

City Limits, Endless Adventures

ULCT Fall
Conference

September 8, 2023





Representative
Jeff Stenquist



Jason Curry
Director
Utah Division of
Outdoor
Recreation



Draper Mayor
Troy Walker



How we think of ourselves

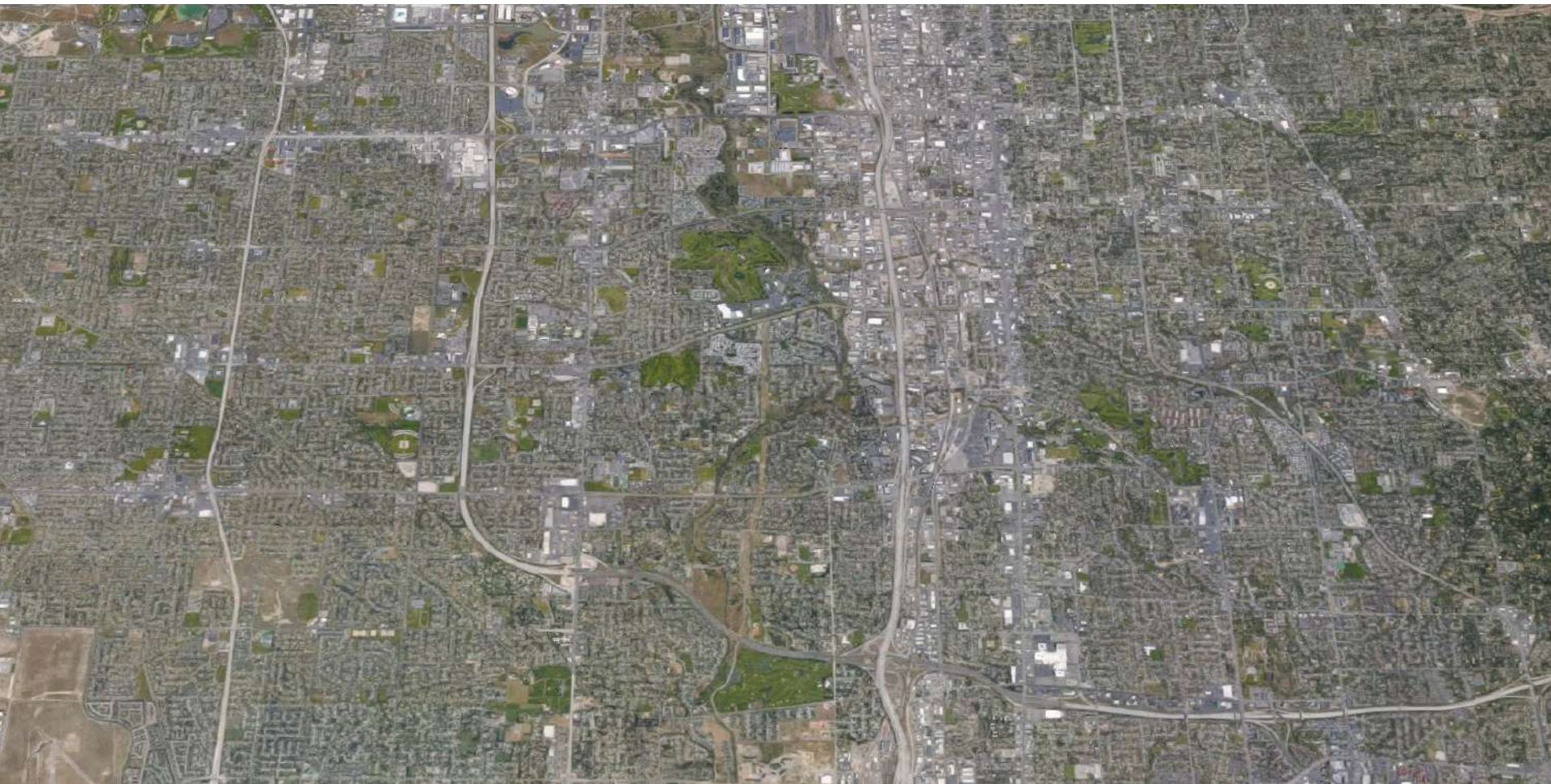


“Amazing access to nature!”

