Park Rx A America Marica



www.ParkRxAmerica.org

Ask your doctor for a park prescription today!

Spending time

in nature is associated

with **better cognitive**

development

in schoolchildren.

Obesity costs the U.S. \$190 billion each year.

> Being obese puts a person at **greater** risk for chronic illness, including coronary heart disease, high blood pressure, stroke, type 2 diabetes, cancer, and reproductive problems.

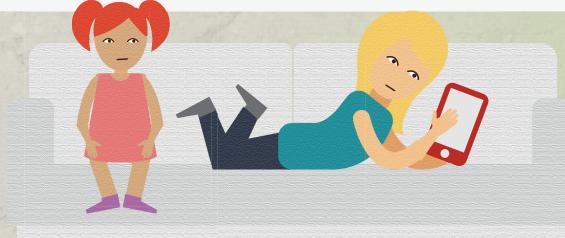
Outdoor activity improves both mental and physical well-being more than indoor activity.

The closer we are to green space, the less we suffer from cardiovascular, musculoskeletal, mental health, respiratory, neurological, and digestive diseases.



29 million Americans

suffer from diabetes and are at higher risk of heart disease, stroke, blindness, kidney failure, and lower limb amputation.



Coronary heart disease is the leading cause of death for both men and women.

Spending more time in parks translates to being more physically active.

Diabetics who spend more time in nature are more physically active and show better blood sugar control.



Spending time in Nature helps to decrease high blood pressure.

15.7 million adults reported having at least one major depressive episode in the past year.



Spending time in nature decreases anxiety and negative thinking and lowers levels of depression and stress.

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This poster was created in collaboration with NEEF, NRPA, Dr. Zarr, and NPS RTCA

