

**Health Benefits and State Parks**

1     **WHEREAS**, National, state and local parks provide tools for healthy, active lifestyles that have  
2     been proven to improve certain health conditions;

3     **AND WHEREAS**, in the past decade rates of obesity and associated chronic diseases have  
4     skyrocketed in children and adults, Missouri ranking 11<sup>th</sup> in the nation for obesity causing a high  
5     likelihood of chronic diseases including diabetes, heart disease, and cancer;

6     **AND WHEREAS**, this trend can be reversed by health care officials prescribing a new healthier  
7     direction for their patients with outdoor activity that can prevent (or treat) problems brought on  
8     from inactivity, reduced access to green space, and a poor diet;

9     **NOW, THEREFORE, BE IT RESOLVED** that the Conservation Federation of Missouri at its annual  
10    convention on February 26, 2012 endorses efforts by the Missouri State Parks, Missouri Park  
11    and Recreation Association, and the Department of Health and Senior Services to encourage  
12    health care providers to prescribe outdoor activity as a tool to provide healthy and active  
13    lifestyles for all Missourians.