

# 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 nonusers<sup>1</sup>

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

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

Children in summer camps at park and recreation sites report a **20% increase** in fruit and vegetable knowledge<sup>4</sup>

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

[www.nrpa.org/Health](http://www.nrpa.org/Health)

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