





Parks and Recreation: A TRUE HEALTH SOLUTION

Local park and recreation agencies provide health and wellness opportunities for all populations in communities across the country. As America continues to face serious health issues parks and recreation offer an affordable and accessible solution. Share with your communities the impact you are having on their health!

People who use parks and open spaces are **3 times more likely** to achieve the recommended levels of physical activity than nonusers¹

Organized activities in parks in low-income neighborhoods can **increase park use by as much as 25%**²

Older adults engage in over **3.5 times more physical activity** in parks with walking loops.³

Children in summer camps at park and recreation sites report a **20% increase** in fruit and vegetable knowledge⁴

73% of adults believe parks, trails, and open space are an **essential part of the healthcare system**⁵


www.nrpa.org/Health

1. Giles-Corti, B., M.H. Broomehall, M. Knuiiman, C. Collins, K. Douglas, K. Ng, A. Lange, and R.J. Donovan. 2005. Increasing Walking: How Important is Distance to Attractiveness, and Size of Public Open Space? *American Journal of Preventive Medicine* 28:169-176. - https://depts.washington.edu/hwb/Thm_ActiveLiving.html
2. Cohen, D.A., Han, B., Derose, K.P., Williamson, S. Marsh, T., Raean, L., and McKenzie, T.L. (2016). The paradox of parks in low-income areas: Park use and perceived threats. *Environment and Behavior*. 48(1), 230-245.
3. Cohen, D.A., Han, B., Evenson, K.R., Nagel, C., McKenzie, T.L., Marsh, T., Williamson, S., Harnik, P. (2017). The Prevalence and Use of Walking Loops in Neighborhood Parks: A National Study. *Environmental Health Perspectives*, 125(2), 170-174.
4. Hollar, D., Collum, M., May, K. 2015. Commit to Health: A Nationwide Summer Camp Nutrition and Feeding Intervention Improves Nutrition Knowledge and Healthy Eating Behaviors of Children, Parents, and Staff. *Journal of the Academy of Nutrition and Dietetics*. September 2015 Suppl 2-Abstracts Volume IS Number 9.
5. Hoven, A.J., Barrett, A.G., Graffle, A.R., Kraschewski, J.L., Sciamanna, C.H. (2017). "Take in two parks and call me in the morning" - Perception of parks as an essential component of our healthcare system. *Preventive Medicine Reports*, 6, 63-65.









C-4

Date: 3/25/09
California/ Current overall park plan
www.groups.yahoo.com/group/disneyworldmodels/info/

Scale: 1"=250'-0"

0 125 250 500 1000

The Disney
Blueprint page

