

KERMAN

WHY PARK RX?

Outdoor recreation improves health and wellbeing in a variety of ways.

20% of Kerman adults are diagnosed with **depression**.

33.4% of Kerman Adults live **sedentary** lifestyles.

17.5% of Children are **overweight** for their age and 43.9% of Teens are **overweight or obese** in Fresno County.

Kerman Adults have a **higher rate of Diabetes and Kidney disease** than the US average.

Spending time outside leads to an **increase in physical activity**.

Time in **nature** and **physical activity** is linked to **better blood sugar levels** in people with diabetes.

Time in nature is associated with **better cognitive development** in school aged children.

Spending time outside **improves mental and physical well-being** more than indoor activity.



KERMAN, CA FRESNO COUNTY

"WHERE COMMUNITY
COMES FIRST"

ABOUT THE CITY

LOCATION

15 MILES WEST OF FRESNO
125 MILES NORTH OF BAKERSFIELD
180 MILES SOUTH OF SAN FRANCISCO

POPULATION

16,639

GREEN SPACE

12 PARKS | 49 ACRES

TOWN AREA

3.23 SQUARE MILES

Park Rx
KERMAN



**Parks
Make
Life
Better!**

For more information
about Park Rx contact
559-846-9330