

DEKALB COUNTY

PARK

PRESCRIPTION

Rx FOR IMPROVING HEALTH

There are **112** parks in DeKalb County.^[1]

Diabetes is the **8th** leading cause of death in DeKalb County.^[2]

The Park Prescription movement is an effort to promote outdoor activity to improve health.

There are 6,770 acres of park land in DeKalb County.^[1]

Heart disease is the **2nd** leading cause of death in DeKalb County.^[2]

Having access to parks reduces stress and improves mental wellness.^[3]

Parks promote physical activity and community engagement.^[3]

Children benefit from the opportunity to play outdoors, where they can explore and enjoy natural environments.^[4]

21% of adults in DeKalb County are physically inactive.^[5]

27% of adults in DeKalb County are obese.^[5]

Physical activity improves balance and joint mobility for healthy aging.^[6]

A park visit can encourage a healthier lifestyle.^[7]

Go to <https://bit.ly/2L1pLzA> for a map of DeKalb County parks and greenspace.

www.dekalbhealth.net/parkrx
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References:
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