

NEWS RELEASE



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City of Casper Named 2010 NRPA ACHIEVE Community to Combat Obesity and Chronic Diseases

Casper, WY, December 12, 2010 – The National Recreation and Park Association (NRPA) recently selected the Casper Recreation Division as a 2010 Action Communities for Health, Innovation, and EnVironmental change (ACHIEVE) community to advance the nation’s efforts to prevent chronic diseases and their related risk factors.

ACHIEVE encourages the development of collaborative partnerships in all sectors of a community, and aims to combine public health expertise from the state and local levels with the experience of agencies that have expertise in providing community support and outreach, such as local park and recreation departments and the YMCA. The City of Casper Recreation Division will receive a \$35,000 grant for professional development opportunities related to health education and community outreach—including an Action Institute where community leaders can learn about effective strategies to design, implement and effect community change—and to promote programming focusing on issues such as physical fitness and obesity, nutrition and tobacco cessation.

The City of Casper is dedicated to providing a variety of recreational spaces for the community while offering quality, comprehensive recreational programming that directly or indirectly encourages healthy, active living. Through collaborative planning, organization and input from citizens and a variety of community-based groups and partners, the City strives to meet the challenges of inclusion, competitive balance, skill development, volunteerism, sportsmanship and cooperation.

Through a partnership between NRPA, the National Association of County and City Health Officials (NACCHO), the National Association of Chronic Disease Directors (NACDD) and the YMCA of the USA (Y-USA), a total of 40 U.S. communities in 23 states and one territory were chosen to be ACHIEVE communities for 2010. The 2010 communities will build upon the successes of the 2008 and 2009 ACHIEVE communities.

Recreation Superintendent, Carolyn Griffith, sees the ACHIEVE award as an opportunity and tool to strengthen partnerships within the Casper community. “The ACHIEVE grant may prove to be the glue that holds community health and wellness providers together as we work together to encourage people to be more active, improve nutrition choices and develop community-wide strategies to reduce chronic disease factors.”

“Our country is experiencing a staggering increase in health issues, which we can only overcome by investing in and supporting programming and education at the local level,” said Barbara Tulipane, CEO of NRPA. “The inspiring efforts of our 2010 ACHIEVE agencies will enhance the health and livability of their local communities, and create awareness of the essential services that parks and recreation provide to individuals in terms of physical fitness, health and wellness.”

The National Recreation and Park Association is a national not-for-profit organization dedicated to advancing park, recreation and conservation efforts that enhance quality of life for all people. Through its network of 21,000 recreation and park professionals and citizens, NRPA encourages the promotion of healthy lifestyles, recreation initiatives, and conservation of natural and cultural resources. For more information, visit www.nrpa.org. For digital access to NRPA’s flagship publication, *Parks & Recreation*, visit www.parksandrec-magazine.org.



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