STATEMENT OF
TIM YOUNG
P.O. BOX 153
WILSON, WY 83014

MEETING BEFORE THE
JOINT TRAVEL, RECREATION, WILDLIFE
AND CULTURAL RESOURCES COMMITTEE

June 26, 2012

Introduction
Chairman Burns, Chairman McOmie, and Members of the Committee, thank you for inviting me to appear before you today to provide information on the benefits of trails for Wyoming and our communities, and why proactive state investments make both good economic sense and support key public health goals. In particular, my comments focus on the benefits of nonmotorized trails, which I believe offer an exceptionally strong opportunity for Wyoming.

My background with trails includes twenty years of professional experience in nonmotorized recreation and transportation here in Wyoming with both government and nonprofit organizations. I served as the first Pathways Director for Teton County from 1992-2002, responsible for bicycle, pedestrian, and trail system planning, as well as a full range of construction, management and maintenance programs for trails and pathways.

I also draw on five years experience with a national park advocacy group where I led the campaign to create the new pathway system in Grand Teton National Park, and five years as Executive Director of Friends of Pathways, a nonprofit in Teton County where I managed a large trail crew working on the Bridger-Teton National Forest.

Along the way, I served two terms on the Wyoming State Trails Advisory Council and one term on the WYDOT Transportation Enhancement Advisory Committee, statewide experiences that have helped inform my comments and recommendations to the Committee. Currently I am helping launch a new statewide nonprofit organization to help advocate for and support pathways and trails in Wyoming.

I commend the State Legislature and Committee for conducting this Interim Study on Trails. Wyoming has successful and well-established snowmobile and ORV motorized programs. Less understood, and potentially offering even greater benefits, is the nonmotorized side of trails.

Compelling new research provides insights into the benefits and trends of nonmotorized activities, and the potential importance for Wyoming. This research shows a strong case can be made to invest in a dedicated State of Wyoming nonmotorized trail-funding program.

“Why are trail investments important?” the research shows there are three significant benefits: the economy, people’s physical and mental health, and community life – connecting people with their natural and cultural heritage. Not only is access to trails and quality places to play outside
critical to our outdoor businesses, it is fundamental to recruiting employers, creating jobs, and at the heart of healthy and productive communities.

Based on a scan of the most current studies and research on active recreation trails, there are many positive economic and health benefits that nonmotorized trail activities generate for Wyoming. I have highlighted a selection of the most relevant studies and provided excerpts of the key results in this Statement.

I believe trails should be considered basic infrastructure necessary to support the outdoor recreation economy and to improve public health outcomes in Wyoming. Trail investments will continue to be a growing generator of jobs and an economic powerhouse if we manage and invest in Wyoming’s public land trails as part of a thoughtful outdoor recreation system designed to reap economic and health dividends for Wyoming.

Significant challenges exist and a big one is reduced federal trail funding, which should be a topic of concern for the State of Wyoming. One unfortunate fact of recent federal budget reductions is that public land trail funding programs are being hit hard. Basic appropriated funds for Forest Service trails and National Park trails are being cut to levels that will impact tourism and hamper Wyoming’s potential to realize the benefits of trails. In addition, established federal funding programs for nonmotorized trails and pathways are currently at risk in Congress, including the Recreational Trails Program, Transportation Enhancements, Safe Routes to School, and the Land and Water Conservation Fund. These programs have proven extremely beneficial and popular with Wyoming communities and public land managers, and the loss of these federal programs combined with fewer public land trail crews will negatively impact communities and businesses across Wyoming.

Summary – Key Role for State of Wyoming Leadership

I recommend the Committee develop legislation to create a dedicated source of State funding for nonmotorized trails to address Wyoming’s trail needs and realize the many benefits for Wyoming’s communities and visitors. Several options exist and should be explored, and perhaps a combination of steps is called for. Some type of consistent state funding is needed. The State Parks and Cultural Resources Department provided the Committee with several potential options worth exploring. I would specifically support further evaluation of these:

- Creating a new Outdoor Recreation Fund that would provide an annual source of revenue from the interest on the fund for nonmotorized trails.
- A recreation equipment tax (bikes and hiking boots) is another option worth exploring.
- General funds, for state trail projects and for basic nonmotorized staff support at State Parks and Trails to help manage the trail program and assist public land agencies.
- The State Legislature and Governor Mead should continue to strongly support federal programs that benefit Wyoming trails, including RTP, TE, SRTS, LWCF.

