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

Improving Health and Wellness by Getting Outside

Improving Health and Wellness by Getting Outside



Event Materials

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Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!

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



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2019-48770-30366 and 2023-48770-41333.

[OneOp.org](https://oneop.org)

Today's Presenter



Debra Kellstedt, DrPH

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

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

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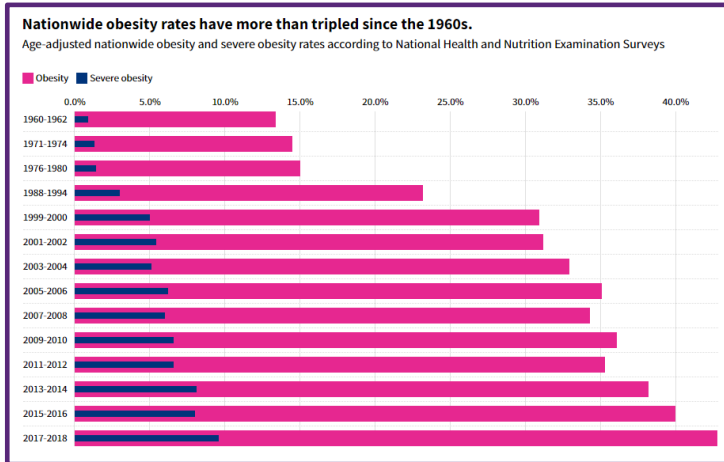
Overview

- What is the Problem?
- Benefits of Getting Outside
- Programs and Strategies for Connecting Communities to Nature

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What is the Problem?



Currently 19.7% of children and adolescents in the U.S. struggle with obesity.

<https://www.cdc.gov/nchs/data/hestat/obesity-adult-17-18/obesity-adult.htm#1> <https://www.cdc.gov/obesity/data/childhood.html>

What is the Problem?

- 68% of active-duty service members have overweight or obesity.
- Military obesity rates have increased from 10.4% in 2012 to 21.6% in 2022.



<https://s3.documentcloud.org/documents/24040523/ref-0286-combating-military-obesity-2.pdf>

What is the Problem?

- 76% of U.S. adults do not meet physical activity guidelines
- Less than one quarter (24%) of children 6 to 17 meet guidelines



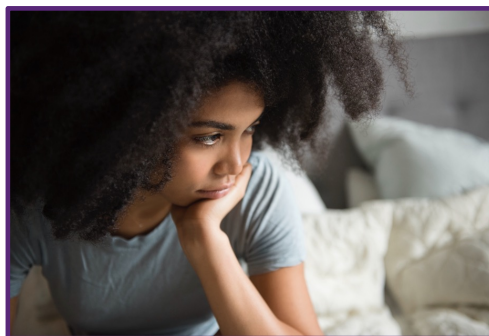
<https://www.cdc.gov/nchs/products/databriefs/db443.htm>
<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

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What is the Problem?

- Almost 20% of adults experienced a mental illness in 2019.
- Children experienced a 29% increase in anxiety between 2016 and 2020.



https://www.cdc.gov/healthyouth/data/yrbbs/pdf/YRBS_Data-Summary-Trends_Report2023_508.pdf
<https://mhanational.org/sites/default/files/2022%20State%20of%20Mental%20Health%20in%20America.pdf>

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Average Time Spent with Media in the US, 2018-2022
hrs:mins per day among population

	2018	2019	2020	2021	2022
Digital	6:20	6:49	7:50	7:57	8:02
—Mobile (nonvoice)	3:36	3:57	4:31	4:36	4:41
—Audio	0:59	1:07	1:08	1:13	1:17
—Social networks	0:45	0:47	0:54	0:53	0:53
—Video*	0:38	0:43	0:50	0:52	0:54
—Other	1:06	1:12	1:31	1:30	1:30
—Desktop/laptop	1:57	1:54	2:02	1:58	1:56
—Video*	0:23	0:23	0:24	0:24	0:24
—Audio	0:07	0:07	0:07	0:07	0:07
—Social networks	0:08	0:06	0:06	0:06	0:05
—Other	1:19	1:18	1:25	1:21	1:20
—Other connected devices	0:47	0:58	1:17	1:22	1:26
TV***	3:42	3:27	3:34	3:19	3:07
Radio**	1:41	1:39	1:32	1:31	1:31
Print***	0:21	0:19	0:19	0:19	0:18
—Newspapers	0:12	0:10	0:10	0:10	0:10
—Magazines	0:09	0:09	0:09	0:09	0:08
Other traditional media	0:20	0:19	0:22	0:21	0:22
Total	12:24	12:33	13:38	13:27	13:21

