

Fremont



Image taken by Anne Tan

Background Information:

- Population: 12,472
- Population density is higher than Seattle
- 85.37% of the population is White
- Invested by Fremont, Nebraska in 1888
- Prosperous for its location near downtown Seattle and Lake Union

What You'll Find Inside About Fremont:

- Neatly planned urban spaces
- Many open and green public parks
- Various options of transportation
- Beautiful and free public art works

Urban Planning



Image taken by jeph Shyy

As the self-proclaimed “center of the universe,” Fremont welcomes all communities and is an important urban village that represents many arts and antique stores.

Fremont is also lined against the canal linking Lake Union and Salmon Bay, which creates a beautiful tree-lined pathway that is open for the public enjoyment.

Some of the main things Fremont’s urban planning had wanted to emphasize was keeping the public view, which can be seen at every block. Trees surround the sidewalk with only a few buildings to block the sky. Having spaces for public art was also encouraged.

While they aren’t taking up as much space now, bigger businesses, such as Google, have begun to raise more buildings in Fremont and can begin to be a barrier to the urban plan, as it disrupts the area and blocks the city view.

When visiting the area, you’ll find that what you see will mostly fit the Fremont Plan that was created in 1999, which focused on having more open areas and public art for a friendlier community, wider streets to encourage walking and biking, and a bigger emphasis on environmentalism!

Fremont’s urban planning has been known to be one of the most organized and environmentally sustaining in America. They had focused on creating a friendly and comforting atmosphere to the pedestrians by creating wide sidewalks and separate roads for biking. In the future, expect to see community gardens for residents to have personal gardening opportunities within Fremont!

Public Parks and Green Spaces

The population health of a community is defined as the health status of a group of people. The approach is studied to know some of the critical factors associated with the influence of the health status of a group and later manipulate the data collected in the field in such a way that it can be used to come up with proper actions and policies for better improvement in health. Our project aims to synthesize the information gotten from the field during the neighborhood visit through conducted academic research so to present the findings. According to the agreement of our group, the best way of showing the results from the field is through a newsletter from the neighborhood visit. Therefore, our group visited Fremont and I did my analysis on Green Space and Park in this area.



Image taken by Susan Ding

During the group visit, we were surprised at the site of discovering a lot of things to do as an adventure during leisure time. We went to Avenue Green, where there were a lot of small shops selling green plants and vintage shops. Some of the activities we explored and even took photos for the newsletter included dinosaurs, trolls, and the Lenin statue within walking distance from each other. Junker (2019) posted on travel and lifestyle while visiting Seattle as a means of exploration. Besides analyzing the Fremont neighborhood, my group members and I had a lot of fun because we not only explored but learned.

The people of the Fremont community were of great help when it comes to population health in the neighborhood, even if we did not get a lot of relevant information on our topic of Green Space and Park. According to Giles-Corti, Billie et al. (2016) "City planning and population health: a global challenge." Green space is greenery area that is created by the government. Unlike the forest, the green space is set apart for recreation purposes. People get to sit and walk their dogs, read a book, sleep and enjoy the environment full of fresh air. The park is a green example that is mostly set aside in the urban areas and comes with a lot of benefits to the people.



Image taken by Susan Ding

During the group analysis, our team discovered and learned a lot while at the park. Those we found there gave us various advantages they get from the park during their free time or their breaks from work. Some of the benefits suggested by individuals we came across included the fact that the park is an excellent stress reliever. It promotes physical activities, like running and jogging. It brings the community together through socializing. We concluded that the city should add more essential things to the area in association with health. It should include more education facilities to reduce poverty in some regions, as it is a significant influence when it comes to health and illness.

Transportation



Although the Fremont transportation system provides citizens with mobility from the shops and local businesses within their neighborhood to chaos and action in the big city, it is a barrier and needs much improvement and alterations.

As of now, the main source of transportation in Fremont is the bus. Citizens mainly use the metro system to travel in and out of the neighborhood, to Downtown Seattle or Capitol Hill. However, with minimal stops and routes through the city, it can be hard for citizens to move around locally within the area.

Since parking in Fremont is severely limited and there aren't nearly enough stops and routes for the bus to take you where you need to be within Fremont, people usually walk or ride bikes from place to place. On our visit we observed that the sidewalks and walking paths line Fremont's popular restaurants and stores which makes it pleasurable to travel by feet. And the abundance of rentable bikes parked around the area is hard to avoid. All are viable sources for transportation, however there are a couple flaws that make them difficult.

Due to a lack of bike paths, it is hard for citizens to find safe and easy routes to travel. Due to the loads of tourism in the area, sidewalks were crowded and seemed hard if attempted to bike through. And although walking is an ideal way to get around the

neighborhood, our Seattle weather makes it a little tough to pursue.

Because of the lack of stops and routes the Seattle metro system installed in Fremont, the lack of bike paths, and the unrealistic pursuit of walking in the rain, Fremont is due for an updated transportation system. Updates such as easier inner transportation within Fremont boundaries, installation of safer bike paths, and expansion of parking availability will prosper the transportation system in Fremont immensely, making it much more appealing to citizens and tourists in the area.

Public Art

The public art of Fremont is a huge asset because everyone can access it! Since it is public and on show for everyone to view at all times, it is always available and there's always a wide variety of them. It doesn't matter how able you are or if you aren't able to pay a certain cost as all public art are free! Of course, if you have a visual impairment, you may not be able to enjoy the art as much as someone else who's fully able to see, but you could still visit the Fremont troll (image not included, go check it out for yourself! It's a good Instagram opportunity.) that's a 3D statue you could touch, climb, and play with and still enjoy the public art of Fremont.



Image taken by Anne Tan

In Fremont, what you see is what you'll get. The neighborhood is very quaint and full of personality. It would easily match what you would find online as it is a really cute community. As with most places in Seattle, the art in Fremont seem and are abundant. You may be initially a little surprised by the lack of cute stores you could shop at after hearing your friends gossip of all the wondrous places you could splurge at, however, give it some time and you'll slowly uncover the many adorable trinkets Fremont has to offer.

Depicted above is a statue built in 1979 by the sculptor Richard Beyer, titled, "Waiting For The Interurban." The five people and one dog are waiting for Seattle's old Interurban rail line that used to run through Fremont but will, of course, never arrive. The statue is freely available for anyone to decorate and has been used over the years to celebrate birthdays (as can be seen above), weddings and many other events.



Image taken by Anne Tan

Something that might surprise you is the beauty of the community, especially seeing it next to the river with the sun reflecting off the gorgeous body of water. Trust me, you will be pleasantly surprised.



Image taken by Anne Tan

Above is an image of "Lenin's Statue" by Vladimir Lenin and below is an image of "J.P. Patches Statue" which was initially funded through fan donations.



Image taken by Anne Tan

Members

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