Come experience something Different by Nature



By nature?





Cities working together



“The future is not some place we’re going to, but a place we are creating. The paths to it are not found, they are made.”

Jane Garvey





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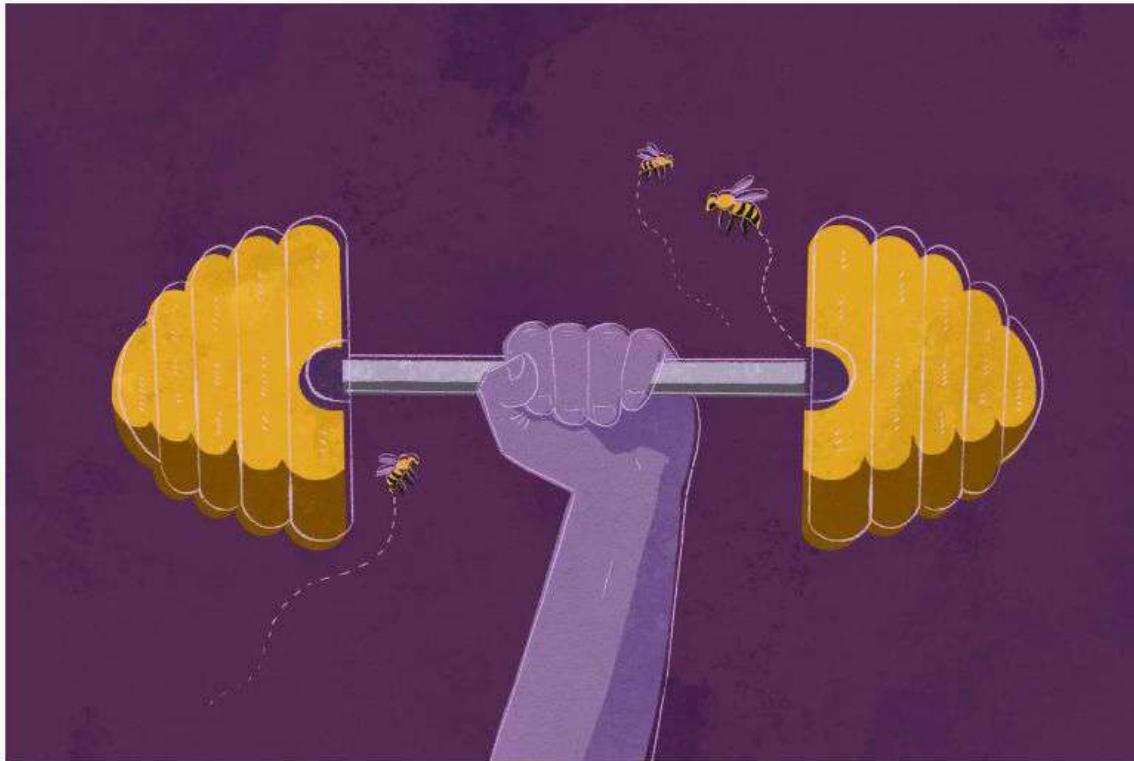


Even with our dirty sodas and cookie empires, Utah is the healthiest state in the nation

The Beehive State took first place in a new study from Florida-based wellness company Life Extension as the healthiest state in America

By Daryl Austin | Dec 20, 2022, 9:06pm MDT

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Eliza Anderson. Deseret News | [Purchase Image](#)

Utahns are notoriously active. It's not uncommon to see joggers plodding up Emigration Canyon in a snowstorm, or Nordic skiers heading out to Park City at 4 a.m.

