

The Nature Connection:

How Nature Impacts Mental Health and Wellbeing



Ashley Hegewald &

Julie Jarvis



Julie Jarvis

Aldo Leopold Nature Preschool
Teacher

Mother, wife, dog-owner
Nature lover

Former: Field Edventures Coach,
Elementary School Counselor, Day
Treatment Therapist, Environmental
Educator

Favorite Place: Lake Michigan Dunes

Hobbies: Hiking, biking, walking the dog, baking,
cooking, gardening, acting



Ashley Hegewald

Field Edventures FIELD Coach
and Board Member

Environmental Educator
Former Science Teacher
Yoga Instructor
Outdoor Enthusiast
Mother, wife,
community volunteer

Favorite place to explore: my backyard

Favorite things to do in nature: hike, paddle,
camp, garden, explore with my family

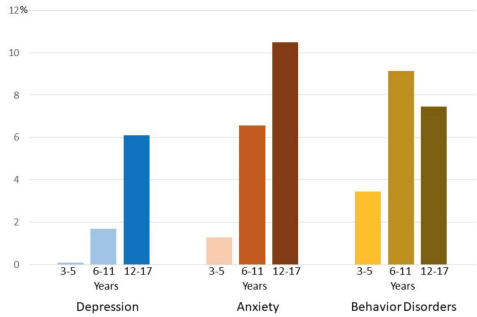


Engaging the rock skipping, frog-catching spirit that lives in each of us!

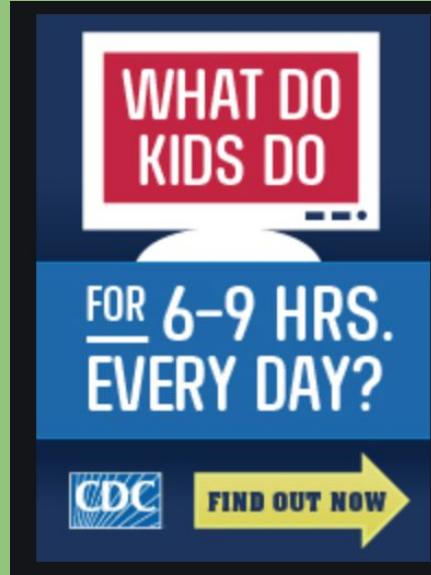


Studies show:

Depression, Anxiety, Behavior Disorders, by Age



Source: CDC



2020 Top 10 Child Health Concerns among All Parents

1	Overuse of social media	72%
2	Bullying/cyberbullying	62%
3	Internet safety	62%
4	Unhealthy eating	59%
5	Depression/suicide	54%
6	Lack of physical activity	54%
7	Stress/anxiety	54%
8	Smoking/vaping	52%
9	Drinking or using drugs	50%
10	COVID	48%

Margin of error: ± 2 percentage points and higher among subgroups
Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2020



“Over the past few generations, childhood has moved indoors. On average, today’s kids spend up to 44 hours per week in front of a screen, and less than 10 minutes a day playing outdoors. And for too many kids, access to nature is determined by race, income, ability and postal code.”

<https://www.childrenandnature.org/>

Studies show:



Children & Nature

Being active in nature makes kids healthier.

Children living within a 1/2 mile of a park are more likely to have higher levels of physical activity.

There are more than **20,000 parks** and **11,000 playgrounds**—totaling over **1.5 million acres**—in cities across the U.S.

Children living within 2/3 mile of a park with a playground can be 5 times more likely to have a healthy weight.

AAP recommends children be physically active for at least **60 minutes** throughout a day and limit time with electronic media to **2 hours** per day.

Kids spend more than **7 hours** a day with various electronic media.

More than **1 in 3 children** in the U.S. are overweight or obese. Minority and low-income children are disproportionately affected.

3,600 youth are diagnosed each year with type-2 diabetes for which obesity is a major risk factor.

7 million children in the U.S. have asthma and overweight children are at higher risk.

