



OUTDOOR



Go Outside...

It's good for your physical and mental health

Making the case for OUTDOOR Rx:

Background

- The average American spends 10+ hours/day with screens.
- Screen time disrupts outdoor cognitive health.
- Outdoor Rx may be unfamiliar to people of color and refugees.

Exposure to nature can help achieve the following outcomes:

- Reduce stress
- Promote better sleep
- Lower blood pressure
- Improve postoperative recovery
- Improve congestive heart failure
- Improve immune function
- Improve cancer survivorship
- Improve mental health and reduce depression and anxiety
- Improve child development (motor and cognitive)
- Increase happiness, well-being, and life satisfaction

For more, including the research supporting nature is medicine, go to www.outdoorrx.org.

Recommendation

- Share the Outdoor Rx with patients.
- Recommend time outdoors in nature, such as walking in parks and trails.
- 10-15 minutes each day is beneficial; longer is better.

Thriving Weld Partnership

- Outdoor Rx is a collaborative project with Thriving Weld, a partnership with more than 200 people and organizations.

Find tips, maps, and more at www.thrivingweld.com



90% the amount of time Americans spend indoors

the amount spent annually on health care costs related to inactivity **\$117 BILLION**

U.S. obesity rates have **TRIPLED** since the 1970s

31% Weld County's obesity rate

Americans who report being depressed in the past year **7.3%**

1 in 5 the number of older adults at risk of social isolation - feelings of loneliness can nearly double the risk of death