

**RESOLUTION No. 16-71**

**A RESOLUTION OF THE MAYOR AND THE CITY COUNCIL OF THE CITY OF DORAL, FLORIDA, RECOGNIZING THE STATE OF HEALTH AND WELLNESS PLEDGE, AN INITIATIVE OF THE FLORIDA RECREATION AND PARK ASSOCIATION; PLEDGING SUPPORT FOR THIS STATEWIDE EFFORT; PROVIDING FOR IMPLEMENTATION; AND PROVIDING FOR AN EFFECTIVE DATE**

**WHEREAS**, the Florida Recreation and Park Association has created a statewide pledge for Park and Recreation departments to commit to;

**WHEREAS**, the City of Doral has pledged its support and participation in this statewide initiative;

**WHEREAS**, local government is the government closest to most citizens, with park and recreation departments having tremendous daily impact upon its residents; and

**WHEREAS**, 65% of Florida's adults are considered to be at an unhealthy weight and 1 out of 3 children are considered obese, statistics which have encouraged the Surgeon General of the State of Florida to commit to making Florida the "healthiest state" through a series of strategies; and

**WHEREAS**, by providing opportunities for physical activity and increasing the ease of access to healthy food options, Park and Recreation agencies can take the lead in moving a community forward in health and wellness; and

**WHEREAS**, this initiative will make resources available to the Park and Recreation department and the residents of Doral to utilize in furthering a healthy minded community;

**WHEREAS**, commitment to this pledge will provide metrics against which to measure how Park and Recreation departments are aggressively addressing nutrition and physical activity standards through education and programming initiatives.

**NOW, THEREFORE, BE IT RESOLVED BY THE MAYOR AND CITY COUNCIL  
OF THE CITY OF DORAL, FLORIDA, AS FOLLOWS:**

**Section 1. Recitals.** The above recitals are confirmed, adopted, and incorporated herein and made a part hereof by this reference.

**Section 2. Approval.** The City hereby recognizes the value of the State of Health and Wellness Pledge and pledges the City's involvement in the State of Health and Wellness Pledge, pursuant to the City's signed pledge, which is approved as attached hereto as Exhibit "A". The standards and practices outlined in the Florida Recreation and Park Association State of Health and Wellness Pledge as guidelines for the City's Parks and Recreation Department .

**Section 4. Implementation.** The City Manage and the City Attorney are hereby authorized to take such further action as may be necessary to implement the purpose and provisions of this Resolution.

**Section 5. Effective Date.** This resolution shall take effect immediately upon adoption.

The foregoing Resolution was offered by Councilmember Ruiz who moved its adoption.  
The motion was seconded by Councilmember Rodriguez and upon being put to a vote,  
the vote was as follows:

Mayor Luigi Boria	Yes
Vice Mayor Christi Fraga	Yes
Councilman Pete Cabrera	Absent/Excused
Councilwoman Ana Maria Rodriguez	Yes
Councilwoman Sandra Ruiz	Yes

PASSED AND ADOPTED this 13 day of April, 2016.



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LUIGI BORIA, MAYOR

ATTEST:



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CONNIE DIAZ, CMC  
CITY CLERK

APPROVED AS TO FORM AND  
LEGAL SUFFICIENCY FOR THE SOLE USE  
OF THE CITY OF DORAL



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WEISS, SEROTA, HELFMAN, COLE, & BIERMANN, PL  
CITY ATTORNEY

# EXHIBIT “A”



## Florida Recreation and Park Association

State of Health and Wellness Pledge



According to the Centers for Disease Control and Prevention (CDC), a healthy community is one that continuously creates and improves both its physical and social environments, helping people to support one another in aspects of daily life and to develop to their fullest potential. Park and Recreation Departments are at the center of healthy places designed and built to improve the quality of life for all people who live, work, learn, and play within their borders—where every person is free to make choices amid a variety of healthy, available, accessible, and affordable options. To show our commitment to community well-being and public health, The Florida Recreation and Park Association (FRPA) created the State of Health and Wellness Pledge. In working to meet the following standards, Park and Recreation agencies can take the lead in moving their community toward a better tomorrow.

