



The Council of State Governments
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2011 Innovations Awards Application

DEADLINE: MARCH 28, 2011

ID # (assigned by CSG): 2011- _____

Please provide the following information, adding space as necessary:

State: [Puerto Rico](#)

Assign Program Category (applicant): [Health & Human Services](#) (Use list at end of application)

1. Program Name

Plaza Ejercicio / Exercise Square

2. Administering Agency

Department of Sports and Recreation of Puerto Rico (DSR)

3. Contact Person (Name and Title)

Mrs. Saraí Carcaño, Program Coordinator

4. Address

*Parque de Santurce
Calle Los Ángeles
San Juan PR, 00902-3207*

5. Telephone Number

1-(787) 721-2800 ext. 1129

6. FAX Number

1-(787) 721-8318

7. E-mail Address

scalcano@drd.gobierno.pr

8. Web site Address

www.drd.gobierno.pr

9. Please provide a two-sentence description of the program.

This program was created to offer an alternative for senior citizens to be out of their houses, to be physically active, to do exercise in groups and to promote recreation and socialization between them. They will gather around the municipal public squares, meet with other people and do exercises, especially designed for them.

10. How long has this program been operational (month and year)? Note: the program must be between 9 months and 5 years old on March 28, 2011 to be considered.

Program implemented on April 2009. It has been in place for 1 year and 11 months.

11. Why was the program created? What problem[s] or issue[s] was it designed to address?

In Puerto Rico, the proportion of senior citizens has been increasing over the years; currently they comprise 17% of the population. This program, not only helps them address health conditions such as diabetes, hypertension, high cholesterol, excessive weight, but also helps them to overcome problems of depression or anxiety provoked by loneliness, providing them an environment, outside their homes, to interact as a group. Daily physical activity will promote a better quality of life, extends the projected life span, and is more beneficial than any other types of therapies. This program also promotes the use of public spaces to carry out recreational and sports activities as well as promoting economic activity in urban centers.

12. Describe the specific activities and operations of the program in chronological order.

2009 – This program impacted 8,000 senior citizens in 10 Municipalities.

2010 – An additional 7,450 senior citizens were impacted in 58 Municipalities. (for a total of 15,450 and 68 Municipalities).

2011 – Expected to impact the remaining 10 municipalities for a total of 78 and an additional 14,550 for a total of 30,000.

13. Why is the program a new and creative approach or method?

Senior citizens are normally forgotten, and this program provides an accessible way for this population to be out of their homes, to interact with other people and to improve their health in an appropriate fun and active way.

14. What were the program's start-up costs? (Provide details about specific purchases for this program, staffing needs and other financial expenditures, as well as existing materials, technology and staff already in place.)

Initial costs were \$707,148.00. An amount \$371,148.00 is for aerobics teachers and sports equipment and \$ 336,000.00 for transportation from their houses/senior citizens homes to the public square. An additional \$7,500 per special activities, such alimentary workshops about eating habits, and health related issues. The DSR recruited new personnel such as social workers, nutritionists, and community leaders. In 2009, 10 new employees were recruited, 10 more in 2010 and 15 more projected for 2011.

15. What are the program's annual operational costs?

Annual operational costs of \$1,000,000.00

16. How is the program funded?

The funds for this program are derived from the Department of Sports & Recreation's general fund.

17. Did this program require the passage of legislation, executive order or regulations? If YES, please indicate the citation number.

No

18. What equipment, technology and software are used to operate and administer this program?

Not applicable.

19. To the best of your knowledge, did this program originate in your state? If YES, please indicate the innovator's name, present address, telephone number and e-mail address.

Yes. This program was created by Henry Newmann, Secretary of the Department of Sports and Recreation of Puerto Rico. PO Box 9023207, San Juan, PR. 00902. 1-(787) 721-2800 ext. 1200

20. Are you aware of similar programs in other states? If YES, which ones and how does this program differ?

No, we are not aware of similar programs in other states.

21. Has the program been fully implemented? If NO, what actions remain to be taken?

Yes

22. Briefly evaluate (pro and con) the program's effectiveness in addressing the defined problem[s] or issue[s]. Provide tangible examples.

*Pros: Offers a fun and appropriate physical and recreational activity for advanced senior citizens
Encourage sports participation
Provides an opportunity to do internal tourism
Promote economic activity in the municipalities.
Improves relationship between parents and children
Helps them to interact with other people*

Challenge: Budget

23. How has the program grown and/or changed since its inception?

Since its creation, this program has impacted 15,450 lives. During this year 2011, 14,550 more are expected to be part of this program.

24. What limitations or obstacles might other states expect to encounter if they attempt to adopt this program?

None

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2011 Innovations Awards Application Program Categories and Subcategories

Use these as guidelines to determine the appropriate Program Category for your state's submission and list that program category on page one of this application. Choose only one.

Infrastructure and Economic Development

- Business/Commerce
- Economic Development
- Transportation

Government Operations and Technology

- Administration
- Elections
- Information Systems
- Public Information
- Revenue
- Telecommunications

Health & Human Services

- Aging
- Children & Families
- Health Services
- Housing
- Human Services

Human Resources/Education

- Education
- Labor
- Management
- Personnel
- Training and Development
- Workforce Development

Natural Resources

- Agriculture
- Energy
- Environment
- Environmental Protection
- Natural Resources
- Parks & Recreation
- Water Resources

Public Safety/Corrections

- Corrections
- Courts
- Criminal Justice
- Drugs
- Emergency Management
- Public Safety

Save in .doc or rtf. Return completed application electronically to innovations@csg.org or mail to:

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This application is also available at www.csg.org.