

Great Parks, Great Communities

Improving Residents' Health and Wellness

The scientific evidence is mounting that effective parks and recreational systems are building healthier communities. In fact, top health agencies across the country, including U.S. Health and Human Services and the Centers for Disease Control and Prevention, validate that **park systems offer a critical solution for our nation's health problems** – particularly with the obesity epidemic.

How Your Parks Help You

Locally there is very good news. **91%** of Fairfax County residents live within a quarter mile of a public park.

Did you know? Children living within a **half mile** of a public park are more likely to have higher levels of physical activity which combats obesity and poor health.

There are **324 miles** of trails in the Fairfax County Park Authority system. Walking and biking on a regular basis improves health. **84%** of local residents believe we need walking and biking trails in our community.

Did you know? People who live near trails are **50%** more likely to meet physical activity guidelines.

Staying fit and active is essential to good health and our expanded fitness centers are very popular! In FY2015, **1,817,882** users worked out at our nine RECenters.

Did you know? More than one-third of U.S. adults (34.9% or 78.6 million) are obese. According to the Center for Disease Control, exercise can improve your health by significantly lowering the chance of heart disease, diabetes and stroke.

98.9% of Fairfax County residents have access to exercise opportunities according to the Healthy Communities Institute.



If accommodations or alternate formats are needed, please call 703-324-8563,
TTY 703-803-3354. www.fairfaxcounty.gov/parks/ada-inclusion



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