Note: ages 18+; time spent with each medium includes all time spent with that medium, regardless of multitasking; *excludes time spent with video via social networks; **includes all internet activities on desktop and laptop computers; ***excludes digital
Source: eMarketer, Jan 2021

262672 eMarketer | InsiderIntelligence.com

What is the Problem?

- In 2022 adults spent:
- ~ 4 ½ hrs/day on cell phones
 - ~ 2 hrs/day on computers
 - ~ 3 hrs/day watching TV

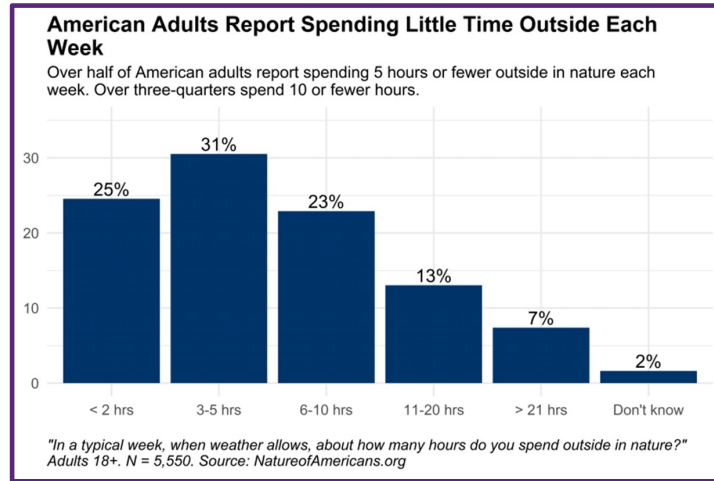
What is the Problem?

- Spend **7-11** hours per day with media
- Spend only minutes a day playing outdoors
- Since the 1970s lost ~12 hours a week of free time

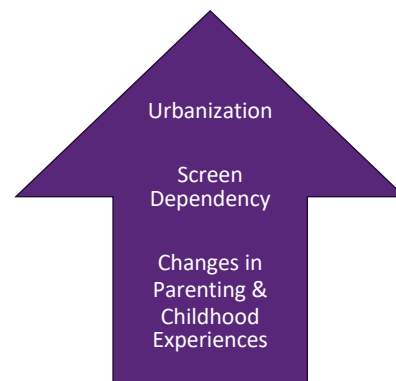


<https://www.cdc.gov/obesity/data/childhood.html>
<https://sph.uth.edu/research/centers/dell/legislative-initiatives/tx-rpc-project-reports/Child-Behavioral-Health.pdf>

What is the Problem?



What is the Problem?



DeVillie NV, Tomasso LP, Stoddard OP, Wilt GE, Horton TH, Wolf KL, Brymer E, Kahn PH Jr., James P. Time Spent in Nature Is Associated with Increased Pro-Environmental Attitudes and Behaviors. *International Journal of Environmental Research and Public Health*. 2021; 18(14):7498. <https://doi.org/10.3390/ijerph18147498>

What is the Problem? *Family Time*

The average American family spends just

37 minutes of quality time

together per day during the week.



<https://www.pewresearch.org/short-reads/2023/05/26/family-time-is-far-more-important-than-other-aspects-of-life-for-most-americans/>
<https://nypost.com/2018/03/20/american-families-barely-spend-quality-time-together/>

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Benefits of Nature

Improve Health by Getting Outside

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What do you like about being outside?