 <p>-49%</p>	 <p>-46%</p>
	 <p>-25%</p>
 <p>PRICE DROP</p>	 <p>-23%</p>
 <p>-10%</p>	 <p>-20%</p>

ISLE

Report ad

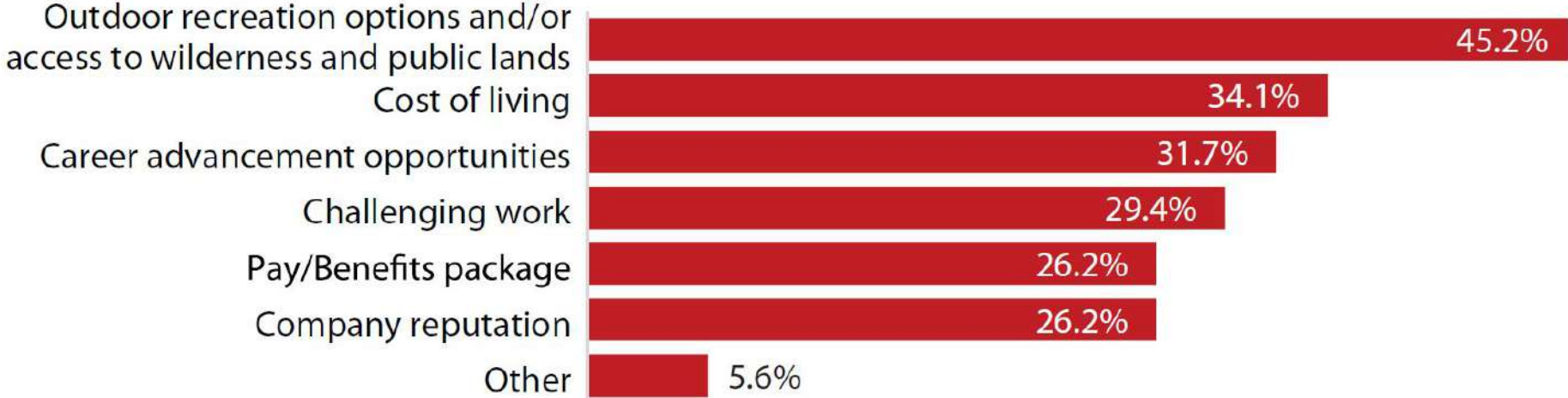
Utah Ranks in Top 5 Listing for Outdoor Exercise

Published: June 16, 2023 | 4:00 am · Updated: June 19, 2023 | 2:54 pm · Traci Bishop



