



Fall 2012



There is a growing body of evidence to assert that individual and societal health are connected to the health of people and the environment. Studies are increasingly suggesting that there are unique benefits to getting outside and being active. When outside, people tend to exercise longer and in a freer, more vigorous way. Natural light is known for its therapeutic effects, and research suggests that being outdoors can have positive effects on everything from stress to attention disorders to rates of healing to social cohesion and lower crime rates.

Healthy Parks Healthy People US's contributions can best be realized by combining forces across a broad array of sectors and interests, both within and outside the organization. We work with national, state, and local parks, as well as business innovators, healthcare leaders, scientists, foundations and advocacy organizations to foster the health-related role that parks can and do play in our society. Partnerships are important sources for potential funding and resources, and also for enthusiasm, inspiration, imagination, practical ideas, and active collaboration.



The National Park Service is seeking to establish partnerships with healthcare providers and health insurers to promote parks and outdoor spaces as a vital component to healthy living. Health and medical care providers may influence how people experience a park by promoting healthy lifestyles (i.e., healthy diet, physical activity, stress relief, and making environmental and social connections).

These partnerships work to promote and validate the role of parks as a vital component to healthy living. Parks provide the place for people to learn about and practice healthy lifestyles, and a living laboratory for research. The health and medical care community provide skills and expertise in developing health promotion programs, messaging, program evaluation, and research. To date, partnerships between parks and the health and medical care community have provided for changes to the built environment to promote healthy lifestyles; “park prescriptions” and patient referrals to local parks and trails; park and community-based health education programs and events; healthy and sustainable foods; and health ambassador programs for student interns to work in parks.

## What is Healthy Parks Healthy People US?

*Healthy Parks Healthy People US* is a holistic approach to promote the health and well-being of all species and the planet we share.

*Healthy Parks Healthy People US* advances the fact that all parks – urban and wildland are cornerstones of health for people and the environment.



## Healthy Parks Healthy People US

In 2012, the National Park Service has established a total of 26 new partnerships with the health and medical care community, with a goal of securing at least 50 such partnerships in preparation for the agency's second century of stewardship and engagement in 2016. The purpose of these partnerships is to expand the health community's use of parks as a healing tool and increase citizen recognition of the value of parks to improve people's health and well-being.

Partnerships have been established with large and small medical providers, insurance companies, university medical schools, government agencies, and nonprofit organizations in support of a broad spectrum of park-based health promotion strategies, actions and practices, with many focused on connecting high-risk populations such as youth, veterans, and minority populations to parks to derive health benefits.



Healthy Parks  
Healthy People

June 8-12, 2014 • SAVE THE DATE



HEALTHY PARKS HEALTHY PEOPLE  
INTERNATIONAL CONGRESS and EXPO  
ATLANTA, GEORGIA, USA

Explore the intersections of **PUBLICLANDS**,  
**PUBLICHEALTH**, and **MEDICINE** to promote a  
healthy, civil society.

Healthy Parks Healthy People is a holistic approach to promoting the health and well-being of all species and the planet we share.

**PARKS AT HAND**  
FOR A HEALTHY FUTURE

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The US National Park Service invites *you* to make this *your* conference.

Call for proposals will be announced in early 2013.

Check out our website for more information, and to remain current.

For more information feel free to contact:

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Healthy Parks Healthy People US website: [http://www.nps.gov/public\\_health/hp/hphp.htm](http://www.nps.gov/public_health/hp/hphp.htm)

Healthy Parks Healthy People Global website: <http://www.hphpcentral.com/>

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