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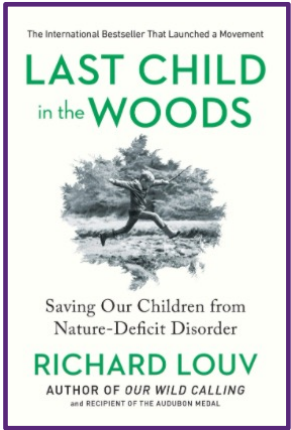
Biophilia Hypothesis

“The innately emotional affiliation of human beings to other living organisms.”
-E. O. Wilson 1984



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Children and Nature

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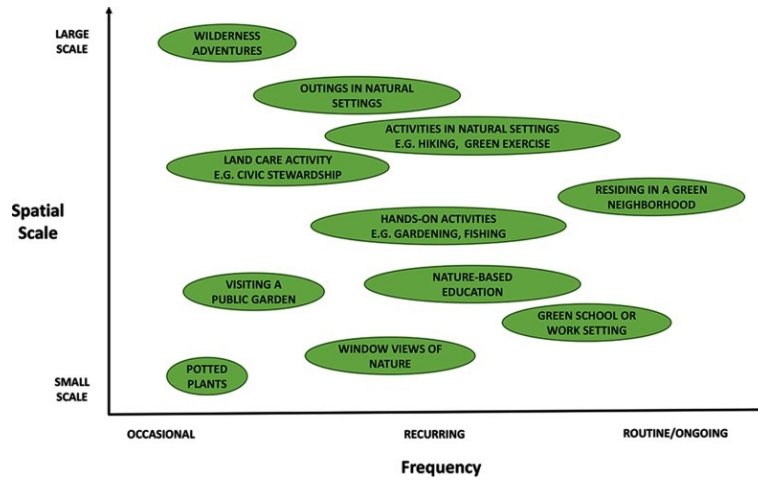


What were your childhood experiences in nature?

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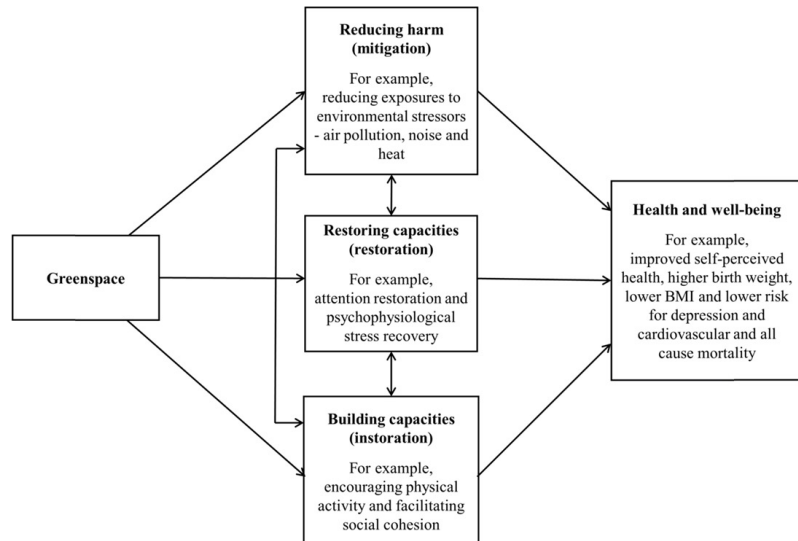
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What Counts as Nature?



Frumkin et al., 2017

The Health & Nature Connection



Markevych et al., 2017

Benefits of Nature on Health and Wellbeing

- Social/Emotional Function:**
 - Family connectedness
 - Self-esteem
 - Emotional regulation
 - Social connection
 - Communication
- Physical Health:**
 - Obesity
 - Diabetes
 - Physical activity
 - Blood pressure
- Mental Health:**
 - Restoration
 - Anxiety
 - Depression
 - Stress relief
 - Happiness
 - Wellbeing

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Benefits of Nature on Health and Wellbeing

- Cognitive Function:**
 - Attention skills & restoration
 - Problem-solving
 - Memory
 - Creativity
- Academic Function:**
 - Engagement
 - Achievement
 - Behavior
 - Postoperative recovery
 - Birth outcomes
 - Child development
 - Pain control