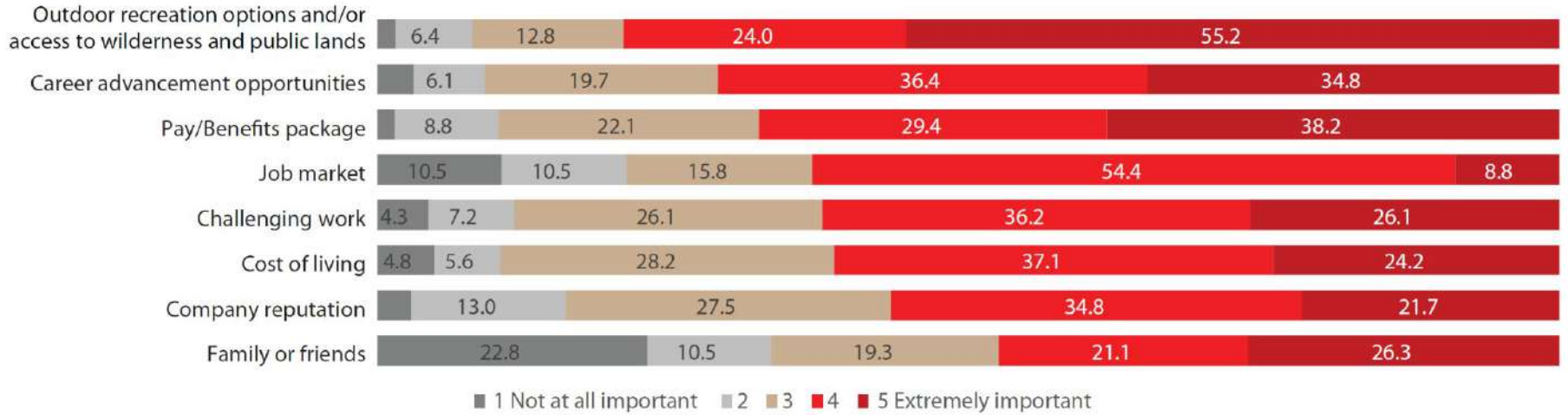
No.	Health/well-being benefits	References
1	Reduced stress	Berto 2014 ; Fan et al. 2011 ; Nielsen and Hansen 2007 ; Stigsdotter et al. 2010 ; van den Berg and Custers 2011 ; van den Berg et al. 2010 ; Ward Thompson et al. 2016
2	Better sleep	Astell-Burt et al. 2013 ; Grigsby-Toussaint et al. 2015 ; Morita et al. 2011
3	Improved mental health:	
	Reduced depression	Astell-Burt et al. 2014c ; Beyer et al. 2014 ; Cohen-Cline et al. 2015 ; Gascon et al. 2015 ; Kim et al. 2009 ; Maas et al. 2009b ; McEachan et al. 2016 ; Nutsford et al. 2013 ; Sturm and Cohen 2014 ; Taylor et al. 2015 ; White et al. 2013
	Reduced anxiety	Beyer et al. 2014 ; Bratman et al. 2015a ; Maas et al. 2009b ; Nutsford et al. 2013 ; Song et al. 2013 ; Song et al. 2015
4	Greater happiness, well-being, life satisfaction	Ambrey 2016 ; Fleming et al. 2016 ; Larson et al. 2016 ; MacKerron and Mourato 2013 ; Van Herzele and de Vries 2012 ; White et al. 2013
5	Reduced aggression	Bogar and Beyer 2016 ; Branas et al. 2011 ; Kuo and Sullivan 2001a, b ; Troy et al. 2012 ; Younan et al. 2016
6	Reduced ADHD symptoms	Amoly et al. 2014 ; Faber Taylor et al. 2001 ; Faber Taylor and Kuo 2009 ; Faber Taylor and Kuo 2011 ; Kuo and Faber Taylor 2004 ; Markevych et al. 2014b ; van den Berg and van den Berg 2011
7	Increased prosocial behavior and social connectedness	Broyles et al. 2011 ; Dadvand et al. 2016 ; de Vries et al. 2013 ; Fan et al. 2011 ; Holtan et al. 2015 ; Home et al. 2012 ; Piff et al. 2015 ; Sullivan et al. 2004
8	Lower blood pressure	Duncan et al. 2014 ; Markevych et al. 2014a ; Shanahan et al. 2016
9	Improved postoperative recovery	Park and Mattson 2008 ; Park and Mattson 2009 ; Ulrich 1984
10	Improved birth outcomes	Reviewed by Dzhambov et al. 2014
11	Improved congestive heart failure	Mao et al. 2017
12	Improved child development (cognitive and motor)	Fjortoft 2001 ; Kellert 2005
13	Improved pain control	Acutely (Diette et al. 2003 ; Lechtzin et al. 2010) and chronically (Han et al. 2016)
14	Reduced obesity	Bell et al. 2008 ; Cleland et al. 2008 ; P. Dadvand et al. 2014a ; Lachowycz and Jones 2011 ; Sanders et al. 2015 ; Stark et al. 2014
15	Reduced diabetes	Astell-Burt et al. 2014a ; Bodicoat et al. 2014 ; Brown et al. 2016 ; Thiering et al. 2016
16	Better eyesight	French et al. 2013 ; Guggenheim et al. 2012 ; He et al. 2015
17	Improved immune function	Li et al. 2006 ; Li et al. 2008a ; Li et al. 2008b ; Li et al. 2010 ; Li and Kawada 2011
18	Improved general health:	
	Adults	Brown et al. 2016 ; de Vries et al. 2003 ; Kardan et al. 2015 ; Maas et al. 2006 ; Maas et al. 2009b ; Stigsdotter et al. 2010 ; Wheeler et al. 2015
	Cancer survivors	Ray and Jakubec 2014
	Children	Kim et al. 2016
19	Reduced mortality	Coutts et al. 2010 ; Gascon et al. 2016b ; Hu et al. 2008 ; James et al. 2016 ; Takano et al. 2002 ; Villeneuve et al. 2012
20	Asthma and/or allergies (studies show both improvements and exacerbations)	Andrusaityte et al. 2016 ; Dadvand et al. 2014a ; Fuertes et al. 2014 ; Fuertes et al. 2016 ; Lovasi et al. 2013 ; Lovasi et al. 2008 ; Ruokolainen et al. 2015

