

The Role of the Recreation System in Building Community Resilience and Adaptive Capacity

Presented to the Arctic Division, American
Association for the Advancement of Science,
Anchorage, AK September 2007

Bill Overbaugh, Ph.D. Student
Dr. Lilian Alessa, UAA
Dr. Terry Chapin, UAF
Dr. Andy Kliskey, UAA

Purpose

- WHY should The Recreation System be considered as a component and major contributor to Community Resilience and Adaptive Capacity?
- HOW can the Recreation System be applied to Community Resilience and Adaptive Capacity?

Simply

- Apply the Benefits-Based Model (BBM) to the Recreation System so it can relate to and contribute to Community Health, Resilience and the Capacity to Adapt to crisis and major changes so to maintain a desired state of livability and preserve future options.

Recreation System

GREEN SPACES

the recreation settings in Parks, Trails, Rivers, Lakes, Open Space, and Forests

RECREATION SERVICES

the Activities, Experiences, and Benefit Outcomes

SERVICE PROVIDER NETWORK

that manages, monitors, markets and delivers Services in Green Spaces

Recreation Services

- Green Spaces – open space, watershed, parks, rivers, lakes, trails, forests, etc.
- Activities – Outdoor recreation activities like xc-skiing, mountain biking, hiking, etc.
- Experiences – On-site psychological experiences from outdoor participation.
- Benefit Outcomes – improved & maintained human conditions produced through experiences and activities.

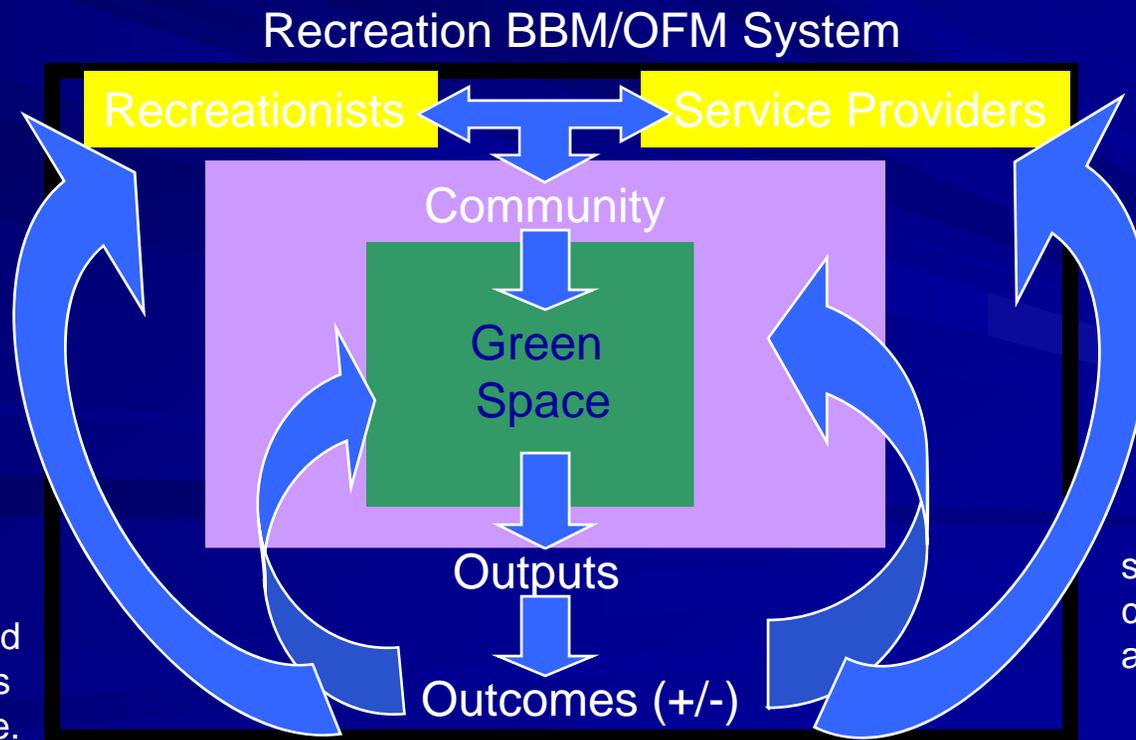
Recreation System Community Resilience Framework

System Inputs

Recreationists and Service Providers interrelate within the Community Infrastructure.

