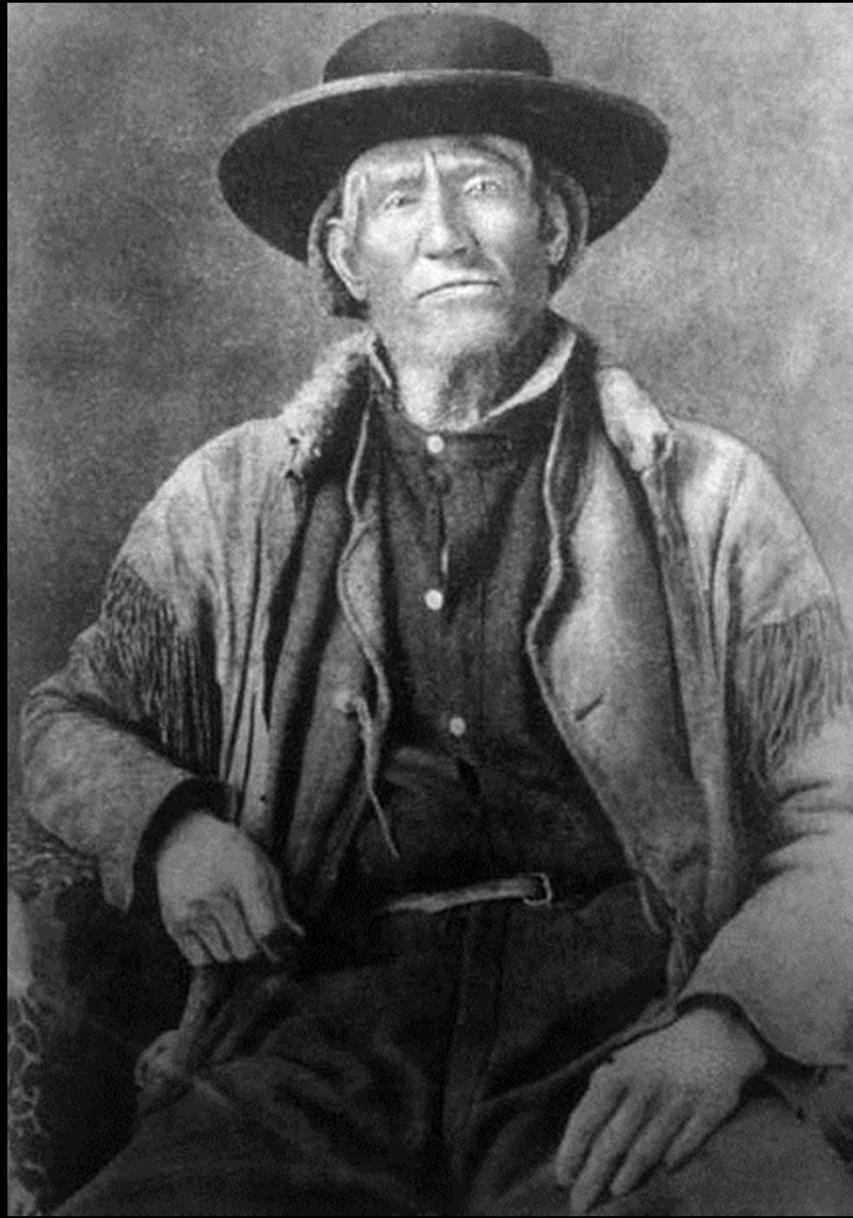




Patriotism and Public Health
Utah Governor's Outdoor Recreation Summit
Stacy Bare, Director Sierra Club Outdoors
@mssnotdrs













