

PARKS AND RECREATION SERVE AS COMMUNITY WELLNESS HUBS: HEALTHIER PEOPLE. HAPPIER COMMUNITIES.

15 Communities | 2 Years | Strategic Investment, Planning and Community Engagement supported by a NRPA and Walmart Foundation grant

WHAT IS A COMMUNITY WELLNESS HUB?

NRPA defines this as a trusted gathering place that connects every member of the community to essential programs, services and spaces that advance health equity, improve health outcomes and enhance quality of life.



Nearly **18 million** meals provided to youth and adults



228 new food access points like food bank sites and farmers markets



31,000+ households provided with SNAP outreach



327 community partnerships created or strengthened

DEVELOPING HEALTHY HABITS

Grantees implemented nutrition and health education. The results?



48% of people increased fruit and/or vegetable consumption



29% of people increased meal preparation at home



37% of youth increased frequency of healthy food choices

Adults rated themselves higher in every quality-of-life indicator including overall life satisfaction.

“It feels empowering to have some concrete objectives and vision for what improvement in health equity might look like for our organization.”

— Park and recreation professional and grant recipient

An investment in Community Wellness Hubs is an investment in healthier, happier communities.

Learn more: nrpa.org/health



NATIONAL RECREATION AND PARK ASSOCIATION