

Research on Community Park Optimization Strategy from the Perspective of Healthy City

Dejun Xuan^{1,3,*}, Soobong Kim², Jin Shi¹, Maohua Xiong¹

¹Department of Architecture, Graduate School, Keimyung University, Daegu, 42601, Korea

²Department of Architecture, Keimyung University, Daegu, 42601, Korea

³College of Arts and Design, Maanshan Teachers College, Anhui, 243041, China

*Corresponding author

Abstract: With the acceleration of the urbanization process, people's pace of life is gradually accelerating, and the work pressure and life pressure also increase. Therefore, the demand of urban residents for a healthy life is also growing. As an important place for leisure and entertainment in the city, community parks play a vital role in the physical and mental health of residents. Taking the perspective of healthy city as the starting point, the optimization strategy of community park aims to improve the function and service level of community park and better meet the needs of residents. It is hoped that the research results of this paper can provide some reference for the optimization of community parks, promote the healthy development of cities, and improve the quality of life of residents.

Keywords: healthy city; community park; optimization strategy

1. Introduction

Taking the perspective of healthy city as the starting point, the optimization strategy of community park aims to improve the function and service level of community park and better meet the needs of residents. Firstly, it analyzes the problems existing in current community parks, including small area, aging facilities, poor management and other aspects, and puts forward a series of optimization strategies, including expanding park area, updating park facilities, strengthening management and service, etc. In terms of expanding the park area, it is suggested that the surrounding vacant land or idle land should be used to expand the park, increase the green space area of the park, and improve the leisure and entertainment space of residents. In terms of updating the park facilities, it is suggested to introduce advanced sports and fitness facilities and children's amusement facilities to enrich the functions of the park and meet the needs of residents of different ages. In terms of strengthening the management and service, it is suggested to increase the investment in the park, improve the daily maintenance and management level of the park, and provide a better park environment and service for the residents.

2. The importance of community parks in the perspective of a healthy city

2.1. The Concept of a healthy city

Healthy city refers to a development concept that takes people's health as the core in the urban planning and construction, and improves the quality of life and health level of urban residents by optimizing the urban environment and service facilities. The concept of healthy city originated in western countries in the 1970s^[1]. With the acceleration of urbanization process and the intensification of population aging trend, the concept of healthy city has gradually attracted the attention of the international community.

2.2. The Role of community parks in the construction of a healthy city

As an important part of the urban green space system, community parks play a crucial role in the construction of healthy cities.

(1) The community park provides a place for people to relax, exercise and fitness, which helps relieve the work and life pressure of urban residents and improve their physical and mental health.

(2) As an important part of urban greening, the community park can improve the urban environment, improve the air quality, reduce the urban heat island effect, increase the urban green landscape, and improve the quality of life of residents^[2].

(3) Community parks can also promote the communication and interaction between community residents, and enhance community cohesion and community awareness.(4) Community parks also play important functions of ecological conservation and environmental improvement. The vegetation and ecosystem in the community park can not only absorb the urban pollutants, purify the air, but also improve the urban ecological environment and protect the ecological balance of the city.

2.3. The necessity of community park optimization from the perspective of healthy city

2.3.1. The community park provides a place for urban residents to relax and entertain themselves

In the fast-paced urban life, the community park provides people with an opportunity to relax and breathe the fresh air^[3]. People can take a walk, play ball games, do yoga and other sports in the park to enhance their physical fitness, relieve pressure and promote their health.

2.3.2. Community parks are also the "green lung" of the city, playing a role in air purification and oxygen supply

Through the planting of green plants and greening design, community parks can effectively reduce harmful substances in the air, improve air quality and protect the health of residents. In addition, the tree-lined landscape can also adjust the urban temperature, reduce the feeling of heat, and improve the urban environment.

2.3.3. Community park is also a place where community residents have cultural exchanges and social activities

In the park, residents can carry out various activities together with their neighbors, relatives and friends to enhance their feelings and promote unity. This community interaction not only contributes to people's mental health, but also establishes harmonious community relations and improves the overall happiness of the community^[4].

3. Community park planning and optimization strategy based on the perspective of healthy city

3.1. Principles of community park planning and design

The planning and design of community park is an important part in the construction of healthy city. Its design principles are directly related to the functionality, comfort and aesthetics of community park, and are also closely related to the quality of life of community residents. When planning and designing community parks^[5]:

3.1.1. The goal and positioning of the planning and design should be determined according to the actual situation of the community

Different communities have different characteristics and needs, so the park location and function should be determined according to the actual situation of the community, so as to meet the needs of residents.

