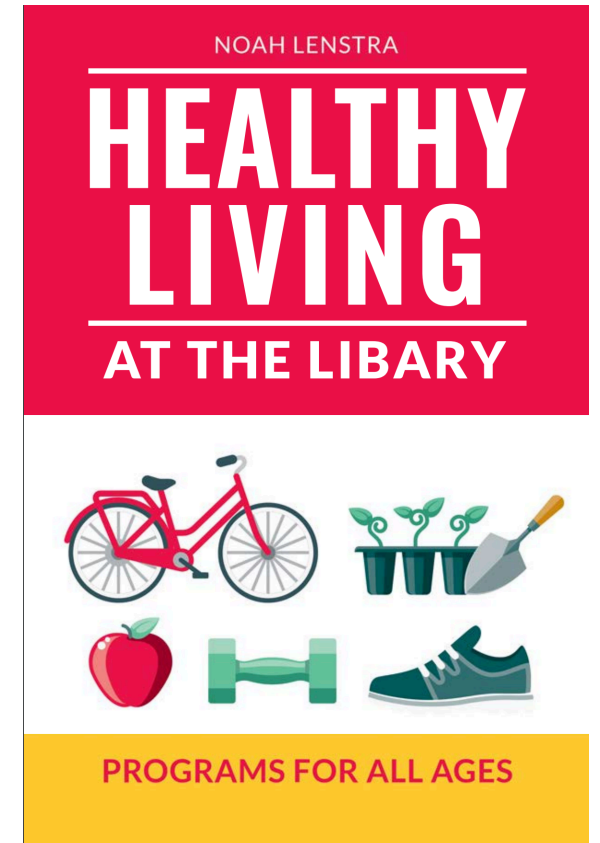
Department of Library
& Information Science

How to Develop Healthy Living Programs through Shared Use Partnerships

A presentation by
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Agenda

1. What is shared use?
2. What does “shared use” have to do with libraries?
3. How can “shared use” shape health programming in my library?
4. How can we more deliberately support shared use programming? [Q&A time]

What is shared use?

<https://www.nytimes.com/2018/03/27/opinion/public-spaces-improve-health.html>

FIXES

Sharing Public Spaces to Improve Public Health

By Patricia Leigh Brown

March 27, 2018





HEALTHY NEIGHBORHOODS

Shared Use

Unlocking possibilities for more community space

Promoting healthy neighborhoods

Physical activity book offers guide for community fitness

COMMUNITY PHYSICAL activity programs often begin with high hopes and much fanfare. But some fizzle as interest and participation wane.

A new book published by APHA Press, "Physical Activity & Public Health: A Practitioner's Guide," hopes to change that by helping organizers build successful community programs that promote and sustain physical activity. The book will be available in October.

"The guide is to be used not only by public health practitioners, but also anybody who is interested in physical activity promotion at the community level," said the book's editor, APHA member Greg Heath, DHSc, MPH, assistant provost of health and human performance at the University of Tennessee-Chattanooga.

Heath has spent decades working in public health, including as an Epidemic Intelligence Service officer at the Centers for Disease Control and Prevention. He has also helped

nity programs, Heath said.

The guide highlights programs with a track record of success, such as Walk-to-School Day events and GirlTrek, an evidence-based social support intervention for black women.

"We want to give a starting place with interventions that have been shown to work in different communities," Heath said.

"Physical Activity & Public Health" also examines infrastructure barriers to physical activity and how these can be overcome. Many disadvantaged neighborhoods have no parks, sidewalks, bike lanes or nature trails. Pedestrians often avoid crossing four-lane streets because of no crosswalks. These deficiencies are barriers to physical activity.

"Using active living principles to guide public health priorities and funding is key to addressing environments and policies that shape our health outcomes," contributors to a chapter wrote. "Active living is about creating



organizations.

Indeed, forming partnerships and collaborations with other organizations is important to sustain community health programs.

