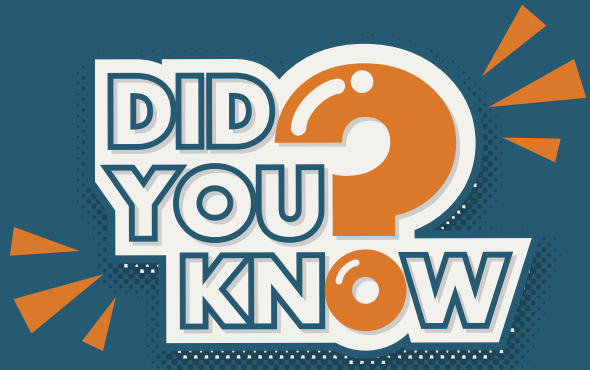




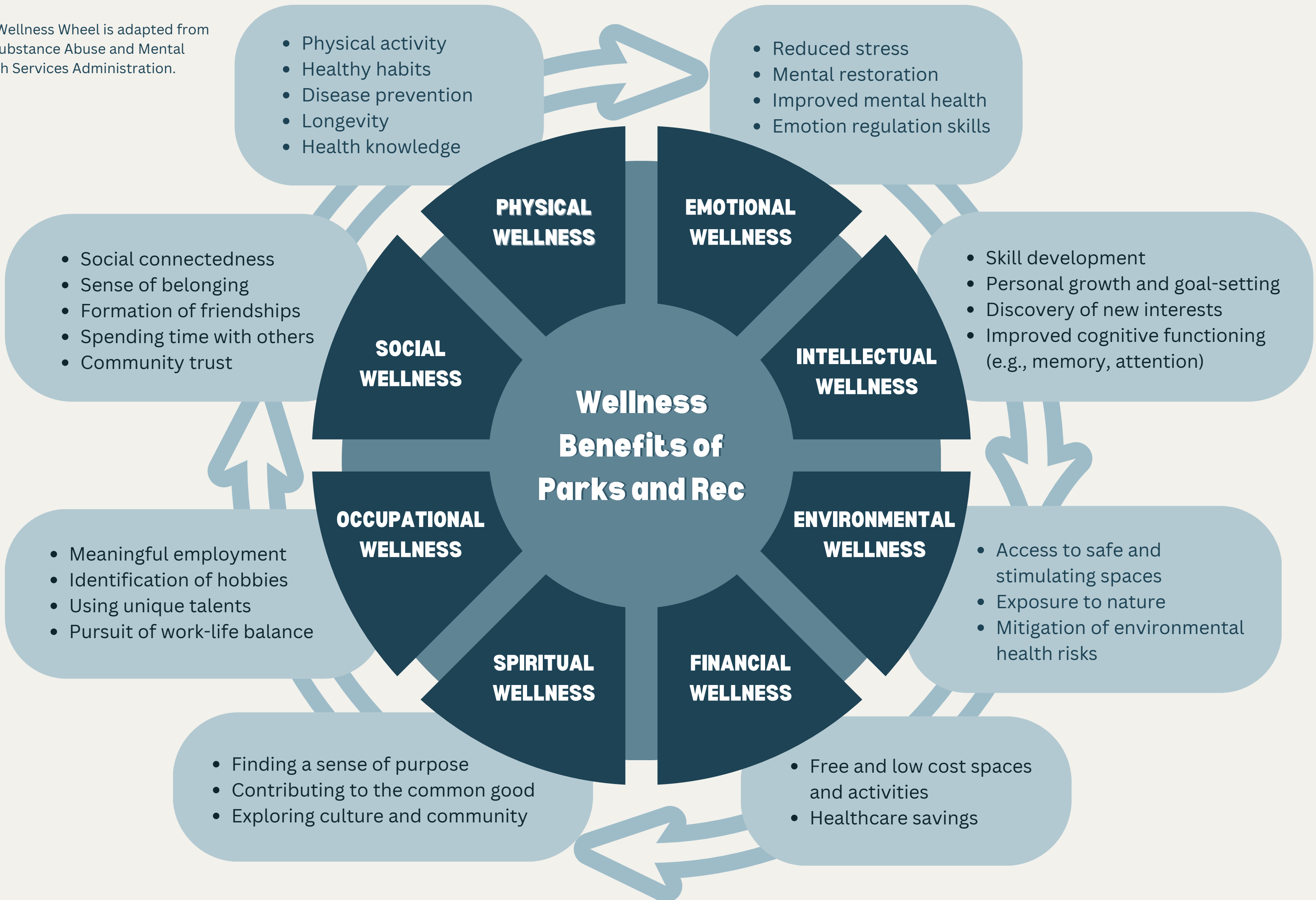
Unlocking Wellness through Parks and Recreation

Exploring how parks and recreation agencies contribute to the health and wellness of individuals and the community at large.

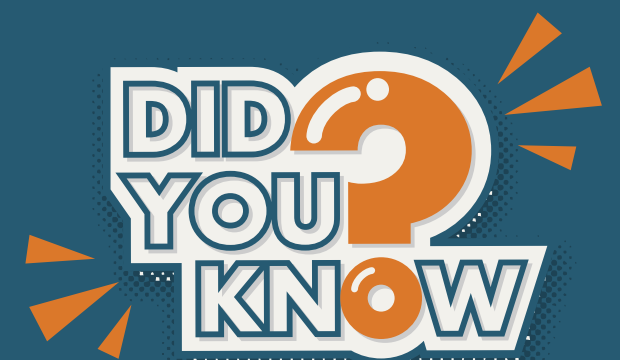


Evidence suggests that Parks and Recreation agencies provide meaningful opportunities for participants to **advance their wellness** through provision of programs, maintenance of facilities, and stewardship of natural spaces

This Wellness Wheel is adapted from the Substance Abuse and Mental Health Services Administration.



The benefits of Parks and Recreation extend beyond individual participants. According to research, Parks and Recreation offerings contribute to the **health and wellness of the whole community**



- Reduced prevalence of disease
- Improved birth outcomes
- Reduced mortality
- Less mental illness



- Reduced air pollution
- Reduced heat
- Reduced flood run-off



- Improved resident satisfaction
- Improved quality of life
- Higher property values



- Improved community cohesion
- Reduced crime risk
- Improved disaster resilience



- Fewer hospitalizations
- Reduced healthcare costs
- Reduced Medicare spending

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