3.1.2. Pay attention to the sustainable development of the park

In planning and designing community parks, the sustainability of the park, including the selection of vegetation, water resources utilization and waste disposal, is needed to ensure the long-term development of the park.

3.1.3. Pay attention to the environmental friendliness of the park

The community park should be an environmentally friendly place, designed should take into account such environmental principles of ecological protection, energy conservation and emission reduction and resource recycling, so as to improve the environmental quality of the park.

3.1.4. We should pay attention to the publicity and openness of the park

The community park is a place for residents to relax and entertain, and should be a public space open to all people. The planning and design should take into account the needs of different people to

make the park more inclusive.

3.1.5. Pay attention to the landscape effect and artistry of the park

The planning and design of community parks should not only take into account the functionality and practicality, but also pay attention to the landscape effect and artistry. Through reasonable landscape layout and artistic decoration, we should create a beautiful and comfortable leisure space and improve the quality of life of residents.

3.2. Optimization of the spatial layout of the community parks

3.2.1. Space planning

In the spatial planning of community parks, the needs of different age groups and people should be taken into account, and the spatial resources should be fully utilized, and various functional areas should be rationally distributed^[6]. For example, children's recreation areas, fitness areas, leisure green spaces, and cultural activity areas can be set up to meet the needs of different groups.

The optimization of the spatial layout of the community parks also needs to take into account the openness and sociability of the parks. Open squares and leisure seats can be set up to provide space for people to communicate and rest, and promote the interaction and communication among community residents.

3.2.2. Landscape design

In the landscape design of the community park, we should pay attention to the integration of nature and culture to create a comfortable and pleasant environment. We can consider introducing rich plant species to create a green landscape, while combining the terrain and water system design to create a natural and ecological atmosphere and improve people's leisure experience.

3.2.3. Road layout

Reasonable trails and rest points to guide people to carry out healthy walking and walking activities, while ensuring smooth and safe traffic. Consider setting up sports equipment and fitness facilities along the way to encourage residents to participate in outdoor sports.

3.3. Community park landscape and greening planning

The landscape and greening planning of community park is a crucial part in the construction of healthy city. Landscape design should highlight the combination of natural and artificial landscape, and through a careful layout and greening design, to create a pleasant and vibrant community environment. Greening planning should pay attention to the selection of plants suitable for the local climate and soil conditions, improve the coverage and diversity of vegetation, increase the quality of green space, and provide places for leisure, recreation, fitness and exercise^[7].

Greening planning needs to comprehensively consider the vegetation type, density and layout, so that the greening landscape of community parks can show a beautiful style in different seasons. At the same time, we should pay attention to the selection and setting of green facilities, such as artificial lake, fountain, rockery, lawn, etc., to improve the function and beauty of the green space, and to provide a variety of leisure and entertainment choices for the public.

4. Community park facilities improvement strategy based on the perspective of healthy city

4.1. Renewal and renovation of community park facilities

(1) Through questionnaire survey, symposium and other forms, to understand the residents' needs and opinions for park facilities, and then determine the focus and direction of facility renewal and renovation^[8]. This can better meet the needs of residents and improve the utilization rate and satisfaction of the park.

(2) With the continuous progress of science and technology, the application of various intelligent devices and Internet technologies in park facilities is also increasingly extensive. For example, intelligent fitness equipment, intelligent public toilets and other facilities can be set up in the park to improve the comfort and convenience of the park and attract more residents to come here for leisure

and exercise.

(3) When updating and transforming park facilities, environmental protection materials and energy-saving equipment should be selected to build green parks to reduce the waste of resources and the impact on the environment. At the same time, facilities such as renewable energy sources and rainwater collection and utilization systems can also be introduced to promote the sustainable development of the park.

4.2. Optimization of sports and fitness facilities in community parks

4.2.1. Diversity of fitness facilities

The sports and fitness facilities in the community park should be rich and diverse to meet the needs of different ages and different sports enthusiasts^[9]. Multi-functional fitness equipment area, outdoor fitness square, basketball court, football field and other facilities can be set up, so that residents can choose their favorite sports for exercise.

4.2.2. Safety of fitness facilities

Facilities should be inspected and maintained regularly to ensure the safety of the facilities and prevent accidents. At the same time, the design of sports facilities should be ergonomic, easy to use by residents and improve the utilization of facilities.

4.2.3. Environmental layout of fitness facilities

The facilities should be integrated with the surrounding environment to create a comfortable and pleasant sports atmosphere and stimulate the residents' enthusiasm for sports. Reasonable greening planning, landscape design and road setting will all affect the residents' sports experience^[10].

4.2.4. Management and maintenance of fitness facilities

Fitness facilities need to establish a sound management system, be equipped with professional maintenance personnel, regularly overhaul and maintain, ensure the good condition of facilities and extend the service life of facilities.