"We talk about how to get people to the table and create sustainable coalitions," Heath said. "It takes more than a village to do this."

To purchase the book

make.

Contributors recommend that community organizers prioritize funding for bike lanes and walkways; equitable investment in parks and open spaces; and joint or shared-use agreements between local governments, school districts and faith-based organizations.

Indeed, forming partner-

INSERT LIBRARIES HERE

Learn more in the latest issue of *The Nation's Health*, the newsletter of the American Public Health Association

“Shared use—also called joint use, community use, or open use—occurs when government entities or other organizations **agree to open their facilities for use by the broader community**. One common example is a school playground available for public use after school hours; however, shared use arrangements can allow new users for many types of spaces, such as gymnasiums, pools, playing fields, parks, walking trails, garden plots, kitchens, meeting and performance spaces, and pavilions. Shared use can take place on **an informal basis** (based on historical practice) or on **a formal basis** (based on a written legal document). A written agreement can help address concerns about resources, maintenance, security, and liability.” (ChangeLab Solutions 2019)



Let's Move Faith and Communities



Toolkit for Faith-Based & Neighborhood Organizations

https://www.hhs.gov/sites/default/files/lets_move_toolkit.pdf

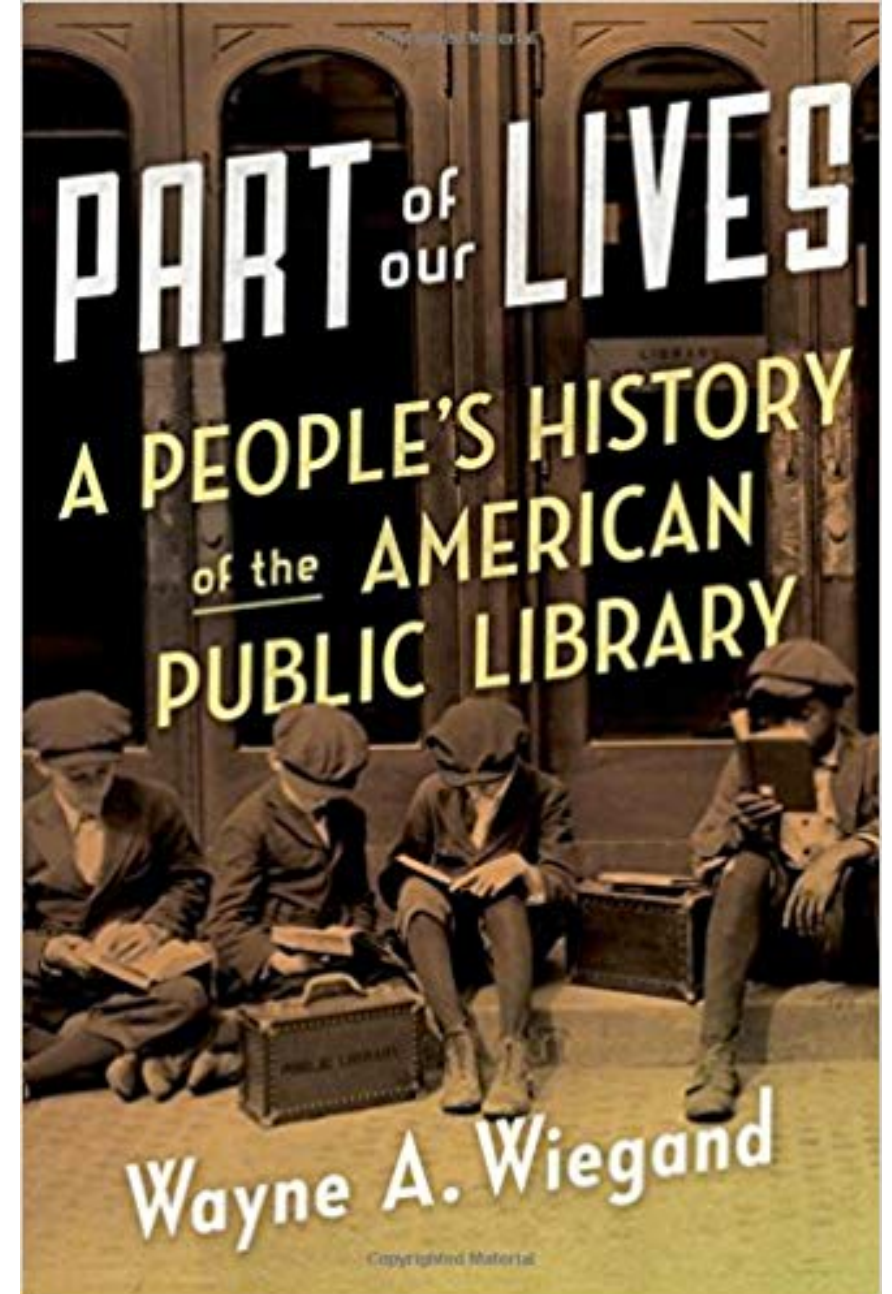


“Open your Facility: Provide open access to your organization’s facilities, such as large open green spaces ... or other meeting spaces. Allow afterschool programs, clubs, or groups to use these spaces to increase opportunities for physical activity after school and on weekends. Concerned about the complications of opening your facilities to the community? Develop a joint-use agreement to facilitate a partnership between your organization and other nonprofit, private or governmental organizations in your community. This formal agreement can clarify and define shared responsibilities over maintenance, operations, ownership, liability, and cost of your facilities.” (12-13)

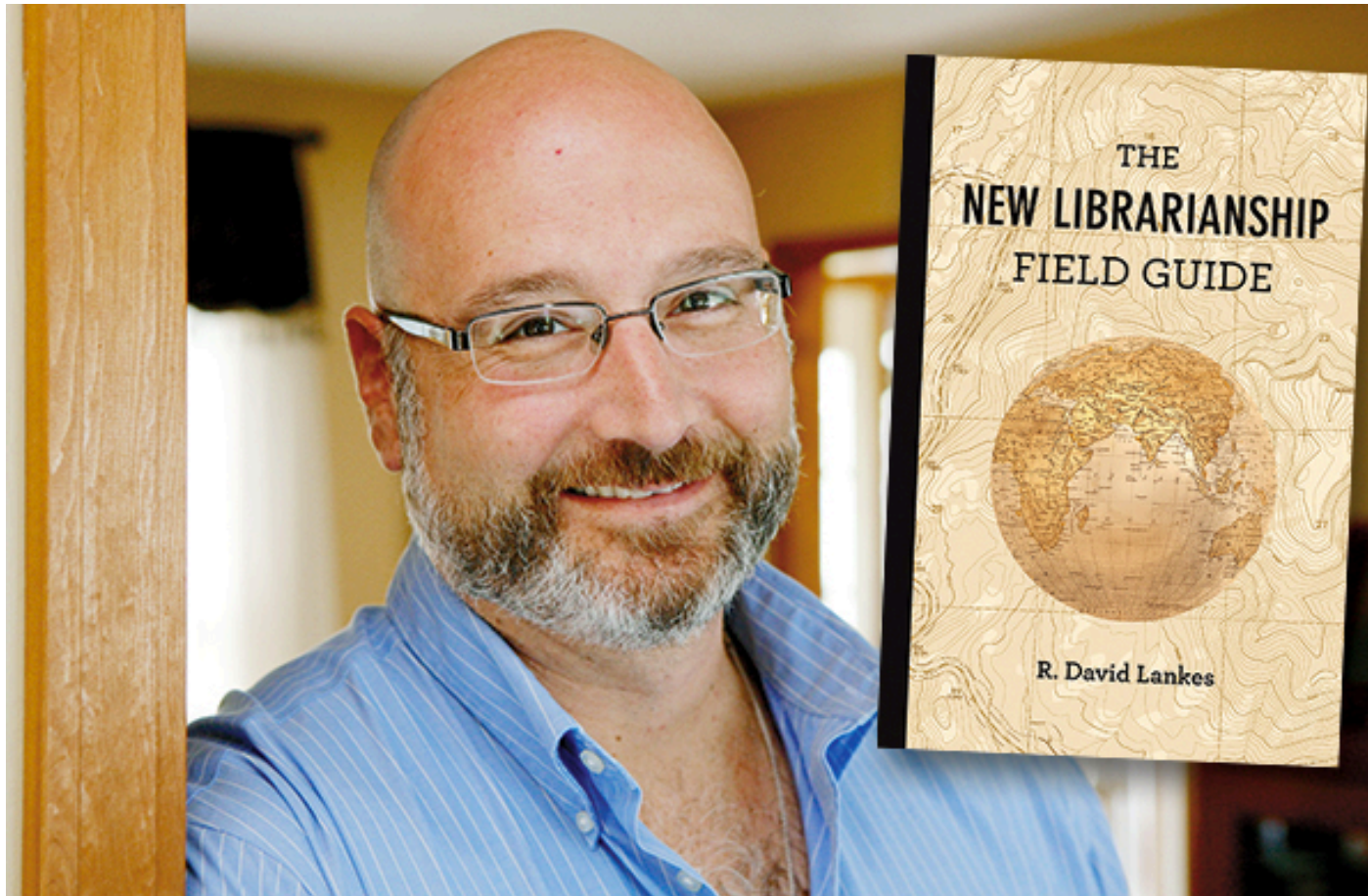
What does shared use have to do with libraries?

