

# Association between active outdoor play and health among children, adolescents, and adults: An umbrella review

**71% favourable association**  
53/75 observations showed a positive association between active outdoor play and **mental health**

**78% favourable association**  
7/9 observations showed a positive association between active outdoor play and **physical health**

**100% favourable association**  
9/9 observations showed a positive association between active outdoor play and **spiritual health**

**72% favourable association**  
13/18 observations showed a positive association between active outdoor play and **social health**

## Causal associations

Partial support for causal association was found between active outdoor play and all four health outcome categories

## 19 countries, 6 reviews, 381 articles

Findings represents data from 19 countries, 6 systematic reviews, and 381 articles, across all age groups.



These results were used to inform the global **2025 Position Statement on Active Outdoor Play**