



Educate • Advocate • Support

2019
AWARD OF
DISTINCTION WINNERS





2019 CARPD AWARDS OF DISTINCTION

On behalf of the California Association of Recreation & Park Districts (“CARPD”), we want to thank you for attending the 2019 CARPD Awards of Distinction Banquet.

CARPD is a 501(c)(6) nonprofit whose goals include providing support and education to recreation and park districts throughout the State. What better way to accomplish this mission than by recognizing excellence in the field and acknowledging the achievements of leaders in the industry in front of their peers?!

This year, our Awards Committee had several well-deserving applications to choose from and we are privileged to honor the very best from all over California. Congratulations to this year’s winners!

We hope you enjoy the Banquet and have found this year’s Conference to be a valuable educational and networking experience. We want to give special thanks to our Awards Committee, our Conference Committee, and our entire Board of Directors for giving their time and expertise. With the Board’s help, we are able to support our members and help them fulfill their role as providers of quality recreation programs and park facilities throughout California. We hope you all will continue to support CARPD and we will see you next year!

Matthew Duarte
Executive Director



2019

EDUCATE | ADVOCATE | SUPPORT

OUTSTANDING INNOVATIVE PROGRAM

East Bay Regional Park RX and SHINE Programs

2019



The **East Bay Regional Park District** has been a leader in the Healthy Parks Healthy People (HPHP) movement since 2011 and in Park Prescriptions Rx since 2014.

The District's Park Rx/SHINE programs address three major challenges: 1) The rates of chronic illnesses and stress levels among the underserved communities which have increased due to sedentary lifestyle. 2) The isolation of individuals which has led to increase in loneliness and depression. 3) The cultural segregation of communities which has led to stereotyping, fear, distrust, insecurity, and discrimination.

Since 2014, East Bay has led six to eight Multicultural Wellness Walks (MCWW) annually. Each walk convenes 80 to 110 participants. After a warm multi-lingual welcome, participants walk together in nature, practice yoga/tai chi movements, play ice breaker games and enjoy a healthy lunch of eclectic food (Korean kimchap, burrito, etc.).

In 2014, the District partnered with UCSF Benioff Children's Hospital Oakland (UBCHO) to launch the SHINE program. The program provides transportation to a park, a healthy lunch, a 40-minute walk, and 50-minute unstructured play time. The program was recently expanded in cooperation with Contra Costa County Health Services. Currently, over 110 physicians regularly prescribe time in nature to their patients. To date, 2,200 children and families have participated in SHINE.



EDUCATE

Providing Professional Development Tools
for **LEADERS** throughout the State

ADVOCATE

Providing Legislation that Positively
Impacts Your **COMMUNITY**

SUPPORT

Supporting the **VISION** and
Organizational Needs of Your District