According to Wayne A. Wiegand people love public libraries for three reasons:

1. Transformative potential of reading
2. Useful nature of information
3. **Community-building capacity of public space** (*least understood, IMHO*)



Answer #2: Library @ Platform



Swap out STEM with HEAL (Healthy Eating, Active Living)

“America’s public libraries can play an important role in furthering STEM education. However, this will be true only if STEM learning efforts focus on **librarians and librarians acting as facilitators**. Any effort to **transform** librarians into STEM experts will have **limited success** given the increasing number of roles librarians are being asked to take on.

At the same time, the current belief among many librarians that they can only offer programming in which they feel comfortable or have expertise will **strongly constrain** STEM programming in libraries.

Librarians must instead create platforms within a community to unleash STEM expertise within the communities they serve. This will involve **changing the concept of libraries** in the minds of librarians and community members alike. Librarians must facilitate the use and **sharing** of STEM expertise ***already existent*** in the community by the community.”

<https://davidlankes.org/expect-more-why-libraries-cannot-become-stem-educators/>

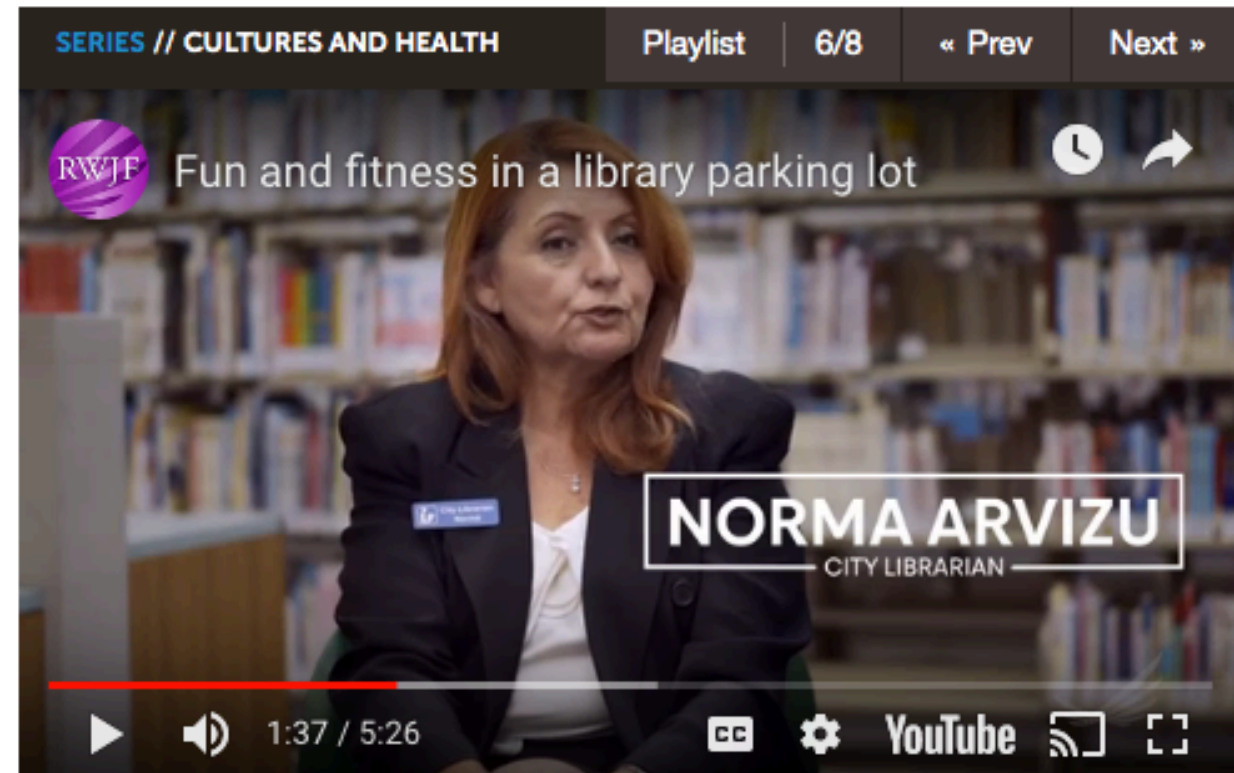
Q: How can shared use help shape health programming in libraries? A: IT ALREADY IS!

The Interplay Between Culture and Health

This video series explores how cultural filters shape the way each of us understands and pursues health and well-being, from our perceptions of health to where patients seek help and the types of treatment patients prefer.

<https://www.rwjf.org/en/library/features/achieving-health-equity.html>

