

Park Visits

Visits to parks provide an array of health benefits including the following:

- Two thirds of older adults who visit parks report moderate or high levels of physical activity
- Active park users have a lower body mass index
- Stress relief was one of the most common benefits older adults attributed to park visits
- Citizens who had better access to parks, visited parks frequently, and engaged in physically-active park behaviors also made fewer visits to their doctor for reasons other than a regular check-up (Godbey, Roy, Payne, and Orsega-Smith, 1998).
- The longer length of time people spend in parks, the better the health benefit as evidenced by park visitors who visited a park for one hour or more showed significantly lower systolic blood pressure than those who stayed for shorter time periods (Orsega-Smith, Payne, Godbey, 2003).