INShape Indiana

Healthy Parks, Healthy People
Governor Mitch Daniels

“The toughest public health challenges require individuals to take personal responsibility for healthier lifestyle choices.”
Governor’s Council For Physical Fitness and Sports

• Reestablished July 13, 2005 via executive order 5-22
• Made up of up to 21 outstanding members of the community
• Convenes quarterly to
  – Advise the Governor on matters of fitness and sports
  – Coordinate fitness and sports activities statewide
62 percent of Hoosiers are overweight or obese; 10th most obese state*
1.2 million adult Hoosiers smoke;
2nd highest smoking rate*
1 in 4 Hoosiers admit no physical activity*
Indiana is 4th highest in healthcare costs**

Source:
*Risk Factor data from 2004 to 2005 Centers for Disease Control and Prevention Behavior Risk Factor Surveillance System (BRFSS)
**2004 Hewitt Health Value InitiativeTM
Youth Statistics

- From 2003 to 2005 the percentage of overweight 9th grade students in Indiana rose from 11.5% to 15.0%
- 31.9% of 9th grade students in Indiana watch 3 or more hours of TV per day
- From 2003 to 2005 the percentage of 9th grade students who ate the recommended number of fruits and vegetables each day fell from 20.3% to 15.5%
Activity Recommendations

• Adults should engage in moderate physical activity for at least 30 minutes per day at least 5 days per week

• 30 minutes can be reached in multiple 10 minute bouts of activity
INShape Indiana

- Governor Daniels’ initiative to improve the health of Hoosiers through:
  - More Physical Activity
  - Better Food Choices
  - Tobacco Cessation
- Web based
- Clearinghouse of resources
- Recording mechanism
- Incentives
• January 15, 2007 through March 25, 2007
• Encourages participants to lose 1 pound per week for 10 weeks through diet and exercise
  – 250 additional calories burned each day
  – 250 fewer calories consumed each day
• 35,000 participants
Just a few of INShape’s Partners, Sponsors & Success Stories

- Anthem Blue Cross Blue Shield
- Bicycle Garage Indy
- BGI Fitness
- Clarian Health Partners
- Club Fitness
- Curves
- CVS Pharmacy
- Dekalb Memorial Hospital
- Department of Natural Resources
- Dick’s Sporting Goods
- Fort Wayne-Allen County Health Department
- Gibson Insurance Group
- Marsh

- National Institute for Fitness and Sport
- Novartis
- OFS
- On-site Health Solutions
- Ortho-Indy
- P.A.S.S. Performance Training
- Press Ganey Associates
- Positive Fitness
- Push! Fitness for Women
- Summit City Fitness
- Midwest US Tennis Association
- West Central Community Hospital
- YMCA of Owen County
Governor’s Fitness Award

- Nine week fitness program for school children
- Traditionally administered by physical education instructor
- Involves students designing their own weekly activities
- Celebrates fulfillment of self designed fitness program
- Over 21,000 students in taking part in 2006
- Two schools with highest participation rate receive fitness clinics by the WNBA’s Indiana Fever
Governor Daniels’ Sports Spot

• Black and Minority Health Fair
  – Bicycle safety course
  – Tennis instruction

• Indiana State Fair
  – Basketball
  – Youth performances
  – Indiana on the Move
  – Active prizes
Policy Change

- Individual
- Home
- Workplace
- Community
Opportunities for Sponsors and Partners

- Create incentives for your employees
- Encourage your employees’ participation
- Offer discounts to INShape participants
- Submit your physical activity program so it can be posted to the web site
- Sponsor an event or summit
“We must move on one more long-term barrier to bigger paychecks, as well as a higher quality in the lives Hoosiers lead. It’s a troublesome truth that ours is one of the least healthy states in America. We weigh, drink, and smoke too much, and exercise too little. So it’s no accident that we have some of the highest health care costs anywhere, a barrier in the way of the new jobs we seek.”

Governor Mitch Daniels
2nd State of the State Address - 2006
INShape Indiana:
www.INShape.IN.gov
DNR-Specific connection with Governor Daniels’ INShape Indiana Program

Tap into increased public awareness of wellness/health to increase usage of our sites for exercise/restoration

Increase understanding of our properties’ resources and needs
Program Goal:

Indiana residents will view our properties as places for improving their physical, mental and social health, and they will also understand and support the natural, cultural, fiscal and human resources needed for our state parks and reservoirs to be “healthy.”
Healthy People Action Targets

Support INShape Walks and other events 1-2 times per year at all properties

2005: 703 participants
2006: 1337 participants; 366 free entrance passes
Healthy People Action Targets

Design a web page that focuses on our sites as places for physical exercise, mental relaxation and family fun.

http://www.dnr.IN.gov/healthy
Provide activities and media coverage to emphasize the physical, mental, social and developmental value of outdoor places for children and adults.

