

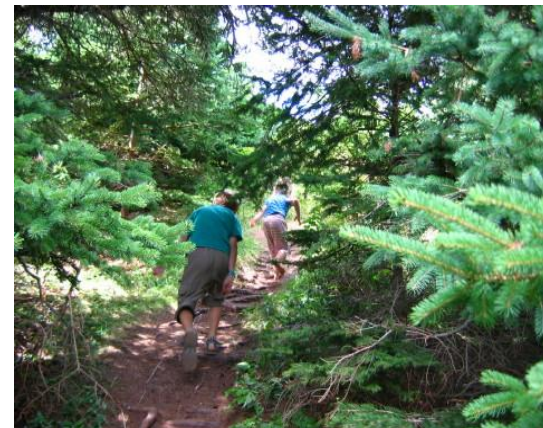
The Outdoors and Children's Health and Well-being

1



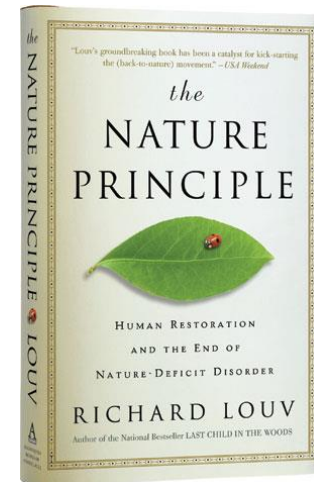
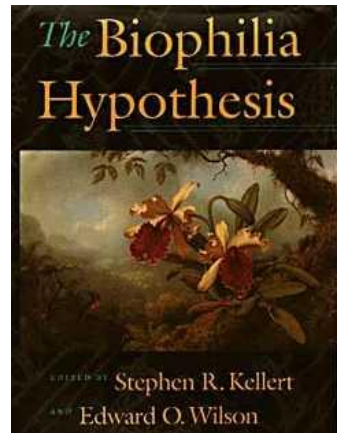
STINK
BOB

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Biophilia and Nature-Deficit

“Human health cannot flourish if nature and our vitally reciprocal relationship with it is in disrepair”
 (Hansen-Ketchum, Marck, Reutter, 2009, p. 1528)



“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”
 John Muir, Naturalist, Preservationist (1838-1914)

Health and well-being

-benefits for children and families



Health-related benefits -examples from multidisciplinary research

- Sense of well-being
- Increased self-esteem
- Stress reduction
- Social connectivity
- Creativity
- Physical activity
- Access to and consumption of nutritious foods
- Decrease in symptoms of Attention Deficit Disorder
- Improved cognitive functioning
- Improved academic performance
- Improved coping
- Decreased crime rates – e.g. in low-income areas with greater access to nature
- Increased ecological sensibilities/eco-literacy
- Pro-environmental behaviours

Public health and health determinants

Access and equity -for children and families

Health and well-being

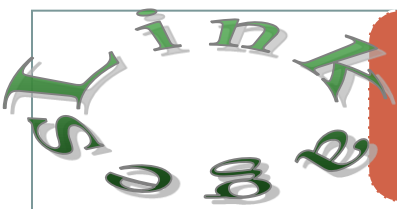
-how? ...



Interventions-examples across sectors

- School and community vegetable gardens
- Natural playgrounds, walking trails, community conditions
- Farm-to-school programs
- Outdoor education programs
- Forest school
- Outdoor music programs
- Adventure/wilderness therapy
- Environmental stewardship/conservation
- Policy change





Creating Change

5

Examples:

- **Research**

- ❖ Evidence on outcomes of interventions
- ❖ Knowledge translation –unite people from diverse sectors, government, and civil society

- **Education**

- ❖ Values of eco-health (children’s human-ecosystem health) explicit in mission statements, philosophies, curricula, and programs across disciplines and settings...schools, daycares, universities
- ❖ Application –hands-on learning outside and not just about nature!

- **Practice**

- ❖ Enabling everyday access - community conditions and programs
- ❖ Merge silos across sectors and partnerships with advocacy groups

- **Policy**

- ❖ Decision-making tools
- ❖ Health (human and ecosystem) in all policies



“The least movement is of importance to all nature. The entire ocean is affected by a pebble”.

*Blaise Pascal, Mathematician, Physicist
(1623-1662)*