



Welcome to the 2018 FRPA
Conference!

HEALTH PLEDGE IN ACTION

LEARNING OBJECTIVES

- Learn about the standards of the FRPA State of Health and Wellness Pledge.
- Explore new ideas and strategies to meet the objectives in the Pledge
- Develop an initial or second phase plan to reach more in your community.

We are fortunate to have the Florida Department of Health and the Florida Department of Agriculture as partners in this endeavor.





AGENCY SUMMIT | 2016



FRPA | DEPARTMENT OF HEALTH | DEPARTMENT OF AGRICULTURE AND CONSUMER SCIENCES



Class/Session offerings at
Workshops and Conference



DACS Website: Florida's
Roadmap to Healthy Living
([Link](#))



FRPA part of the Department of
Health's Healthy Weight,
Nutrition and Physical Activity
Priority Area Workgroup (PAW)
for the 2017-2021 state health
improvement plan



STATE OF HEALTH AND WELLNESS PLEDGES

- CITY OF BARTOW
- CITY OF BOCA RATON
- CITY OF BOYNTON BEACH
- BROWARD COUNTY
- CITY OF CAPE CORAL
- CITY OF CLEARWATER
- COLLIER COUNTY
- TOWN OF DAVIE
- CITY OF DEERFIELD BEACH
- CITY OF DELRAY BEACH
- CITY OF DORAL
- CITY OF DUNEDIN
- CITY OF FT. LAUDERDALE
- CITY OF GREENACRES
- CITY OF HIALEAH
- TOWN OF HILLIARD
- HILLSBOROUGH COUNTY
- CITY OF HOLLYWOOD
- CITY OF HOMESTEAD
- VILLAGE OF KEY BISCAYNE
- CITY OF KISSIMMEE
- CITY OF LAKELAND
- CITY OF LARGO
- CITY OF LAUDERDALE LAKES
- LEE COUNTY
- CITY OF LIGHTHOUSE POINT
- CITY OF LONGWOOD
- MANATEE COUNTY
- CITY OF MARGATE
- MARTIN COUNTY
- CITY OF MIAMI
- MIAMI DADE COUNTY
- CITY OF MIAMI BEACH
- TOWN OF MIAMI LAKES
- CITY OF MIAMI SPRINGS
- CITY OF NEW PORT RICHEY
- CITY OF NEW SMYRNA BEACH
- CITY OF NORTH LAUDERDALE
- CITY OF NORTH MIAMI
- CITY OF OCALA
- CITY OF OLDSMAR
- ORANGE COUNTY
- CITY OF ORLANDO
- CITY OF PALM BAY
- PALM BEACH COUNTY
- TOWN OF PALM BEACH
- CITY OF PALM HARBOR
- PASCO COUNTY
- CITY OF PORT ORANGE
- CITY OF PORT ST. LUCIE
- CITY OF SAFETY HARBOR
- SARASOTA COUNTY
- SEMINOLE COUNTY
- CITY OF SOUTH DAYTONA
- STARKEY RANCH
- CITY OF ST. CLOUD
- CITY OF ST. PETERSBURG
- CITY OF ST. PETE BEACH
- CITY OF TAMARAC
- TOWN OF PONCE INLET
- THE VILLAGES
- VOLUSIA COUNTY
- CITY OF WELLINGTON
- CITY OF WEST PALM BEACH
- CITY OF WILTON MANORS
- CITY OF WINTER HAVEN
- CITY OF WINTER SPRINGS



MEASUREMENT TOOL

- 26 HEALTH PLEDGE CHAMPIONS
 - ACTIVELY IMPLEMENTING 70% OR MORE OF THE STANDARDS
- 33 HEALTH PLEDGE LEADERS
 - ACTIVELY IMPLEMENTING BETWEEN 30-69% OF THE STANDARDS
- 6 HEALTH PLEDGE SIGNERS
 - ACTIVELY IMPLEMENTING LESS THAN 29% OF THE STANDARDS
- 23 HAVE NOT TURNED IN MEASUREMENT TOOLS

STATE OF HEALTH AND WELLNESS PLEDGE

Broken down into two categories



PHYSICAL ACTIVITY STANDARDS



NUTRITION STANDARDS



PHYSICAL ACTIVITY STANDARDS

COMMUNITY

- PARK AND RECREATION AGENCY SUPPORTS A WELL-CONNECTED COMMUNITY THAT ALLOWS FOR ACTIVE TRANSPORTATION.

PROGRAMMING/POLICY

- PARK AND RECREATION AGENCY CREATES AN ENVIRONMENT OF FITNESS, PHYSICAL ACTIVITY AND FUN WHILE MAINTAINING A SAFE AND POSITIVE ATMOSPHERE.

