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# KID'S LUNGS AND NATURE

## PRESCRIPTION

2 hours/week in nature

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.

- A study of over 7,000 kids showed that growing up close to green space boosts your lung capacity and elasticity into young adulthood.
- Kids who live in neighbourhoods with more diverse vegetation and street trees develop asthma less often.
- Living in an area with increased forests and farmland within 5 km of home reduces kids' chances of developing allergies.

## LINKS

- <https://www.sciencedirect.com/science/article/pii/S0160412019342709>
  - <https://www.nature.com/articles/s41477-018-0151-8>
  - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4303942/>
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