



## Sarah Estee Einhorn

**G**rowing up in San Diego, Estee Einhorn was constantly surrounded by Spanish speakers. At her local public high school she realized that many students were struggling to keep up with the rest of the class because they didn't speak adequate English. Soon after this realization, Estee founded Amigos en Ingles, a tutoring and mentorship program at a domestic violence shelter near the Mexican border. In addition, Estee was the chair of Hand Up, a teen-run youth food pantry partnered with Jewish Family Services, where she not only provided food to thousands of San Diegans facing hunger but also helped people get on their feet by helping them apply for food stamps and other vital services. Estee was also a member of the National Charity League for six years. As an Urban Studies and Spanish major at Penn, Estee wanted to continue outreach that helped people help themselves. She interned at LIFT-Philadelphia, where she worked side-by-side with low-income community members to find jobs, secure safe and stable housing, and make ends meet through public benefits. She also volunteered with Community School Student Partnerships to provide academic enrichment to young West Philadelphia students at Comegys Elementary School.

# CAPSTONE PROJECT

## “Race, Class and Space: Recreational Opportunities and their Uses in San Diego, California”

Faculty Advisor: **Dr. Eric Schneider**, School of Arts and Sciences, Urban Studies Program

Obesity affects 1.7 billion people worldwide, and the availability of public space for physical fitness is critical for city inhabitants' health and well-being. This paper uses San Diego, California as a case study to analyze whether socioeconomic disparities of access to public fitness opportunities exist there. It looks at what forces cause them to exist and what policies and actions could help improve them. This study employs the use of primary data from direct observations, photographic evidence, census and crime data, scholarly literature, and informal and formal interviews. Four parks with similar amenities were studied, two in low-income neighborhoods and two in high-income neighborhoods. Sixteen hours of observation were conducted in each park, during which park users were recorded by gender, age group, racial/ethnic group and activity level. Although recent literature on the subject shows that disparities in access to public fitness opportunities do indeed exist, this study found that parks in San Diego's lower-income neighborhoods are actually used more for vigorous exercise than are those in higher-income areas. This may be attributed to a variety of factors, including San Diego's culture of outdoor activities, the increased use and prevalence of private exercise facilities in higher-income areas, and the increased neighborhood walkability of lower-income areas, among other factors. However, this study also highlights the disparity in park amenity quality and safety in each park, and suggests measures to provide more security and funding to low-income area parks.