

## Evidence Supporting Outdoor Activity

Growing bodies of evidence confirm the many education and health benefits of outdoor physical activity and exploration.

### Improve Learning

*“When it comes to reading skills, the ‘Holy Grail of education reform,’ place-based or environmental education should be considered one of the knights in shining armor. Students in these programs typically outperform their peers in traditional classrooms,”*

David Sobel, professor at Antioch New England Institute, author and co-developer of the philosophy behind place-based learning

Research reported in a study by the CA State Education and Environment Roundtable ([seer.org](http://seer.org).) indicates the following three conclusions linked directly to using outdoor education as a teaching strategy.

1. Better performance on standardized measures of academic achievement in reading, writing, math, science and social studies;
2. Reduced discipline and classroom management problems (including reducing the impact of Attention Deficit Disorder (ADD) and stress;
3. Increased engagement and enthusiasm for learning; and greater pride and ownership in accomplishments.

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## Improve Health

The Centers for Disease Control and Prevention published its second edition of *Physical Activity Health Guides for Americans* in 2018. Their guidelines state the following health benefits for children and adolescents:

1. Reduces incidence of childhood obesity
2. Builds healthy bones, muscles and joints
3. Reduces incidence of diabetes
4. Contributes to healthy brain development
5. Researchers found that being raised surrounded by nature as a child meant a 55 percent lower incidence of developing mental health issues as adults.
6. The more time children spent in nature, the better the mental health outcomes.

*Physical Activity Health Guides for Americans* 2<sup>nd</sup> edition, 2018.  
<https://www.cdc.gov/physicalactivity/basics/pa-health/>