



Benefits of being active in nature

Sustainable Outdoor Recreation and Tourism
Workshop

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Community benefits paradigm

- Widespread support will be based mostly on off-site benefits that accrue to non-users.
- Broader community support requires easily recognized, preferably quantifiable terms, which taxpayers and elected officials understand and value.

Community benefits

Alleviating social problems

- Reducing environmental stress
- Community regeneration
- Cultural and historical preservation
- Facilitating healthy lifestyles
- Alleviating deviant behavior among youth
- Raising levels of educational achievement
- Alleviating unemployment distress

Likely major positive outcomes

- Better understanding and appreciation of the significance of leisure services and public lands by stakeholders and professionals.
- Strong justification for the allocation of public funds to leisure
- Clearer guidance for service prioritizations
- Enhancing pride in the profession

Source: Driver et al. 2000

Hippocrates said “The function of protecting and developing health must rank even above that of restoring it when it is impaired.”

Health

Excerpts: First lady has a bead on obesity

Michelle Obama talked about a wide range of childhood-obesity-related topics with USA TODAY's Nanci Hellmich and Mimi Hall. Today, the first lady launches Let's Move (letsmove.gov) to fight the epidemic. Here are some excerpts from that exclusive White House interview.

On the scope of the problem: "The statistics are clear and they are shocking, and I have cited them again and again: One in three kids in our nation today are (overweight or) obese, and that figure increases for African-American and Hispanic children."

On making changes at home: "This will not be easy and it will not be quick, because (with) changes like these, you have fits and starts, right? You start out and say, 'I'm ready to change. I'm going to the farmers market ... and you do that one Saturday, and then you don't,'"

On spending money to serve more healthful foods at school: "We can't be fooled by these false choices that we either provide healthy lunches or you have textbooks, but you can't do both. We have to do both."

"What teachers will tell you is that if their kids don't come to school well-nourished and ready to learn, they can't learn. If you go into these healthy schools

'Prescription' push for Let's Move

As part of first lady Michelle Obama's Let's Move campaign to fight childhood obesity, the American Academy of Pediatrics is encouraging its members to check the body mass index of all children at every checkup. Children and parents also will get a prescription for healthy, active living that they can discuss with their doctors. To see the new prescription, visit letsmove.gov after noon ET Tuesday.

utilize this, make this fun, make it a competition, have the rewards be really cool. And kids respond to incentives. The sports leagues are going to play a role in helping us."

On using our natural resources: "We're going to be dealing with the Department of the Interior Secretary (Ken) Salazar is ready to roll, and promoting national parks and encouraging families in the country to understand that these parks are often free and open, and they're

USA TODAY interview
**First lady says:
'Let's move'
on child obesity**



'We don't have to wait,' IA

obesity

Across the nation
Army to address stress from Day 1
Army basic training will soon include anti-stress programs as part of a broad effort to help soldiers deal with the aftereffects of combat and prevent suicides.



Alaska senior population to triple by 2030, experts say
By ROB STAPLETON
JOURNAL OF COMMERCE

Rising obesity will cost the USA \$344B
STAY NOVEMBER 17, 2009 - 7D

Scientists warn of obesity, cancer link
By MARIA CHENG
JUNEAU EMPIRE, WEDNESDAY, SEPT. 30, 2009

Premature death is more likely in obese kids
New study gives further evidence

Being overweight can cut women's life expectancy
every 2.2 pounds = .18
Web link

Doctors Consider Exercise a Powerful Medicine
By CYNTHIA BRADSHAW GREENGLASS
St. Louis Post-Dispatch

Doctors Consider Exercise a Powerful Medicine
St. Louis University. Prescribing it is a very effective way of preventing chronic disease, which is not only having a profound effect on the quality of care but it's also bankrupting our health-care system.

The Agency for Healthcare Research and Quality reports that in 2006, Americans older than 15 spent \$26 billion on prescription drugs that lower cholesterol and control weight and diabetes. They spent an additional \$13 billion on cardiovascular drugs such as blood pressure medicine. Both drug categories top the list of most money spent on prescription medicines, accounting for 34 percent of the \$206.1 billion spent in 2006.

Cynthia McNeil, an assistant professor of pharmacy practice at St. Louis College of Pharmacy, says more than a billion of those people have at least three of these five risk factors: excess abdominal fat, abnormal triglyceride levels, elevated blood sugar levels, high blood pressure and diabetes.

Medical estimates that each of those patients spends more than \$300 a year on prescriptions such as a simvastatin, a cholesterol-lowering drug, or a metformin, an insulin for blood sugar control.

"They're also on other drugs for diabetes, hypertension, cholesterol, and other conditions," she says.

Get moving!

George Kiolawa looked at Mare Lecke and said costs had fallen and gave him a diagnosis of metabolic syndrome.

Lecke, 60, of Bellevue, Mo., weighed 258 pounds and had triglyceride levels 10 times what they should be and a diagnosis of becoming third degree obesity in his yard.

Lecke, who works in industry, had a heart attack in 2007 and became diabetic. He was on insulin and wrote a walking program.

After a week, Lecke lost 100 pounds and wrote a book, "Lecke's Weight Loss Journey."

that rehabilitation for a few weeks.

But a growing number of doctors nationwide are prescribing detailed exercise plans as a preventive measure to improve the health of high-risk patients, diabetics. And they're like to see insurance cover these patients as well.

"I'm not an economist, but from a health standpoint, exercise is invaluable," said Mike Cannon, an assistant professor in the Department of Family and Community Medicine at

who have metabolic syndrome are overweight or obese, and a 5 percent weight loss will help lower the amount of medication they need."

Kichner notes that popping pills is easier than exercising and doesn't reverse underlying problems. Exercise does.

Writing featured prescriptions to, say, walk 25 minutes a day and do aerobic strength-training exercises has proved more successful than merely discussing the benefits of exercise with patients.

To begin, Kichner says patients should start with the member of steps they take each day. Then he works with them to increase those and their daily goals.

"If forget patients to take their own health into their own hands," he says.

light through their eyes, but there is no doubt, professor.

"Diabetics don't have any room for error when it comes to exercise," Cannon said. "They need to do it right in order to do it well over time."

That's where physical therapists and exercise programs at Fitness First, at St. John's Hospital and Vascular Hospital in St. Louis, can play a role.

With fitness programs, patients can play a role in their own health and success. Cannon said that's the key to long-term health and success.

How can we bring awareness to the health benefits of nature and leisure spent outdoors?
Questions?

