

NEEF Children & Nature

Being active in nature makes kids healthier.

Children living within a 1/2 mile of a park are more likely to have higher levels of physical activity. Exposure to nature can reduce stress levels by as much as 28% in children.

There are more than 20,000 parks and 11,000 playgrounds—totaling over 1.5 million acres—in cities across the U.S.



Children living within 2/3 mile of a park with a playground can be 5 times more likely to have a healthy weight.

AAP recommends children be physically active for at least 60 minutes throughout a day and limit time with electronic media to 2 hours per day.

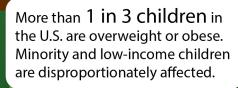
Even a 20-minute walk in nature can help children with attention deficit hyperactivity disorder (ADHD) concentrate

Time spent outdoors is predictive of higher levels of physical activity in children.

Children have lost 25% of playtime and 50% of unstructured outdoor activity over recent decades.

Kids spend more than 7 hours a day with various electronic media.





3,600 youth are diagnosed each year with type-2 diabetes for which obesity is a major risk factor.

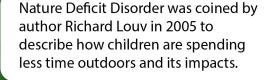
7 million children in the U.S. have asthma and overweight children are at higher risk.

Children who spend more time outdoors are less likely

to be overweight by 27-41%

Outdoor exercise improves mental & physical well-being more so than

indoor activity.



Sources:

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