A summary of my research scan follows – the first section covers Economic Benefits, and the second section reviews the Health benefits of trails and active recreation. I would be pleased to answer any questions or offer any additional help should the Committee so request.
**Why Trails are important: Economic and Community Benefits**

Visits to public land trails make an important contribution to the economic vitality of rural communities. In addition to high levels of tourism in the region, people moving here are largely responsible for the growth in small businesses and job creation and therefore contribute much to the economy. Increasingly, the decisions to invest in new businesses and create jobs in Wyoming are driven by the attractiveness of communities as places to live and do business.

“In Billings—and I think throughout the country—there has been a paradigm shift. Trails are no longer viewed as community amenities; they’re truly viewed as essential infrastructure for business recruitment. Talented people move to Billings in large part because of our trail system that creates the quality of life they are expecting. A healthy trail system is vital to a healthy community”

John Brewer, CEO of the Billings Montana Chamber of Commerce (RTC Report)

**Study 1. Macro Economics – New Outdoor Recreation Economy Report, June 2012**

According to the new *Outdoor Recreation Economy Report* just released last week, outdoor recreation is bigger than you think and a significant economic driver. Annual Spending on Outdoor Recreation is estimated to total $646 billion nationwide, made up of $120.7 billion on outdoor products, and $524.8 billion on trips and travel.

In a related June 2012 Western Governors Association Report, *A Snapshot of The Economic Impact of Outdoor Recreation*, “Spending on outdoor recreation is a vital part of the national and western economies. It means jobs and incomes and can be the lifeblood of many rural communities in the West. This snapshot helps highlight the value of this often overlooked sector – one that is not otherwise measured as a traditional pillar of the U.S. economy.”

These reports document that:

- “More than 140 million Americans make outdoor recreation a priority in their daily lives – and they prove it with their wallets. Each year, Americans spend $646 billion on outdoor recreation. Spending in the western U.S. was $256 billion, and tax revenue in western states from Outdoor Recreation totaled $30.8 billion.

- In total, 6.1 million American livelihoods are directly dependent on outdoor recreation, making it a sizable sector in the United States, and Outdoor Recreation Jobs in Western States total 2.3 million.

- Outdoor recreation can grow jobs and drive the economy if we manage and invest in parks, waters and trails as a system designed to sustain economic dividends for America.

- Between 1970 and 2009, rural western counties with more than 30 percent of their land under federal protection increased jobs at a rate four times faster than rural counties with no federally protected lands.

- Outdoor Recreation Strengthens Local Communities – Cities and towns across the country are tapping into the business of outdoor recreation, and for good reason. They recognize that outdoor recreation and open spaces are key ingredients to healthy
community, contribute to a high quality of life, and most importantly, attract and sustain businesses and families.”

Study 2: Active Outdoor Recreation Economy: 2006 Snapshot
The Outdoor Industry Association also conducted a similar study in 2006 called Active Outdoor Recreation Economy: 2006 Snapshot. That study included state level data for Wyoming on a sub-set of active outdoor activities that include hiking, biking and skiing:

“WYOMING ACTIVE OUTDOOR RECREATION ECONOMY:
• Contributes more than $4.4 billion annually to Wyoming’s economy
• Supports 52,000 jobs across Wyoming
• Generates $250 million in annual state tax revenue
• Produces $3.6 billion annually in retail sales and services across Wyoming – accounting for 17% of gross state product
• Trail Activity (Hiking, Trail running, backpacking, rock climbing) = 36% of population 136,649 people.
• Bicycling Activity (road biking and mountain biking) = 29% of population, 111,406 people.
• Hunting, Fishing, Camping, Wildlife viewing, Cross-Country Skiing = Significant additional use of trails beyond hiking and biking.”

Study Note: The 2006 and 2012 OIA Reports were not identical in scope or methodology. However, analysis of comparable activities demonstrates the outdoor recreation economy grew approximately 5 percent annually between 2005 and 2011 during an economic recession when many industries contracted. Trails, it seems, are a good hedge in challenging economic times.

