

The Natural Resources & Outdoor Recreation Trust Fund benefits



Public Health

Iowans of all ages and abilities enjoy better health and well-being when being surrounded by nature. Whether it's living near lakes and streams, forests and greenways, or parks and trails, our connectedness to the outdoors is vital to Iowa's public health.

Public health officials strongly support funding Iowa's Natural Resources and Outdoor Recreation Trust Fund with a sales tax increase of at least 3/8 of one cent, which is **supported by nearly 70% of Iowans** across the state.

Beyond the economic capital growth, tourism sales, and conservation benefits the Trust Fund will provide to our state, the broad public health implications and the importance of ensuring our children and future generations of Iowans have a healthy community to grow up in is more important than ever.

For these public health concerns and so many more, the Iowa's Water and Land Legacy coalition encourage the 2019 Iowa Legislature to take a strong and swift approach to passing the sales tax increase to fund the Natural Resources and Outdoor Recreation Trust Fund and honor their commitment to the great constituents they serve across Iowa.

Today, nearly 1 in every 5 Iowa child is classified as obese. Chronic conditions like Type 2 Diabetes, early on-set High Blood Pressure, Metabolic Syndrome and even some cancers are popping up in our children at younger and younger ages in correlation to unhealthy weights. But thanks to Iowa's support of the Natural Resources and Outdoor Recreation Trust Fund, we have the opportunity to redirect the course of our children and provide a thriving environment that supports their health and well-being.

- The preservation and investments to protect Iowa's green spaces, water and air quality can be keys to improving the health of current and future Iowans.
- A child's risk for obesity can increase by as much as 60% if they live in a neighborhood void of parks, sidewalks, and other green space or recreational amenities.
- Our neighboring state Nebraska reported a \$3 return on investment in direct health cost savings for every \$1 invested into trail infrastructure.
- Children with easy access to outdoor recreation and green space have a higher likelihood of being physically active and performing better in school.
- Numerous studies suggest that separation from nature is detrimental to one's physical health and mental well-being.

