

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

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

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
GREEN SPACE
TOWN AREA

16,639
12 PARKS | 49 ACRES
3.23 SQUARE MILES

Park Rx
KERMAN



Parks Make Life Better!

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