

# Design Intervention Assessment of Urban Public Park for Physical Activity Promotion in Bangkok, Thailand

Sigit Arifwidodo<sup>1\*</sup>, Orana Chandrasiri<sup>2</sup>

<sup>1</sup> Kasetsart University, Thailand

<sup>2</sup>International Health Policy Program, Ministry of Public Health, Thailand

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## ABSTRACT

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Public Park is considered one of the essential settings for physical activity, especially in urban areas. Parks support physical activity through their accessibility, their provision to facilitate active pursuits; their capacity to provide opportunities to a wide range of users; and their semi-permanent nature. The paper explores the design intervention assessment of Benchakitti Park, which serves as the pilot project for active park and showcase during the past ISPAH 2016 conference. The objective of the paper is to understand the health and well-being benefits of an urban park in increasing PA levels of urban population and promoting a healthy and active lifestyle.

**Keywords:** Public park; physical activity; urban landscape design; public health; SOPARC