4.3. Improvement of leisure facilities in community parks

From the perspective of a healthy city, how to better improve the leisure facilities of community parks has become an important topic in the current urban planning and construction.

(1) The improvement of leisure facilities needs to be planned and designed according to the actual needs of local community residents. With understanding the age structure, interests, health needs and other information of the community residents, we can build targeted leisure facilities that meet their needs^[11]. For example, for the elderly, some facilities for exercise and relaxation, such as Tai Chi Square, health trails, and sports facilities and cultural activities can be provided to meet their energetic characteristics.

(2) In the promotion of leisure facilities, it is also crucial to focus on reflecting the concept of nature, green and environmental protection. More green plants, flowers and plants can be set up in the park to create a green leisure space, so that residents can enjoy the beauty of nature while enjoying leisure and entertainment.

(3) In order to improve the quality and level of leisure facilities, the community park authorities need to carry out continuous monitoring and evaluation. It is also indispensable regularly check and maintain all kinds of facilities, timely repair the damaged facilities, update the aging equipment and ensure the safety and integrity of the facilities.

5. Community park management and maintenance strategies based on the perspective of a healthy city

5.1. Improvement of the community park management system

From the perspective of a healthy city, the management of community parks should be people-oriented, pay attention to the needs and participation of residents, establish a sound management mechanism, strengthen the daily management and long-term planning of community parks, and realize

the scientific, standardized and professional management of community parks^[12].

First of all, a sound management organization structure should be established in the improvement of community park management system in terms of it. A special community park management agency should be set up to clarify the management responsibilities and authority, and a sound management system should be established to ensure the orderly progress of the management work. At the same time, personnel training and team building should also be strengthened to improve the quality and professional level of management personnel, to ensure that they can effectively carry out management work.

Secondly, the improvement of the community park management system also needs to strengthen social participation and democratic governance. A sound community park management committee or resident representative meeting should be established to let residents participate in the decision-making of community park management and give play to their main role. At the same time, we should also strengthen the communication and interaction with the community residents, establish a good relationship between management and residents, and form a management pattern of co-construction and sharing^[13].

In addition, the improvement of the community park management system also needs to strengthen the supervision and evaluation of the park management. A sound park management assessment mechanism should be established to evaluate and supervise the park management work regularly, and find problems and solve them in time. At the same time, an open and transparent management information release system should also be established to disclose the relevant information of park management to the public and accept social supervision.

5.2. Daily maintenance and cleaning of community parks

5.2.1. Daily maintenance work

For the roads, lawns, flowers and other floors in the park, it is necessary to clean, weed, prune and water them to keep the landscape clean and beautiful. At the same time, park facilities such as benches, garbage cans and fitness equipment also need to be cleaned, repaired and maintained regularly to ensure the safety and comfort of the public. In addition, the daily maintenance of community parks also needs to pay attention to the management and maintenance of plants. The government or management units need to formulate a reasonable vegetation management plan, regularly trim and repair the vegetation, to ensure the lush and healthy growth of vegetation, and improve the green environment of the park.

5.2.2. Cleaning work

Cleaning work mainly includes garbage cleaning and garbage classification management. The garbage cans in the park should be cleaned regularly to keep the surrounding environment clean. At the same time, environmental education should be strengthened for citizens to encourage citizens to develop good garbage classification and recycling habits to reduce the pollution to the park environment.

Only by strengthening the attention to and investment in park management, can we build a community park more suitable for citizens' leisure and fitness, and promote the sustainable development of healthy city construction.

5.3. Safety management and monitoring of community parks

5.3.1. Improve the safety management system of community parks

It is necessary to establish a sound management mechanism, clarify the responsible departments and responsible personnel, set up a safety management center in the community park, regularly carry out safety management training, improve the emergency handling ability and safety awareness of the management personnel, and ensure the safe operation of the community park^[14].

5.3.2. Strengthen the safety monitoring system of community parks

For Strengthening the safety monitoring system of community parks, it is necessary to install surveillance cameras and alarm equipment, establish linkage alarm mechanism, improve the monitoring coverage rate and response speed of community parks, find out and deal with abnormal situations in time, to ensure the safety of citizens in the park.

6. Conclusions

As the most important public place for community activities, community park, under the advocacy of "healthy China", it is inevitable to target the construction of healthy city and build the landscape of appropriate community park for residents combined with the concept of rehabilitation landscape. By creating an excellent green environment, reasonable space collocation, perfect infrastructure, diverse activity facilities and other community park environment, residents can improve their physical fitness, alleviate psychological pressure, stimulate their health activities, and promote the development of physical and mental health.

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