NOTE: If you would like to download this video, along with a guide to these videos and other training materials, RWJF asks that you [complete this permission form](#) (please include name of the video or material in the “title” field) and send to reprintpermission@rwjf.org.



Let's be more like Norma!

“Later on I realized that this would be a positive image for the library because these are residents. **These are actual people who live here.** Why were we not allowing them to use what their taxes pay for?” – Norma Arvizu, City Librarian in Monterey Park, California



SkillShare at the Library in Bellingham, WA

- Learn more in “Smart Spaces for Small Libraries” preso from Betha Gutsche, OCLC/Webjunction
- <https://www.slideshare.net/oclc/smart-spaces-for-small-libraries>





Also happening across NYC

- In New York City libraries across the five boroughs participate in the Shape Up NYC
- Led by the New York City Department of Parks and Recreation.
- NYC libraries enter into Joint Use and Shared Space Agreements with Parks and Rec that enable the libraries to host (at no cost) aerobics, yoga, Pilates and Zumba, all taught by expert fitness instructors
- This program has dramatically increased the number and availability of affordable, accessible and fun fitness options for New Yorkers.
- Over 550,000 visits to Shape Up classes since 2010.

USDA Summer Feeding Program: Another great example

- Libraries typically serve as meal SITES
- Food prepared elsewhere by sponsor and delivered to library
- Library opens up its facility to feed youth during summer months =>
THIS IS SHARED USE!

- Learn more in:
Lenstra, N. & D'Arpa, C. (2019)
Food Justice in the Public Library
Information, Resources, and
Meals. *IJIDI*. 3(4).