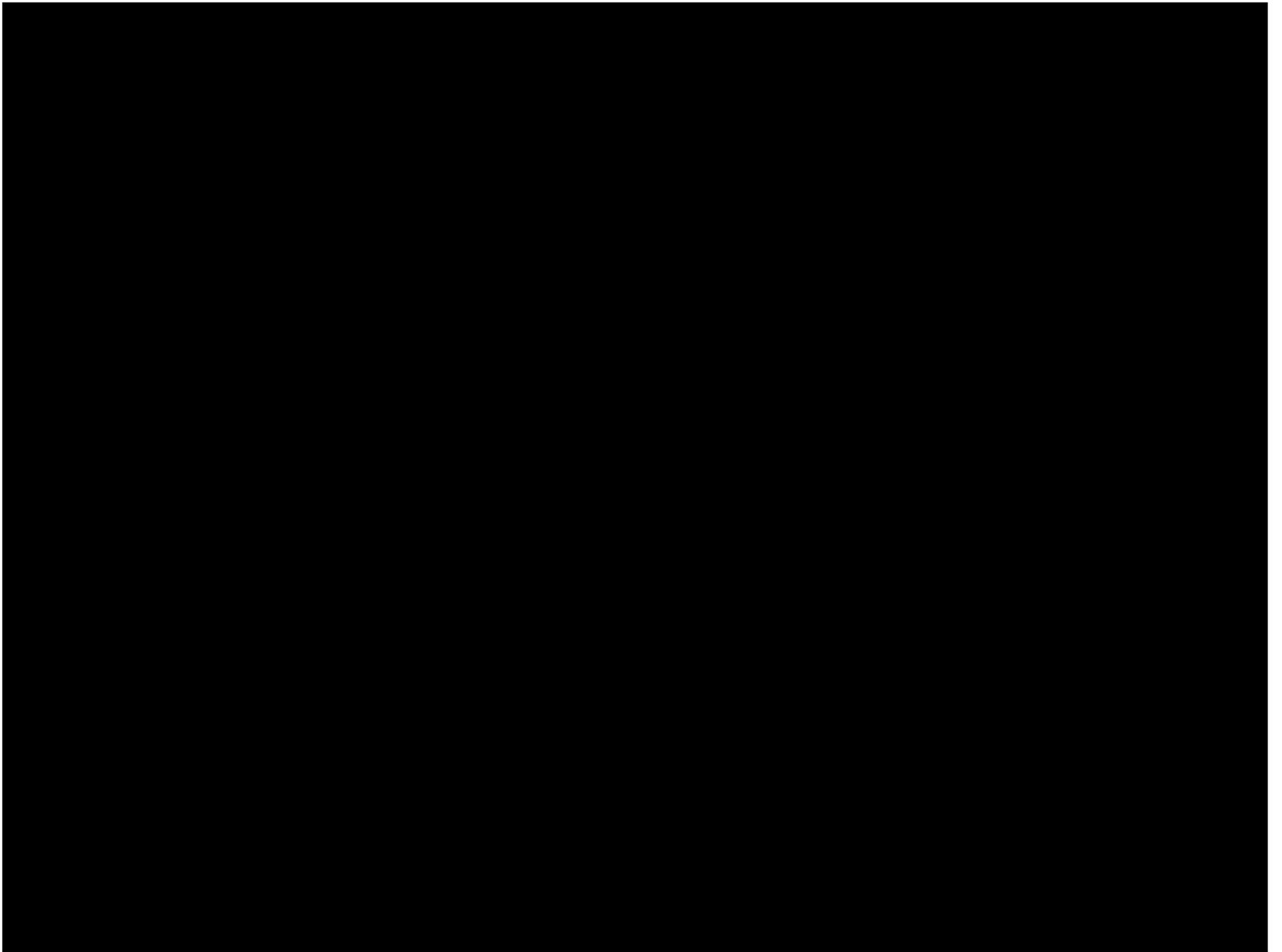




بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الشهيد الشهيد الصدر في الثغرة
العشائري الحوزوي
الشهيد الصدر في الثغرة المقدسة