System Throughputs

Recreationists and Service Providers interface with the physical, social, and operational settings of the Green Space.



System Outputs

Recreation Activity, Experience, and Benefit opportunities are produced.

System Outcomes

Beneficial and negative outcomes feedback to visitors, residents, off-site supporters, businesses, community, economy, and the environment.

Recreation Benefit Outcomes

(Psychometrics)

- PERSONAL – better health, fitness & mental well-being, reflection, adventure
- SOCIAL – better place to live, greater stewardship, improved family bonding
- ECONOMIC – increased home values, increased tax revenue
- ENVIRONMENTAL – improved air & water quality, healthier wildlife populations

Benefit Outcomes

- Are widely accepted in the literature and by social scientists
- Validity and reliability tested
- Popularized by public campaigns by NRPA and the Benefits Catalogue

Canada's Eight Benefit Categories

1. **Essential to** PERSONAL HEALTH
2. **The Key to** HUMAN DEVELOPMENT
3. **Essential to** QUALITY OF LIFE
4. **Reduces** ANTI-SOCIAL BEHAVIOR
5. **Builds** FAMILIES and COMMUNITIES
6. PAY NOW OR PAY MORE LATER
7. **Significant** ECONOMIC GENERATORS
8. **Essential to** ECOLOGICAL SURVIVAL

Benefits Catalogue

- Category Example – Recreating Outdoors produces healthier, more fit people
- Evidence – Provides 32 citations of scientific work that support the claim

Outcomes are Real

- There is no argument against the existence of the Benefit Outcomes or that they are attributable to outdoor recreation.
- Benefit Outcomes produce:
 - Enriched Quality of Life for citizens
 - Stronger Families and Communities
 - Stable and Diverse Local Economies
 - Productive and Healthy Environment

So what's the problem?

- BBM or managing for recreation benefit outcomes is not widely used.
- Activity–Based Model is utilized by an estimated 80-90% of Park Managers.
- ABM manages for activities, facilities, programs and projects and treats these means as an end.
- BBM manages for the outcomes as the desired end and the recreation settings to achieve targeted outcomes. Then utilizes the best mix of programs, facilities, and services to achieve the desired end.

Additional problems?

- Recreation is seen as fun & games
- Not viewed as an essential public service
- Is the 1st department cut when funding is tight.

- The Recreation Profession has not made its case to be taken seriously.
- It definitely has not made its case to be considered as a contributor to Community Resilience and Adaptive Capacity

Recreation System doesn't exist in the Resilience & Adaptive Capacity world.

- A literature review has produced no articles that link recreation benefit outcomes to resilience & adaptive capacity
- Communication with professionals and the academic community in both areas can cite no studies that link them
- The Anchorage HAI Program identifies 83 indicators of Community Health, none are recreation-related

Opportunities in Adopting BBM

- For Resilience, it is a chance to add Recreation as a major player that contributes significantly to a healthy more resilient community on a Personal, Social, Economic and Environmental level
- For Recreation, it is a chance to be considered increasing relevant as an essential public service through outcome-based scientific data that contributes to quality of life, vibrant communities, diverse local economies and healthy ecological environments

Why?

- Why should The Recreation System be strongly considered as a component and major contributor to Community Resilience and Adaptive Capacity?
- Recreation Benefit Outcomes are strongly linked with Healthy Communities.

How?

- How can the Recreation System be applied and contribute to Community Resilience and Adaptive Capacity?
- Application and refinement of the Recreation Management Benefits-Based Model (BBM) to link place-based outcomes to Green Spaces and managing for a diversity of activities, experiences, outcomes and setting on a neighborhood scale.

Benefits-Based Model

Inputs

Service
Provider
Actions

Mgmt.
Monitoring
Marketing
Admin.

