

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.

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.

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.

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**.

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

