



American Nature and Health Survey

PURPOSE

Spending time in nature has been linked to many benefits, including lower stress, better mental and physical health, and stronger social connections. Despite this, the United States has no consistent, national way to capture and understand how people experience nature in their everyday lives or whether everyone has the opportunity to benefit from it.

To fill this gap, the American Nature and Health Survey was developed to provide a national snapshot of how people interact with nature. The survey explores how often people spend time in nature, where they go, the activities they enjoy, the barriers they face, and the factors that encourage them to spend time in nature. It also examines how these experiences relate to physical and mental health and well-being.

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AUTHORS

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PARTNERS

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**Americans view nature as essential and part of being American,
but are spending less time in nature.**

45%

of respondents spent less than 2 hours in nature during the previous week, compared with only 25% a decade ago.



Protecting nature is viewed similarly across political ideologies

84%

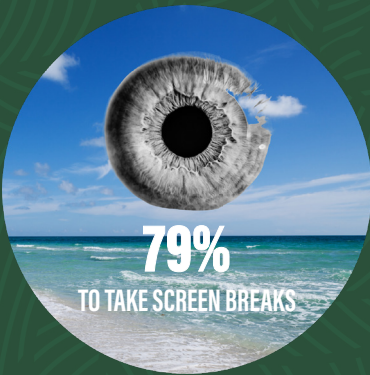
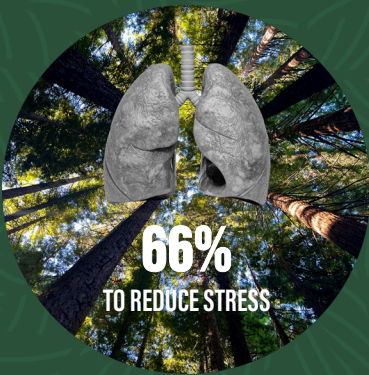
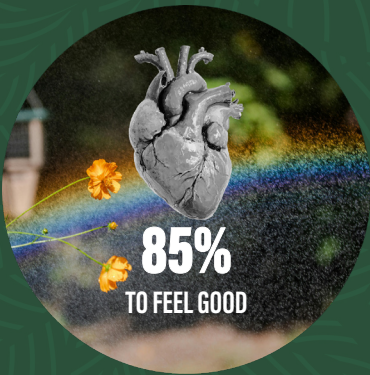
Felt protecting nature is essential or very important

79%

Agreed that "having wild, open and natural spaces is part of being an American"

