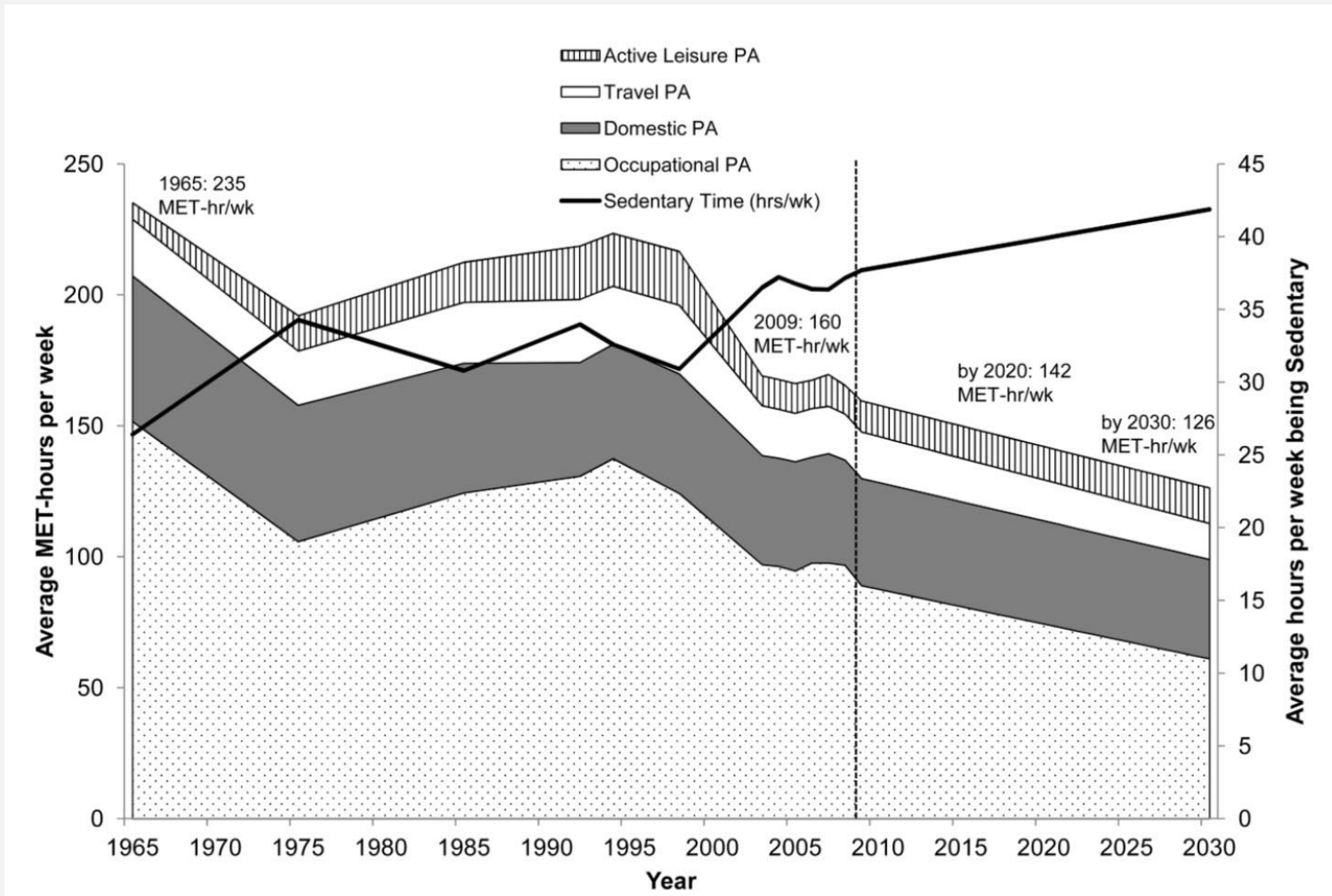


Why Is Outdoor Activity Good for Your Health?

