



# The Benefits of Nature

Ontario's Conservation Areas  
Contribute to Healthy People

## THE CHALLENGES...

**ADHD** affects **5-10%** of Canadian Children

**82%** of Canadian Teenagers are Not Active Enough

Only **7%** of Children meet Canadian Physical Activity Guidelines

**9 MILLION+** Canadians suffer from some form of **DIABETES**

**2/3** of Canadians are **Vitamin D** Deficient

Nearly **23%** of Canadians report a high degree of **LIFE STRESS**



Every **7 MINUTES** in Canada, someone dies from **Heart Disease** or **Stroke**

## CONSERVATION AREAS & OUTDOOR RECREATION

Available Activities Include



**270+** Conservation Areas

**6,800,000** Visitors in 2011

**2,500 km** of Trails Owned and Operated

**CALORIES** Burned on an Hour Long Hike (\*average for 153 lb female) **435**

### A Hike a Day...

Did you know doctors have been prescribing hikes? Stepping into Nature has been proven to provide health benefits such as: increased energy and immunity, increased weight loss and fitness, increased Vitamin D production, and reduced risk of diabetes, heart attacks, and cancer.



### Your Brain on Nature

An increasing body of evidence suggests that one of the best ways to improve your mental well-being is by simply spending more time outdoors.

If you have **GREEN SPACE** within **1 km** from home you're...

**30%** Less Likely to Suffer From **ANXIETY**

**25%** Less Likely to Suffer From **DEPRESSION**

**20 MINUTES** WALKING IN NATURE = Concentration boost in children with **ADHD**

A daily walk in nature can be as effective in treating mild cases of depression as taking an antidepressant

Nature provides multiple goods and services that sustain our health and well-being, including food, materials (like wood), fuel, clean air, drinking water, flood prevention, and also offers recreational, cultural, and spiritual opportunities.

## HEALTHY BY NATURE | TREES & FORESTS

For Every **343 TREES / KM<sup>2</sup>** Asthma Rates Drop By **25%** in Young Children

Conservation Authorities

Collectively Own Nearly

**917 KM<sup>2</sup>** OF FORESTS

Planted Over

**3,000,000** TREES IN 2011

**1 TREE** Has the Cooling Effect of **10 Air Conditioners**

## HEALTHY BY NATURE | WETLANDS & GREAT LAKES

**1 ACRE** of Wetland = **1,000,000 GAL** of Stored Flood Water = **1.5** Olympic Sized Swimming Pools of Water

Conservation Authorities own **92,471 ACRES OF WETLANDS**

**92.5 BILLION GALLONS** of Stored Flood Water (or **140,108** Olympic Sized Swimming Pools)

THE GREAT LAKES & ST. LAWRENCE RIVER ECOSYSTEM



- Breaks Down** our Wastes
- Reduces the Risks** of Flood Damage
- Provides** Food Sources & Recreation Opportunities
- Helps **Moderate** Extreme Weather
- Purifies** our Water and Air

More than **80%** of Ontarians