Study 3: Active Transportation Beyond Urban Centers – Walking and Bicycling in Small Towns and Rural America
Rails to Trails Conservancy recently analyzed small towns and rural areas and the results released earlier this year showed trails and community biking and walking are significant contributors to improving economic vitality, public safety, and overall health in smaller communities in every U.S. region. Findings include:

“Rural America today is facing many challenges. Active transportation is a creative, cost-effective, simple solution that addresses multiple challenges in a single step: affordable transportation, changing demographics, obesity and economic development. Walking and bicycling deliver potent benefits positively disproportionate to the cost of providing the infrastructure to support them.

In fact, beyond urban centers are communities across the country that are ambitiously pursuing and enjoying the benefits of the trails, sidewalks and road improvements that enable safe and convenient active transportation.

The federal government has played a critical role in advancing this trend through programs such as Transportation Enhancements, Safe Routes to School, and Communities Putting Prevention to Work. In a time of serious budget constraints, continued federal investment in
active transportation infrastructure is essential to a balanced transportation system that meets the needs of all Americans. Contrary to preconceptions, those needs are at least as critical in small town America as in our larger cities.

The prevalence of biking and walking in smaller communities is not only a surprise, it’s a hopeful sign for the future of rural America. Recent research links active transportation to improved health and social cohesiveness, as well as the growth of high-paying jobs.

According to a USDA Economic Research Service study, rural counties able to attract “creative class” businesses enjoy job-growth rates higher than even metropolitan counties. According to the study, two qualities sought by creative class workers are “active streets scenes and outdoor recreation opportunities”—both of which are fostered when people are given the option of safe walking and biking facilities. As Norman Whitaker, executive director of South Carolina’s Central Midlands Council of Governments, observes, “The creative class is attracted to bike/ped as modes of transportation and recreation.”

Study 4: Overwhelming public support for federal funding
A recent national survey, performed by Princeton Survey Research Associates International, asked 1,003 adults in the United States about their opinions on federal funding for sidewalks, bike lanes, and bike paths. The results were astounding—and bipartisan:

- **83 percent of all respondents** support maintaining or growing the federal funding streams that pay for sidewalks, bikeways, and bike paths.
- **80 percent of Republican respondents** and **88 percent of Democrat respondents** think Congress should maintain or increase federal funds for biking and walking.
- **91 percent of respondents between the ages of 18 and 29** support continuing or increasing biking and walking funds.

Study 5: Economic Impact Study: Jackson Hole Trails Project
The Wyoming State Loan and Investment Board awarded $455,715 to the Jackson Hole Trails Project in January 2010 through the Wyoming Business Council Community Enhancement grant program. This state grant was matched with local and federal funds and in-kind volunteer donations. I was the overall project coordinator for the partnership project, and managed the Friends of Pathways trail crew during the two-year project. The Jackson Hole Trails Project was completed fall 2011, and offers a good example of benefits Wyoming can gain from great trails.
To help assess economic benefits, the partners worked with the University of Wyoming on an Economic Impact Study prepared on the project, submitted as an attachment to this statement. A total of approximately 29-miles of high quality sustainable trails were built, serving three key frontcountry public trail systems connected to the towns of Wilson, Teton Village, and Jackson.

The Grant was awarded to a community partnership comprised of Teton County, the Bridger-Teton National Forest Jackson Ranger District, non-profit Friends of Pathways, and resort partners Jackson Hole Mountain Resort and Snow King Resort. The WBC Grant was matched with local and federal resources at greater than 1:1 thus creating nearly a million dollar investment in the public trail system.

Overall, results show this to be a model project of great public benefit to the State of Wyoming. The state grant investment in recreational infrastructure leveraged significant matching funds and volunteer donations, resulting in measureable long lasting community and statewide benefits. In addition, these enhanced trails showcase the benefits of investing in quality trail systems, and suggest similar investments might help support other Wyoming communities as the state looks to build its recreational tourism business and support business competitiveness into the future.

Teton Pass Trail improvements included the History Trail for hikers and horses and completion of the Phillips Ridge Trail that offers a scenic high quality mountain bike and running trail near Wilson Wyoming.

Several new downhill bike specific MTB trails were built on Teton Pass. The new 2-miles of technical trails offer riders a range of easy to highly challenging jumps. Hikers and horses have alternate routes as well.
The Study documented significant economic impacts and enhancements to the quality of life that benefit both visitors and local residents, with over $18 million in total trail user expenditures and over one million dollars in tax revenue generated from the trails systems. This shows the significant potential for economic return on public land trail investments like this. The user survey also determined “The high rankings of the Teton County trail system indicate that the trail system positively contributes to overall community well-being.”