- HP-HP events identified on public program schedules
- New mountain bike trails
- MyDNR E-mail list
- Indiana Recreation Guide
Welcome to Indiana State Parks and Reservoirs’

Walk, hike, swim, ride and relax your way to better health at your favorite state park or reservoir. As you spend time outdoors, you’ll see that our Hoosier state properties feature great natural resources, ranging from giant sand dunes to deep rocky canyons. They are priceless gems and it takes staff, expertise and funding to manage and protect them. Visit www.dnr.in.gov/healthy can the web for more information.

Ten Simple Ways....
...you can improve your health at a state park or reservoir:

- Walk a trail.
- Rent a canoe or boat and go for a paddle.
- Take a swim at a pool or beach.
- Have a picnic and visit the playground.
- Join our staff for a guided nature hike.
- Ride a bike on one of our paved trails or our mountain bike trails.
- Tune off your cell phone and computer and relax in a lawn chair at a picnic area.
- Wash in one of our nine reservoirs.
- Buy a GPS unit and learn to canoe.
- Take a fishing class.

Bicycle Tours planned for June and September

September Excavade™ TRIP in September 14-20, This 6 day, 5 night will highlight scenic south central Indiana with two overnights at both Brown County and Spring Mill State Parks, and one overnight at McCormick’s Creek State Park. Each day travels on hard-surfaced roads with terrain that ranges from flat to rolling with a few challenging hills. We enjoy both the forests and farmlands of Indiana and visit special scenic and historic sites along the way. Bikes, details and registration at: www.triride.org or e-mail triride@triride.org

Healthy Parks, Healthy People!

Interpretive Services:
Everyone Benefits!

Each year you visit one of our park or reservoir properties, you benefit from the skills and enthusiasm of our interpreters. Interpretive naturalists provide programs that have been a source of pride for the Indiana Department of Natural Resources since 1923. These professionals don’t translate a foreign language; their job is to introduce you to the fascinating stories of each property you visit. They can take you on a hike through the woods, point out constellations in the night sky, explain why leaves change color and answer your questions about poisonous snakes. They are naturalists, botanists, ecologists, geologists, archeologists, historians and recreation enthusiasts. With live animals, slide shows, guided tours, crafts, games and stories, interpretive naturalists provide fun and educational experiences that can enhance your visit and make memories that last a lifetime.

They keep the bulletin boards up-to-date so you have accurate information about the property and make connections with local Convention and Visitors’Bureaus to help you find and enjoy attractions and services in communities near our properties. They edit text and trail information on those vital property maps and brochure your use. They help prepare gate attendants and other front-line staff to answer the common questions you ask about the history, plants and animals of the property.

Interpretive Centers:
Open Doors to Other Properties
Our interpretive centers (nature centers and cultural sites) allow you to discover the unique features of each property at your own pace through hands-on exhibits, living history and staff/presentations. Historic buildings and artifacts, comfortable chairs for viewing wildlife and knowledgeable staff and volunteers make our centers a must-see experience.

State Parks & Reservoirs Host 2007 Volksmarches

For nearly 40 years, families and groups of friends around the world have participated in non-competitive 10K walking events. If you pre-register, you can earn a distinctive award.

To see the schedule and event details for the entire state, begin at www.sva.indianastateparks.org and click on Indiana.

Consider Making a Gift for the Future...

Support the Interpretive Services with your gift of time, money or materials.

Financial Contributions/Donations: You can contribute to the support of the Interpretive Services, either division-wide or at an individual property. Contributions should be directed to Interpretive Services, care of the Assistant Director for Stewardship, Division of State Parks and Reservoirs, 402 W. Washington, Room W112, Indianapolis, IN 46204. Designate your favorite property, if appropriate. Contributions are non-deductible and acknowledgement can be provided, if requested.

Materials: Each full-time interpreter maintains a “wish list” of supplies that are needed for programs and exhibits. These supplies may range from binoculars to laptop computers! Check with your favorite property to see how you can help!

Volunteers: There are many opportunities for helping out at our interpretive centers. We welcome individuals who can work regularly or center hosts/greeters, animal caregivers (cleaning, feeding), field volunteers (completing resource inventory/identification or technicians in computer data entry).
Healthy People Action Targets

Connect with local communities and organizations to co-sponsor events

• HUFF Run – Roush Lake
• Mighty Mississinewa Triathlon – Mississinewa Lake
Healthy People Action Targets

Connect with local communities and organizations to co-sponsor events

• King’s Daughter’s 5K Run – Clifty Falls
• Volksmarches
• TRIRI and September Escapade
• Friends Art & Music Festival – McCormicks’ Creek
Healthy Parks Action Targets

Increase publicity related to resource management activities

- Acreage managed
- Deer reductions
Healthy Parks Action Targets

Information and publicity related to fees and funding


Recreation Fee Changes in State Parks and Reservoirs

It seems like you’ve raised prices a lot in the last few years. Why is that?
This year we are actually lowering some fees, but we have had several increases recently. We increase fees to maintain the services we provide to you as a user of a state park or reservoir. When costs of utilities, supplies and equipment increase for you at home, they increase for us too.

