Children & Nature
Being active in nature makes kids healthier.

- Exposure to nature can reduce stress levels by as much as 28% in children.
- Even a 20-minute walk in nature can help children with attention deficit hyperactivity disorder (ADHD) concentrate better.
- Time spent outdoors is predictive of higher levels of physical activity in children.
- Children have lost 25% of playtime and 50% of unstructured outdoor activity over recent decades.
- Parents, friends, and family are the most influential to youth participation in outdoor activities.
- Outdoor exercise improves mental & physical well-being more so than indoor activity.
- Children who spend more time outdoors are less likely to be overweight by 27-41%.
- Nature Deficit Disorder was coined by author Richard Louv in 2005 to describe how children are spending less time outdoors and its impacts.

Sources:
- American Academy of Pediatrics
- Centers for Disease Control and Prevention

Find out more: NEEFusa.org