

Connecting with nature in large urban parks makes us healthier & happier

99%

of volunteer stewards say stewardship activities make them happy and satisfied

97%

Say stewardship contributes to their mental well-being

90%

Say stewardship contributes to their physical health

98%

Say stewardship makes them feel connected to living things & the environment

The more park users feel connected to nature, the higher they rate their mental and physical health and well-being

People who participate in park stewardship 20X a year rate their life satisfaction higher than those who engage in recreation every day



The benefits of nature connection must be accessible to equity-deserving communities

68%

Of surveyed large urban park users identify as cis-gendered women

86%

Of surveyed large urban park users identify as able-bodied

76%

Of surveyed large urban park users identify as white

59%

Of those who identify as a visible minority feel strongly connected to nature compared to 73% of white park users

