The Expert Says-Spring 2013

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According to leading health and policy experts from across the nation, too many activities have moved indoors and kids need to get back to nature. Here's what David Rutstein, MD, MPH, former acting U.S. deputy surgeon general, says about the issue.

What are the health effects of children spending less time outdoors?
Overweight adolescents have a 70 percent chance of becoming obese adults. If this problem isn't addressed, we will leave our children a legacy of shorter life spans for the first time in our country's history.

What's the best way to get more kids involved in outdoor activities?
Decrease indoor activities for children, such as screen time, and increase active play in the great outdoors.

How much time should children spend outdoors?
Kids should get at least one hour of outdoor play each day. Engaging children in regular outdoor activities is a great strategy to boost kids' physical fitness levels.

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