

Park Rx America is a 501(c)(3) non-profit charitable organization.

Distance to publicly accessible green spaces is associated with being overweight and experiencing higher levels of stress.

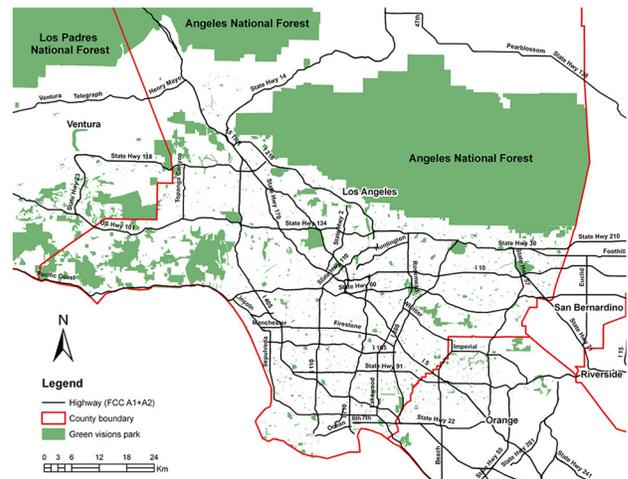
“Controlling for differences stemming from level of education, urbanity, gender, age, employment, second home ownership and bicycling to work, the results of the analysis suggests that there is a geography of overweight (BMI > 27.5) and experienced stress in relation to distance to publicly accessible green areas – as well as access to a private garden or a shared green area at the dwelling.”

Nielsen TS, Hansen KB. (2007). Do green areas affect health? Results from a Danish survey on the use of green areas and health indicators. *Health and Place*, 13(4):839-50.

Living in a more walkable area is associated with higher likelihood to visit green spaces and meet activity guidelines, and lower likelihood to be overweight or obese.

“The associations for green space use, physical activity and bodyweight are generally in the direction expected with residents of more walkable and less socio-economically deprived neighbourhoods being more likely to visit green spaces, more likely to meet physical activity guidelines, and less likely to be overweight or obese.”

Coombes E, et al. (2009). The relationship of physical activity and overweight to objectively measured green space accessibility and use. *Social Science & Medicine*. 2010 Mar;70(6):816-22.



Green space use is associated with being more physically active and less overweight/obese, even when walkability of neighborhood is adjusted for).

“Respondents living further from green spaces were also less likely to meet guideline physical activity levels and more likely to be overweight or obese, even after adjustment for the walkability of respondent’s neighbourhoods, their socioeconomic status, and area deprivation. Importantly, when the outcomes were examined against frequency of green space use, trends were apparently whereby more frequent green space users were more physically active and less likely to be overweight or obese.”

Coombes E, et al. (2009). The relationship of physical activity and overweight to objectively measured green space accessibility and use. *Social Science & Medicine*. 2010 Mar;70(6):816-22.

People living in urban environments are more likely to be obese than their rural counterparts.

“Men living in cities were more likely to be obese (39.4%) than suburban men (35.5%). Similarly, in women 20.6% were obese versus 19.1% in the urban and rural areas, respectively”

Pasala, S. K., Rao, A. A., & Sridhar, G. R. (2010). Built environment and diabetes. *International Journal of Diabetes in Developing Countries*, 30(2). <http://dx.doi.org/10.4103/0973-3930.62594>

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Proximity to parks and recreational programs is estimated to cause significant decreases in weight among children.

“Researchers estimated that if all children in the study had matching recreational programs near their homes, up to 9.5 percent would move from overweight to normal and approximately 2 percent would move from obese to overweight – a noteworthy result for children’s health.”

Wolch, J., Jerrett, M., Reynolds, K., McConnell, R., Chang, R., Dahmann, N., et al. (2011). Childhood Obesity and Proximity to Urban Parks and Recreational Resources: A Longitudinal Cohort Study. *Health & Place*, 17(1), 207-214. <http://dx.doi.org/10.1016/j.healthplace.2010.10.001>

Access to parks reduces risk of being overweight and obese.

“Access to both parkland and recreation programs reduce risk of overweight and obesity as measured by BMI attained at age 18.”

Wolch, J., Jerrett, M., Reynolds, K., McConnell, R., Chang, R., Dahmann, N., et al. (2011). Childhood Obesity and Proximity to Urban Parks and Recreational Resources: A Longitudinal Cohort Study. *Health & Place*, 17(1), 207-214. <http://dx.doi.org/10.1016/j.healthplace.2010.10.001>