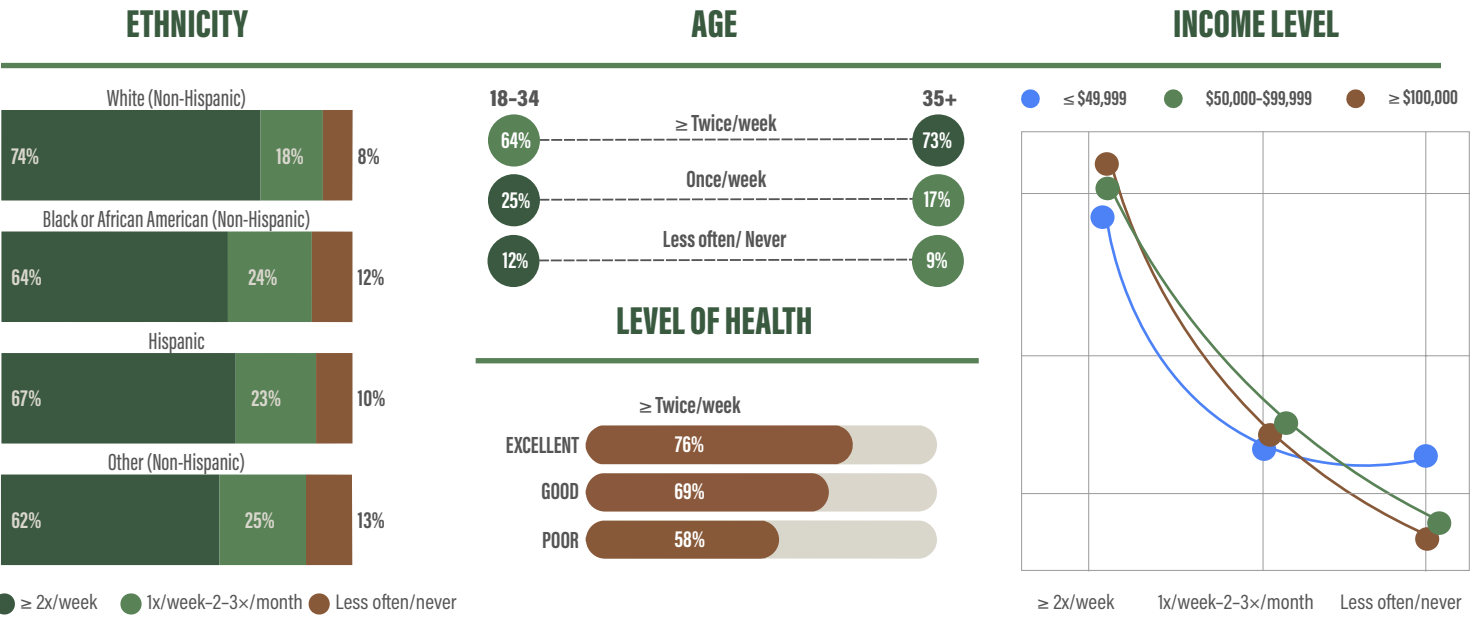
RESULTS

Americans go outside to take breaks and feel better.



Time spent in nature varies across demographic groups.
Americans who are white, higher income, older, and healthy are more likely to spend time in nature.

Note: These differences are influenced by many factors, including unequal access to nature, perceptions of safety and belonging, and the lasting effects of historical and systemic inequalities.



Over 75% of Americans don't spend time in nature daily

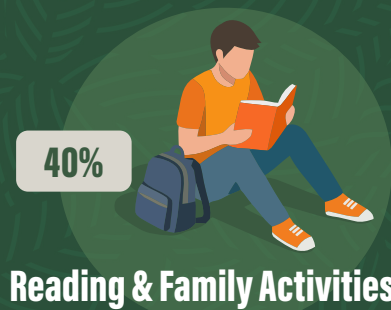
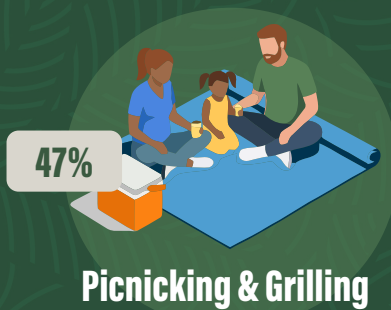


Leisure, social connections, pets, access, safety, and weather shape how much time people spend in nature.

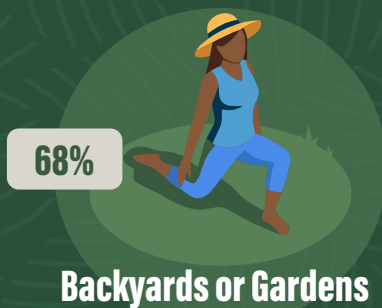


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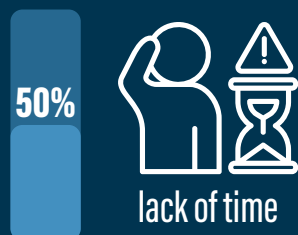
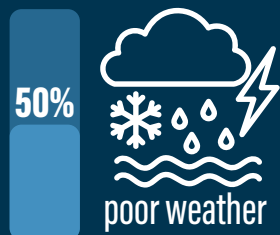
The most common activity in nature was leisure.



The top three places where people spend time in nature are:



Biggest barriers to time in nature



June and July are the months where people spend the most time outdoors, except for people in the South who spend more time outdoors in October.

70% of respondents have a park or public greenspace within a 10-minute walk of their home.

81% often or always felt safe in an outdoor space near their home.

