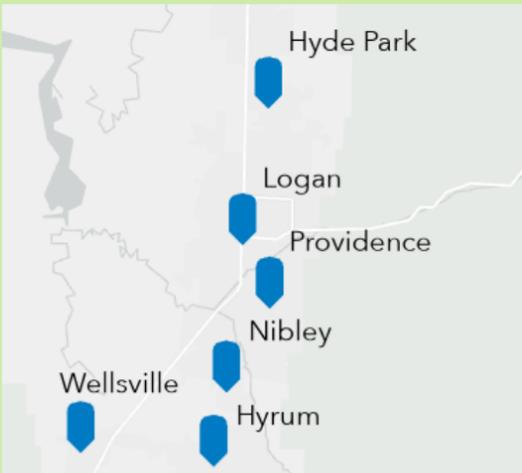


VALUE OF OPEN SPACE AND OUTDOOR RECREATION

UTAH WELLBEING PROJECT

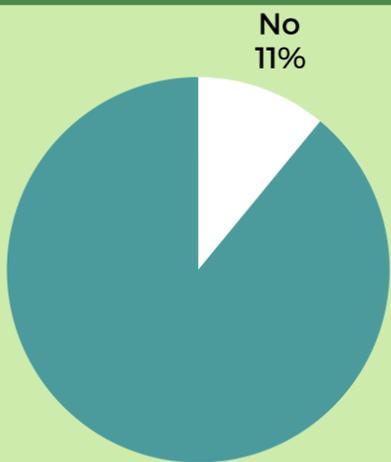
The Utah Wellbeing Project partnered with Cache Valley cities to gather perspectives on wellbeing from residents to inform city planning processes, decisions, and futures. This fact sheet focuses on the connection between open space, outdoor recreation, and wellbeing.



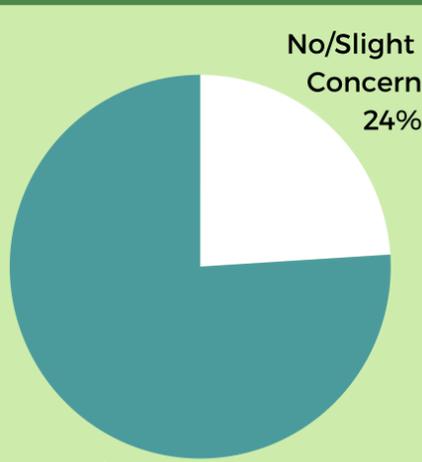
OPEN COMMENTS

"I love the greenspace around. I feel like there is a great sense of community while keeping the older farms/greenspaces around."
-Hyrum Resident

"Two of the main things that drew us to Logan are the open waterways and the open green spaces all throughout the valley... Logan still has its charm and we hope city planners and developers will protect these things so it stays that way!"
-Logan Resident



Participation in Outdoor Recreation (Trails, Motorized, or Non-Motorized)



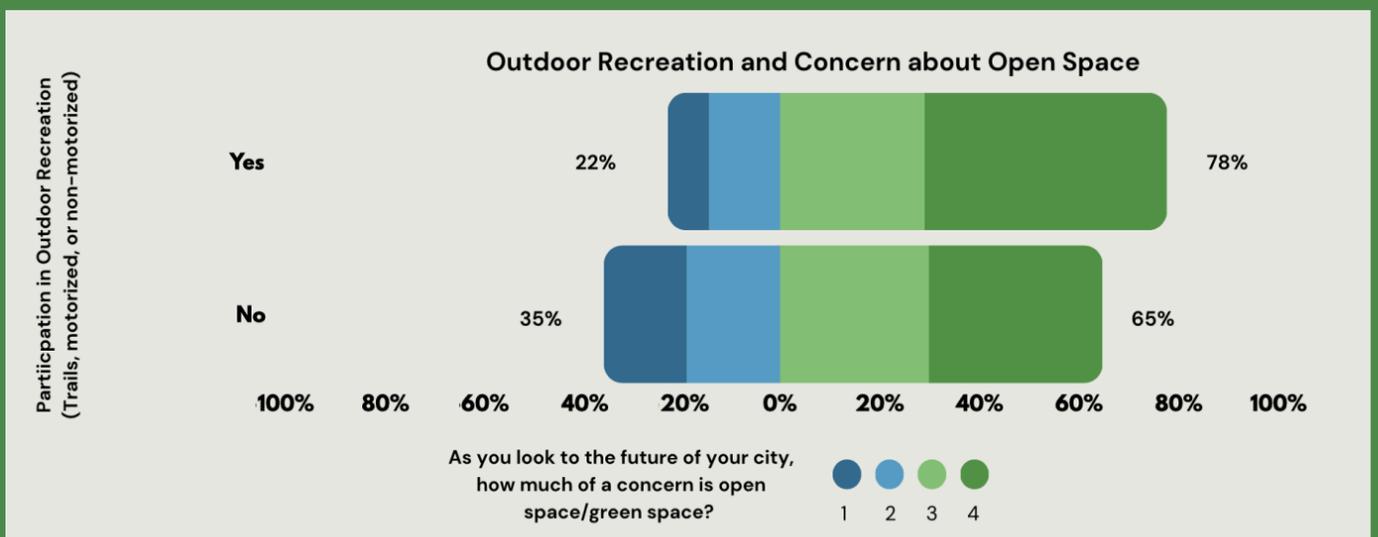
Concern for Open Space

LOCAL PERSPECTIVES

The vast majority of Cache County respondents participate in outdoor recreation. Three quarters indicated moderate or major concern about open space. Both concerns and participation are key factors in shaping community wellbeing.