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:

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- Cohen DA. Pediatrics 2006; 118: 1320-1349.
- J. Thompson Coon, et al. Environ. Sci. Technol. 2011; 45 (5): 1781-1772.
- Jarrett P, et al. Changing Times of American Youth: 1981-2003. Univ. of Michigan, 2004.
- Louv Richard, (2005). Last Child in the Woods, Chapel Hill NC, Algonquin Books.
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- Opden CL, et al. J. of the American Med. Assoc. 2000; 283 (3):242-249.
- Robinson VJ et al. Kaiser Family Foundation Report, 2010.
- Schneider M et al. Thorax 2009; 56:485.
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- The Outdoor Foundation Special Report on Youth, 2010.
- The Trust for Public Land
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Find out more: www.neefusa.org/health

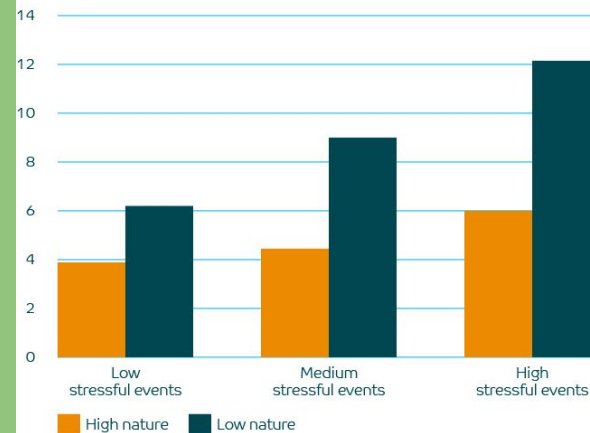
NEAR & OUTDOOR TIME

Promoting health kid's vision



My Kid's Vision

Psychological Stress

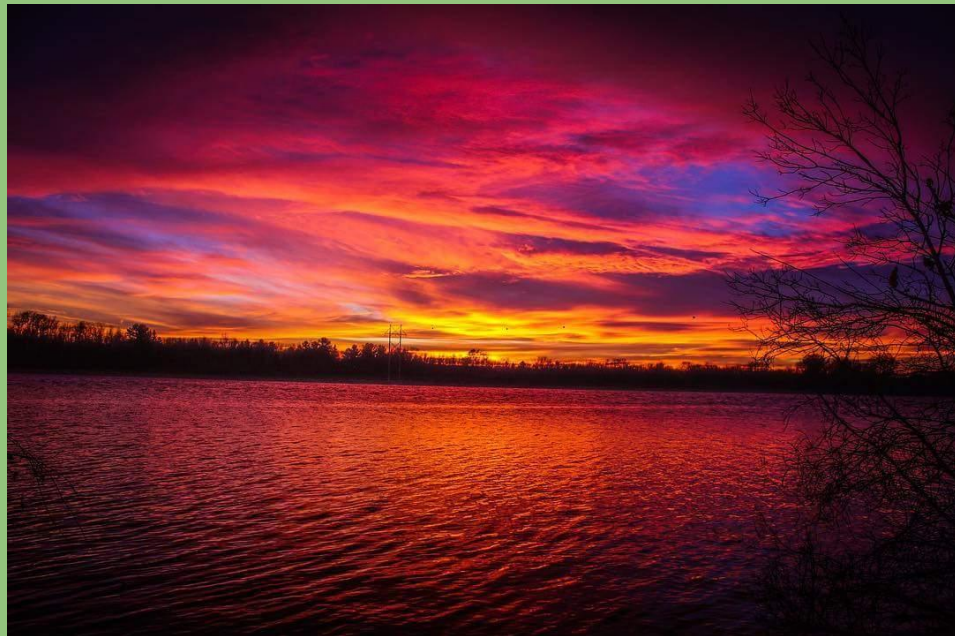


Nearby Nature: A Buffer of Life Stress among Rural Children. NM Wells, GW Evans: Environment and Behavior. May 2003. Vol. 35 No. 3 311-33

Time in nature can help!

- Improved cognition, attention, memory and creativity
- Increased happiness
- Decreased negative emotions
- Enhanced sense of meaning in life and connection to something greater
- Increased positive social interactions, empathy and cooperation
- Decreased symptoms of anxiety and depression
- Reduced stress

AND MORE!



120 minutes/week



Congratulations on deciding to increase your physical activity and enjoy the benefits of being outdoors!
¡Felicitaciones por su decisión en aumentar su actividad física y disfrutar los beneficios de estar al aire libre!

Date / Fecha: _____

Name / Nombre: _____ Age / Edad: _____

Here is the plan we discussed for you to start / Este es el plan que discutimos para que comience:

Start with getting outside _____ days per week. For _____ hours per week.
Empiece por salir _____ días por semana. Por _____ horas a la semana.