Recruitment efforts used by employers to attract Utah transplants



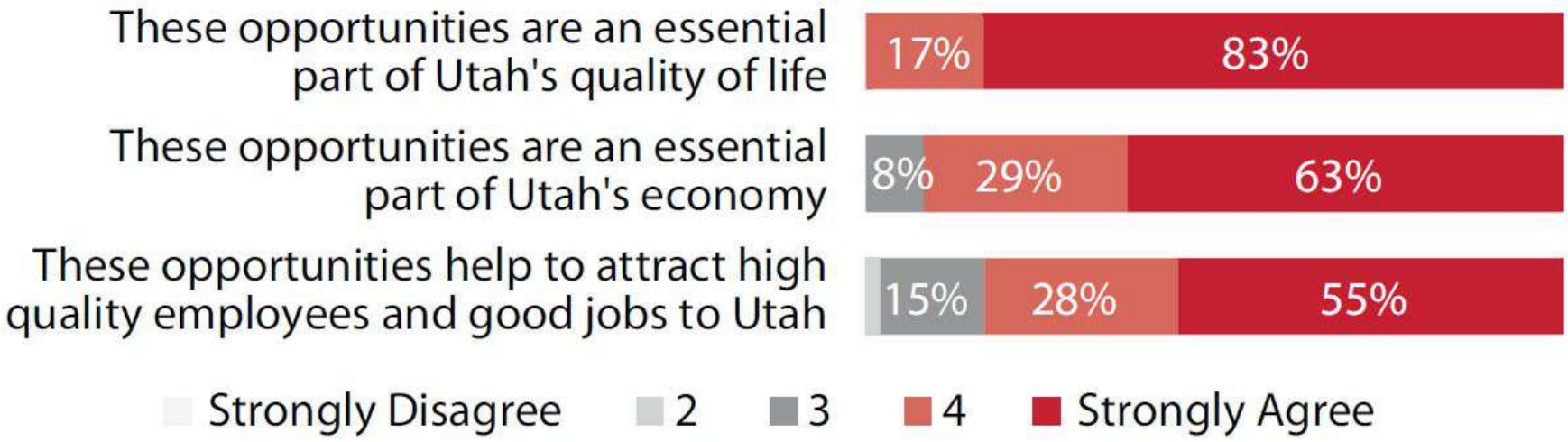
Source: Kem C. Gardner Policy Institute, Utah Outdoor Partners Survey of Tech Sector Employees, 2021

Important factors for moving to Utah



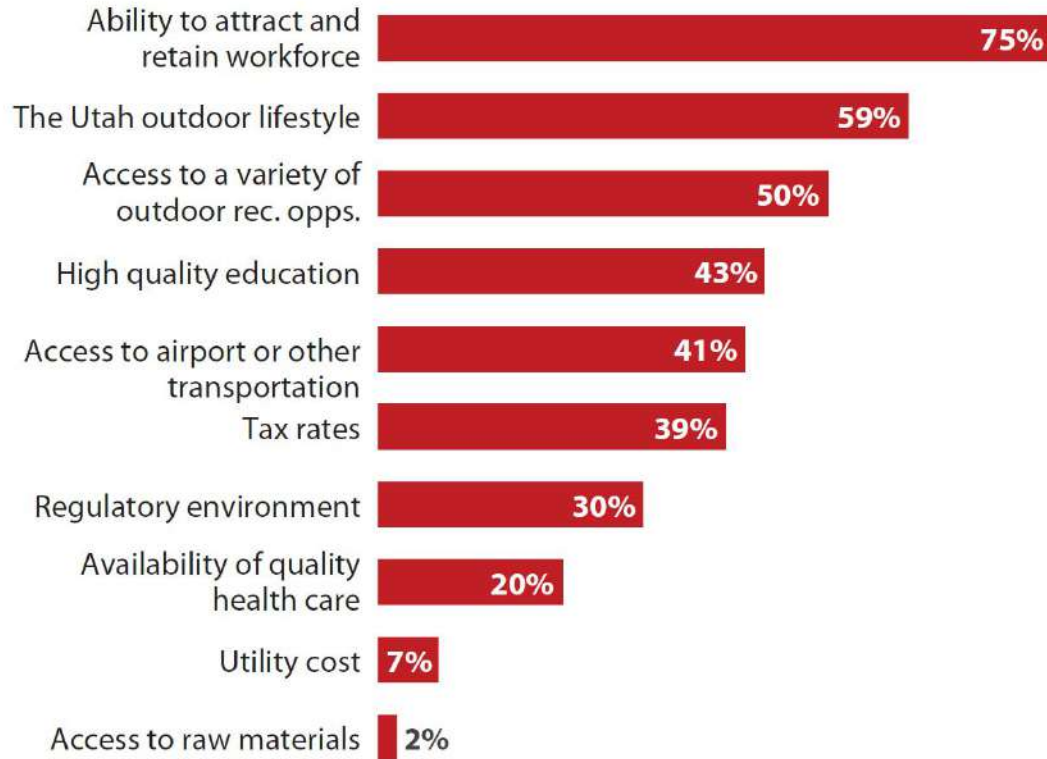
Source: Kem C. Gardner Policy Institute, Utah Outdoor Partners Survey of Tech Sector Employees, 2021