EDUCATION/TRAINING

- PARK AND RECREATION AGENCY RECEIVES UP TO DATE TRAINING ON SAFE, PHYSICAL ACTIVITY AND TRENDS IN PLAY.

PARTNERSHIPS

- PARK AND RECREATION AGENCY PARTNERS WITH LOCAL ORGANIZATIONS TO MEET THE PHYSICAL ACTIVITY NEEDS IN ITS COMMUNITY.



NUTRITION STANDARDS

COMMUNITY

- PARK AND RECREATION AGENCY WORKS AS A CONNECTOR BETWEEN THE COMMUNITY AND LOCALLY GROWN FOOD NEEDS.

PROGRAMMING/POLICY

- PARK AND RECREATION AGENCY STRIVES PROMOTE AND PROVIDE HEALTHY FOOD OPTIONS DURING LEISURE, RECREATION AND OUT OF SCHOOL TIME.

EDUCATION/TRAINING

- PARK AND RECREATION AGENCY IS KNOWN FOR ENCOURAGING AND TEACHING HEALTHY EATING HABITS.

PARTNERSHIPS

- PARK AND RECREATION AGENCY PARTNERS WITH LOCAL ORGANIZATIONS TO BECOME A VOICE OF NUTRITION STANDARDS FOR THE COMMUNITY.

Measurement Tool

Pledge Tiers

Health Champion

More than or equal to 70% of best practices are *Actively Implementing*

End measurement will be how many new practices are being worked on/achieved and overall improvement in measurements

Health Leader

69% - 30% of best practices are *Actively Implementing*

End measurement will be increase in practices improvement in measurements

Instructions:

Please fill in the corresponding box that reflects your agency's position on each practice.

Under **Status** please use the following key:

A-actively implementing this practice

N-no current practice in place

Under **Measurement** only provide a number when necessary

Under **Description** describe implementation plan or examples of practice in place.

If you have additional practices to include, please do so in the **Other** spaces.

If you have any questions, please call the FRPA Office at 850-878-3221 or email: charla@frpa.org.

Physical Activity

Community

Standard: Park and Recreation agency supports a well-connected community that allows for active transportation.

Practice	Status	Measurement	Describe implementation/plan for implementation (if applicable)
Safe, active transportation routes (e.g. bike lanes and walking paths) will be included in plans for all new and redeveloped roadway and park projects.			
Prioritize the support and maintenance of a network of active transportation trails or routes (e.g. establish a program to identify and fill connection gaps and make repairs in the system of sidewalks).			
Other:			
Other:			
Other:			

MEASUREMENT TOOL

Practice	Status	Measurement	Describe implementation/plan for implementation (if applicable)
Vending/Concessions			
Healthy food and beverage options will be provided at city/county-sponsored events.			
Healthier food/beverage options will be sold at a price that is not more than 10% over the price of other food/beverages.			
25% of the product line will be Fresh From Florida produce.			
50% of vended/concession foods will be low calorie: no more than 200 calories per label serving.			
50% of vended/concession foods will be low fat and not more than 35% of total calories from fat and not more than 10% of calories from saturated fat.			
50% of vended/concession foods will be low sugar and not more than 35% total weight from sugars and caloric sweeteners.			
50% of vended/concession beverages will contain less than 40 calories per serving, except for 100% juice and unsweetened milk.			
All vended/concession beverages will have fewer than 250 calories total and vegetable juice must contain less than 230 mg of sodium per serving.			
Agency will develop a plan to align outsourced concessions (ballfields, aquatic centers, etc.) with the above objectives.			
Other:			
Other:			
Facility			
Staff will not bring in/consume personal food or beverages in front of patrons/participants that would not align with nutritional standards.			
Program managers and executives will support healthy eating through coaching, mentoring, and monitoring menu quality.			
Food service at facility based events will align with NRPA's Commit to Health food guidelines.			
Healthy food and beverage options will be provided at city/county owned facilities.			

MEASUREMENT TOOL

HEALTH



LEVERAGE AND
CONNECT PARKS AND
RECREATION TO
COMMUNITY HEALTH

FRPA.ORG

RESOURCES FOR YOU TO USE

[FRPA.ORG/STRATEGICPLAN/HEALTHTOOLKIT](https://www.frpasolutions.com/strategic-plan/health-toolkit)





OTHER SUCCESSES?

[USE THIS TIME TO JOT DOWN ACTIONABLE IDEAS TO TAKE BACK TO YOUR AGENCY!]



PROBLEMS/STRUGGLES?



Thank you!
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