Please continue for the next 4 weeks! / ¡Continúe durante las próximas 4 semanas!

X _____
M.D. Signature / Firma del Doctor



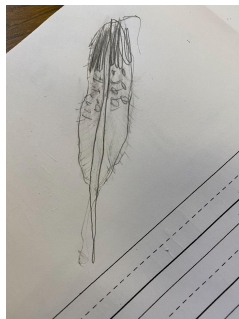




Integrating into Wisconsin Schools

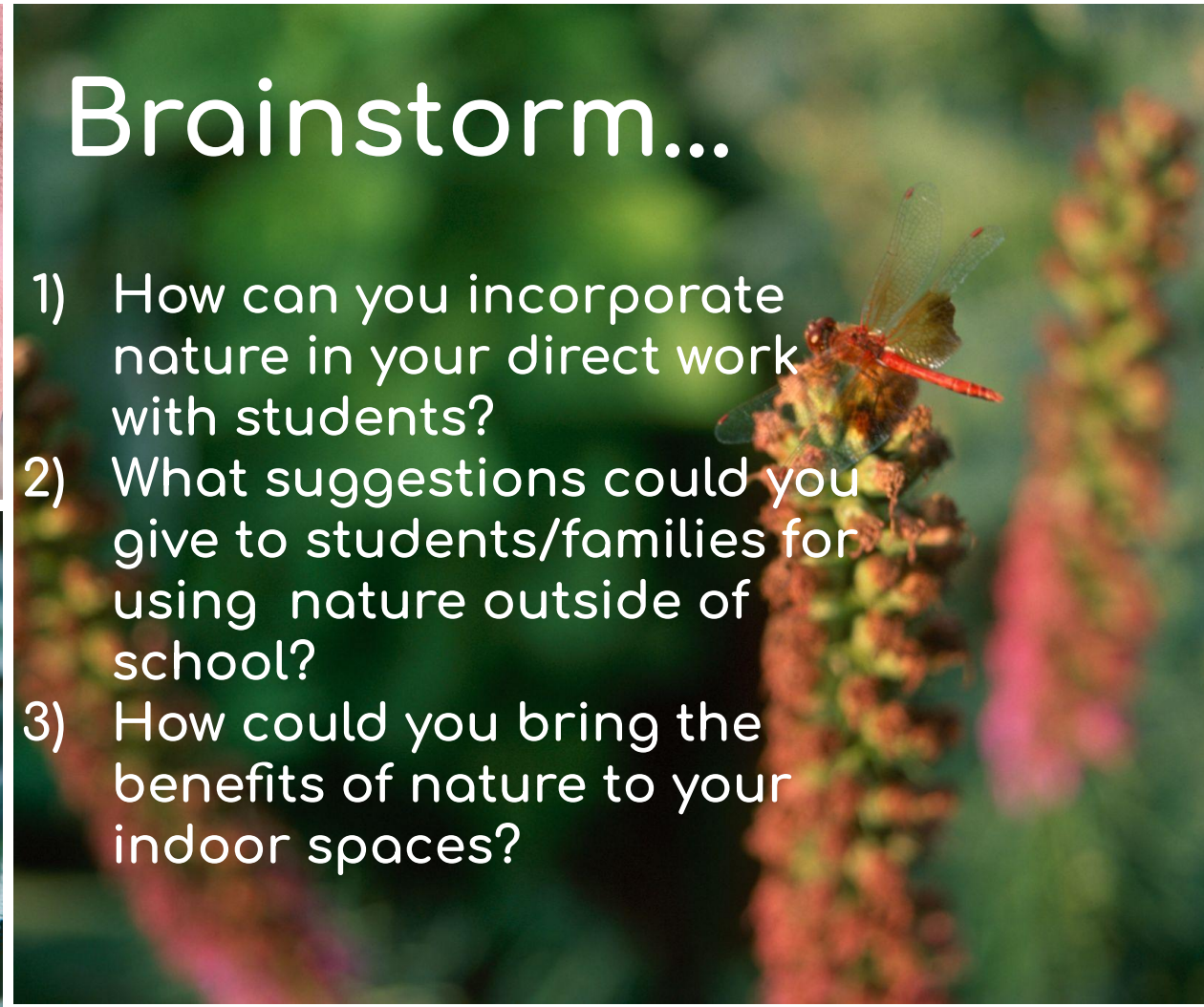


Draw a ½ mile
radius circle
around your
school...look for
green space!



