



## Best Practices

The Florida Recreation and Park Association adopted a comprehensive Strategic Plan in 2015. That Plan is based on four foundational pillars – Health, Community Building, Environmental Sustainability and Resiliency, and Economic Impact/Development.

The Association is in search of Best Practices in each of these four areas, which can serve as a resource for parks and recreation professionals. We realize that “Best Practice” can be broadly applied and the meaning varies depending on the environment and industry one works within.

For the purposes of the FRPA Strategic Plan, the Association’s Board of Directors has adopted and will apply the following definition:

FRPA Strategic Best Practices – Methods, professional guidance, benchmarks and technical expertise centered around a FRPA strategic pillar (Health, Environment, Community Building, Economic Impact) that are evidence-based or proven through experience to support positive results and may be replicated or utilized by other parks and recreation agencies toward achieving a similar desired outcome.

“Evidence-based or proven through experience” indicates that the best practice has had some research, or long term monitoring conducted to show that the practice is having a positive outcome when applied. For example: When applying the best practice of mowing and over-seeding in this manner, for a period of one year, we have been able to extend the life of our turf by 6 months thus reducing expenses \$X; OR When integrating physical activity and nutrition education in our after school programming, we partnered with the University of XYZ to measure increased health of participants, and have shown a 24% reduction in BMI of participants.

We realize that there may be a plethora of “success stories” that are not evidence based, but have produced positive results for an agency, and may also have value as a shared resource.

Submissions will be evaluated by the Best Practice Workgroup to determine if the submission meets the criteria of “Best Practice” as we have defined, or if it should be catalogued as a “success story”.



## **Best Practice Submission**

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**Area of Best Practice:** **HEALTH PILLAR:** Partnerships with local organizations to meet the physical activity needs in its community.

**Summary of Best Practice:** (include description of the practice, reason for adopting/implementing best practice, measurement of effectiveness of the practice, what is your evidence that the practice is working, etc.)

- The City of Hialeah's goal is to help our children and seniors achieve an active and healthy lifestyle. We combine physical activities with a strong emphasis in making wise eating choices. Our food service for the community is accomplished through a partnership between the Department of Parks & Recreation and our Education & Community Service Department. Both departments play a vital part in assisting our youth and senior citizens with their nutritional needs throughout the year. The City is devoted to providing healthy alternatives to help fight our nation's growing Obesity epidemic and mal nutrition among our seniors. The Department of Parks and Recreation in collaboration with local and National partners has recently launched several new programs to continue addressing these needs.
- The City of Hialeah Department of Parks and Recreation is responsible for providing quality recreational, fitness, cultural, and educational facilities and programs that serve the citizens of Hialeah. The Department of Parks and Recreation offers a wide variety of recreation activities to area residents and visitors. Services include the provision of active parks, picnic and scenic areas. Active recreation programming includes youth and adult athletics (i.e. girls and boys, football, soccer, volleyball, cheer-leading, swimming and water polo), summer and holiday out of school camps and a host of other activities for citizens of all ages. City park facilities and community centers provide meeting space and host a number of arts and crafts and fitness activities

**Frequency Best Practice is Applied:** (daily, weekly, monthly, quarterly, bi-annually, annually)

- Daily

**Who Performs the Best Practice Function within your Agency:** (contracted, in-house parks staff, in-house recreation staff, citizens, etc.)

- These programs are performed by in-house staff and contractors.

**Positive Outcome of the Best Practice** (please summarize the evidence based benefit that has been derived by the agency from the best practice):

- To increase youth participation in organized recreational sporting programs.
- To offer an exclusive and alternative method of fitness
- To implement fitness as a part of their lives and achieving permanence while ridding the epidemic known as "Childhood Obesity"

**Awards/Recognitions/Designations Received as a Result of the Best Practice** (please share any awards or designations received, or publications that have featured this best practice):

- N/A

**Grants or Funding Received (if any):**

- We have received several grants from the Blue Foundation, which allowed us to implement our Hialeah Healthy Families Initiative. In addition we have received a KaBOOM grant to build a playground at Slade Park.

**What other Best Practices would you suggest we collect?**

- N/A

**Submit this Form electronically to [charla@frpa.org](mailto:charla@frpa.org)**

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