

CHILDREN NEED NATURE

NATURE V CONCRETE

£8.2 BILLION

Estimated cost of physical inactivity in the UK.

Obesity costs £2.5 billion more!

£11.8 billion

Cost of mental illness to NHS, local authorities and carers.

38%

Percentage of 9-11 year olds who could not identify a frog in a 2008 survey!

28%

Percentage of girls aged 2 - 10 now overweight or obese. For boys, the figure is 22%.

52%

Percentage of primary school children walking to school. For their parents, the figure was 77%.

90%

Decine in the radius of area within which 9-year-olds are allowed to play.

20%

Increased chance that children of sedentary parents will stay indoors

1067

Number of children admitted to casualty after falling out of trees in 2006/7.

2532

were admitted after falling out of bed!

12

square miles of front garden now paved in London. Almost ¼ of front gardens are now completely paved!

30%

Reduction in Attention Deficit Hyperactive Disorder symptoms in children who play in nature, rather than the urban outdoors. Compared with indoor activities, the reduction is

300%

50%

Reduction in vandalism and domestic violence in families in tower blocks which have views of vegetation compared to identical blocks without vegetation!

90%

Increase in people meeting and talking in green space, compared to barren space.

20%

Improvement in self-discipline in children whose homes have views of trees and vegetation outside.

“Increasing evidence suggests that both physical and mental health is improved through contact with nature. Yet people are having less contact with nature than at any time in the past. This has to change.”

Dr. William Bird, Natural England's Health Advisor.

Health:

Many studies show that contact with nature improves recovery from surgery, as well as physical and mental illness.

Patients with views of nature need fewer painkillers.

Elderly people are happier if they have a natural view than those in an urban setting.

Playing in the natural environment has been shown to improve children's concentration, social and mental development, and physical and mental health.

Aggression: Studies show that nature can reduce aggression. This can reduce bullying.

Stress: Tests on stressed students, shown videos of nature, rather than urban scenes, reduced their blood pressure and muscle tension much more quickly.

Information first published in Natural World, (The Wildlife Trusts) spring 2009.

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