What are your opinions regarding outdoor recreation opportunities and open space, such as parks, trails, mountains, deserts, and wildlife areas?



Source: Kem C. Gardner Policy Institute, Utah Outdoor Partners Survey of Businesses, 2018.

Which of the following factors were considered in your company's decision to be located in Utah?



Source: Kem C. Gardner Policy Institute, Utah Outdoor Partners Survey of Businesses, 2018.



Draper Mayor
Troy Walker

Draper City A Healthy Utah Community

Mayor Troy Walker



Draper City Trails and Open Space

Draper City has preserved 5,000 acres of open space, including 117 miles of scenic trails, allowing for a variety of outdoor activities.



Open Space Acquisitions

2005 – Corner Canyon Purchase (\$13.6 M) - 1,021 acres

- Citizen Bond Election (passed at 59%)
- Partnership between Draper City, Salt Lake County, and State

2009 – Little Valley Purchase (\$2.75 M)– 142 acres

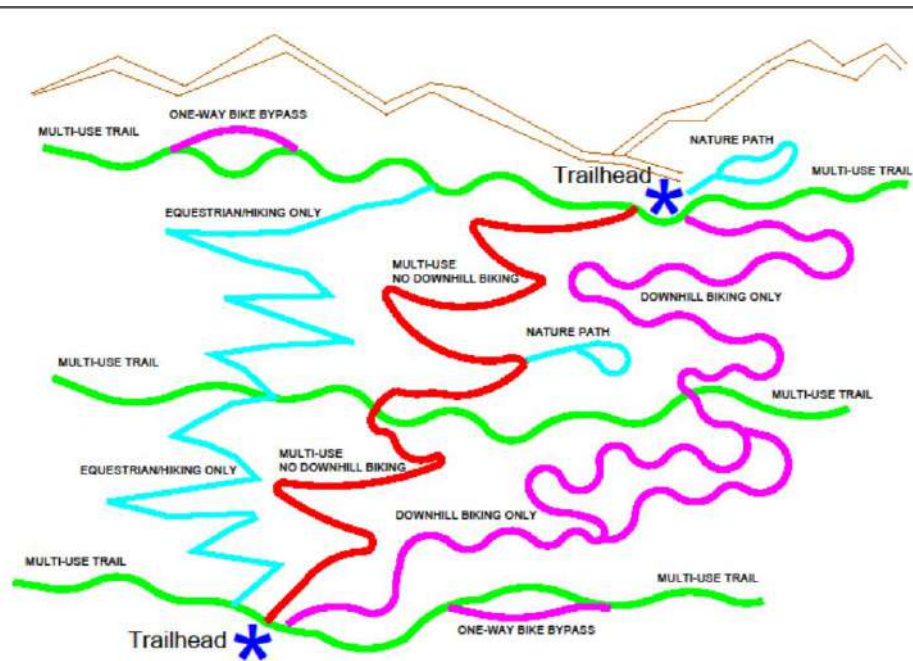
- Partnership between Draper City and Salt Lake County

