



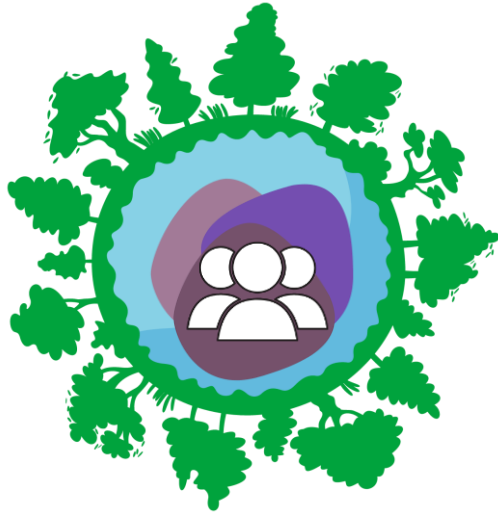
Evidence about health benefits of green/blue space

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With thanks to all our anonymous participants and The Canal and River Trust, DIAMONDS Voice, East Riding of Yorkshire Council, Horton Community Farm, Hyde Park Source, Leeds Green Activity Provider Network, Leeds Mindfulness Co-operative, Lemon Balm, Linking Leeds, LS14 Trust, National Academy for Social Prescribing, Natural England, Running Seeds, SAGE Sheffield, Sheffield Flourish, Space2, Smile Foundation, Thrive.NEL, TCV (The Conservation Volunteers) and Wild Sheffield.

'Nature-Based Interventions'



Organised facilitated activities in a green/blue space, with an intention to support health.

- Green / blue exercise
- Horticulture
- Ecotherapy
- Nature conservation
- Nature-based arts & crafts
- Care farming