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Benefits of Family Time in Nature

JOURNAL OF LEISURE RESEARCH
2022, VOL. 53, NO. 1, 4-26
<https://doi.org/10.1080/00222216.2021.1875274>



Patterns of family-based nature activities across the early life course and their association with adulthood outdoor participation and preference

Dina Izenstark  and Ellen Middaugh 

Department of Child and Adolescent Development, San José State University

[Check for updates](#)

LEISURE STUDIES
2019, VOL. 38, NO. 4, 494-508
<https://doi.org/10.1080/02614367.2019.1600574>





Families at leisure outdoors: well-being through adventure

Gill Pomfret^a and Peter Varley^b

^aDepartment of Service Sector Management, Sheffield Business School, Sheffield Hallam University, Sheffield, UK
^bDepartment of Business Administration, Western Norway University of Applied Sciences, Høgskulen på Vestlandet, Bergen, Norway

[Check for updates](#)

The Association of Knowledge, Attitudes and Access with Park Use before and after a Park-Prescription Intervention for Low-Income Families in the U.S.

Nooshin Razani^{1,*}, Nancy K. Hills², Doug Thompson³ and George W. Rutherford⁴

¹ Department of Pediatrics, UCSF Benioff Children's Hospital Oakland, University of California at San Francisco, 5220 Clarendon Ave, Oakland, CA 94608, USA
² Department of Epidemiology and Biostatistics, University of California, San Francisco, 675 Nelson Rising Lane, Sandler Neurosciences Center, San Francisco, CA 94158, USA; nancy.hills@ucsf.edu
³ San Francisco Department of Public Health, San Francisco Human Services Agency 170 Otis Street, San Francisco, CA 94103, USA; dthompson34@gmail.com
⁴ Department of Epidemiology and Biostatistics, University of California, San Francisco, 550 16th Street, Box 1224, San Francisco, CA 94143-1224, USA; george.rutherford@ucsf.edu
* Correspondence: nooshin.razani@ucsf.edu; Tel: +1-415-722-1915

Received: 10 December 2019; Accepted: 15 January 2020; Published: 21 January 2020


[check for updates](#)


Benefits of Time in Nature for Military Communities

Enhancing the well-being of veterans using extended group-based nature recreation experiences

December 2014 - The Journal of Rehabilitation Research and Development 51(5):685-696
DOI: [10.1682/JRRD.2013.08.0190](https://doi.org/10.1682/JRRD.2013.08.0190)

Authors:

 **Jason Duvall**
University of Michigan

 **Rachel Kaplan**
University of Michigan

[Home](#) > [Greening in the Red Zone](#) > Chapter

Nature Engagement to Foster Resilience in Military Communities

Chapter | First Online: 01 January 2013
pp 163–180 | [Cite this chapter](#)

Marianne E. Krasny , Katherine Hess Pace, Keith G. Tidball & Kenneth Helphand

Journal of Experiential Education

Impact Factor: 1.5 / 5-Year Impact Factor: 2.8 [JOURNAL HOMEPAGE](#)

Restricted access | Research article | First published online December 13, 2021

Mental Health Outcomes of Peer-led Therapeutic Adventure for Military Veterans

Joanna Ellen Bettmann , Beana Anderson  and Adam Hanley  [View all authors and affiliations](#)

Volume 45, Issue 3 | <https://doi.org/10.1177/10538259211049535>

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Connecting Our Communities to Nature

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Barriers to Time in Nature

- Accessibility
- Affordability
- Proximity/Location
- Safety concerns
- Transportation
- Equity in access
- Time
- Not feeling welcome in nature spaces
- Lack of exposure to nature in childhood
- Health problems
- Crowded facilities



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Evidence-based Strategies to Connect Communities to Nature

- Engage all five senses
- Increase knowledge
- Build skills
- Expose to new experiences
- Shape attitudes
- Consider needs
- Provide equitable access



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Current Texas A&M AgriLife Extension Programs



<https://howdyhealth.tamu.edu/programs/walk-across-texas/>
<https://bit.tamu.edu/>
<https://jmgkids.us/egg/>

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GET OUTSIDE!