RECREATION & CONCERN ABOUT OPEN SPACE

For Cache County respondents, those who recreate outdoors had greater concern about open space/green space.



RESIDENTS CONCERNS

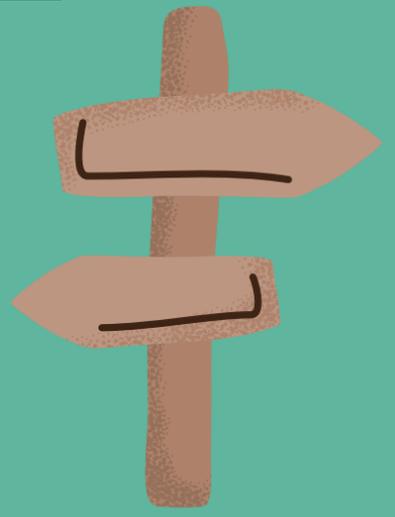
"We are getting rid of our beautiful fields that helped make our county unique and replacing them with too expensive and small housing."
-Logan Resident



"Cramming buildings onto every available inch of land is incredibly frustrating. Stuffing a community of condos onto a parcel of land with one tiny playground and a pool is NOT sufficient for the population's needs and well-being. Residents need more than that. Shouldn't there be a legal amount of green space per area built on?"
-Providence Resident

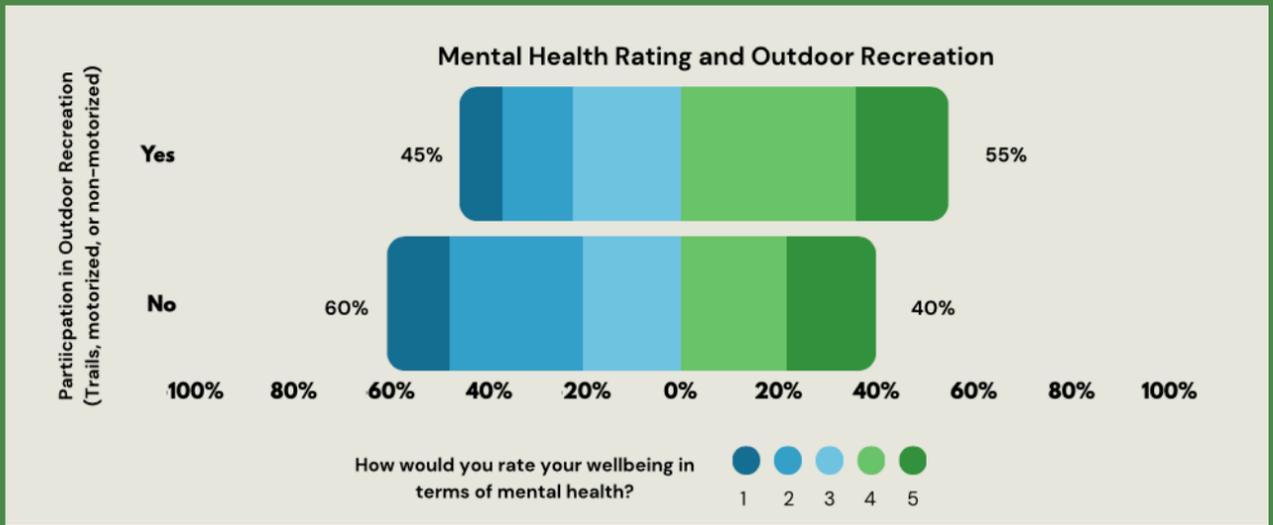
LOGAN LEADS IN RECREATION & WELLBEING

In Logan City, those who participate in outdoor recreation reported significantly higher levels of overall wellbeing, physical health, and mental health. These relationships are stronger than in the five other Cache Valley communities we studied. This highlights the unique role outdoor access plays in supporting health and wellbeing in Logan.



RECREATION & MENTAL HEALTH

For Cache County respondents, those who recreate outdoors self-reported higher scores of wellbeing in terms of mental health.



WHO DOES NOT HAVE ACCESS?

Through interviews with Cache Valley organizations, requests were made to look at the Utah Wellbeing Survey data to examine demographics of those who do not participate in outdoor recreation. Exploration of the data suggests that there is no singular demographic, such as age, race, or income, that dictates those who do not recreate in Cache Valley. This may indicate a need for varied solutions to recreation access barriers.



RECOMMENDATIONS

- Governments and organizations should promote open spaces and outdoor recreation through community engagement.
- Organizations can advocate for policies requiring a defined amount of open space per new developments.
- Prioritize and integrate active transportation methods across land ownership boundaries.