These results in Figure 4.18 show investments made in the major front country trail systems on the Bridger-Teton NF has created strong economic, public land, and community benefits.

<table>
<thead>
<tr>
<th>Source</th>
<th>Dollar Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estimated Local Trail User Expenditures</td>
<td>$784,255</td>
</tr>
<tr>
<td>Estimated Non-Local Trail User Expenditures</td>
<td>$17,712,240</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$18,496,495</strong></td>
</tr>
<tr>
<td>County Specific &amp; General Purpose Tax, 2%</td>
<td>$369,930</td>
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<tr>
<td>State of Wyoming Sales Tax, 4%</td>
<td>$739,860</td>
</tr>
<tr>
<td>Employee Wages &amp; Salaries</td>
<td>$3,598,045</td>
</tr>
</tbody>
</table>

At the JHMR, skilled unemployed log homebuilders found jobs to construct the special features on the new Bike Park. The Project had a positive impact on jobs, especially the construction sector that has been hit hard in Jackson Hole.
Selected Study Findings:
“The economic benefits and community well-being provided by outdoor activities in Teton
County are measurable. The purpose of this study is to determine the levels of economic
influence and community well-being provided by the Teton County trail system. The study
measures the approximate monetary transactions that influence the incomes of local businesses
and employment figures while also gauging community well-being by measuring overall trail
user satisfaction ratings of the trail system.

When asked if well-maintained trail systems are important to their decisions for travel
destinations, 83.2% of survey respondents answered, “strongly agree” or “Agree” (Figure 4.8). When asked if well-maintained trail systems are important to their quality of life at home, the vast majority, 86.8% of locals and non-locals, chose “strongly agree” and “agree”. Only 9.9% of participants were neutral to the statement, with six respondents disagreeing and three respondents strongly disagreeing with the statement (Figure 4.9).
**Trail Benefits include Connecting People with their Natural and Cultural Heritage**

Connecting people with their natural and cultural heritage is a vital thread in the fabric of society and part of our heritage in Wyoming. It contributes to our identity and reminds people of the resources that sustain life – water, soil, food, and fiber. Moreover, recreation is the portal for understanding and caring for natural resources and public lands. It provides opportunities and motivation to advance from fun and attraction, through awareness, education and understanding, to a role of citizen stewardship – one of “giving back” and supporting sustained management of natural resources to benefit current and future generations.

For example, Curt Gowdy State Park’s trail system has benefited by over 7,000 volunteer hours donated to build and maintain the trails. On the other side of the state, in 2010 the BTNF Jackson Ranger District hosted over 12,000 hours of volunteer service, engaging over 500 people (including many youth) and contributing over $180,000 in value towards trail improvement, restoration, wildlife habitat enhancement, and rivers. These efforts build true stewardship.

![Image of volunteers working on trails](image1.jpg)

The Jackson Hole Trail Project engaged a wide variety of partners and volunteers to complete 29 miles of trails.

![Image of kids working on trails](image2.jpg)

The JH Trails Project worked with volunteer programs like City Kids and Teton Science School to help connect kids with nature – helping to foster lifelong service connections with public lands.

**Study 6. Human Powered Outdoor Trail activities are growing, including winter:**

According to the 2010 Outdoor Recreation Participation Report, snowshoeing, and cross-country skiing are two of the fastest growing forms of active outdoor recreation. The growth in
snowshoeing and cross-country skiing are confirmed in the 2011 Snowsports Participation Study, commissioned by the Snowsports Industries of America (SIA) that reports between the 2008/2009 and 2009/2010 seasons, participation in cross-country skiing grew by 9 percent, snowshoeing by 11 percent, and telemark skiing by 23 percent.

Study 7: Outdoor Recreation Trends and Futures: Forest Service 2010 RPA Assessment, H. Ken Cordell

• “An overall trend for outdoor recreation, including nature-based recreation, is growth, even though some traditional activities have been in decline. In looking at participation trends, we examined the overall trend across a list of 60 outdoor activities. Between 2000 and 2009, the total number of people who participated in one or more of these 60 grew by 7.5 percent, and the total number of activity days of participation increased over 32 percent. Within this list of 60 outdoor activities, 50 nature-based activities were examined. There was discernible growth in nature-based recreation between 2000 and 2009. The Total number of people who participated in one or more of these 50 nature-based activities grew by 7.1 percent, and number of activity days grew about 40 percent.

