

# Active Living Action Plan (as of 3.23.11)

Goal: Increase physical activity.

## Recommended Strategy #5: Enhance the parks and recreation built environment and policies that improve access to physical activity in communities.

Team Leader: Nebraska Recreation and Park Association (NeRPA)

Committee Members: TBD

Target: X number of communities that enhance access for physical activity through parks and recreation environmental changes. X number of state and local policies that improve access for physical activity through parks and recreation.

Priority Activity #1	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
<p>Reduce barriers (e.g. safety, cost, transportation, and accessibility) to outdoor recreation facilities. Expand networks for all populations to access trails that connect from urban/suburban areas to rural areas.</p> <p><u>Activity Leader(s):</u> Omaha Parks, Recreation and Public Property Department</p>	<p>DHHS</p> <ul style="list-style-type: none"> <li>o PA Coordinator</li> </ul> <p>Nebraska Department of Education</p> <ul style="list-style-type: none"> <li>o CSH Program</li> <li>o Developmental Disabilities Program</li> </ul> <p>Nebraska Department of Roads</p> <ul style="list-style-type: none"> <li>o Enhancement Program Director</li> <li>o State Bicycle and Pedestrian Coordinator</li> <li>o Safe Routes Nebraska Director</li> </ul> <p>Nebraska Recreation and Park Association</p> <p>State, County and City Governments and Elected Officials</p>	<p>Data identifying the barriers (e.g. safety, cost, transportation, and accessibility). Including measurements and milestones.</p> <p>New partnerships between health, transportation, planning, city works, and parks and recreation departments.</p> <p>Evidence-based strategies to reduce the barriers and improve access for all populations for physical activity.</p> <p>Training and education opportunities for environment and policy strategies for communities.</p> <p>Statewide Bike and Pedestrian Coalition</p>	<p>Year 2 Initiation</p>	<p>Percentage of youth with parks or playgrounds, community centers, and sidewalks or walking paths available in their neighborhoods <b>(Nebraska State Indicator Report on Physical Activity)</b></p> <p># of networks expanded for access to physical activity utilizing outdoor recreation facilities.</p> <p># of communities who have implemented measures to reduce barriers for physical activity access.</p>	

	<p>Local Planning and Zoning Agencies</p> <p>Public Works and Engineering Departments</p> <p>Local Parks and Recreation Departments and their Boards and their Foundations</p> <p>Natural Resource Districts (NRDs)</p> <p>Local Public Health Departments and their Boards of Health</p> <p>Local Active Living/Healthy Communities Coalitions</p> <p>Safe Kids Coalitions</p> <p>State Universities and Local Colleges</p>				
<b>Priority Activity #2</b>	<b>Potential or Designated (preferred) Leaders, Partners &amp; Participants</b>	<b>Resources Needed</b>	<b>Date of Initiation</b>	<b>Measurement Milestones (baselines and targets)</b>	<b>Progress</b>
<p>Promote the use of existing parks, recreational facilities, fitness centers, and sports programs as opportunities for physical activity.</p> <p><u>Activity Leader(s):</u> Omaha Parks, Recreation and Public Property Department</p>	<p>DHHS</p> <ul style="list-style-type: none"> <li>o PA Coordinator</li> </ul> <p>Nebraska Game and Parks Commission</p> <p>Nebraska Department of Roads</p> <p>Nebraska Recreation and Park Association</p>	<p>Identify local resources for opportunities for physical activity.</p> <p>Create documents to guide individuals to opportunities and programs for physical activity.</p> <p>Identify places and programs that have no cost or low cost opportunity for physical activity.</p>	Year 2 Initiation	<p>Percentage of youth with parks or playgrounds, community centers, and sidewalks or walking paths available in their neighborhoods</p> <p><b>(Nebraska State Indicator Report on Physical Activity)</b></p> <p>Percentage of census blocks that have at least</p>	

	<p>Local Parks and Recreation Departments</p> <p>Natural Resource Districts (NRDs)</p> <p>Local Public Health Departments and their Boards of Health</p> <p>State, County and City Governments and Elected Officials</p> <p>Local Businesses</p> <p>Fitness Centers</p> <p>Sports Programs</p> <p>Local Active Living/Healthy Communities Coalitions</p> <p>State Universities and Local Colleges</p>	<p>Support materials supporting recreation facilities. (e.g. maps, online resources)</p> <p>Signage and aesthetics to help promote physical activity.</p> <p>Revise the Nebraska State Trails Plan.</p> <p>Marketing strategies to promote parks, recreational facilities, fitness centers, and sports programs.</p>		<p>one park located within the block or ½ mile from the block boundary <b>(Census Data and the Nebraska State Indicator Report on Physical Activity)</b></p> <p>Percentage of census blocks that have at least one fitness or recreation center located within the block or ½ mile from the block boundary <b>(Census Data and the Nebraska State Indicator Report on Physical Activity)</b></p> <p># of existing parks for physical activity</p> <p># of existing recreational facilities for physical activity</p> <p># of fitness centers for physical activity</p> <p># of sports programs for physical activity</p> <p># of trails in Nebraska.</p> <p>Utilize SCORP data from the 470+ communities in Nebraska.</p>	
<b>Priority Activity #3</b>	<b>Potential or Designated (preferred) Leaders, Partners &amp; Participants</b>	<b>Resources Needed</b>	<b>Date of Initiation</b>	<b>Measurement Milestones (baselines and targets)</b>	<b>Progress</b>
Advocate for policies that improve access, sustain funding, and reduce barriers	<p>DHHS</p> <ul style="list-style-type: none"> <li>o PA Coordinator</li> </ul>	Identify current policies that improve access, sustain funding, and reduce barriers for	Year 2 Initiation	# of policies in place that improves access, sustains funding, and	

<p>to increase physical activity within communities.</p> <p><u>Activity Leader(s):</u> Omaha Parks, Recreation and Public Property Department</p>	<p>Nebraska Department of Roads</p> <p>Nebraska Recreation and Park Association</p> <p>State, County and City Governments and Elected Officials</p> <p>Local Planning and Zoning Agencies</p> <p>Public Works and Engineering Departments</p> <p>Local Parks and Recreation Departments</p> <p>Natural Resource Districts (NRDs)</p> <p>Local Public Health Departments and their Boards of Health</p> <p>Local Active Living/Healthy Communities Coalitions</p> <p>Safe Kids Coalitions</p> <p>Local Businesses</p> <p>State and Local Foundations</p> <p>State Universities and Local Colleges</p>	<p>physical activity.</p> <p>Identify opportunities for partnerships to work together to advocate for policy.</p> <p>Identify policy strategies for both state and local advocacy.</p> <p>Training and education for statewide partners on advocacy</p> <p>Statewide Bike and Pedestrian Coalition</p>		<p>reduces barriers for physical activity access.</p> <p># of trainings and education opportunities for statewide partners</p>	
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