

TIME TO EXPLORE

Cleveland Metroparks

Cleveland Metroparks Health Studies



Park/Health Connection

- *State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity.*

-World Health Organization

What is the evidence?

Evidence to Date

Social Health

- Community, cohesion, sociality
- Observational studies from University of Washington

Physical Health

- Improved fitness
- Correlations in the Netherlands

Mental Health

- Decreased stress and anxiety
- Surveys from the U.K.



Shinrin-yoku, Forest Bathing

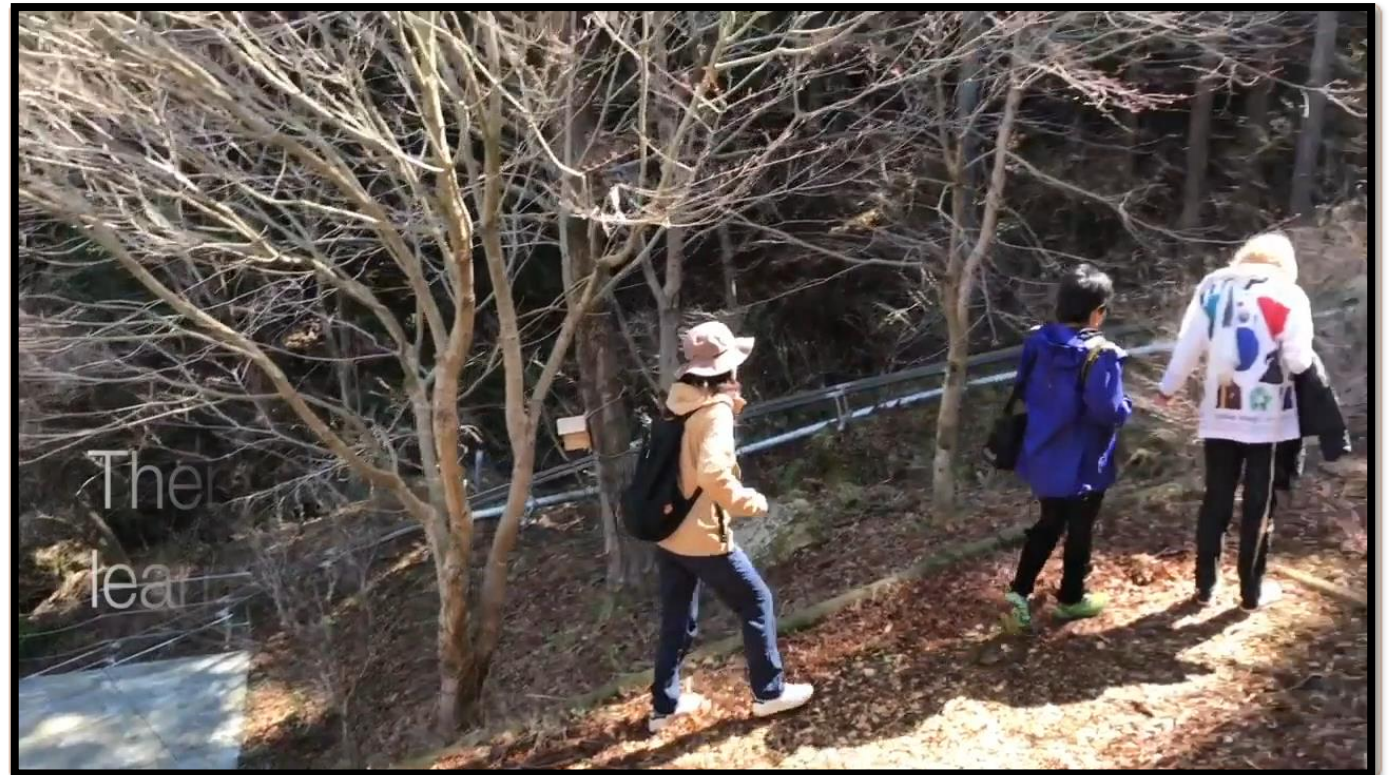
- Shinrin-yoku → taking in the forest with all 5 senses.

Benefits:

- Lower blood pressure
- Lower stress
- Higher mood, self-esteem
- Higher immunity

Shortfalls:

- Small sample size
- Narrow sample demographic



Focus Groups

- Perceptions and preferences
 - -7 groups, 70+, individuals, 21-88 years old.
 - -Gendered, generational, geographical differences in preferences.
 - -Wilderness
 - -Safety
 - -Restoration



Pilot Intervention

- Adaptation of Forest Bathing research
 - Larger sample size, follow-up, and diversity of participants
 - Partnering with researchers from Kent State University, MetroHealth, Case Western Reserve University, and Ohio University Heritage College of Medicine.
 - -Broadway/Middleburg Heights locations with MetroHealth STRIDES program
 - July-September, 2018