• The final, and perhaps as important of any other trends described in this report, is our analysis of where future trends might take us in terms of per capita participation and of total number of participants. The five activities projected to grow fastest in per capita participation over the next 50 years are developed skiing (20 to 50 percent), undeveloped skiing (9 to 31 percent), challenge activities (6 to 18 percent increase), equestrian activities (3 to 19 percent), and motorized water activities (-3 to 15 percent). The activities projected to decline in per capita adult participation rates include visiting primitive areas (-5 to 0 percent), motorized off-road activities (-18 to 0 percent), motorized snow activities (-11 to 2 percent), hunting (-31 to -22 percent), fishing (-10 to -3 percent), and floating activities (-11 to 3 percent). Growth of per capita participation rates for the remaining activities will either hover around zero or grow minimally.

Outdoor Recreation Trends and Futures - Invited Paper - Tracking American Participation In Outdoor Recreation by Bryan Mahler

• While participation in outdoor activities overall declined slightly in 2008, in many cases, participation in nature-based outdoor activities increased significantly. Activities like backpacking, mountain biking, and trail running showed double-digit increases in participation; hiking and camping showed 9 percent and 7 percent increases, respectively.
Health Benefits of Trails and Pathways in Wyoming

When viewed through the lens of public health, the benefits of trails are significant. America spends $2 trillion dollars on crisis medical health care. In Wyoming, we spend our share.

When we ask, “why invest in trails”, one answer is to help address the well-documented health problems of obesity and lack of physical activity present in Wyoming. According to the CDC:

- The most recent national data on obesity prevalence among U.S. adults, adolescents, and children show that more than one-third of adults and almost 17% of children and adolescents were obese in 2009–2010. [http://www.cdc.gov/nchs/data/databriefs/db82.pdf]
- In 2010, the obesity rate in Wyoming topped 25% for the first time - its now 25.1% of all Wyoming’s residents.
- No state has met the nation's goal to lower obesity prevalence to 15%. The number of states with an obesity prevalence of 30% or more has increased to 12 states in 2010. In 2009, nine states had obesity rates of 30% or more. In 2000, no state had an obesity prevalence of 30% or more. [Read article]
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of death. [Read guidelines]
- In 2008, medical costs associated with obesity were estimated at $147 billion; the medical costs paid by third-party payors for people who are obese were $1,429 higher than those of normal weight. [Read summary]

Conclusive research shows that obesity and physical inactivity are major risk factors for chronic diseases such as diabetes, cardiovascular disease, and cancer.

- Adults who bike to work have better weight, blood pressure, and insulin levels. (Gordon-Larsen, P., et al., 2009)
- Women who bike 30 minutes a day have a lower risk of breast cancer. (Luoto, R., et al., 2000)
- Adolescents who bicycle are 48% less likely to be overweight as adults. (Menschik, D, et al., 2008)

Physical activity is an integral part of a healthy lifestyle, and trails provide a natural solution – a disease prevention solution – and should become more a part of Wyoming’s existing health and wellness infrastructure.

![Obesity Trends among U.S. Adults](http://www.cdc.gov/nchs/databriefs/db82.pdf)
### Obesity and Physical Inactivity of Adults in Wyoming - by County

<table>
<thead>
<tr>
<th>Wyoming County Level (Source CDC)</th>
<th>Obesity - of Adults in Wyoming, 2009</th>
<th>Leisure-Time Physical Inactivity - of Adults in Wyoming, 2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albany County</td>
<td>21.8</td>
<td>18.6</td>
</tr>
<tr>
<td>Big Horn County</td>
<td>27.6</td>
<td>27.3</td>
</tr>
<tr>
<td>Campbell County</td>
<td>31.9</td>
<td>26.6</td>
</tr>
<tr>
<td>Carbon County</td>
<td>30.5</td>
<td>31.9</td>
</tr>
<tr>
<td>Converse County</td>
<td>29.1</td>
<td>24.3</td>
</tr>
<tr>
<td>Crook County</td>
<td>23.3</td>
<td>23.4</td>
</tr>
<tr>
<td>Fremont County</td>
<td>24.6</td>
<td>25.4</td>
</tr>
<tr>
<td>Goshen County</td>
<td>27</td>
<td>30.9</td>
</tr>
<tr>
<td>Hot Springs County</td>
<td>24.2</td>
<td>25.3</td>
</tr>
<tr>
<td>Johnson County</td>
<td>23.7</td>
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<tr>
<td>Laramie County</td>
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<td>Lincoln County</td>
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<td>Niobrara County</td>
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<td>Sweetwater County</td>
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<td>Washakie County</td>
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</tr>
<tr>
<td>Weston County</td>
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<td>28.2</td>
</tr>
<tr>
<td><strong>Average (2010)</strong></td>
<td><strong>25.1</strong></td>
<td></td>
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</tbody>
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Highlighted Health Study: Walking and cycling to health: a comparative analysis of city, state, and international data. Pucher J, Buehler R, Bassett DR, Dannenberg AL, 2010

