



# NATURE AND HEALTH RESOURCES

## Interventions

Dr Alan Kellas, Sustainability Committee  
Royal College of Psychiatrists

## Animals

### Students' Care for Dogs, Environmental Attitudes, and Behaviour

G Torkar, T Fabijan, FX Bogner, Sustainability, 2020

The Two Factor Model of Environmental Values scale and the General Ecological Behaviour scale were applied to measure environmental attitudes/values and ecological behaviours aligned with the Children's Care for Dogs Questionnaire to measure individual care for dogs. A clear relationship emerged: students that reported a better level of care for their pet dogs tended to engage in more environmentally responsible behaviours. Preservation and utilization attitudes had no significant influence on caring for a dog. Overall, this study provides an evidence-based framework for educational initiatives that aim to include long-term care for animals.

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## Volunteering

### Volunteering: A Natural Health Service A summary of research by the University of Essex for The Wildlife Trusts

University of Essex, The Wildlife Trusts, 2017

This document summarises scientific research carried out by the School of Biological Sciences at the University of Essex on behalf of The Wildlife Trusts, to:

- Study the mental wellbeing of volunteers on Wildlife Trust projects.
- Collect information from projects across The Wildlife Trusts to evaluate their impact on people's health and wellbeing.
- Review the scientific literature, to investigate whether nature-rich environments had any specific impacts on people's health and wellbeing.

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# Walking

## Walking for Health

Walking for Health, 2013

Supported by Public Health England, this report demonstrates walking is the solution to getting the nation active, and shows how Walking for Health is already changing people's lives.

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## The economic and health impacts of walking on English coastal paths: a baseline study for future evaluation (NECR283)

Natural England, 2019

This project was commissioned by Natural England to design an evaluation framework to evaluate the impacts of these improvements in coastal access delivered by the England Coast Path Programme, and subsequently to develop a baseline assessment as the first step of implementing that framework.

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# Gardening

## Horticultural therapy program for improving emotional well-being of elementary school students: an observational study

YA Oh, AY Lee, KJ An, SA Park - Integrative Medicine Research, 2020

The horticultural therapy program significantly improved emotional intelligence, resilience and self-efficacy of the elementary students.

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# The benefits of gardening and food growing for health and wellbeing

Growing for Health, Sustain, 2014

This study reviews the extensive scientific literature showing the benefits of gardening and community food growing for both physical and mental health. It presents a compelling case for action by health professionals and the NHS; local authority planners and Government planning policy specialists to create, protect and promote gardening and community food growing.

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## Eden on prescription

Vounder Garden, a Space to Grow, 2018

Vounder Garden is a pilot horticultural therapy programme run by the Eden Project based in Cornwall. It uses horticulture and gardening to provide weekly sessions over a period of 12 months to support 12 individuals living with anxiety and depression.

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## Kings Fund Report on Gardens and Health: Implications for policy and practice'

Buck, D, The Kings Fund, National Gardens Scheme, 2016

The report includes a 'menu' of recommendations that aims to encourage the NHS, government departments, national bodies, local government, health and wellbeing boards and clinical commissioning groups to make more of the diverse health benefits of gardening in support of their priorities.

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## Beacon report: Leicestershire Master Gardeners

Sustain, 2019

The Public Health commissioned Leicestershire Master Gardener programme is a peer-to-peer learning and support network bringing the benefits of food growing to local communities across the county of Leicestershire.

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## Food Growing and Foraging Food growing on prescription

Growing for Health, Sustain, 2019

This report highlights the findings of a short piece of research undertaken with community gardens and food growing projects in London, to create a snapshot of how Social Prescribing is perceived, how garden leaders are or want to be engaging with these services and how to overcome the barriers to more people being referred to garden-based activities.

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## Connecting people to biodiversity in cities of tomorrow: Is urban foraging a powerful tool?

LK Fischer, I Kowarik - Ecological Indicators, 2020

Urban foraging is a promising tool to connect society to urban nature. People from diverse backgrounds collect edible plants outside of gardens. Neither rare nor native species are over-foraged in Berlin. Barriers that prevent people from foraging are identified. Support for strategies that enhance edible components in urban green infrastructure

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## Beacon report: Sow the City

Sustain, 2018

Sow the City is an award winning social enterprise based in Manchester. Established in 2009 with a few packets of seeds and some compost, they are now a leading specialist food-growing organisation in the area. Their vision is to build a healthier city where everyone can grow their own food. Sow the City has 6-year track record of working with public health and running health focussed community growing projects and programmes.

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## Technological

### Using social media user attributes to understand human–environment interactions at urban parks

XP Song, DR Richards, PY Tan - Scientific Reports, 2020

This study used social media to assess behavioural patterns across different groups of park users in tropical Singapore. Over 250,000 photographs were analysed, including those uploaded and favourited by users, and all photographs taken at city parks. There were significant differences in the number and types of park photographs between tourists and locals, and between user-group axes formed from users' photograph content. Spatial mapping of different user groups showed distinct patterns in the parks they were attracted to.

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### A Smartphone App for Improving Mental Health through Connecting with Urban Nature

Kirsten McEwan et. al., International Journal of Environmental Research and Public Health, 2019

This study provides the first controlled experimental evidence that noticing the good things about urban nature has strong clinical potential as a wellbeing intervention and social prescription.

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## Other

### Dose of Nature

Dr Dan Bloomfield, 2016

A website and blog by Dr Bloomfield who has set up and coordinated a range of pilot prescribing nature groups in the South West, with links to partners and projects, and relevant resources.

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## Affective Outcomes of Group versus Lone Green Exercise Participation

M Rogerson et. al., International Journal of Environmental Research and Public Health, 2020

This study directly compared outcomes of participating in green exercise alone compared to in a group. Questionnaire measures of mood, self-esteem, and connection to nature were completed immediately pre- and post-run. Across all of the measures, two-way mixed ANOVAs found that there were statistically significant effects for time but not for time-by-condition interactions. The simplest interpretation of this finding is that social setting does not influence individuals' attainment of the psychological outcomes of green exercise participation. However, we discuss the possibility that more complex processes might underpin this finding.

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## How do natural features in the residential environment influence women's self-reported general health? Results from cross-sectional analyses of a US national cohort.

WL Tsai et al - Environmental Research, 2020

Women living in a neighborhood with more natural features reported better SRGH. Stronger associations observed in urban areas and in continental climate. Social support and physical activity were stronger mediators than air quality. Observed effect is small but of public health importance.

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## Beacon report: Sydenham Garden

Sustain, 2018

Sydenham Garden provides green care, nature-based activities and arts and crafts for different client groups including adult mental health and people for early stage dementia.

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# From Egoism to Ecoism: Psychedelics Increase Nature Relatedness in a State-Mediated and Context-Dependent Manner

Kettner et. al., International Journal of Environmental Research and Public Health, 2019

A total of 654 people intending to use any of a number of psychedelic substances completed online surveys focusing on well-being and relatedness to nature. The study participants were followed post-experience and were surveyed again the next day and two weeks, four weeks and two years afterward. Post-experience, study participants showed a statistically significant increase in nature relatedness from baseline; there was a positive correlation between this increase and a variable termed ego dissolution

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