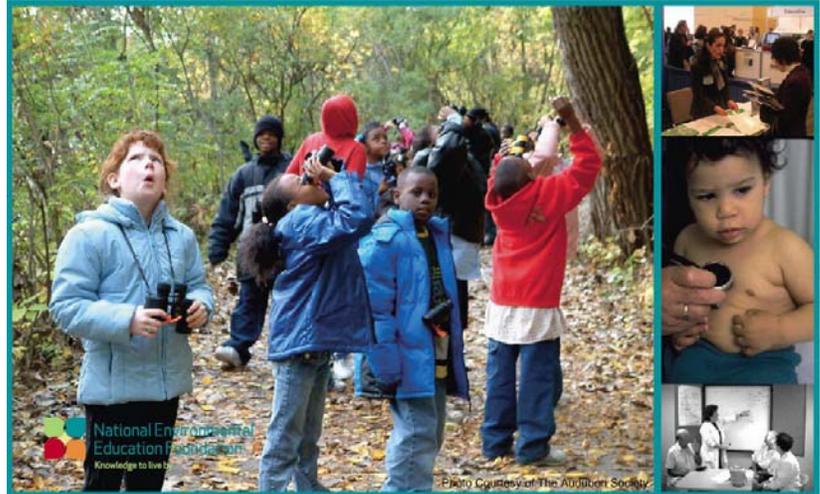




Children and Nature Initiative

Our children are suffering from a variety of chronic health conditions such as obesity and asthma. Research indicates that unstructured outdoor activities may improve children's health by increasing physical activity, reducing stress, and serving as a support mechanism for attention disorders. The National Environmental Education Foundation's (NEEF) Children and Nature Initiative is taking action for children's health by addressing two important issues:



- Preventing serious health conditions like obesity and diabetes
- Reconnecting children to nature

NEEF is educating pediatric health care providers about prescribing outdoor activities to children and connecting health care providers with local nature sites so that they can refer families to safe and easily accessible outdoor areas.



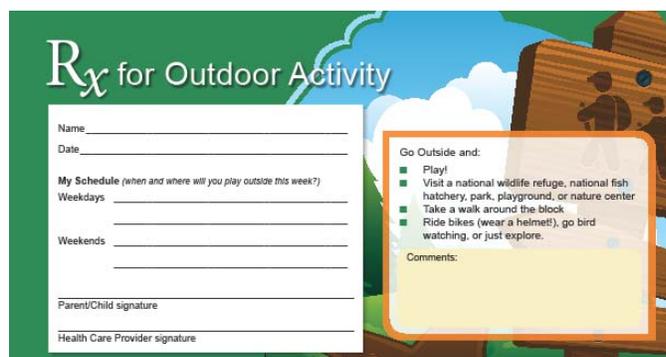
Nature Champions

- NEEF is building capacity among pediatric health care providers by creating Nature Champions who train other health care providers about prescribing nature.
- The health care providers refer families to parks or nature centers in their communities where NEEF's partners provide active nature programming.
- NEEF's nature partners include:
 - U.S. Fish and Wildlife Service
 - National Audubon Society
 - U.S. Department of Agriculture Forest Service
 - National Park Service

A Program of

Tools and Resources

- **Fact Sheet:** highlights of current scientific literature on the importance of time in nature to children's health
- **Pediatric Environmental History Form** (English and Spanish)
- **Patient Brochure:** connecting families to a local nature site (English and Spanish)
- **Prescription Pad:** for health care professionals to "prescribe" nature (English and Spanish)
- **Nature Champion Training PowerPoint**
- **NEEF's study** "Using Nature and Outdoor Activity to Improve Children's Health" (Published in *Current Problems in Pediatric and Adolescent Health Care* 2010; 5: 102-117.)



The image shows a form titled "Rx for Outdoor Activity" and a brochure. The form includes fields for Name, Date, My Schedule (when and where will you play outside this week?), Weekdays, Weekends, Parent/Child signature, and Health Care Provider signature. The brochure lists activities to go outside and includes a comments section.



www.neefusa.org/health/children_nature.htm

Children and Nature Advisory Committee

- Janet Ady, U.S. Fish and Wildlife Service
- Sophie Balk, MD- Children's Hospital at Montefiore, New York
- Stephanie Chalupka, EdD, RN, PHCNS-BC, FAOHN- Worcester State College, Massachusetts
- Jean Sheerin Coffey, PhD, CPNP- Essex Pediatrics/University of Vermont, National Association of Pediatric Nurse Practitioners
- Mark Cucuzzella, MD- West Virginia University/Harpers Ferry Family Medicine
- Ruth Etzel, MD, PhD- George Washington University, District of Columbia
- Joel Forman, MD- Mount Sinai Medical Center, New York
- Catherine Karr, MD, PhD- University of Washington
- Dee Merriam, FASLA- Centers for Disease Control and Prevention
- Evelyn Montalvo Stanton, MD- Pediatric Pulmonary Medicine/University of Medicine and Dentistry of New Jersey, National Hispanic Medical Association
- Deborah Pontius, RN, MSN, NCSN- Pershing County, NV School District, National Association of School Nurses
- Chuck Remington- National Audubon Society
- James Roberts, MD, MPH- Medical University of South Carolina, American Academy of Pediatrics
- Bonnie Rogers, DrPH, COHN-S, LNCC- University of North Carolina at Chapel Hill
- Safiya Samman- U.S. Forest Service
- James Subudhi- WE ACT for Environmental Justice
- Myrtis Sullivan, MD, MPH- Illinois Department of Human Services, National Medical Association
- Lois Wessel, CFNP- Association of Clinicians for the Underserved
- Nsedu Obot Witherspoon, MPH- Children's Environmental Health Network



The goal of the **Health & Environment Program** is to advance environmental knowledge among health professionals to improve the public's health with a special emphasis on children and underserved populations.

At the **National Environmental Education Foundation**, we provide knowledge to trusted professionals who, with their credibility, amplify messages to national audiences to solve everyday environmental problems. Together, we generate lasting positive change.