<https://doi.org/10.33137/ijidi.v3i4.33010>



Gardening another example of shared use

“Walkertown Library gardener Jessica came early this morning to water her tomato plants.”

Library garden is growing well! Photo via Friends of Walkertown (NC) Library & Natalia Tuchina

<https://www.facebook.com/WalkertownLibrary/photos/a.964155956965732/2179110848803564/?type=3&theater>



Brooklyn Gardening Days

Wed, Sep 11 2019 3:00 pm – 4:30 pm Williamsburgh Library

ADULTS

ENVIRONMENT

GARDENING



“Join the [Human Impacts Institute](#) in caring for our green spaces at the Williamsburg Public Library. **Our goal: beautify the library grounds, create community relationships, promote green space, mitigate air pollution, and prevent stormwater runoff.**

Gardening days involve community volunteers, alongside HII crew, cleaning-up, planting book-themed gardens, and aerating and mulching tree beds all while spending quality time with your community and mother nature.

**We provide supplies and training,
you provide the help.”**

They get this in Toledo, Ohio as well

Toledo Public Library creates community garden to give back

Box gardens at each branch of the library are tended to by volunteers. The produce is free for the community to take.

Author: Sharisse Thompson

Published: 9:41 AM EDT June 13, 2019

Updated: 9:47 AM EDT June 13, 2019

TOLEDO, Ohio — The Toledo Lucas County Public Library is encouraging all of us to go green and grow our own fruits and vegetables.

So this summer, each branch of the library is getting the ball rolling by planting a box garden.

This is the first year that there has been a garden at the Lagrange branch of the library.

In small towns as well as big cities

- West Jefferson small town of 1,299 in Appalachian Mountains
- Yoga Club used to meet in a Church basement
- Librarian said “why not do it at the library? Our space is better.”
- For last ca. 10 years that is what they’ve done