Christopher N. Sciamanna, MD, MPH
Professor of Medicine
Penn State College of Medicine

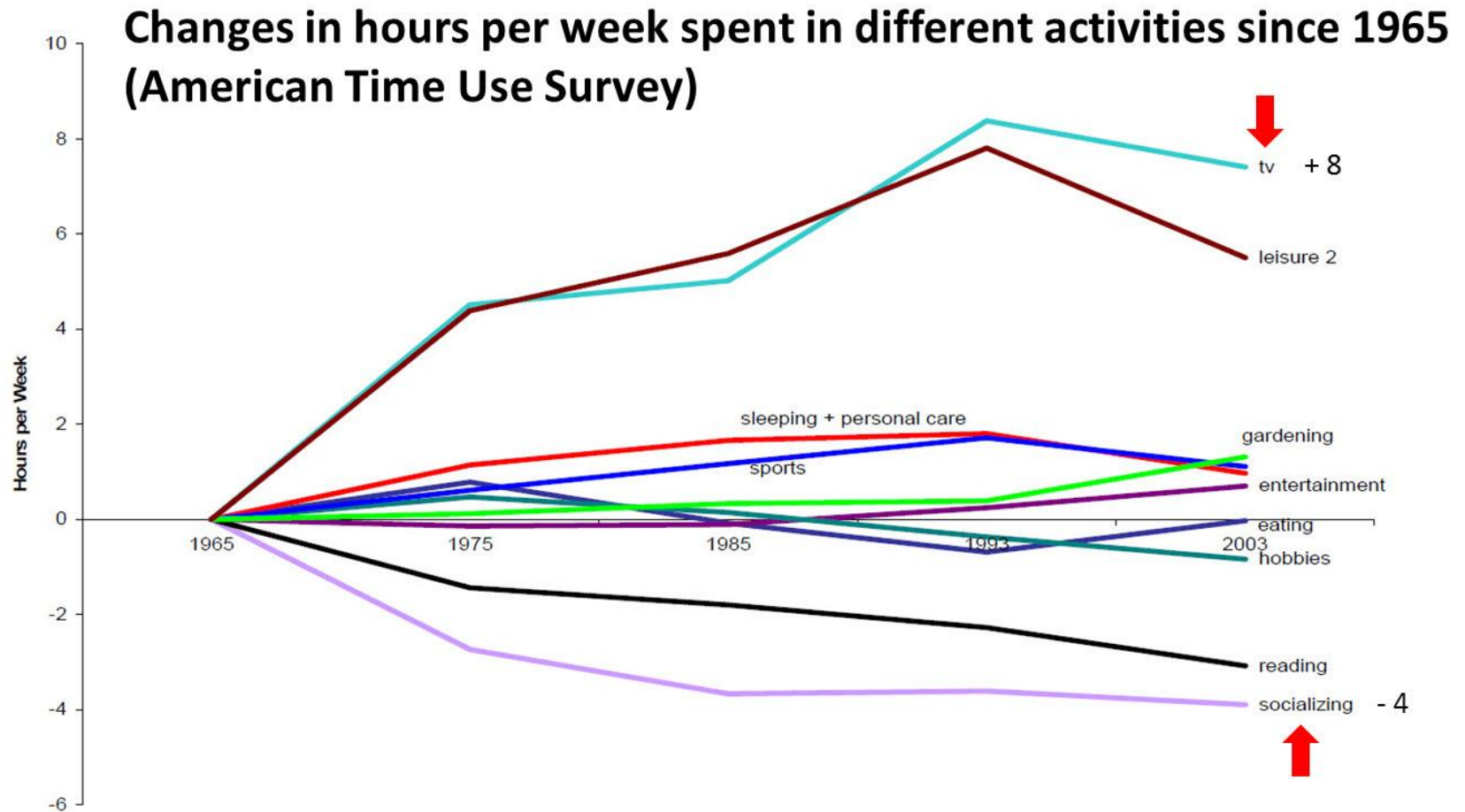
Andrew J. Mowen, Ph.D.
Professor of Recreation, Park and Tourism Management
College of Health and Human Development

