



NATURE AND KID'S HEARTS

PRESCRIPTION

In the last two decades, childhood has moved indoors. The average American child spends as few as 30 minutes in unstructured outdoor play each day and more than seven hours each day in front of an electronic screen.

- Spending time outside raises levels of vitamin D, helping protect children from future bone problems, heart disease, diabetes, and other health issues.
- A systematic review and meta-analysis to synthesize the effects of forest bathing on blood pressure, including 20 trials involving 732 participants including high-school and college-aged youth. The authors found that both systolic and diastolic blood pressure taken in the forest environment were significantly lower than in non-forest environments

LINKS

- <https://www.nwf.org/home/kids-and-family/connecting-kids-and-nature/health-benefits-and-tips>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8125471/>
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