Throughputs

Recreation &
Community
Settings

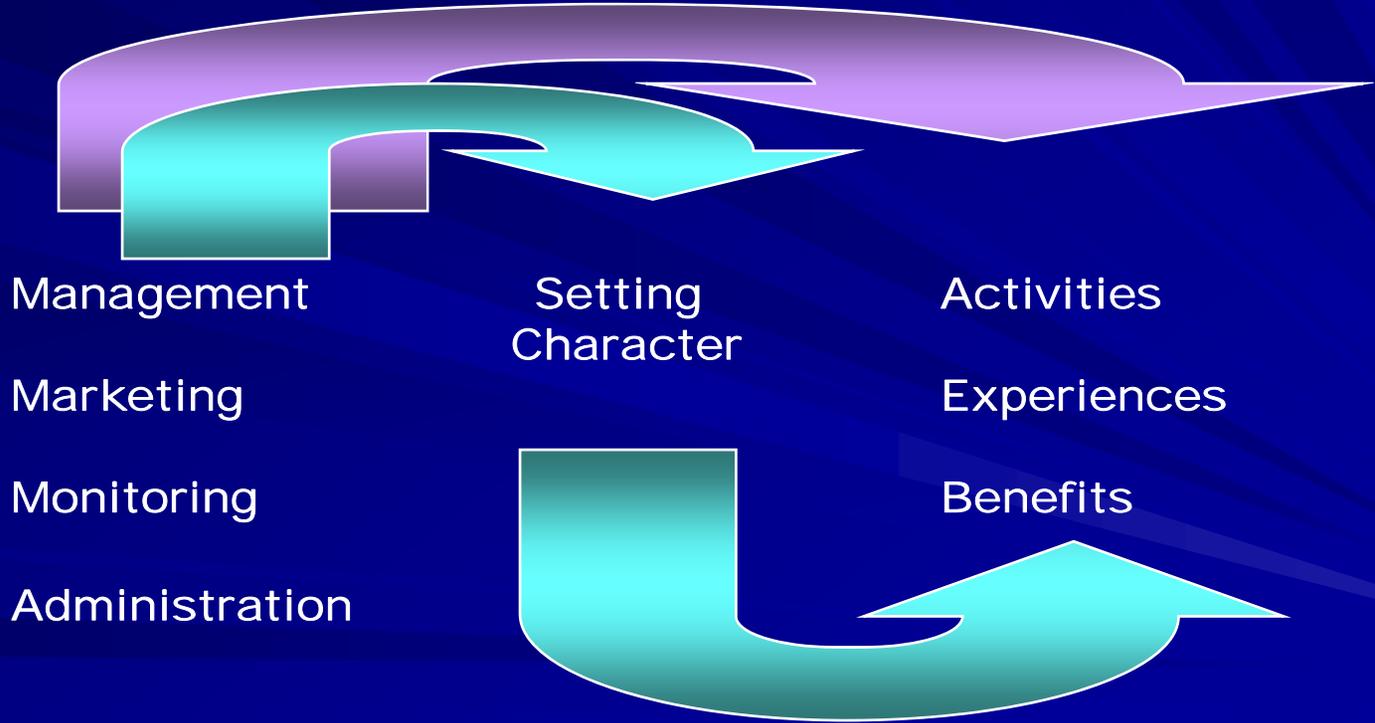
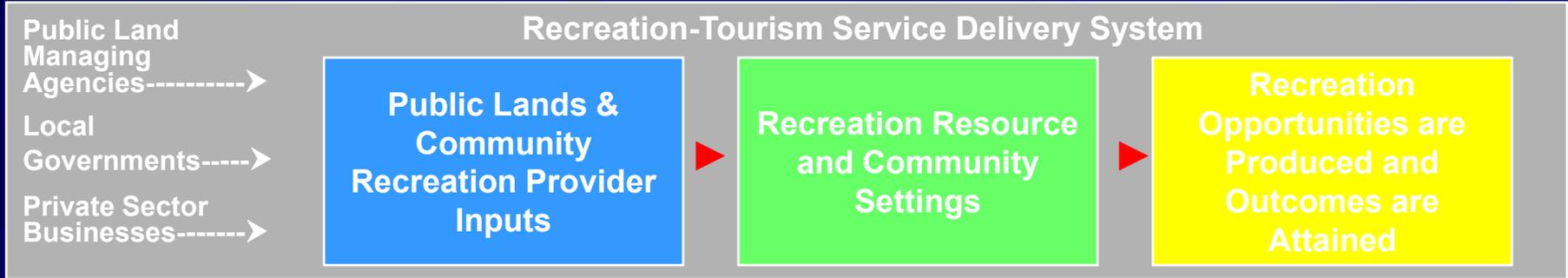
Physical
Social
Operational