We do less physical activity



**Ng et. al., Obes Rev. 2012 Aug; 13(8): 659–680. Time Use and Physical Activity:
A Shift Away from Movement across the Globe.**

We spend less time socializing

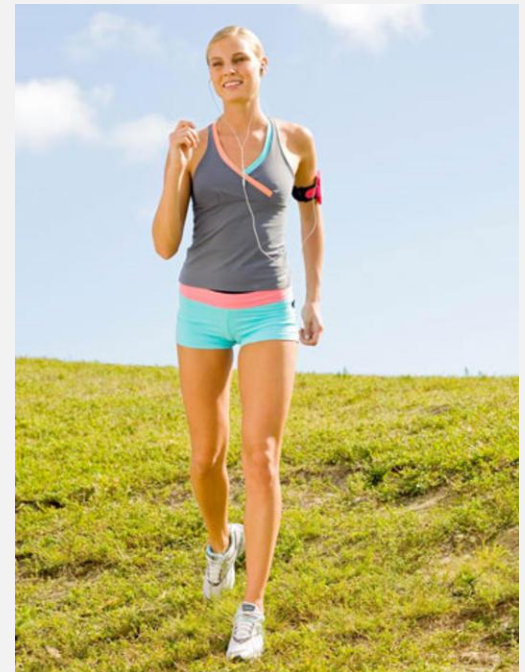


**Aguiar M, Hurst E. Measuring Trends in Leisure: The Allocation of Time over Five Decades.
Boston: Federal Reserve Bank of Boston, 2006.**

Exercise may lead to overeating

...we found that labeling a physical activity as fun reduced the amount of calories consumed in side dishes during a meal....

Werle 2014 Marketing Letters



Green Space Influences Surgical Recovery

Hospital surgery patients with a view of nature and green space recovered faster with fewer pain medications.

This study revolutionized
hospital design standards

Ulrich 1984 *Science*



Park Use and ADHD

Children with ADHD who walked in urban parks scored significantly higher on tests of concentration with effects as large as peak performance boosts from ADHD medications.



Parks and Stress Coping

“Parks are a sanctuary for us in a chaotic world. That’s why visitation soared after 9/11. The experience of nature confers a sense of sanity. It bestows a spiritual calmness that helps people cope.”

-Ruth Coleman, Former Director of CA State Parks



Forest bathing improves health

Spending time in the woods improves a range of outcomes: stress, anxiety, blood pressure, inflammation.

For example (Li): The forest walkers (age 36 to 77) reduced their BP from 141 to 134 after only four hours in the woods.

Mao 2017 Int J Environ Res Public Health

Jia 2016 Biomed Environ Sci

Li 2011 Eur J Appl Physiol



Parks make people more active

Within parks, people tend to be more physically active on trails, at playgrounds, and at sports facilities

Park spaces with paved trails, soccer fields, tennis, basketball, volleyball courts, and playgrounds are associated with higher MVPA/overall park energy expenditure^{a b c}

Parks with more features or more recreation opportunities are positively associated with park-based physical activity^d

People in PA know it

Most (68-73%) agreed with the statement:

“Parks, trails, and open space are an essential component of our healthcare system.”

Mowen 2017 Prev Med Reports



Why?

1. Activity.
2. Togetherness.
3. Mindfulness (feelings > thoughts).
4. Awe/inspiration.
5. It's fun, interesting and engaging.

