

SHIFT health & nature

webinar series

Supported by:



Chapter 1: The Health & Nature Movement

The Role of Parks and Public lands in Supporting Public Health

Linda Hwang

March 24, 2020

Arika Virapongse, PhD

Health & Nature Webinar Series coordinator, SHIFT
Principal Scientist, Middle Path EcoSolutions
Research Scholar & Community Director, The Ronin Institute for Independent
Scholarship



About the Webinar Series

March-September 2020

Every 2nd & 4th Tuesday of the month at 10:00 - 11:00 AM MT

CHAPTER 1

The Health & Nature Movement

March 10 & March 24

March 18 Special Episode: Nature and the COVID-19 Pandemic

CHAPTER 2

Public Health:

Nature as an Intervention Strategy

April 14, April 28, & May 12

CHAPTER 3

Conservation:

Public Health as an Ecosystem Service

May 26, June 9, & June 23

CHAPTER 4

Land Management:

Land Use and Public Health

July 14, July 28, & Aug 11

CHAPTER 5

Outdoor Recreation:

The Health Benefits of Time Outside

Aug 25, Sep 8, & Sep 22



Photo by James Wheeler

Linda Hwang

The Trust for Public Land



Land
for
people.

THE
TRUST
FOR
PUBLIC
LAND

We believe

- People need and deserve access to nature
- Our work should span cities to wilderness
- When we engage community, we create community
- Equity means everyone



Our mission

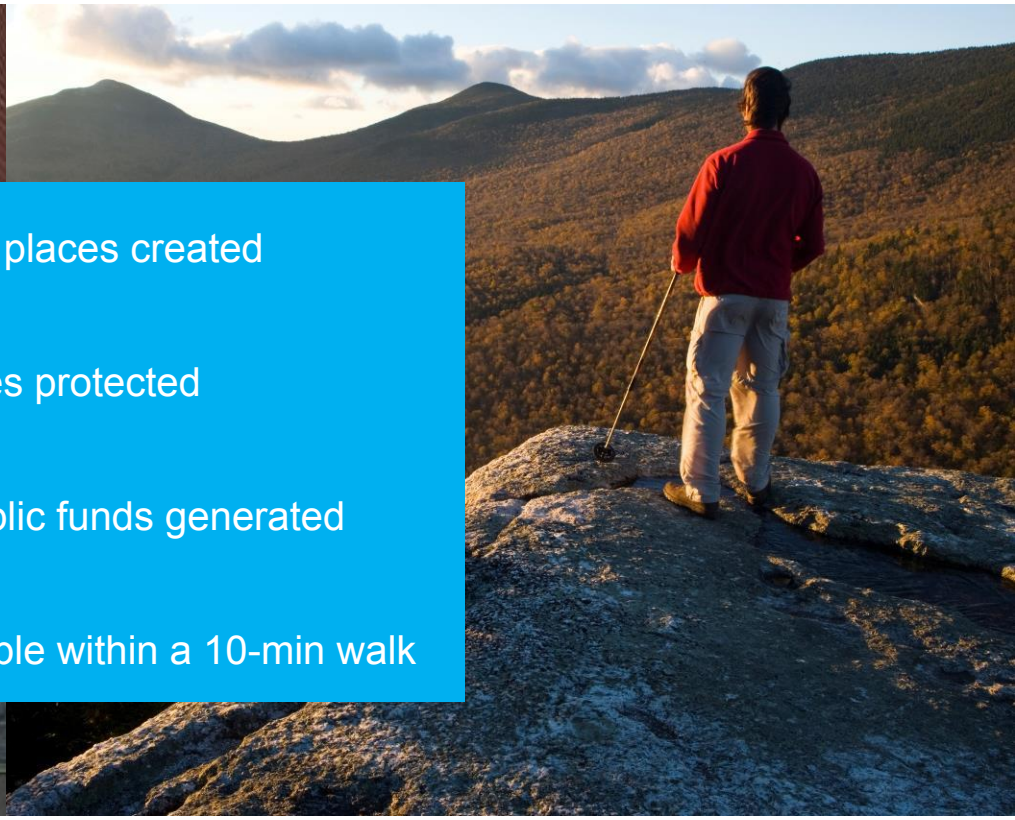
LAND FOR PEOPLE

The Trust for Public Land creates parks and protects land for people, ensuring healthy, livable communities for generations to come.



