



HEALTH BENEFITS



TOWN BRANCH
PARK

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Town Branch Park will be more than just a pretty place; it will enhance the quality of life for Lexington and nurture the health and well-being of our people. With a focus on inclusion and access, and through strategic partnerships with local organizations, the park will provide outdoor learning, recreational experiences, and wellness opportunities for all ages.

Numerous studies show exposure to green space reduces negative health outcomes, including general stress and conditions prevented or reduced by physical activity – heart disease, diabetes, general obesity, anxiety, and depression. In addition to myriad health benefits offered by physical activity in general, research has shown

outdoor exercise in nature can improve mental health and amplify the benefits of physical exercise.

Current evidence suggests children, especially, have much to gain from time spent outdoors and much to lose from a lack of park access. Today, youth are less connected to nature than ever before. Free time outside playing and exploring natural surroundings has been replaced with greater interaction with the digital world.

In addition to engaging in health-promoting physical activity, being in or near green spaces has been found to be associated with better test scores, improved self-discipline and cognition, and reduced behavior problems.

By offering children a direct experience with nature through an innovative and thoughtfully programmed urban park, children will be motivated to explore, discover, and learn about their world and surroundings. This is especially critical during the summer for children who do not otherwise have access to safe and engaging outdoor resources.

The 2018 County Health Ranking Report listed Fayette County as ninth in the state in terms of length and quality of life of its residents. Town Branch Park, through innovative design and thoughtful programming, will create an environment where all residents have the opportunity to live their healthiest lives.

Findings from over 11,000 citizens during the On the Table initiative show respondents widely discussed youth development within the context of equity and social inclusion, indicating a lack of programming, opportunities, and attractions for youth in Lexington.