We’ve raised camping rates only four times in the last fifteen years. However, all of those increases have come in the last seven years. Camping rates did not change from 1993-2001, but they’ve changed four times since then as we played “catch-up”.

Entrance rates followed a similar pattern. The cost of an annual pass remained at $18 from 1987 to 2001. The daily entrance fee for Hoosiers was just $2 from 1987 to 2000.

Fees that Increase in 2006*

<table>
<thead>
<tr>
<th>Entrance</th>
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<tbody>
<tr>
<td>In-state from $4 to $5 on weekends. Weekdays stays $4.</td>
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<tr>
<td>Out-of-state from $5 to $7 daily (Indiana Dunes from $8 to $10).</td>
</tr>
<tr>
<td>Annual in-state from $26 to $30.</td>
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<tr>
<td>Annual out-of-state from $32 to $46.</td>
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<tr>
<td>Golden Hoosier permit for age 65 and over from $13 to $18.</td>
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<tr>
<td>Daily Pedestrian/Bike from $1/person to $2/person.</td>
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<thead>
<tr>
<th>Camping and Cabins</th>
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<tbody>
<tr>
<td>Full hookup sites on weekends from $31 to $34; holiday weekends from $31 to $38.</td>
</tr>
<tr>
<td>Electric sites on weekends from $23 to $25; holiday weekends from $23 to $26.</td>
</tr>
<tr>
<td>Some cabins increased by $10/day for holiday weekends.</td>
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<thead>
<tr>
<th>Horse Camping and Fees</th>
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<tbody>
<tr>
<td>Electric sites on weekends from $26 to $28; holiday weekends from $25 to $31.</td>
</tr>
<tr>
<td>Annual horse tag from $15/horse to $20/horse.</td>
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<tr>
<td>Daily tag - not available for the last couple of years - is $5/horse/day.</td>
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<tr>
<th>Other Fees</th>
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<tr>
<td>Marina dock fees increased at variable rates.</td>
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<tr>
<td>Recreation building and shelter rental costs increase $5 on holidays/holiday weekends.</td>
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Fees that Decrease in 2006*

<table>
<thead>
<tr>
<th>Camping and Cabins</th>
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<tbody>
<tr>
<td>Full hookup sites on weekends from $30 to $33; holiday weekends from $30 to $37.</td>
</tr>
<tr>
<td>Electric sites on weekends from $22 to $24; holiday weekends from $22 to $25.</td>
</tr>
<tr>
<td>Some cabins decreased by $5/day for holiday weekends.</td>
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</tbody>
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*All fees rounded to the nearest dollar.
Healthy Parks Action Targets

Increase partnership efforts across the division

• Documenting partnership impacts/dollars
• Property friends groups
• Volunteers
• Statewide friends group
Healthy Parks Action Targets

Publicizing staff roles and potential careers in natural resources

• Introducing Hoosier Quest in 2007
Healthy Parks Action Targets

Focus attention on our response to user needs

• New playground equipment
• Roush Lake Shooting Range
• McCormick’s Creek CCC Amphitheater Restoration
• Electrical upgrades in campgrounds
• Wireless access in state park inns
• Charlestown Ohio River Boat Ramp
• Shakamak Group Camp Improvements
• O’Bannon Pool renovations and re-opening
• New mountain bike trails in 3 locations in 2007
Healthy Parks Action Targets

Improvements in natural and cultural resource inventory efforts

• University research
• Bioblitzes
• Citizen science
Healthy Parks Action Targets

Planning team for 2016 – 100th anniversary of Indiana State Parks
DNR-Specific connection with Governor Daniels’ INShape Indiana Program

Tap into increased public awareness of wellness/health to increase usage of our sites for exercise/restoration

Increase understanding of our properties’ resources and needs
What about your agency?
Resources and Ideas


South Australia:  

Indiana:  www.INShape.IN.gov

Indiana:  http://www.state.in.us/dnr/healthy/

Anchorage, AK:  http://www.anchorageparkfoundation.org/

Trust for Public Land:
http://www.lchc.org/documents/HealthyParksHealthyCommunities.pdf

NRPA/U.S. Health & Human Services Healthy People 2010:  
http://www.healthypeople.gov/

CT Dept. of Environmental Protection:  http://www.nochildleftinside.org/


US Forest Service More Kids in the Woods:  
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www.fitness.IN.gov
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