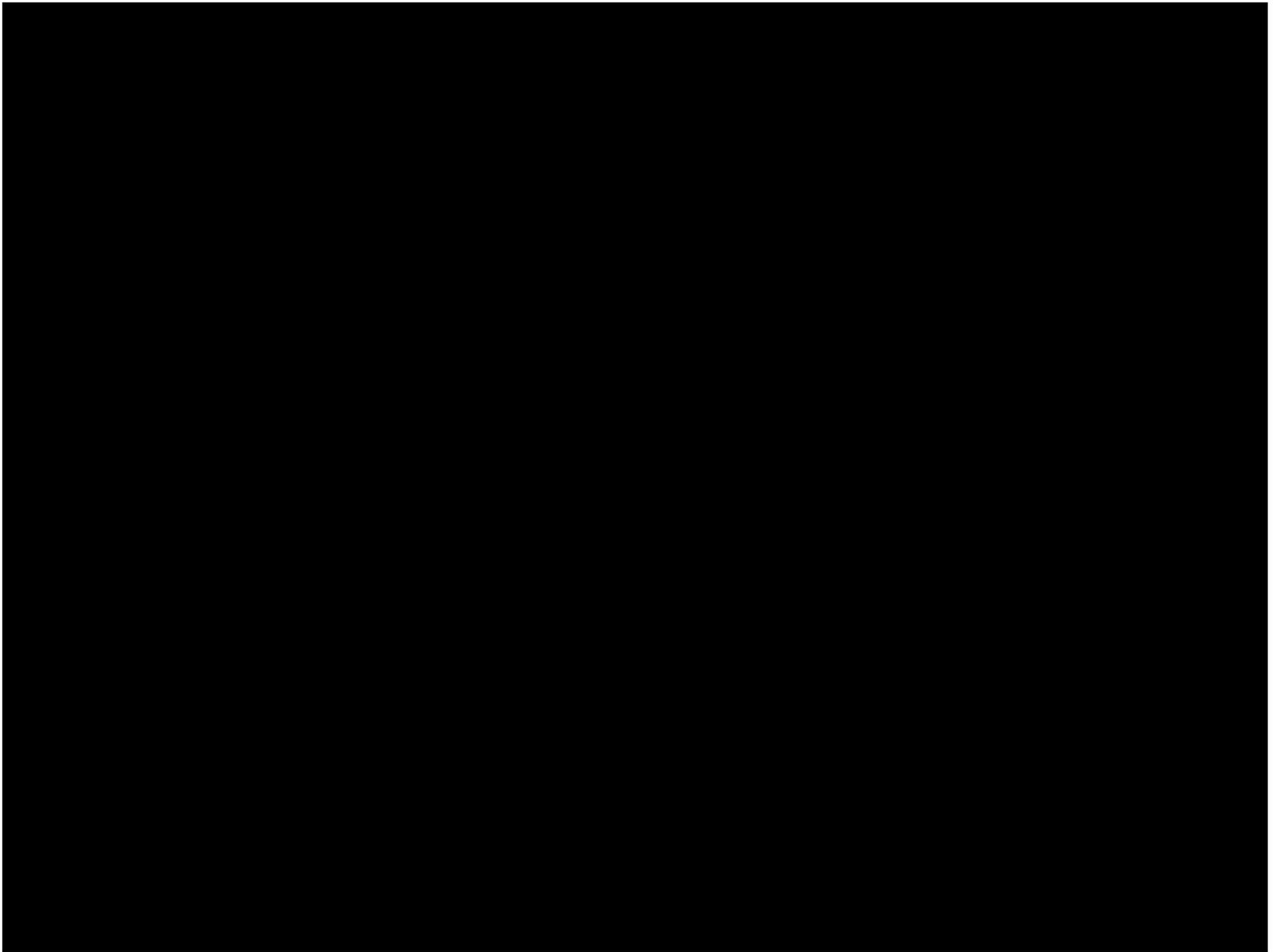






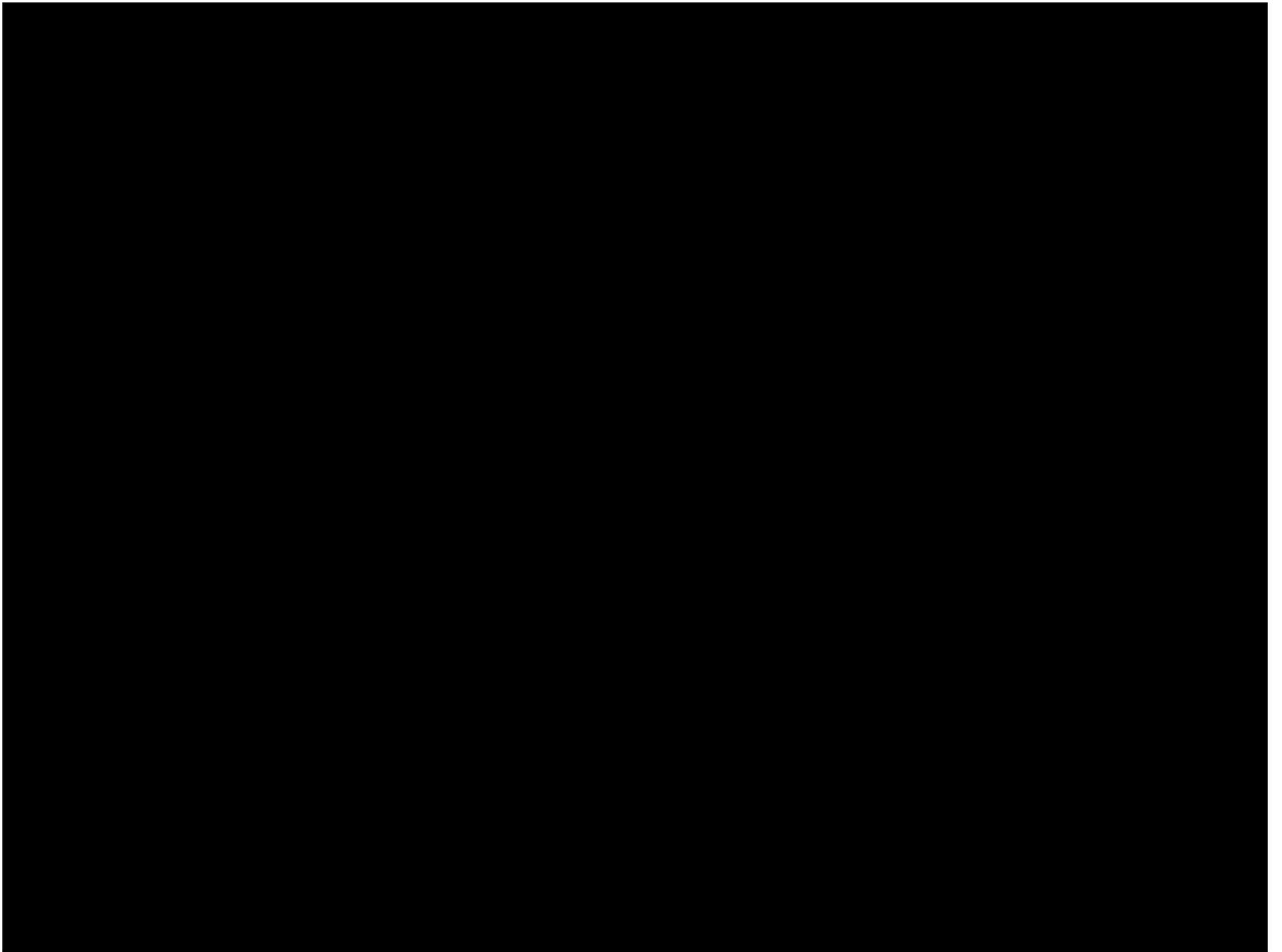












Outdoors as Public Health: Research

1. 2013 U-M Research partnering with Wasatch Adaptive Sports (2014 SORP Project Excellence)
2. R4—early meetings with National Ability Center
3. This Land is Your Land Conference at the U of U
4. Great Outdoors Lab

The Great Outdoors Lab

- Teens in nature
- Veterans in nature, app based long term outcome data
- Greater Good Science Center
 - Awe essays: 400,000 monthly readers
 - Awe fellowships; network of collaborators
 - TEDx AWE
 - Awe in education

Why the Great Outdoors Lab?

- Challenges of under resourced teens
 - Effects of poverty on health – loss of six years by age 5
 - Effects of poverty on brain function – reduced connectivity in frontal lobes
 - Effects of poverty on academic achievement
 - Depression, anxiety, self-harm, poor diet
 - Impoverished beauty, life outdoors

Why the Great Outdoors Lab?

- Trauma / PTSD & Veterans
 - 60% men / 50% women experience (reported) trauma
 - 7-8% of all Americans have PTSD at some point
 - 5.2 million people living with PTSD each year in USA
 - 10-20% of OIF/OEF veterans
 - 2.5 million served, est 60% deployed
 - 500,000 veterans (me included?) with PTSD
 - Non-Veterans with PTSD outnumber veterans with PTSD more than 5:1

What does this mean?

- Outdoor spaces are the best supplement and best opportunity to support health
- Cost savings around veteran and youth care
- Improved education scores
- Improved productivity
- Less chronic health conditions like PTSD, obesity, diabetes, even depression
- Utah is blessed with perhaps the best health care system in the world!

What can you do?

- Awareness and promotion of outdoor programs in your area (don't exclude what you don't know!)
 - Beware the false divide of hunting/fishing & hiking/climbing, etc.
- Awareness and promotion of benefits of the outdoors
- Positive social media presence of what's available in your area and throughout Utah
- Understanding of data! Economic, health, education, etc.
- Volunteer and community engagement: invite us down for leadership or skills based training





Questions?

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