

PUGET SOUND VITAL SIGNS

VITAL SIGN OUTDOOR ACTIVITY

The Outdoor Activity Vital Sign tracks Puget Sound residents' participation in nature-based recreation or work activities. Whether for recreational or occupational purposes, participation in nature-based outdoor activities is beneficial in multiple ways; physical movement, breathing fresher air, absorbing vitamin D, and clearing one's thoughts all contribute to improved human wellbeing. Nature-based outdoor activities often include spending time with others as well and research has shown that positive social interactions are one of the greatest contributors to human wellbeing. The original Swimming Beaches Vital Sign is now included as one of three indicators under the Outdoor Activity Vital Sign. Recreational activities included within the survey-based indicator include wildlife-watching, nature-walking, fishing, clamming, hiking, bicycling, canoeing, kayaking, camping, art in the natural environment, etc. Occupations that depend on outdoor activities include logging, fishing, aquaculture, agriculture, trail maintenance and nature-based tourism.

Reporting Lead

Last Updated

2/3/2020

VITAL SIGN > INDICATOR	PROGRESS	STATUS
Outdoor Activity		
Nature-based recreation	INSUFFICIENT OR NO DATA	NO 2020 TARGET
Nature-based work	INSUFFICIENT OR NO DATA	NO 2020 TARGET
Condition of swimming beaches	NOT IMPROVING	BELOW 2020 TARGET

Key Messages

Coming soon!



Salt Creek open for water recreation

Strategies, Actions, And Effectiveness

- Actions proposed in the Action Agenda that advance this Vital Sign (*let us know if we missed any!*):
 - The Beach Environmental Assessment, Communication, and Health (BEACH) Program Bacterial Assessment at Recreational Swim and Shellfish Beach
 - Perform upland landuse characterization to identify upland land activities that can contribute to the degradation of an area
 - Identification of a marker of fecal bacterial contamination from raccoons

Background Documents

- Leadership Council Resolution 2015-02, Human Health and Quality of Life Vital Signs and Indicators
- Human Wellbeing Vital Signs and Indicators for Puget Sound Recovery

Other Resources

- Articles related to a healthy human population in the Encyclopedia of Puget Sound

Contributing Partners

