



U.S. Fish & Wildlife Service

National Conservation Training Center

# Children and Nature

## *Reconnecting to the Natural World*

**The overall health and well being of our nation's youth may be increased by spending more time in the great outdoors.**

- One of every three children (ages 2 – 19) is overweight.
- The number of children that suffer from asthma, type II diabetes and attention deficit disorder is steadily rising.
- We are just beginning to understand the severe health implications of spending less time outside.
- Playing outside increases aerobic endurance, reduces stress levels, and promotes lifelong physical activity.

**Today, the connection between humans and the natural environment is being lost, often resulting in the loss of a sense of place.**

- At the same time, many national, state and local wildlife refuges, parks and other open spaces are underutilized.
- It is the goal of the USFWS National Conservation Training Center to help bridge the gap between conservation of our nation's wild heritage and the health and well-being of our nation's children by:
  - Developing a consistent message to raise awareness;
  - Implementing at least five children and nature projects in each of the 10 U.S. Fish & Wildlife Service regions;
  - Initiating at least one school yard habitat program in each of the 10 U.S. Fish & Wildlife Service regions;
  - Creating forums for experts to share and coordinate efforts;
  - Partnering with healthcare providers, educators, technology and medical companies and;
  - Much, much more!

**Ask us about exciting programs that are happening right now across the country!**

**Contact Janet Ady at  
[Janet\\_ady@fws.gov](mailto:Janet_ady@fws.gov)**

