

Documenting and quantifying structural constraints to outdoor recreation and nature-based tourism to maximize health benefits.

A McIntire-Stennis supported project

UNIVERSITY OF MINNESOTA

Driven to Discover®

Outdoor recreation and nature-based tourism, as part of the suite of ecosystem services, have a variety of positive impacts on the well-being of individuals, communities and, ultimately, society. For example, recreation experiences improve an individual's mental and physical health while the presence of outdoor recreation resources improves select natural resources, such as water quality.

Recreation resources simultaneously play a role to lower health care costs and improve ecological systems; however, if constraints to recreation prevent participation, some of these benefits are not realized.

This project identifies and mitigates constraints to outdoor recreation experience opportunities and maximizing health-benefit realization by engaging planners, managers, and other interested audiences to document and quantify structural constraints to natural resource-based recreation and tourism experiences.



About McIntire-Stennis

The McIntire-Stennis program, a unique federal-state partnership, cultivates and delivers forestry and natural resource innovations for a better future. By advancing research and education that increases the understanding of emerging challenges and fosters the development of relevant solutions, the McIntire-Stennis program has ensured healthy resilient forests and communities and an exceptional natural resources workforce since 1962.



COLLABORATION

Public natural resource agencies, public health agencies, university colleagues, policy specialists, and planners.



41

Collaborating agencies and individuals.

IMPACT

Minnesotans have better access experiences at the outdoor recreation & nature based tourism destinations they cherish. Managers better direct their limited resources to optimize visitor outcomes.



960

Peers, managers, and planners reached in person.



15

Academic and technical publications produced.



18

Students involved in the project.