

# 5 YEARS OF

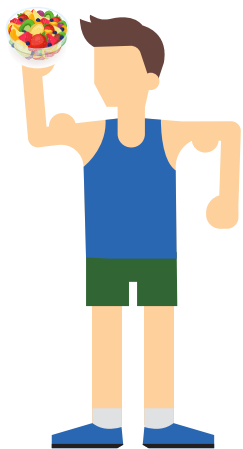
# COMMIT TO HEALTH

Over 2,000 park and recreation sites are successfully implementing the evidence-based healthy eating and physical activity standards, inspiring communities to eat healthier and move more!

## SINCE 2014, 2,080 PARK AND RECREATION SITES HAVE PLEDGED TO COMMIT TO HEALTH



**386** TOTAL AGENCIES HAVE JOINED THE MOVEMENT TO COMMIT TO HEALTH



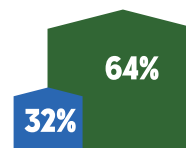
**481,240**

YOUTH HAVE IMPROVED **ACCESS TO HEALTHY FOODS AND PHYSICAL ACTIVITY** OPPORTUNITIES ANNUALLY



**96%**

OF COMMIT TO HEALTH SITES ARE MEETING THE **DAILY PHYSICAL ACTIVITY** RECOMMENDATIONS



SINCE 2016, THE NUMBER OF AGENCIES OFFERING NUTRITION EDUCATION IN OST PROGRAMS HAS DOUBLED

**87%**



OF SITES ARE **LIMITING SCREEN TIME**

**86%**



OF SITES ARE **SERVING A FRUIT OR VEGETABLE**

**50%**



OF SITES ARE **OFFERING GARDENING ACTIVITIES**

# COMMIT TO HEALTH

**NRPA** National Recreation and Park Association  
*Because everyone deserves a great park*