



## **MONTANA OUTDOORS MAGAZINE LITERACY PROGRAM EVALUATION**

### **“A Healthy Dose of Nature”**

name: \_\_\_\_\_

1. What is the most important thing you learned from reading the article?

---

---

2. What is the purpose of trails prescription pads like the one shown in the photograph?

---

---

3. Besides providing physical benefits, how else does spending time outdoors improve your health?

---

---

4. Explain what Dr. Wernham means when he states, “We’re still not where we want to be.”

---

---

5. What is the main challenge for many rural residents when it comes to visiting doctors or other health care providers?

---

---

6. According to Dr. Wernham, what makes you healthy?

---

---

7. Dr. Wernham mentions four specific health benefits associated with access to parks and open space. List them and then circle the two that would be classified as mental health benefits.

---

---

8. According to Beth Shumate, chief of Montana State Parks, what is the one benefit of state parks that is often overlooked?

---

---



## **MONTANA OUTDOORS MAGAZINE LITERACY PROGRAM EVALUATION**

9. List two moderate-intensity outdoor activities.

---

10. Researchers have learned that 30 to 60 minutes of outdoor activity per day helps reduce

\_\_\_\_\_ and \_\_\_\_\_

and increases \_\_\_\_\_ and \_\_\_\_\_.

11. What is “forest therapy” (aka forest bathing)?

---

---

12. Forest therapy doesn’t need to take place in a forest. Getting out onto the prairie or a river can be just as beneficial. What are the two most important considerations when it comes to finding a place where you can get out on a regular basis?

---

13. Which of one of the mental benefits of forest therapy mentioned in the article is most important to you?

---

14. What is the role that dogs often play in getting people to practice forest therapy?

---

---

15. Look at all the photographs and read the captions. Describe the photo that appeals most to you. Describe what is going on and where is it taking place.

---

---

16. What is your favorite outdoor activity, and where do you like to do it?

---

---



## **MONTANA OUTDOORS MAGAZINE LITERACY PROGRAM EVALUATION**

### **Teachers:**

1. Begin by asking the students to name various types of public lands found in Montana (bell-ringer). Possible answers include state parks, BLM (Bureau of Land Management), USFS (national forests), wilderness areas, wildlife refuges, fishing access sites, state parks, state wildlife management areas, county parks, national parks, and national monuments. Another possible bell-ringer might be to ask students to describe their favorite outdoor experience to date (what, when, where, etc.).
2. Give students a copy of the article. Have them read it silently, read it as a class, or read it to them.
3. Give students a copy of the evaluation (worksheet), and have them answer the questions.

### **Answer Key**

1. Answers will vary.
2. Trail pads help health care providers encourage the use of outdoor activities as a way to improve the health of their patients.
3. Spending time outdoors improves mental health.
4. More than 60% of Montanans live with chronic health problems. Lack of physical activity is a contributing factor to this.
5. Those who live in rural areas often have to travel long distances to access health care.
6. Having access to activities that keep you healthy.
7. Lower rates of the following: diabetes, high blood pressure, anxiety, depression
8. These places improve personal and public health for people of all income levels.
9. Wildlife viewing, fishing, snowmobiling, archery, hunting (in some cases), etc.
10. Anxiety, depression, vitality, creativity
11. Taking a walk or relaxing in the woods, engaging all of the senses.
12. Ideal places are close and convenient.
13. Answers will vary.
14. Many people are much more willing to do things (walk) for their dogs than they are for themselves. Dogs encourage people to get out for walks.
15. Answers will vary.
16. Answers will vary.