



Newest Publications, Surveys, and Studies Highlight Current Recreation Trends, Local Needs, Health and Wellness

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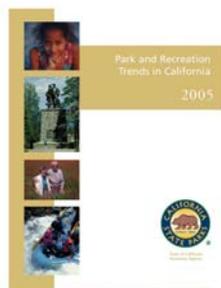
California is confronted by a rapidly changing population and concerns about health and well-being. The State Parks Planning Division publishes numerous studies, surveys, and guidebooks that ensure that we keep pace with trends, local needs, health and wellness, and recreation demands.

Local, regional, state, and federal public and private parks and recreation providers, as well as local policymakers and leaders, the Legislature and the Governors Office, depend on these publications to educate and develop policy for local infrastructure, responsive government, grants and budgeting, promoting health and wellness, preserving resources, and serving California's diverse communities.

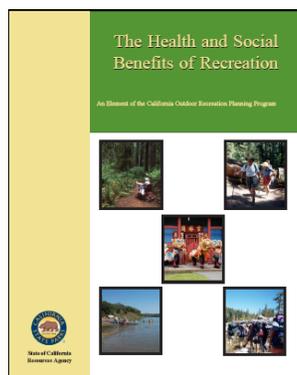
Local Needs Assessment Report is an assessment of local park and recreation needs and an analysis of grant funding distribution and gaps. It identifies under-served needs and under-served communities and recommends actions to be considered by the administration and the legislature. It is anticipated that the recommendations can play a critical role in upcoming evaluation and development of funding programs. It recommends future funding mechanisms (including bonds) and outlines actions that local, state, and Federal participants can take to secure needed improvements.

California Recreation Policy 2005, approved by the State Park and Recreation Commission in September 2005, is an energetic new blueprint, a call-to-action for park and recreation providers in California at every level — local agencies, state, and private entities — to provide the leadership; and to aggressively press for programs and activities that address significant trends now prevalent and growing in California society. Guidance includes an

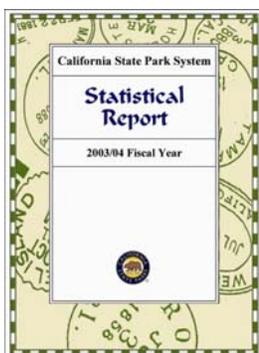
emphasis on the changes in health, wellness and obesity, environmental justice, placing parks closer to where people live regardless of income levels, making all park facilities more accessible to all citizens, and providing more recreational opportunities and facilities to keep pace with California's rapid growth.



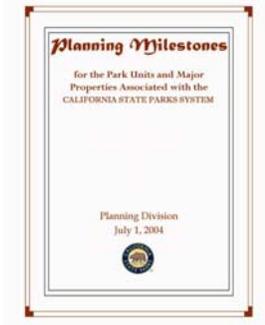
The **Park and Recreation Trends in California 2005** examines trends affecting all parks, recreation areas, programs, and services. This new report provides guidance and insight to plan for the dynamic changes in California's population, diversity and urbanization patterns. The report also provides policy background material for public presentations. Californians have gained 360 million pounds in the last decade, resulting in more cases of diabetes, heart disease and stroke.



To address this obesity epidemic, the State Parks Planning Division published the **Health and Social Benefits of Recreation** study in 2005. Promoting health and wellness, the study calls on parks and recreation leaders to offer more opportunities for physical activity through recreation. State Parks' new report encourages Californians of all ages to rise to the challenge and meet their personal physical fitness and health goals by participating in recreation. The report emphasizes the positive impacts that park and recreation lands, facilities, programs and activities play in preventing obesity.



The **California State Park System Statistical Report** is published and made available each fiscal year. Accompanying the report document is a color map showing the location of each unit and property in the State Park System. The Statistical Report includes factoids on park acreage, visitor attendance, revenues, and public park and recreation facilities statewide.



Every year, the State Parks Planning Division also publishes a new edition of the **Planning Milestones** a storehouse of information on the 278 units, properties, 81 classified internal units, a detailed pull-out color map, major accomplishments, comparisons of past history to current status of land use and resource management planning of State Park System.

For additional information and to view these State Parks Planning Division publications, and many others, visit: www.parks.ca.gov/planning or call (916) 653-9901 or email: planning@parks.ca.gov