We deliver

FROM NEIGHBORHOOD PARKS TO
NATIONAL PARKS



5 thousand+ places created

3 million+ acres protected

\$79 billion public funds generated

8 million+ people within a 10-min walk



110 million Americans

– a third of us,
including 28 million kids –

lack quality parks



Michael Suk, MD, JD, MPH, MBA, FACS



**Americans went
on one billion
fewer outdoor
outings in 2018
than they did
just ten years
earlier.**

**Of outdoor
participants,
63.3% report
they recreate
within 10 miles
of their home.**

**Only 17.9% of
the total
population
recreated
outside at least
once a week.**

**OUTDOOR
INDUSTRY[®]
ASSOCIATION**



-2%

The **moderate participation rate** has declined over the last decade.



-7.4%

Overall outdoor outings declined per person over the past year.



-1.4%

Youth outdoor outings have declined over the past three years.

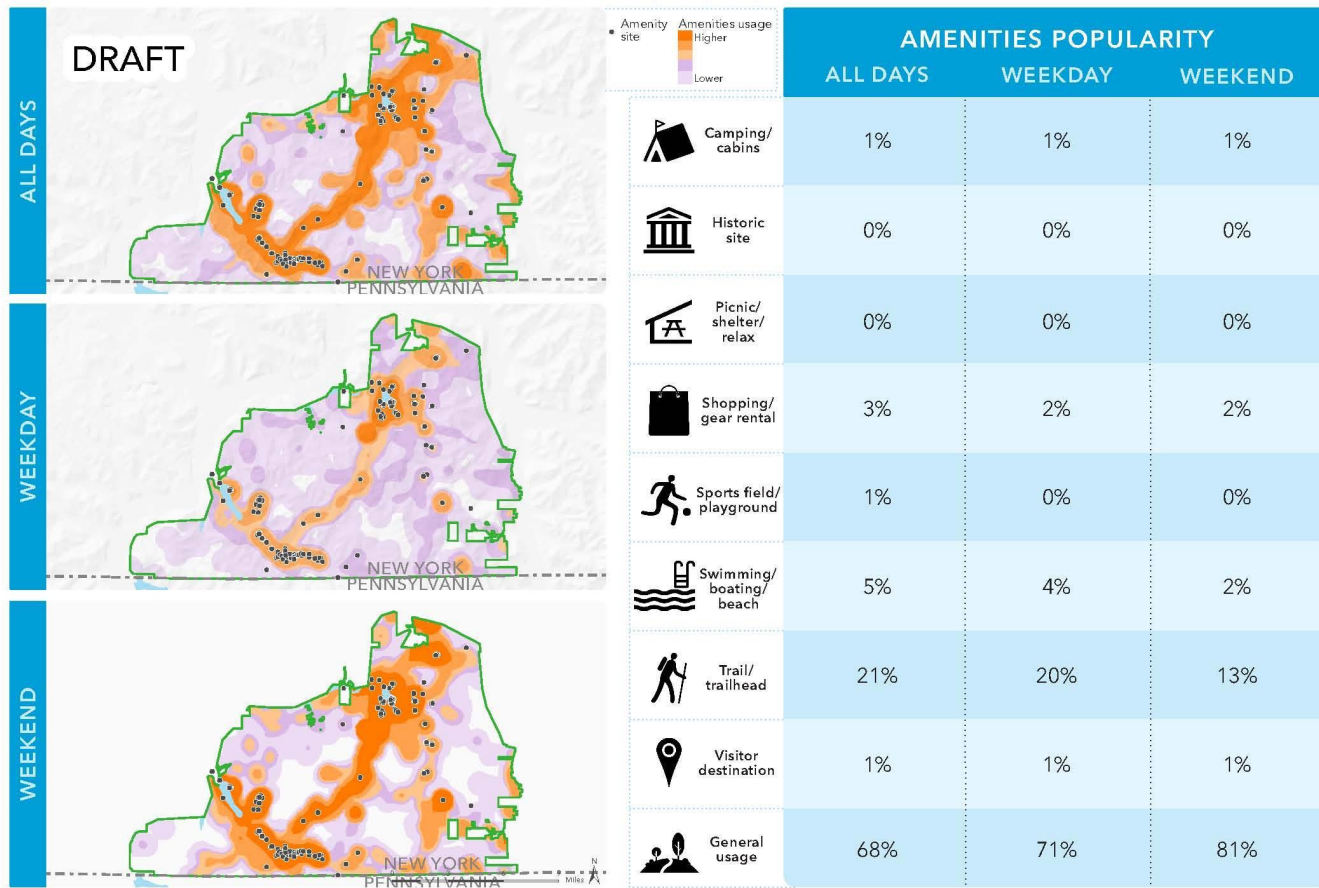
**OUTDOOR
INDUSTRY[®]**
ASSOCIATION

**Can we
reduce
sedentary
behavior?**





park usage: one size does not fit all



Allegany State Park

AMENITY HOT SPOTS FROM ANONYMIZED CELL PHONE DATA

March 12, 2020. Copyright © The Trust for Public Land. The Trust for Public Land and The Trust for Public Land logo are federally registered marks of The Trust for Public Land. Information on this map is provided for purposes of discussion and visualization only. www.tpl.org



THE TRUST
FOR
PUBLIC
LAND

Transit to open space: Pilot shuttle project





BIG CITY MOUNTAINEERS

[BLOG](#)[NEWSLETTER](#)[MEDIA](#)[ACCESS FOR AWE](#)[Site Search](#)[ABOUT US](#)[PROGRAMS](#)[SPONSOR](#)[VOLUNTEER](#)[FUNDRAISE](#)[DONATE NOW](#)

SPENDING TIME IN NATURE
NEVER CROSSED HIS MIND

SLIDE TO
TRANSFORM A YOUTH

[DONATE NOW](#)



California Department of
Parks and Recreation

Google Custom Search



OHV | OHP | DBW



ABOUT

VISIT A PARK

TRANSFORMATION TEAM

WHAT'S NEW

JOBS

LEARNING

NEWS

FamCamp



