



DATE: July 15, 2019

TO: Mayor Chelminiak and City Councilmembers

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Parks & Community Services

SUBJECT: Parks & Recreation Month Proclamation

"I remember a hundred lovely lakes and recall the fragrant breath of pine and fir and cedar and poplar trees. The trail has strung upon it, as upon a thread of silk, opalescent dawns and saffron sunsets. It has given me blessed release from care and worry and the troubled thinking of our modern day. It has been a return to the primitive and the peaceful. Whenever the pressure of our complex city life thins my blood and benumbs my brain, I seek relief in the trail; and when I hear the coyote wailing to the yellow dawn, my cares fall from me - I am happy." –Hamlin Garland, McClure's, February 1899

In 2009, the U.S. House of Representatives passed a resolution designating July as National Parks and Recreation Month. Since 1965, Bellevue's parks and recreation system has been embedded into the cultural, physical, and economic landscape of this City. While most services offered primarily address the needs of Bellevue residents, their benefits far exceed the boundaries of the City limits. The positive effects of parks and recreation systems on the environment, physical and mental health, social well-being, the economy, and youth development have lasting and extensive benefits.

Public parks and recreation services play a central role in promoting physical activity, which improves overall physical and mental health as well as emotional well-being. It has been well-documented that America faces a major health crisis, as more than one-third of adults in this country are clinically obese. The statistics for children are similarly grim, with one-third of American children overweight and one-in-six obese. Multiple studies indicate that time spent outdoors is the strongest correlate of physical activity (especially for children). In one study, just a half-hour walk in the woods resulted in large drops in blood glucose levels in diabetic study participants. Exposure to nature and physical activity clearly has a soothing effect on our minds, our bodies, and our spirits.

Parks and recreation systems support young people by building cognitive, social, and emotional skills that allow them to contribute to society. Studies indicate that participation in recreation programs is associated with autonomy and identity development, positive social relationships, conflict resolution skills, academic success, mental health, and civic engagement for young people. Community violence and anti-social behavior occurs less frequently among youth with access to strong parks and

recreation systems. Using a conservative cost-benefit analysis, researchers conclude that every dollar invested in afterschool programs saves society \$2.50 in future costs related to juvenile crime. Students who participate in at least one hour of extracurricular activity per week are 49 percent less likely to use drugs and 37 percent less likely to become teen parents.

Bellevue's parks also improve the quality of life for our residents by stimulating economic development from tourism and increasing property values. Publicly available and accessible services create a healthier and more interconnected community. These factors exponentially enhance the City's ability to proactively respond to progressively more challenging social, economic, and environmental issues, and provide solutions for Bellevue's future.

The City of Bellevue's parks and recreation system is iconic within the region. As a "city in a park," this system boasts regional and national accolades for its excellence in parks, services, and well-maintained amenities. Bellevue's comprehensive and diverse services and offerings provide lasting value to residents and visitors alike. The City and its residents reap a myriad of individual and collective returns on these investments.

Please join us in celebrating Parks & Recreation Month by attending a special event, going on a hike on a trail, visiting a neighborhood park, canoeing the Mercer Slough, participating in a recreation program, or simply taking a walk with nature.

cc: Parks & Community Services Board