### Physical Activity

#### *Community*

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

- 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).

#### *Programming/Policy*

**Standard:** Park and Recreation agency creates an environment of fitness, physical activity and fun while maintaining a safe and positive atmosphere.

##### Out of School Time Program

- A minimum of 30 minutes per day will be dedicated to outdoor, physical activity at before and after school care programs.
- A minimum of 60 minutes per day will be dedicated to outdoor, physical activity at full day or summer programs.
- Daily physical activity time will include active, aerobic, age-appropriate bone and muscle strengthening and cardio-respiratory fitness activities.
- Structured and unstructured activities will be adaptable, accessible and inclusive of all youth, including those with physical, sensory and intellectual disabilities.
- A variety of physical activity options will be offered that are fun, recreational, life-long learning opportunities.
- No more than 10% of program time will be used for “screen time”. (e.g. access to tv, movies or non-educational related computer devices.)
- Staff will serve as role models for health by leading and participating in active play.
- Staff will not use physical activity as a form of punishment.

- Youth will participate in activity selection, organization and leadership and incorporate child-directed free play.
- Parent/family/community events will incorporate physical activity.
- Annual budget will allow for high quality physical activity experiences.
- Liability and risk management policies will enable staff to participate in physical activity with participants.
- Equipment for games, sports and activities will be age and developmentally appropriate and will support cardio-respiratory and musculoskeletal fitness.
- Safe and adequate indoor and outdoor facilities for physical activity will be provided.
- The self-evaluation process will be ongoing and will include program improvement strategies for physical activity programming.
- Health and wellness classes will be offered at affordable prices and at differing times of day.

#### *Education/Training*

**Standard:** Park and Recreation agency receives up to date training on safe, physical activity and trends in play.

- Staff will receive a minimum of 8 contact hours annually of professional development on effective practices and strategies for planning all-inclusive physical activity.
- Agency will create a staff policy to promote and encourage a physically active lifestyle.

#### *Partnerships*

**Standard:** Park and Recreation agency partners with local organizations to meet the physical activity needs in its community.

- Agency will seek grant funding for programs.
- Agency will partner with the Florida Department of Health local office.
- Agency will be involved in the Community Health Improvement Plan in partnership with the Florida Department of Health local office.
- Agency will be involved in Mobilizing Action through Planning Partnerships (MAPP).
- Agency will encourage and assist local government(s) to apply for the Florida Department of Health's Healthy Weight Community Champion recognition program.
- Agency will partner with local medical professionals, school boards, etc. to offer services and programs to the community.
- Agency will partner with accredited universities and/or colleges for research projects.
- Agency will submit GIS Data including parks, centers and amenities to FRPA.
- Other

## Nutrition

#### *Community*

**Standard:** Park and Recreation agency works as a connector between the community and locally grown food needs.

- A community garden program will be in place.
- Agency will participate in the planning of access to public transportation stops, trails, greenways or sidewalks that connect residents to opportunities to purchase healthy food (including retailers, farmers markets and community gardens) easily and affordably.

#### *Programming/Policy*

**Standard:** Park and Recreation agency strives promote and provide healthy food options during leisure, recreation and out of school time.

Out of School Time program

- Each student will be provided with enough calories to avoid both hunger and over eating.
- Choices will be offered and accommodations made for dietary restrictions related to allergy, food intolerance, religion and culture.
- Food program in place aligns with the National Recreation and Park Association's (NRPA) Commit to Health or National Institute for Out of School Time's (NIOST) Healthy Eating and Physical Activity (HEPA) Standards.
- Field trip leaders will be discouraged from using fast food as a meal choice.
- Staff members will discuss the health benefits of snack or meal components with youth and will have a process in place for discussing inappropriate food choices with youth.
- Healthy food will be served at parent events.
- Families will receive guidelines about food and beverages that may be brought into the program by the family members or youth.
- The Program's healthy eating practices and physical activity standards will be shared and discussed during parent/family /community meetings.

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.

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.

*Education/Training*

**Standard:** Park and Recreation Agency is known for encouraging and teaching healthy eating habits.

- Staff receive training on the role of healthy eating, physical activity, and social supports for healthy behaviors minimally once per year.