Park Prescription Programs


children & nature
NETWORK

Nature Play Prescription

Dr. _____

Name: _____ Date: _____

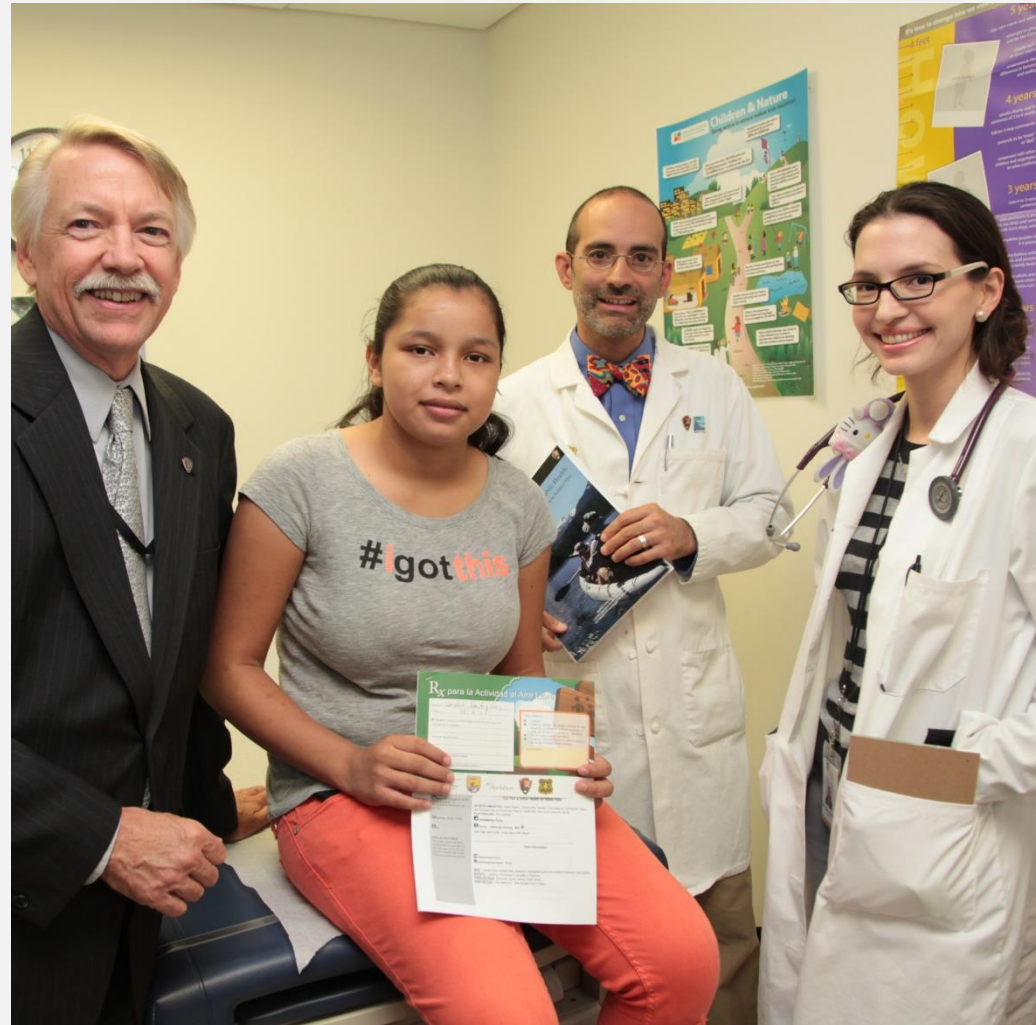
Your Healthcare Provider encourages you to:

- Go outside and play in nature.
- Limit your "Screen Time" to no more than 60 mins each day.
- Read stories about nature.
(Or have someone read them to you.)

Signed:

Provider: _____

Parent/Child: _____



Thank You!

Christopher N. Sciamanna, MD, MPH

Professor of Medicine

Penn State College of Medicine

E-mail: cns10@psu.edu

Andrew J. Mowen, Ph.D.

Professor of Recreation, Park and Tourism Management

College of Health and Human Development

E-mail: amowen@psu.edu