ABOUT

Being outside in nature is so important for children. Research has shown that children are more active if they spend time outside. Unstructured time in nature can also help with concentration and creative play. And studies have also found that regular doses of nature can protect children against stress and improve their mental health. Your family is invited to join a new FREE 5-week Texas A&M AgriLife Extension Service program called Get Outside! The program aims to help families boost their health, happiness, and time together by being more active in nature every day.

In BINGO card format, your family can check off and record a variety of suggested activities that you can do together in the great outdoors—everything from making mud pies to hiking through the forest. April is the Month of the Military Child and the perfect time to start getting outside! Join us for a kick-off event that will include light refreshments, fun activities, and nature-related giveaways.

Sign-ups start on March 22, 2024 and are open to all Youth Program active members. Families are eligible for door prizes when registering and completing program activities.

KICK-OFF EVENT!

Date: April 3, 2024
 Time: 4:00 - 6:00 PM
 Location: JBSA Lackland Youth Programs

WRAP-UP EVENT!

Date: May 15, 2024
 Time: 4:00 - 6:00 PM
 Location: JBSA Lackland Youth Programs
 2361 Saltledge Ave, Bldg. 8420
 JBSA Lackland, TX 78236

For questions, contact the JBSA Lackland Youth Programs at 210-671-2388.



Outcomes

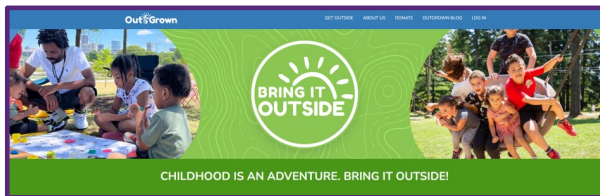
- Increase time outside in nature
- Increase physical activity
- Increase time as a family
- Improve physical and mental health

GET OUTSIDE!

One of the best things we can do



Nature Walks & Hikes



<https://weareoutgrown.org/>
<https://walkwithadoc.org/>
<https://www.plt.org/educator-tips/nature-walk-activities>

National Events



<https://www.earthday.org/>
<https://americanhiking.org/>
<https://www.defense.gov/Spotlights/Month-of-the-Military-Child/>
<https://newsroom.heart.org/news/take-steps-towards-a-longer-healthier-life-on-national-walking-day>

Programs to Increase Access to Nature

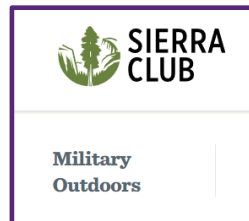


<https://everykidoutdoors.gov/index.htm>
<https://store.usgs.gov/MilitaryPass>

Programs to Increase Access to Nature

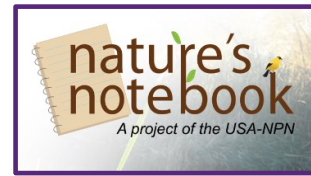
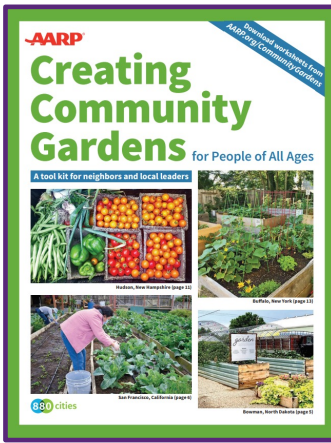


DISABLED HIKERS
 Disability Community & Justice in the Outdoors



<https://www.disabledhikers.com/>
<https://www.sierraclub.org/military-outdoors>

Plant & Garden Activities



<https://www.aarp.org/livable-communities/tool-kits-resources/info-2023/creating-community-gardens-download.html> <https://www.usanpn.org/nn>

