Healthy Parks
Healthy People

Acadia National Park
Facing Two Futures
Children in America

- 93% of time indoors

- 7 hours of screen time a day (8-18 year olds)
  - 2 hrs/day 7 & under

- Childhood obesity rate of 17%

- Increased anxiety, social isolation
It’s Not Just The Kids

- Only 40% of adults get more than 2 ½ hrs/week exercise
- 24% have not exercised in the last 30 days
- Chronic diseases make up 75% of health care costs; 7/10 deaths
Get Outside

- Confidence/Life Skills
- Personal Responsibility
- Physical Health
- Reduction in Stress
Call of the Wild
1930 Junior Naturalist School
(Yosemite)
Call of the Wild

1930s Urban Youth Camps
In wartime, the best function of these areas is to prove a place to which members of the armed forces and civilians may retire to restore shattered nerves and to recuperate physically and mentally for the war tasks still ahead of them.

Wartime NPS Director, Newton Drury
Call of the Wild

WWII Military Recreation & Health
Call of the Wild

WWII Military Recreation & Health
What’s New?
Healthy Parks, Healthy People (2003 AUS, 2011 US)

- a global movement that harnesses the power of parks and public lands as a health resource
Let’s Go to the Park Today: The Role of Parks in Obesity Prevention and Improving the Public’s Health

Heidi M. Blanck, Diana Allen, Zarnaaz Bashir, Nina Gordon, Alyson Goodman, Dee Merriam, and Candace Rutt

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Abstract

Let’s go to the park today! This familiar phrase is heard routinely throughout the year in many U.S. households. Access to...
Healthy Parks, Healthy People

- Identifying and Evaluating Park Health Resources
- Documenting Physical Activity in Parks
- Understanding the Link Between Park-going and Mental Health and Well-being
- Evaluating Nutrition and Nutritional Information in Parks Improving Health
- Education/Communication in Parks
- Developing and Using Program Evaluation Tools
Nature/Experiential Learning...

- achieved gains in social studies, science, language arts and math; improved their grade-point averages; and developed skills in problem-solving, critical thinking and decision-making.

- A six-year study of 905 public elementary schools in Massachusetts found that third-graders got higher scores on standardized testing in English and math in schools that had closer proximity to natural areas.

- Marked reduction in ADD/ADHD symptoms
Human Health
- Physical
- Mental
- Spiritual

Ecological Health
- Citizen Science
- Appreciation
- Responsible Use

Healthy Communities
- Social Well-Being
- Overcome Barriers
- Good Citizens
Healthy Parks, Healthy People - Communication
Nature makes you... Healthier

A 30-minute visit to a park can improve heart health, circulation and lower cholesterol, blood glucose, and blood pressure. Walking in nature reduces inflammation and boosts your immune system, which decreases the risk of certain diseases and cancers. Interacting with a green space increases social interactions which can prevent diseases like dementia.
Healthy Parks, Healthy People

- Every Kid Outdoors - 4th Grade
- Military/Veteran Strategy
- Park-based Fitness Challenges
- Healthy & Sustainable Food Programs
Healthy Parks, Healthy People

- Citizen Science
- Public Walk, Talks, Hikes, Tours to develop appreciation & fitness
- Communicate responsible use
Healthy Parks, Healthy People - Communities

- Civic Engagement
- Equitable Access through Diversity & Inclusion
- Work Beyond Park Boundaries

Cooperation is in our nature: Nature exposure may promote cooperative and environmentally sustainable behavior

John M. Zelinski, Raelyne L. Dopko, Colin A. Capaldi

https://doi.org/10.1016/j.envp.2015.01.005
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Highlights
- We tested the effects of viewing brief videos containing natural vs.
1.2 Review demographic data to construct a community profile

The community profile will help you understand who you are designing the park/trail for and help you identify trends (e.g., more families moving to your study area or an aging population). Information you might want to review includes:

- Basic population and density estimates and changes in the past 5-10 years.
- Age and sex distributions and changes in the past 5-10 years.
- Educational attainment levels.
- Employment and income levels.
- Race and ethnicity statistics.
- Living situations (e.g., household type, marital status).
- Other: ___________________________  ___________________________

Planning departments or local universities may be able to assist with the collection of demographic data. Presenting the data in a visual map format can have the most impact on community members. Resources for finding demographic data include the following:

- U.S. Census Bureau – a database that provides demographic information about communities within the United States. http://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml
- Community Commons – an interactive mapping, networking, and learning utility for the broad-based healthy, sustainable, and livable communities’ movement. Registered users have free access to GIS data layers and tables. http://www.communitycommons.org
- County Health Rankings – a tool that provides health data at the county level. http://www.countyhealthrankings.org
- National Environmental Public Health Tracking Network Built Environment Indicator “Access to Parks and Schools” – a resource that presents the number and percentage of population living within a half-mile of a public park by state and county in map and table formats. http://ephtracking.cdc.gov/

1.3 Collect disease prevalence and risk factor data to determine the health needs of the service population.

Contact your local health department for data most relevant to your area. Visit websites such as http://www.countyhealthrankings.org and http://www.cdc.gov/brfss for comparative data.

- Diabetes rates.
- Asthma rates.
- Cardiovascular disease rates.
- Depression hospitalization rates.
- Physical inactivity rates.
- Obesity rates.
- Smoking rates.
- Prescription, illicit drug, and alcohol abuse rates.
- Availability of healthy foods (e.g., grocery stores with fresh foods, farmers’ markets).
- Other: ___________________________  ___________________________

1.4 Identify community health goals that have been defined by your local health community, schools, and nonprofit organizations.

- Physical activity plans.
- Comprehensive plans.
- County health strategies.
- School district health strategies.
- Wellness coalitions.
- Other: ___________________________  ___________________________

*Service nonnullation: Establish the nonnullation to be served by
Opportunities at Acadia National Park
Experiential Education at Acadia

- Field Trips
- In-School Programs
- Professional Development
Experiential Education at Acadia - Elem.

- Shoreline Discovery
- Sedimentary Sleuths
- At Home in Acadia (habitats)
- Ecosystem Explorers
- Carriage Road Explorers
Experiential Education at Acadia - Middle

- Fire & Ice (Geology)
- Floating Classroom
- Great Fish Migration
- Schoodic Education Adventure
Schoodic Education Adventure

- Residential Environmental Education
- Typically Middle School, 3 days
Professional Development

● Acadia Teacher Fellows
● AOS91/RSU24 Teacher Workshops

Community Outreach

● Outdoor Classrooms
Get passes for your students
As a fourth-grade educator, you can download an activity and print paper passes for each of your students. This program only provides passes for fourth graders.

You're a fourth-grade educator if:
You're a teacher at a U.S. or U.S. military school, or
You're an adult who engages fourth graders through a youth-serving organization. For example, a camp director, a home-school leader, an after-school leader, or a religious group leader.
Let's Face The Future Together
Let’s Face The Future Together

● Connect with your local parks… or with us!

● Find your partners in the medical community.

● Get Your Vitamin ‘N’ - outdoor and unstructured.

● Check out nps.gov/healthandsafety