**OBJECTIVES:** We sought to determine the magnitude, direction, and statistical significance of the relationship between active travel and rates of physical activity, obesity, and diabetes.

**METHODS:** We examined aggregate cross-sectional health and travel data for 14 countries, all 50 US states, and 47 of the 50 largest US cities through graphical, correlation, and bivariate regression analysis on the country, state, and city levels.

**RESULTS:** At all 3 geographic levels, we found statistically significant negative relationships between active travel and self-reported obesity. At the state and city levels, we
found statistically significant positive relationships between active travel and physical activity and statistically significant negative relationships between active travel and diabetes.

**CONCLUSIONS:** Together with many other studies, our analysis provides evidence of the population-level health benefits of active travel. Policies on transport, land-use, and urban development should be designed to encourage walking and cycling for daily travel.


- National surveys of travel behavior and health indicators in Europe, North America, and Australia were used in this study;
- Countries with the highest levels of active transportation generally had the lowest obesity rates. Europeans walked more than United States residents (382 versus 140 km per person per year) and bicycled more (188 versus 40 km per person per year) in 2000.

Highlighted Health Study: The Economic and Health Benefits of Bicycling in Iowa. University of Northern Iowa, Fall 2011

- The bicycle commuter population...is estimated to save Iowa $13,266,020 in health care costs.
- These savings include an estimated cost savings in diabetes, breast cancer, colorectal cancer, heart disease, and stroke related treatment.
- Recreational bicycle riders...are estimated to save the State of Iowa $73,942,511 in health care costs.

Highlighted Health Study: Parks and Other Green Environments: Essential Components of a Healthy Human Habitat 2010 Frances E. (Ming) Kuo

“Yes, the benefits of nature that have been intuited and written about through the ages have withstood rigorous scientific scrutiny. Yes, we still find these benefits when we measure them objectively; yes, we still find these benefits when non-nature lovers are included in our studies; and yes, we still find these benefits even when income and other factors that could explain a nature-health link are taken into account. In the face of the tremendously diverse and rigorous tests to which the nature-human health hypothesis has been subjected, the strength, consistency, and convergence of the findings are remarkable.

The impacts of parks and green environments on human health extend beyond social and psychological health outcomes to include physical health outcomes. Greener environments enhance recovery from surgery, enable and support higher levels of physical activity, improve immune system functioning, help diabetics achieve healthier blood glucose levels, and improve functional health status and independent living skills among older adults. By contrast, environments with less green are associated with greater rates of childhood
obesity; higher rates of 15 out of 24 categories of physician-diagnosed diseases, including cardiovascular diseases; and higher rates of mortality in younger and older adults. Most important, all of these studies take into account the role that income might play in an apparent link between access to nature and physical health outcomes. While it is true that richer people tend to have both greater access to nature and better physical health outcomes, the comparisons here show that people of the same socioeconomic status who have greater access to nature have better physical health outcomes.

Rarely do the scientific findings on any question align so clearly. While for scientists the search for greater understanding of how and why and when contact with nature impacts health continues, for society as a whole the findings are clear. Parks and other green environments are an essential component of a healthy human habitat. While street trees, parks, and public green spaces are often regarded as mere amenities—ways to beautify our communities and make life a little more pleasant, the science tells us that they play a central role in human health and healthy human functioning. Much like eating greens provides essential nutrients, so does seeing and being around green. To promote a healthier, kinder, smarter, more effective, more resilient, more vital populace, communities should be designed to provide every individual with regular, diverse sources of “Vitamin G.”

[Note: Full copies of these studies identified in this statement are available for the Committee and State staff, and an electronic copy can be provided.]