



**National Recreation  
and Park Association**

# **Trends in Public Health & The Built Environment**

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# The Issues

- Chronic diseases and risk factors
- Health disparities
- Mental health
- Multi-sectoral partnerships
- The built environment
- Screens.....



# Parks & Rec = A Solution!



**WHO'S AWESOME?**

You're Awesome!



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



# Benefits of Parks/Trails/Open Space

- Physical health
- Mental health
- Social benefits
- Environmental sustainability
- Safety/injury prevention
- Economic benefits

Active Living Research, Making the Case report, 2015

# Out-of-School Time Programs

- First generation of children to live shorter lives than parents
- We can't afford to continue to have obese children
- The pledge makes a measurable difference in the health of our children



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# Play Deserts





# Take a Walk...

## U.S. Surgeon General Call to Action on Walking



# Park Prescriptions



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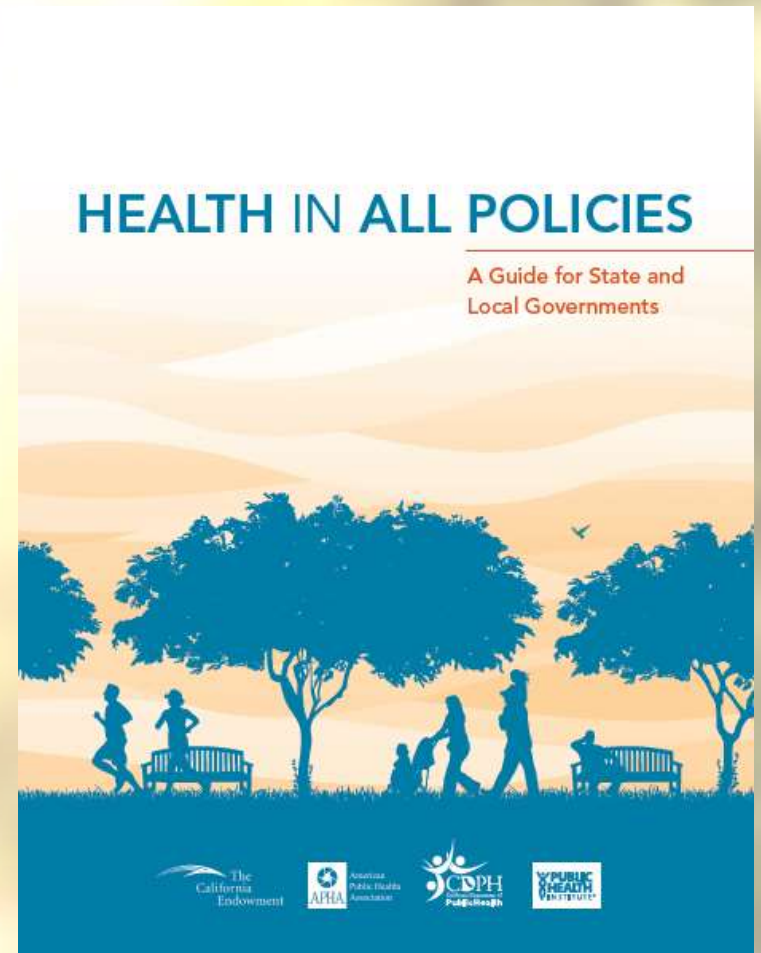
[www.nrpa.org](http://www.nrpa.org)



# How can we make an impact?

- Health equity
- Tell your story!
- HiAP (Health in All Policies)

[www.phi.org](http://www.phi.org)



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# Thank You!

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