Outputs/Outcomes

Activities
Experiences
Benefit Outcomes

Personal
Social
Economic
Environmental

Managing for Beneficial Outcomes



Planning for Beneficial Outcomes



<p>Step 6: <i>Recreation Management Actions</i></p> <ul style="list-style-type: none"> ✓ Resources ✓ Facilities 	<p>Step 4: <i>Write On-Site Setting Prescriptions</i></p> <ul style="list-style-type: none"> ✓ Resources & Facilities ✓ Visitor Use & Users ✓ Administrative & Program Environment 	<p>Step 5: <i>Write Community Setting Prescriptions</i></p> <ul style="list-style-type: none"> ✓ Amenities & Infrastructure ✓ Guest & Resident Traffic ✓ Retail & Hospitality Service Environment 	<p>Step 1: <i>Determine Visitor & Resident Preferences</i></p> <ul style="list-style-type: none"> ✓ Opportunities & Outcomes ✓ Setting Character Conditionsby Management Zone
<p>Step 7: <i>Information and Visitor Services</i></p> <ul style="list-style-type: none"> ✓ Outreach ✓ Promotion ✓ Information ✓ Interpretation 			<p>Step 2: <i>Analyze Supply / Demand</i></p> <ul style="list-style-type: none"> ✓ Of all That is Desired ✓ Decide What is Most Needed ✓ Which Zones are Best Suited to Provide It
<p>Step 8: <i>Monitoring & Evaluation</i></p> <ul style="list-style-type: none"> ✓ Social ✓ Environmental ✓ Administrative 			<p>Step 3: <i>Chain Products & Write Management Objectives</i></p> <ul style="list-style-type: none"> ✓ Link benefits -> Experiences -> Activities -> Settings ✓ Identify Recreation Niche for Each Zone ✓ Write Explicit Objectives
<p>Step 9: <i>Administrative Support</i></p> <ul style="list-style-type: none"> ✓ Data ✓ Regulatory ✓ Budget 			

BBM Planning Results in Recreation Management Objectives

RABBITS EAR/WILDHORSE MESA/MCDONALD CREEK (Zone 1)

Recreation Management Objectives

By the year 2010, manage this zone to provide opportunities for visitors to engage in Back Country Muscle-Powered Exercise for Scenic and Cultural Appreciation recreation activities, providing no less than 75% of responding visitors and affected community residents at least a “moderate” realization of these beneficial outcomes (i.e., 3.0 on a probability scale where 1=not at all, 2=somewhat, 3=moderate, 4=total realization)

OUTCOMES

Primary Activities

- Back Country Hiking
- Horseback Riding (McDonald/Wildhorse only)
- Rock Art Viewing (McDonald/Wildhorse only)

Experiences

- Enjoying easy access to diverse back country recreation
- Escaping everyday responsibilities for awhile
- Savoring canyon, river, and rock-art aesthetics
- Feeling good about solitude and being isolated
- Enjoying being able to discover and learn about earlier cultures

Benefits

Personal:

- Improved self reliance
- Improved physical fitness
- Enhanced sense of freedom in being able to get to this special place
- Restored mind from unwanted stress
- Greater cultivation of outdoor-oriented lifestyle
- Improved outdoor knowledge, skills, and self-confidence
- Greater sense of overall wellness
- Enhanced cultural resource stewardship ethic

Household & Community:

- Improved quality of life
- Greater household awareness of and appreciation of our cultural heritage
- Improved cultivation of aesthetic appreciation for the area and an outdoor-oriented lifestyle

Economic:

- Increased work productivity
- Reduced health maintenance costs

Environmental:

- Reduced looting and vandalism of prehistoric sites
- Increased stewardship and protection of natural resources

Conclusion

- Managing for Recreation Benefit
Outcomes will enhance and improve community resilience and adaptive capacity in responding to crisis and major changes to remain in a desired state of livability.

The Role of the Recreation System in Building Community Resilience and Adaptive Capacity

Bill Overbaugh, Ph.D. Student,
University of Alaska

Dr. Lilian Alessa, UAA

Dr. Terry Chapin, UAF

Dr. Andy Kliskey, UAA

Resilience and Adaptive Management Group

ram.uaa.alaska.edu