- Evidence based nutrition education is available to parents and youth.
- Provide nutrition classes and programs at little or no cost to community.

#### *Partnerships*

**Standard:** Park and Recreation agency partners with local organizations to become a voice of nutrition standards for the community.

- Agency will partner with:
  - IFAS Extension Services community-based educational programs
  - Youth Sports Leagues and community-based organizations
  - Local grocers in underserved areas
  - Other
- Agency will seek grant funding for programs.
- Agency will partner with the Florida Department of Health local office.
- Agency will be involved in the Community Health Improvement Plan in partnership with the local health department.
- Agency will be involved in Mobilizing Action through Planning Partnerships (MAPP).
- Agency will encourage and assist local government(s) to apply for the Florida Department of Health's Healthy Weight Community Champion recognition program.
- Agency will partner with accredited universities and/or colleges for research projects.

On March 1, 2016 in the City of Doral, the undersigned pledges to positively impact Community Health through the implementation of the above standards.



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Department Director

Barbara Hernandez  
City of Doral  
Parks and Recreation



## Florida Recreation and Park Association

State of Health and Wellness Pledge  
Measurement Tool



### Pledge Tiers

#### Health Champion

More than or equal to 70% of best practices are “work in progress”.  
End measurement will be how many new practices are being worked on/achieved.

#### Health Leader

Less than or equal to 30% of best practices are “work in progress”.  
End measurement will be increase in participation/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](mailto:charla@frpa.org).

<b>Agency:</b>	<b>Contact Name:</b>
<b>Contact Phone:</b>	<b>Contact email:</b>
<b>Date completed:</b>	

## Florida Recreation and Park Association

State of Health and Wellness Pledge

Measurement Tool



### 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:			

#### Programming/Policy

**Standard:** Park and Recreation agency creates an environment of fitness, physical activity and fun while maintaining a safe and positive atmosphere.

Practice	Status	Measurement	Describe implementation/plan for implementation (if applicable)
<b>Out of School Time program</b>			
A minimum of 30 minutes per day will be dedicated to outdoor, physical activity at before and after school care programs.			
A minimum of 60 minutes per day will be dedicated to outdoor, physical activity at full day or summer programs.			
Daily physical activity time will include active, aerobic, age-appropriate bone and muscle strengthening and cardio-respiratory fitness activities.			
Structured and unstructured activities will be adaptable, accessible and inclusive of all youth, including those with physical, sensory and intellectual disabilities.			
A variety of physical activity options will be offered that are fun, recreational, life-long learning opportunities.			
No more than 10% of program time will be used for “screen time”. (e.g.			

## Florida Recreation and Park Association

State of Health and Wellness Pledge  
Measurement Tool



access to tv, movies or non-educational related computer devices.)			
Staff will serve as role models for health by leading and participating in active play.			
Staff will not use physical activity as a form of punishment.			
Youth will participate in activity selection, organization and leadership and incorporate child-directed free play.			
Parent/family/community events will incorporate physical activity.			
Annual budget will allow for high quality physical activity experiences.			
Liability and risk management policies will enable staff to participate in physical activity with participants.			
Equipment for games, sports and activities will be age and developmentally appropriate and will support cardio-respiratory and musculoskeletal fitness.			
Safe and adequate indoor and outdoor facilities for physical activity will be provided.			
The self-evaluation process will be ongoing and will include program improvement strategies for physical activity programming.			
Health and wellness classes will be offered at affordable prices and at differing times of day.			
Other:			
Other:			
Other:			

### Education/Training

**Standard:** Park and Recreation agency receives up to date training on safe, physical activity and trends in play.

Practice	Status	Measurement	Describe implementation/plan for implementation (if applicable)
Staff will receive a minimum of 8 contact hours annually of professional development on effective practices and strategies for planning all-inclusive physical activity.			
Agency will create a staff policy to promote and encourage a physically active lifestyle.			
Other:			

## Florida Recreation and Park Association

State of Health and Wellness Pledge  
Measurement Tool



Other:			
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### Partnerships

**Standard:** Park and Recreation agency partners with local organizations to meet the physical activity needs in its community.