County of Ashe ✓
@AsheCoGov

Yoga Club @ the Library

Today @ 5:30

Audience: All Ages

Location: Ashe County Community Room

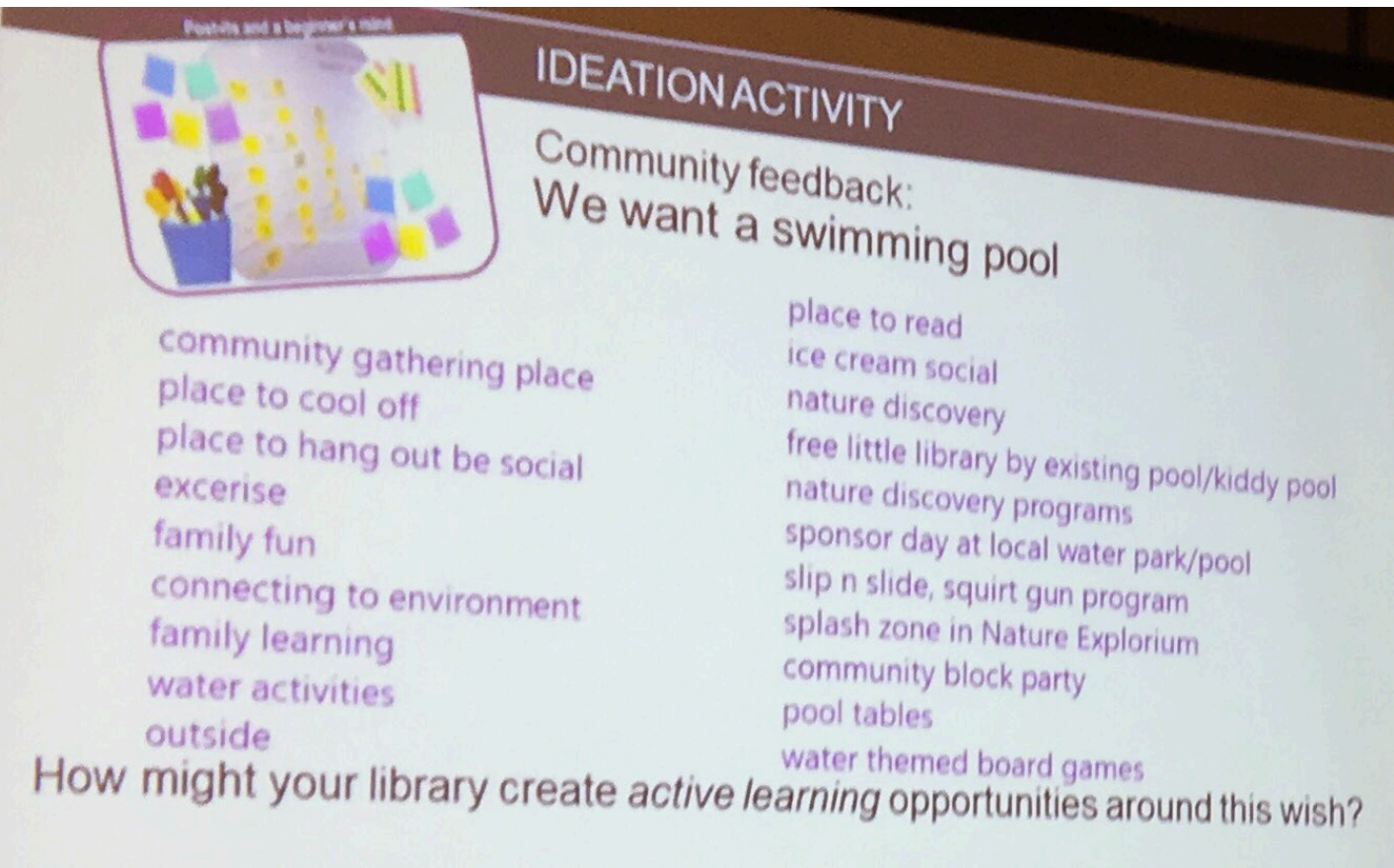
Have fun. Make friends. Get fit. Feel balanced. If you've been wanting to give yoga a try in a low-key setting, this may be a great opportunity for you!

2:16 PM · Sep 9, 2019 · [Twitter Web App](#)

- Clive, Iowa
- Folding table in the library
- People drop off extra produce from their gardens and take what they want or need
- IT'S THAT SIMPLE!!
- Popping up all over the place: Little Food Pantry, etc.



NOTHING should be off the table



Can be done in academic libraries as well



Cal State LA University Library
@CalStateLALib

You have what it takes to work out in the Library? Join us every Wednesday at noon for Learn the Basics presented with Xtreme Fitness 🙌 All levels welcome!



Matthew Oleski
@CoachOleski

Kathy from @somalcura did an awesome job instructing our first Yoga class offered through Intramurals & Recreation! Offered every week at 5PM on the Library outer Terrace. Come check it out next week!



