



2025年

# 关于积极户外运动的立场声明



积极的户外能促进全人类（包括任何年龄段、社区、环境）及整个地球的健康和福祉。鉴于我们今天面临的多重全球挑战（例如社会和健康不平等、气候变化）——这一点至关重要。作为促进户外活动的团体，我们建议在人们生活、学习、工作和娱乐的所有环境中增加户外活动的机会。为了实现这一目标，跨部门、跨环境和跨社会进行合作至关重要，以保护、促进和重视户外活动的平等机会。

## 前言

2015年发表的《关于积极户外活动的立场声明》（以下简称2015立场声明）<sup>1</sup>及其证据<sup>2-3</sup>表明了积极的户外活动对儿童健康和福祉有益。十年后，关于这一主题的研究增加了十倍<sup>4</sup>，户外活动项目的资金投入也越来越多<sup>5</sup>。2015立场声明影响了全球的政策、研究和实践<sup>6</sup>。一个国际领导小组共同制定了《2025年户外活动立场声明》，以庆祝这些成就、更新证据并扩大范围，涵盖所有年龄段并扩大其在全球范围内的影响力。

2025立场声明勾勒了全世界拥有积极的户外活动的蓝图，有助于应对健康危机和气候变化等全球挑战，同时推进联合国可持续发展的目标<sup>4</sup>。作为推动户外活动的团体，我们希望通过使积极的户外活动成为日常生活的一部分，从而建立更健康、更具韧性的社区，确保每个人都有平等的机会参与积极的户外活动。

2025立场声明呼吁系统性变革，并为个人、社区和各部门提供建议。

这些建议旨在使积极的户外活动成为一项基本权利和可持续社会的重要组成部分。

为了支持这项工作，我们进行了十项系统综述和六项叙述性综述，检索了相关文献，并就九个关键主题咨询了全球专家：

- 健康和福祉
- 身体活动行为
- 教育和学习
- 社会资本
- 社区联系和伙伴关系
- 自然与环境
- 一体健康
- 人权与政策
- 新兴领域

2025年立场声明的制定流程和研究结果的更多详情已发表于《国际行为营养与身体活动杂志》。

## 积极的户外活动.....

...帮助我们更多地运动、更长时间地玩耍和更好的睡眠

当我们在户外玩耍时，我们会进行更多的身体活动，

减少久坐行为和屏幕时间，从而改善睡眠。户外环境可以吸引人们参与自发有趣的活动。

...是维持健康的催化剂

积极的户外活动可以促进健康（即身体、心理、社交和精神健康）。户外活动可以提供一個以健康和充实的方式进行交流、探索和参与的机会。

...自然地增强信心

户外活动为孩子们提供了一个充满活力的探险和冒险空间，而这正是健康成长和衰老的必要因素。参与具有挑战性的户外活动有助于培养自信、韧性和解决问题的能力，同时促进行动、幸福感和身体素质。

...为了更加幸福、健康的地球提供路径

积极的户外活动可以连接多个领域，包括公共卫生、教育、娱乐和环境，同时认识到人类、动物和环境福祉的相互联系。

它促进环境管理并加强与自然的联系，有助于建立更健康的社区、更强大的生态系统和可持续发展的地球。

### ...增强气候适应能力和管理能力，实现可持续未来

积极参与户外活动，能够加深与自然的联系，并关爱我们的自然世界。气候变化可能会威胁到积极参与户外活动的机会，但当积极参与户外活动成为日常生活的一部分时，它可以培养一种文化，让所有年龄段的人都能一起玩耍、学习、成长和发展，同时适应气候变化并增强抵御气候变化的能力。

### ...连接社区

共享的户外活动体验有助于建立更强大的社区、弘扬文化传统、加强多样性，同时培养归属感。反之，有凝聚力的社区会创造安全和支持性的环境，鼓励公民意识、行动和共同参与户外活动。