Practice	Status	Measurement	Describe implementation/plan for implementation (if applicable)
Agency will seek grant funding for programs.			
Agency will partner with the Florida Department of Health local office.			
Agency will be involved in the Community Health Improvement Plan in partnership with the Florida Department of Health local office.			
Agency will be involved in Mobilizing Action through Planning Partnerships (MAPP).			
Agency will encourage and assist local government(s) to apply for the Florida Department of Health's Healthy Weight Community Champion recognition program.			
Agency will partner with local medical professionals, school boards, etc. to offer services and programs to the community.			
Agency will partner with accredited universities and/or colleges for research projects.			
Agency will submit GIS Data including parks, centers and amenities to FRPA.			
Other:			
Other:			
Other:			

## Nutrition

### Community

**Standard:** Park and Recreation agency works as a connector between the community and locally grown food needs.

Practice	Status	Measurement	Describe implementation/plan for implementation (if applicable)
A community garden program will be in place.			
Agency will participate in the planning of access to public transportation stops, trails, greenways or sidewalks that connect residents to opportunities			

## Florida Recreation and Park Association

State of Health and Wellness Pledge  
Measurement Tool



to purchase healthy food (including retailers, farmers markets and community gardens) easily and affordably.			
Other:			
Other:			

### Programming/Policy

**Standard:** Park and Recreation agency strives promote and provide healthy food options during leisure, recreation and out of school time.

Practice	Status	Measurement	Describe implementation/plan for implementation (if applicable)
<b>Out of School Time program</b>			
Each student will be provided with enough calories to avoid both hunger and over eating.			
Choices will be offered and accommodations made for dietary restrictions related to allergy, food intolerance, religion and culture.			
Food program in place aligns with the National Recreation and Park Association's (NRPA) Commit to Health or National Institute for Out of School Time's (NIOST) Healthy Eating and Physical Activity (HEPA) Standards.			
Field trip leaders will be discouraged from using fast food as a meal choice.			
Staff members will discuss the health benefits of snack or meal components with youth and will have a process in place for discussing inappropriate food choices with youth.			
Healthy food will be served at parent events.			
Families will receive guidelines about food and beverages that may be brought into the program by the family members or youth.			
The Program's healthy eating practices and physical activity standards will be shared and discussed during parent/family /community meetings.			
Other:			
Other:			
<b>Vending/Concessions</b>			
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			

**Florida Recreation and Park Association**

State of Health and Wellness Pledge  
Measurement Tool



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:			
<b>Facility</b>			
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.			

*Education/Training*

**Standard:** Park and Recreation Agency is known for encouraging and teaching healthy eating habits.

<b>Practice</b>	<b>Status</b>	<b>Measurement</b>	<b>Describe implementation/plan for implementation (if applicable)</b>
Staff receive training on the role of healthy eating, physical activity, and social			

**Florida Recreation and Park Association**

State of Health and Wellness Pledge  
Measurement Tool



supports for healthy behaviors minimally once per year.			
Evidence based nutrition education is available to parents and youth.			
Provide nutrition classes and programs at little or no cost to community.			
Other:			
Other:			

*Partnerships*

**Standard:** Park and Recreation agency teams up with local organizations to become the voice of nutrition standards for a community.

<b>Practice</b>	<b>Status</b>	<b>Measurement</b>	<b>Describe implementation/plan for implementation (if applicable)</b>
Agency will partner with:			
IFAS Extension Services community-based educational programs			
Youth Sports Leagues and community-based organizations			
Local grocers in underserved areas			
Other:			
Agency will seek grant funding for programs.			
Agency will partner with the Florida Department of Health local office.			
Agency will be involved in the Community Health Improvement Plan in partnership with the local health department.			
Agency will be involved in Mobilizing Action through Planning Partnerships (MAPP).			
Agency will encourage and assist local government(s) to apply for the Florida Department of Health’s Healthy Weight Community Champion recognition program.			
Agency will partner with accredited universities and/or colleges for research projects.			
Other:			
Other:			
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