ParkRx

Ask your doctor for a park prescription today!

www.ParkRx.org

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.

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.

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

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

Spending time in nature is associated with **better cognitive development** in schoolchildren.

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

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

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

Spending time in Nature helps to **decrease high blood pressure.**

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

HEALTHYSD.GOV

Live better. Grow stronger.