### ...提供多样化的学习机会

积极的户外活动可以开启一个丰富的动手学习体验的世界，激发好奇心、创造力、协作能力和解决问题的能力。它培养韧性和适应能力，并支持一生中社交、情感和认知的成长。

### ...可以减少过多的室内时间

过多的室内时间会导致久坐行为、增加屏幕时间以及接触室内污染物、过敏原和传染病<sup>71-78</sup>。积极的户外活动可以减少在室内时间，从而达至平衡。

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## 新兴领域：拓展户外活动的可能性

随着我们不断拓展对户外运动的认知范围，

新的紧迫问题不断涌现，它们挑战着传统思维，激发好奇心，并为变革打开大门。透过以下问题，我们将探讨研究、政策和实践必须融合在一起的未知领域，以塑造户外活动的未来。

### ›› 积极的户外活动能否重塑成年人的运动模式？

- 身体活动、久坐行为和睡眠模式如何与成年人的积极户外活动相互作用？
- 户外活动能否成为促进终身身心健康的关键？

### ›› 户外的冒险性游戏会是大脑可塑性的关键因素吗？

- 户外冒险——比如爬得更高、跑得更快、探索未知——真的能增强大脑的可塑性，提升认知功能，使人能够适应新的环境和终身挑战，并有助于伤后恢复吗？

### ›› 世界各地的户外活动是什么样的？

- 不同的文化、环境和社会政治背景如何影响人们参与户外活动的方式？
- 不同的文化、环境和社会政治背景如何影响人们参与户外活动的方式？

### ›› 我们如何弥合研究与现实世界户外活动之间的差距？

- 我们的研究和实际发生的事情之间缺少什么联系？



- 研究如何更好地为支持积极户外活动的政策和实践提供证据？

### ›› 学校和校园能否重新设计和改造成为运动、创造和学习的游乐场？

- 我们的研究和实际发生的事情之间缺少什么联系？
- 我们如何将积极的户外活动融入正规教育体系——不仅仅是学习中间的休息，而是学习的重要组成部分？
- 一所为运动和户外活动而建的学校会是什么样子？校园能否作为社区户外活动空间发挥更大的作用？

### ›› 我们如何设计城市，让城市处处都充满户外活动的乐趣？

- 从生物多样性的城市公园到健康有趣的街道，哪些城市设计特色能让户外活动变得不可抗拒且触手可及？包容所有人？

### ›› 积极的户外运动能否成为全球可持续发展的渠道？

- 如果积极的户外活动是解决全球挑战（气候变化、健康和社会不平等）的关键，情况又会如何？
- 它如何与联合国可持续发展目标保持一致？哪些政策可以扩大其影响力？

## 随着人们对屏幕时间、焦虑和孤独的担忧日益增加，积极的户外活动是否能有效缓解社交媒体带来的负面影响？

- 在数字时代，我们如何才能重新引入运动、自然和面对面的交流？

这些问题中的每一个都有可能颠覆传统观念，重新构想户外活动在塑造更健康、更有韧性的个人和社区方面的作用。下一步是什么？大胆的研究、创新的政策和行动的承诺！

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### 行动呼吁：促进户外活动的建议

**社会行动：**鼓励一种重视并优先考虑积极的户外活动作为日常生活的一部分的文化。创建并改善每个人都可以享受户外活动的空间。倡导研究人员、教育工作者、城市规划者、卫生专业人员和政策制定者之间的合作，使积极的户外活动成为健康的优先事项。

**研究与监测：**投资投资数据收集和监控系统来追踪户外活动的趋势并找出差距。探索有利于人们和社区健康的户外活动的最佳质量和数量。建立积极的户外活动与健康福祉结果之间的因果关系。



**政策与立法：**投资认识到参与积极的户外活动是健康、教育、娱乐和环境政策中的一项基本权利。鼓励政府制定并坚持支持积极户外活动的政策。促进、保护、维护和投资连接社区、学校、娱乐区和工作场所的户外游乐环境。

**教育和学校：**鼓励大学、成人教育中心和社区学习中心将与积极的户外活动和学习相关的持续专业发展融入计划中。在早期儿童教育和 K-12 学校政策中，要求每天都有积极的户外活动时间。将户外课堂和基于自然的学习融入教育体系。

**公共卫生和医疗保健：**向医疗专业人员、患者和社区宣传积极的户外活动对健康的益处。将积极的户外活动融入医疗保健实践和公共卫生计划中，以减少久坐行为，并改善健康。跨部门合作制定促进积极户外活动的本地化公共卫生策略。

**城市规划：**在社区内和周围设计方便、安全且适合玩耍的户外空间。优先保护和恢复鼓励积极户外活动的自然环境。改革市政政策和法规，积极支持和推动积极的户外活动。

**社区领导力：**支持、推广和开展强调积极户外活动作为促进健康习惯的重要性的活动。支持、促进并加强推动积极户外活动的效益风险方法的努力。鼓励跨代户外活动，以加强社区联系。



**家庭：**与其他人一起玩耍包括与宠物一起玩耍，以培养社区意识和与户外的联系。鼓励并示范积极的户外活动作为您所在社区的规范行为。通过鼓励、促进和共同参与来支持家庭成员参与积极的户外活动。

**个人：**尊重户外活动环境。提倡公平地使用和保护绿色空间和安全的空间。将探索和享受不同户外空间的多样化体验作为日常生活的一部分。

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