Brainstorm...

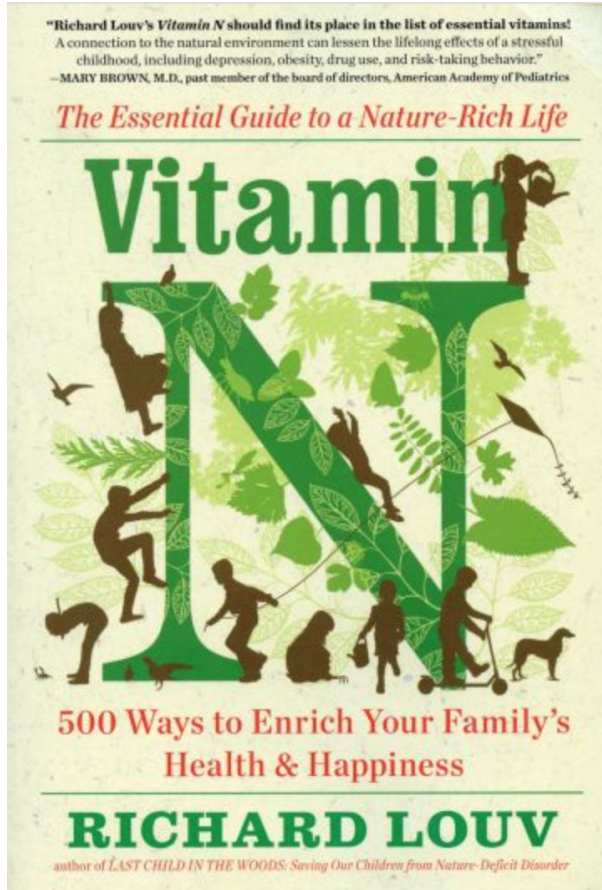
- 1) How can you incorporate nature in your direct work with students?
- 2) What suggestions could you give to students/families for using nature outside of school?
- 3) How could you bring the benefits of nature to your indoor spaces?





Share...





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Who We Are

What We Do

Work With Us

Find us online: www.fieldedventures.org

Engaging the rock-skipping, frog-catching spirit that lives in each of us

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Join us this summer!

My Place in Nature—(online)
July 13, 15, 20, 22 and one
day regional in-person
immersions TBD



MY PLACE IN NATURE

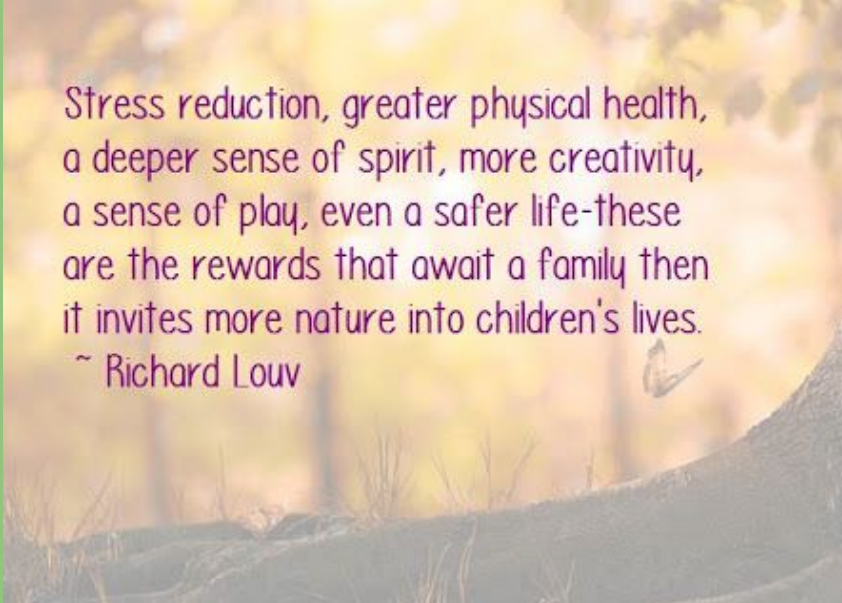
July 13, 15, 20, 22



Questions?

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Stress reduction, greater physical health,
a deeper sense of spirit, more creativity,
a sense of play, even a safer life-these
are the rewards that await a family then
it invites more nature into children's lives.
~ Richard Louv