FamCamp® is a California State Parks and California State Parks Foundation that began in 1994. It is the largest statewide program that introduces camping to underserved areas of our communities.

Our Goals

- To introduce camping to community groups who would otherwise not have the opportunity to have an overnight outdoor recreation experience.

Related Pages

[Office of Community Involvement](#)

[Outdoor Recreation Leadership](#)

[Outdoor Youth Connection](#)

[OCI Event Calendar](#)

[Contacts](#)

**CAMPSITE
LOCATIONS**

Gray Squirrel

Squirrels are nature's tightrope walkers. They use their tails to help them balance as they move from limb to limb.



Pretend you are a squirrel and try to balance on the limb while crossing the bridge.

Ardilla Gris

Las ardillas caminan la cuerda floja de la naturaleza. Usan sus colas para balancearse al moverse de rama en rama.



Pretende ser ardilla balanceándote sobre la viga al cruzar el puente.



**Plan with people,
not for people**

invite

include

involve

Taking engagement online

- Provide digital “home base” for engagement work
- Continue to build excitement and a stewardship base
- Stay connected and focus on the long term goals



Stay connected

Want to see the webinars again?

Webinar recording on YouTube: <https://bit.ly/2wISnOh>

Slide deck on Figshare: <https://figshare.com/authors/SHIFT/8502495>

Next webinar:

April 14th, 2020 at 10 AM MT with Sonya Jakubec from Mount Royal University

Join our Slack Community to continue the discussion: <https://bit.ly/2PJGYOZ>



SHIFT announcements

- The Emerging Leaders Program is accepting applications. The deadline is May 24th at 11:59 PM PT. Contact: drmorgan@shiftjh.org
- Send us nominations for the SHIFT Awards. Self nominations are welcome. Nominations close May 19th at 11:59 PM PT. Contact: arian@shiftjh.org

Contact Arika Virapongse, webinar series coordinator at av@middlepatheco.com

www.shiftjh.org

