



Five Mental Health Benefits of Parks and Recreation

1 **92%** of U.S. adults experience a positive mental health boost after spending time at their local parks.

2 Parks build a culture of connection across communities. Parks attract community members, create opportunities for social and intergenerational interactions, and help develop social and cultural ties.

3 Access to parks is correlated with greater physical activity, which improves mental health and mood and lowers healthcare costs.

4 **93%** of U.S. adults say that activities offered by park and recreation agencies are beneficial to their mental health. The top activities include socializing with family and friends, spending time in nature and greenspace, and exercising.

5 People who had access to neighborhood parks during the COVID-19 pandemic were much less likely to report symptoms of depression or to screen positive for anxiety than those without.