

# The Proven Benefits of Park Stewardship

In 2021-2022 we found that as people feel more connected to nature they feel healthier!

In 2023 we found that

**98%** of park stewards feel that their participation contributes to feeling connected to nature and the environment (98% in 2021 and 2022)

**93%** of stewards agree that their participation contributes to their mental wellbeing

AND park stewards who volunteer on a regular basis rate their mental health higher than those who only participated once!



Is stewardship the best way to promote nature connection?

**82%** of park volunteers strongly agree that stewardship contributes to their connection to nature

whereas only **62%** feel this way about park recreation

## Spaces that increase feelings of nature connection



**30%**  
Natural areas  
(wildlife, forests,  
native plants, etc.)



**25%**  
Trails



**15%**  
Around water  
(river, pond,  
lake)

## Spaces that inhibit feelings of nature connection



**33%**

Grey/paved  
spaces

**21%**

Recreation  
facilities (i.e.  
sports facilities,  
playgrounds)

**17%**

Manicured lawns  
and non-native  
plants

**16%**

Crowded  
spaces

**12%**

Areas with litter