



# 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.

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

Exposure to nature can reduce stress levels by as much as 28% in children.

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

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

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.

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.

Parents, friends and family are the most influential to youth participation in outdoor activities.

More than 1 in 3 children in the U.S. are overweight or obese. Minority and low-income children are disproportionately affected.

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

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

Children who spend more time outdoors are less likely to be overweight by 27-41%.

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

Nature Deficit Disorder was coined by author Richard Louv in 2005 to describe how children are spending less time outdoors and its impacts.

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