And in School Libraries

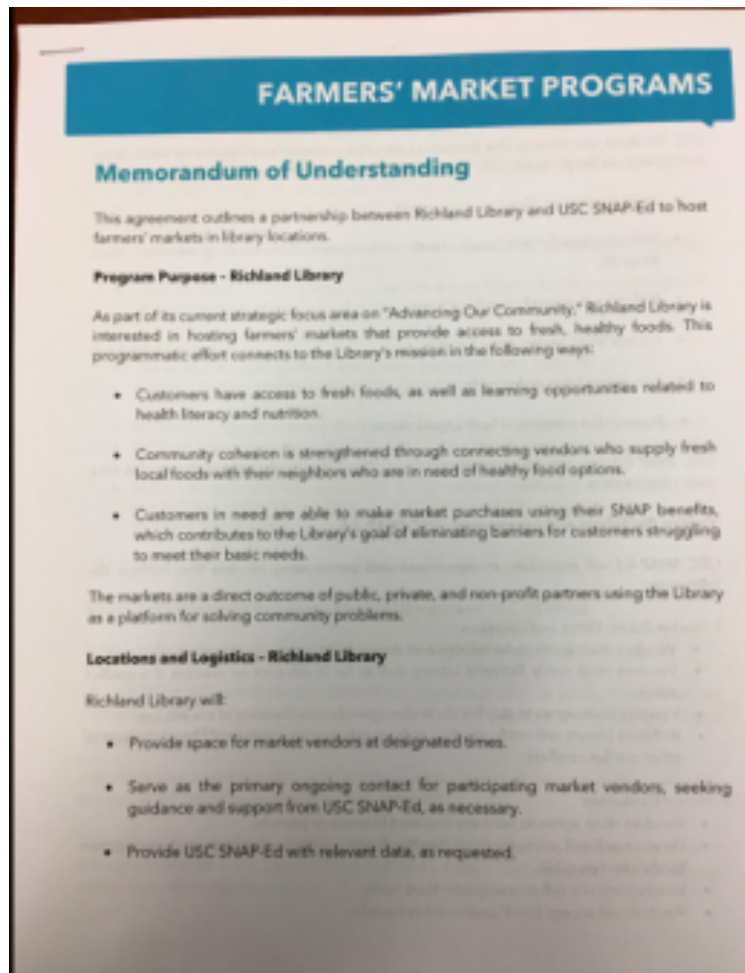
- At the Belleville West High School in the St. Louis Metro area, Alonzo Nelson, Jr., is a Mathematics teacher whose passion is to increase interest in Yoga among African-American men like him.
- Every Monday, he teaches free Yoga to teachers and students at his high school library. Through these free classes at the library, he has increased access to yoga for individuals who otherwise would not consider it.



How can we use shared use to shape health programming in libraries?

- 1. Acknowledge that it's already happening!!!**
2. Embrace public health in libraries (not just consumer health)
- 3. Embrace the public –**
From “What do you need?” to “What can we do together?”
4. Look to other sectors.
How has this already worked in churches, schools, parks, etc.?
5. Research: How is it ***already*** happening? Join me in answering this!
6. Provide ongoing CE around this topic, using resources like <https://www.changelabsolutions.org/healthy-neighborhoods/shared-use>

“If you love it, put a [memorandum of understanding] on it”



Memorandums of Understanding



Check yourself before you wreck yourself

- Waiver of liability form used for Sittercise class held **at the library** but **sponsored by public health department** for LAST 13 years!!!
- Started in 2006 – continues through today – two to three times a week
- Rural Hall Branch Library of Forsyth County Library



HealthWise: Chair Exercise Class

Forsyth County Department of Public Health
City of Winston-Salem Recreation & Parks

Participation & Release Agreement

I wish to participate in the chair exercise program called HealthWise, sponsored by the Forsyth County Department of Public Health, the City of Winston-Salem Recreation and Parks and this community site. I understand and agree that by participating in the Program, I will be eligible for certain prizes and will obtain personal health benefits.

I understand and agree that participation in this Program is completely voluntary. If I am an employee of Forsyth County, I also understand and agree that my participation in the Program is not a requirement of my employment with Forsyth County.

I have consulted with my doctor before beginning this exercise program; I know my own target rate; I will participate only if I am physically and mentally fit to do so; and I will immediately stop participation if I do not feel well.

More examples at: <http://letsmovelibraries.org/resources/>

Bottom Line: Speak Up and let people know that the library is open for shared use!

“The library is now seen as a community partner....
It has allowed us to be part of the conversation and
therefore part of the solution.” Michelle Gobert,
Former Director of Crandon Public Library in
Northern Wisconsin

Let's work together:
lenstra@uncg.edu



How can we more deliberately support shared use programming?

- Do you practice “shared use” at your library?
 - If yes, what does it look like?
 - If no, what’s holding you back?
-
- What type of continuing education would you like to see be made available around this topic?
 - What are next steps in preparing librarians to embrace shared use as a vital strategy for health promotion in libraries?