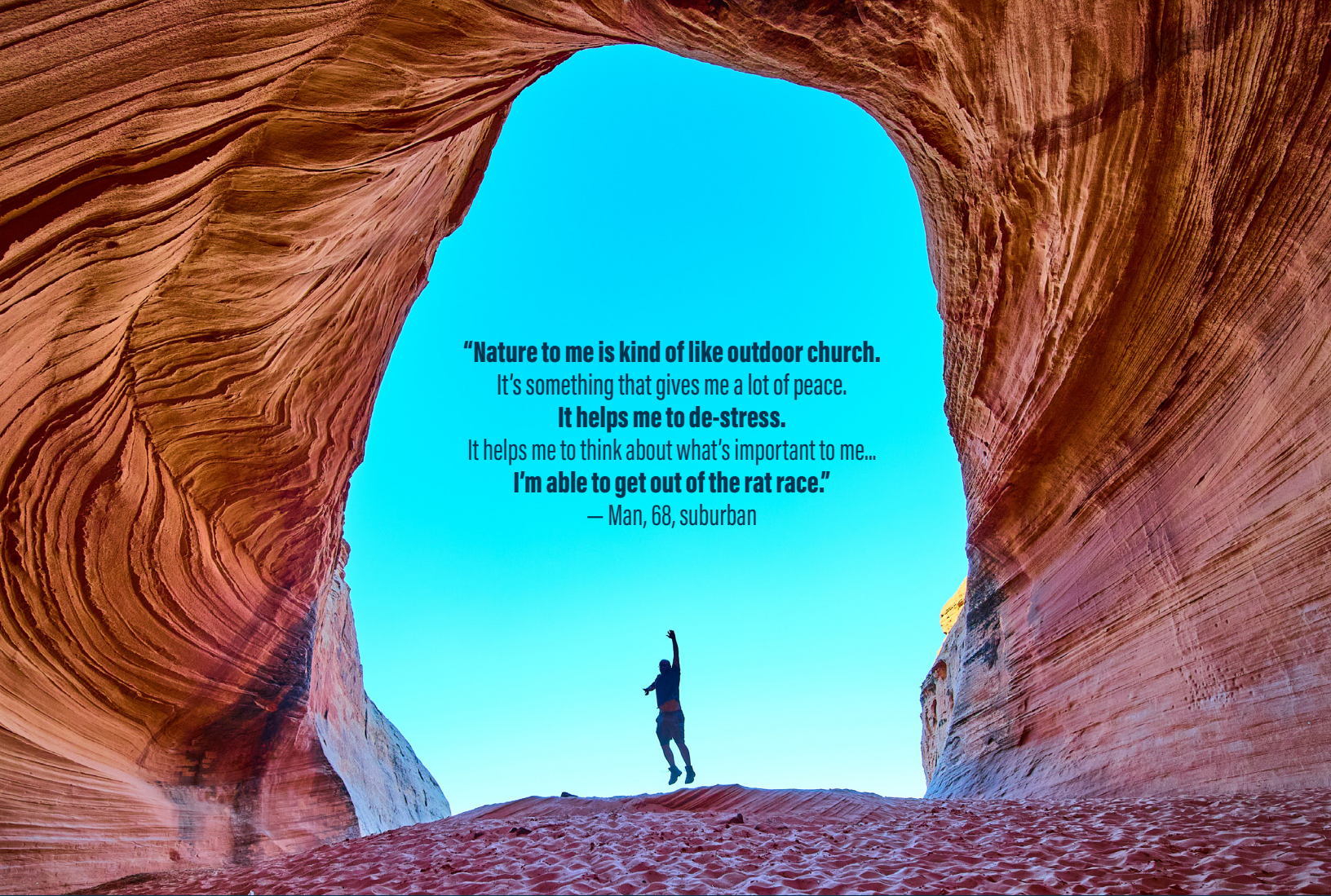
83% said they would **spend more time outside** if a healthcare provider recommended it.

83%

Only 20% have **received a recommendation**.

20%

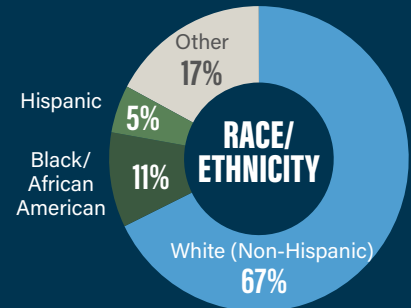
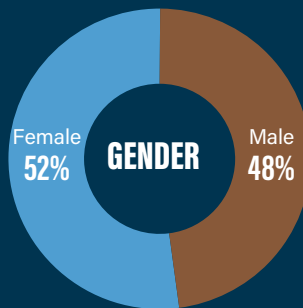
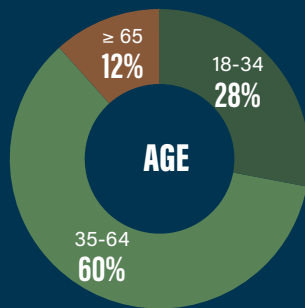




"Nature to me is kind of like outdoor church.
It's something that gives me a lot of peace.
It helps me to de-stress.
It helps me to think about what's important to me...
I'm able to get out of the rat race."
— Man, 68, suburban

METHODOLOGY

The survey was conducted online between October and November 2025 and included a nationally representative sample of **3,125 U.S. adults**. Participants were selected to reflect the U.S. population by age, race/ethnicity, and gender, and responses underwent multiple quality checks to ensure the results were accurate and reliable.



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Report written and designed by:

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