2012 – SunCrest Open Space Purchase (\$5.6 M) – 2,400 acres

- City purchased land from Zion’s Bank after development bankruptcy

Various Open Space Parcels Deeded with Development





Trail Types Schematic

Open Space Master Plan User-Specific Trails

Following the creation of an Open Space Master Plan, City staff and a committee developed the following through a public process:

- Need Multi-Use Trails for linkages and loops
- Provides loops for different user groups
- No downhill bike travel benefits all users, including bikers

Community Education

- Little Valley Instructional Trails
- Trails Etiquette Video
- Trail User Responsibilities Pamphlet
- Trail Ambassador Program
- Parks & Trails Committee

<p>CLIMBING TECHNIQUES</p> <ul style="list-style-type: none"> RAISE SEAT AND STAY SEATED SHIFT DOWN EARLY AND KEEP PEDALING LEAN FORWARD TO KEEP WEIGHT ON FRONT WHEEL 	<p>DESCENDING TECHNIQUES</p> <ul style="list-style-type: none"> LOWER SEAT KEEP WEIGHT BACK KEEP PEDALS PARALLEL TO GROUND BRAKE BEFORE ANY OBSTACLES & LET OFF TO ROLL OVER THEM 	<p>PROTECT THE LAND</p> <ul style="list-style-type: none"> STAY ON DESIGNATED TRAILS DO NOT MAKE SHORT-CUTS DO NOT USE TRAILS WHEN MUDDY, IF MUD STICKS TO YOUR TIRES IT'S TOO MUDDY 	<p>SAFETY 1ST</p> <ul style="list-style-type: none"> WEAR YOUR HELMET - HELMET TO BE LEVEL & FIT SNUGLY KEEP HYDRATED, DRINK BEFORE YOU'RE THIRSTY BE AWARE OF CHANGING CONDITIONS ON TRAILS ALWAYS RIDE IN CONTROL - AND STAY WITHIN YOUR ABILITY LEVEL
<p>COURTESY RULES</p> <ul style="list-style-type: none"> BIKES YIELD TO ALL OTHER USERS YIELD TO UPHILL RIDERS ALERT OTHER USERS WHEN PASSING 	<p>GENERAL TECHNIQUES</p> <ul style="list-style-type: none"> LOOK AHEAD AND PICK A PATH GENTLY SQUEEZE BOTH BRAKES TO AVOID SKIDDING EXPECT OBSTACLES PLAN AHEAD 	<p>TURNING TECHNIQUES</p> <ul style="list-style-type: none"> START AT THE OUTSIDE THEN CUT THRU CORNER LEAN BIKE INTO CORNER, TURN HEAD & UPPER BODY IN DIRECTION OF TURN DROP OUTSIDE PEDAL 	





Personnel

City Staff

Trails and Open Space Division

- 2 Full-Time Employees and 3-4 Seasonal
- Trained in Trail Design and Open Space Management

Police Department

- Canyon Patrol Officer

Volunteers & Funding

Volunteer Labor (4,000 to 5,000 hours/year)

- City staff member assigned to oversee volunteers

Corner Canyon Trails Foundation

- Funds new trails

Partnerships w/
Groups/Businesses/Agencies



The Point

- Member of Point of the Mountain State Land Authority (Land Authority), the board overseeing redevelopment at The Point.
- A signature feature is “River to Range.” The River to Range is an expansive greenway that runs through The Point, connecting the Jordan River Parkway Trail with the Draper foothills.
- Residents will be able to walk, run and bike through the entire site with this important east-west regional trail connection.



Recognition

- Draper designated as a Bicycle Friendly Community (Bronze Level) in 2021 by the League of American Bicyclists



Recognition

Draper received the Healthy Utah Community designation in 2022

- Formed the Draper Wellness Coalition with staff and community partners, including Salt Lake County Health, Parks & Recreation, and Aging and Adult Services, Canyons School District, Lone Peak Hospital, and PEHP Insurance
- Coalition meets quarterly to discuss health-based needs in the community and determine an area of focus
- Draper Wellness webpage; shares info to the community through city communication channels and partner networks



Continued Focus on Trails/Open Space

Jordan River Trail Bridge Ribbon Cutting



Open Space Commemoration with SLCO



Questions or Comments?

DRAPER CITY



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