

**Purpose:**

- To inform the public about the possible health benefits of being outside
- Report on new scientific studies that prove their point
- Advocate for more natural spaces in today's urbanized environment.

**Audience:**

- The audience for this article would be the general public
- Academics who are likely to read this report from Stanford
- Possibly city planners? That is probably a reach.

**Context:**

- Today's rapidly developing urban environment is taking away the natural spaces we have gotten accustomed to throughout our evolution.
- The depression rates of today's youth are higher than ever.

**Text:**

- The text is well written, broken down into concentrated paragraphs, that have their own purpose.
- Uses quotes from researchers to prove their point and to further their purpose.