

Improving Health & Wellness by Getting Outside



ABOUT THIS WEBINAR

Biophilia is a hypothesis that humans have an innate desire and need to connect with nature. Decades of research confirm that people experience myriad health and wellness benefits when they spend time interacting with nature—from increased physical activity to improved emotional wellbeing. But the amount of time we Americans spend outside has been declining over the years. Join this webinar where we highlight some of the latest health and nature research and make the case for why we need to get back into the great outdoors regularly. We will wrap up by describing some practical programs and initiatives that help connect individuals, children, and communities to nature.

Learning Objectives:

1. Identify health and wellness benefits to spending time in nature.
2. Discuss enablers and barriers to regularly connecting with nature.
3. Explore programs that help individuals, families, and communities to get outside.

PRESENTER

Debra Kellstedt, DrPH

Assistant Professor & Extension Specialist
Family & Community Health
Texas A&M AgriLife Extension Service

Dr. Debra Kellstedt, DrPH, is an Assistant Professor and Extension Specialist in the AgriLife Extension Family & Community Health Unit as well as an Adjunct Assistant Professor at Texas A&M School of Public Health and a Faculty Fellow at the Texas A&M Center for Health & Nature. With her training and experience grounded in public health, Dr. Kellstedt's research has focused on evaluating multilevel community-based approaches aimed at improving health behaviors in a variety of settings and among different populations. Dr. Kellstedt's current interests include exploring how community system social structure impacts population health specific to chronic disease prevention outcomes.

EVENT PAGE

<https://oneop.org/learn/160034/>

CONTINUING EDUCATION

- **Social Work, LPC, LMFT:** Programming approval for 1.0 CE credit will be obtained for Social Work, Licensed Professional Counselors, and Licensed Marriage & Family Therapists from the University of Texas at Austin, Steve Hicks School of Social Work.
- **Case Manager:** This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hour.
- **Board Certified Patient Advocates (BCPA):** This program has been pre-approved by the Patient Advocate Certification Board for a total of 1.0 CE contact hour, of which 0.0 are in the area of Ethics for BCPA.
- **Certified in Family & Consumer Sciences (CFCS):** This program is currently seeking approval of 1.0 CE credit from the American Association for Family and Consumer Sciences (AAFCS) for CFCS.
- **Certified Family Life Educators (CFLE):** This program has been submitted for 1.0 contact hour for CFLEs by the National Council on Family Relations (NCFR).
- **Certificates of Attendance** are available for providers interested in documenting their training activities.