Nature Activities for Families



<https://bluestarfam.org/outdoor-explorers-family-activities/>

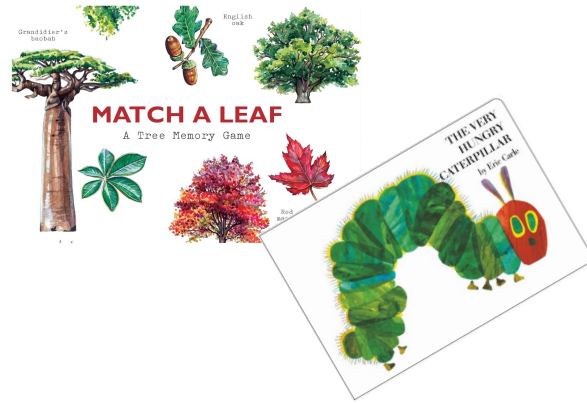
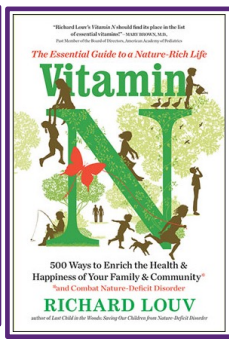
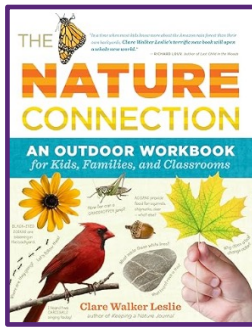


<https://www.childrenandnature.org/resources/family-group-planning-guide/>



<https://parktrust.org/overview/military-family-programs/>

Nature Activities for Families



Match a Leaf Game by Tony Kirkham & 826 Valencia
Carle, Eric. "The very hungry caterpillar." *Early Years Educator* 2.3 (2000): 38-41.

Nature Events



Nature Prescriptions

Park Rx America www.ParkRxAmerica.org
Ask your doctor for a park prescription today!

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.

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 **improves mental and physical well-being** more than indoor activity.

Spending time in parks **improves cognitive development** in schoolchildren.

The closer we get to green space, the **less we suffer** from cardiovascular, neurological, psychiatric, and cognitive diseases.

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

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**.

LEARN MORE AT ParkRxAmerica.org
This poster was created in collaboration with NHPA, NHPA, Dr. Janice Wells, MD.

<https://parkrxamerica.org/>

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Modeling Time in Nature

- Walk
- Bring nature inside
- Take a real lunch break
- Sit-spot
- Nature therapy walk



<https://parkrxamerica.org/providers/things-to-do-in-nature.php>

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Nature is the best playground.

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Additional Resources

- Healthy Trees, Healthy Lives: <https://healthytreeshealthyvives.org/>
- Center for Health & Nature: <https://centerforhealthandnature.org/>
- Children in Nature Network: <https://www.childrenandnature.org/>
- iNaturalist: <https://www.inaturalist.org/>
- Seek by iNaturalist: https://www.inaturalist.org/pages/seek_app

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Questions

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Continuing Education



This webinar has been approved for
1.0 continuing education (CE) credits from:

- University of Texas at Austin, Steve Hicks School of Social Work (Social Work, LPC, LMFT).
- Commission for Case Manager Certification.
- Patient Advocate Certification Board to Board Certified Patient Advocates (BCPA).
- American Association for Family and Consumer Sciences (AAFCS) for Certified in Family and Consumer Sciences (CFCS).
- Certified Family Life Educators (CFLEs).
- Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetic Technicians, Registered (NDTRs).
- Certificate of attendance available

Evaluation Link

Go to the event page for the evaluation and post-test link.

[Continuing Education](#)

Questions?

Email us at:
ce@oneop.org



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

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Upcoming Webinar



Rooted in Resilience: Cultivating Well-Being in Individuals with Disabilities

May 8, 2024, 11 AM - 12:00 PM ET

Delve into the therapeutic benefits of gardens and gardening, the principles of garden design for accessibility, and the importance of creating safe and welcoming environments for all.



For archived and upcoming webinars visit: [OneOp.org/AllEvents/](https://oneop.org/AllEvents/)

<https://oneop.org/learn/160037/>

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[OneOp.org](https://oneop.org)

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