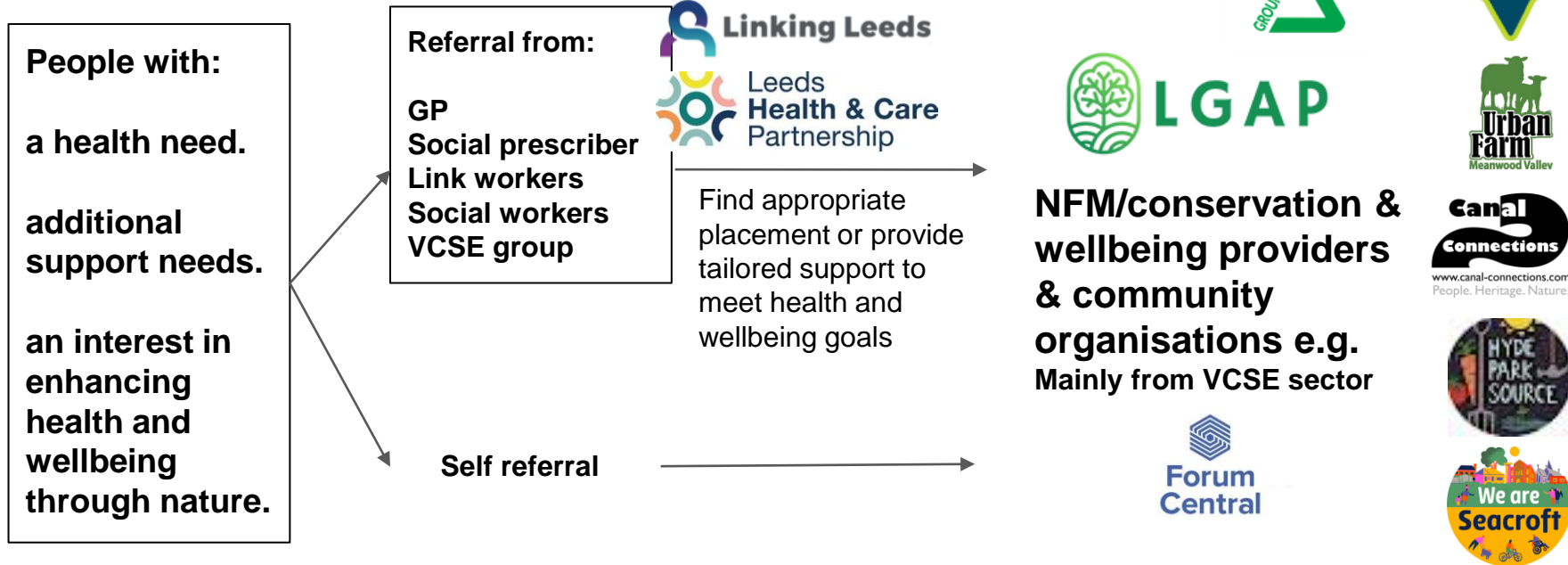


Horton Community Farm

Green social prescribing pathways



An example from [Leeds Green Activity Providers Network](#)
Involves multiple types of organisations and various models are in development
Can range from simple signposting to long term one-to-one support.



Adapted from Leeds Green Activity Providers Network 2023 Health Inequalities Funding Report.

Understanding how stakeholders use evidence



Four workshops with service users, link workers and providers in Yorkshire and Humber.

Broadly three perspectives on collecting and using evidence:



‘Practical information’

Assumes most nature-based activities will benefit most people. Potential participants want to receive information from people they trust.



‘Marketing’

Evidence about what works is mainly important to obtain funding and recruit participants.



‘Programme development’

Collecting and using evidence is part of a continuous cycle of improving what is offered and how it is delivered. Who receives which health benefits? for how long? which aspects of the programme are important?

Need for easier access to evidence about Nature Based Interventions

Literature search for systematic reviews of NBIs 2017-2022 Selected 12

Compiled information on the

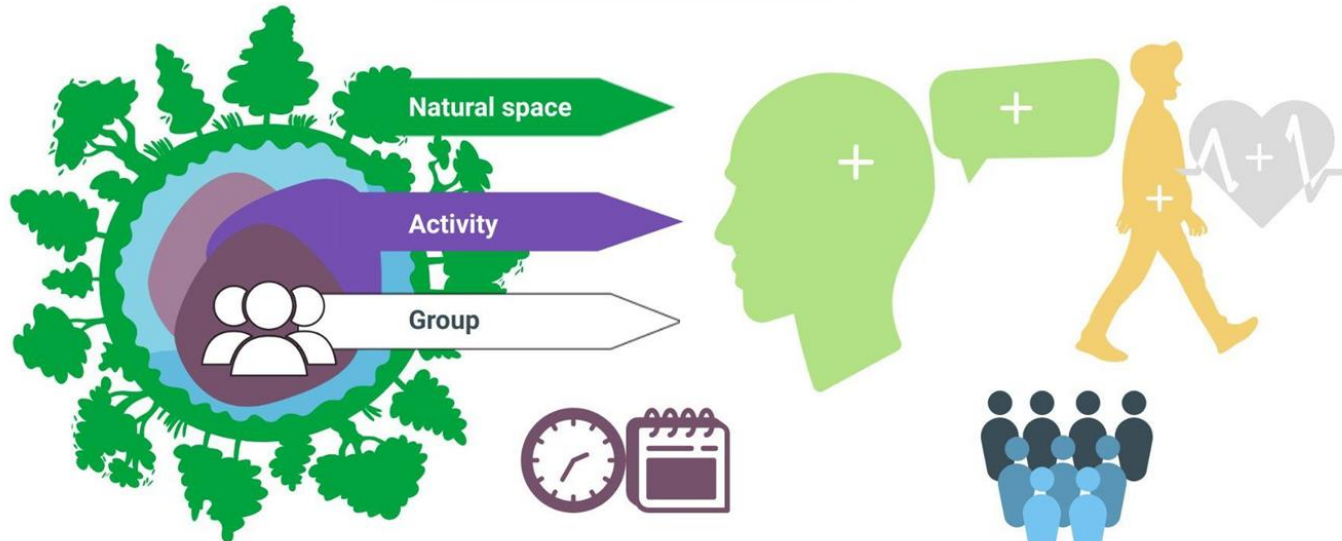
- direction of effects
- quantity of evidence
- quality of studies
- consistency of evidence

Evidence for a positive impact on mental, social & physical health:
established but incomplete,
unresolved, inconclusive (IPBES 2018),
or no impact found.

What we know: all nature based interventions.



All nature-based interventions



From 12 systematic reviews published 2017 - 2022 Click below to read the studies

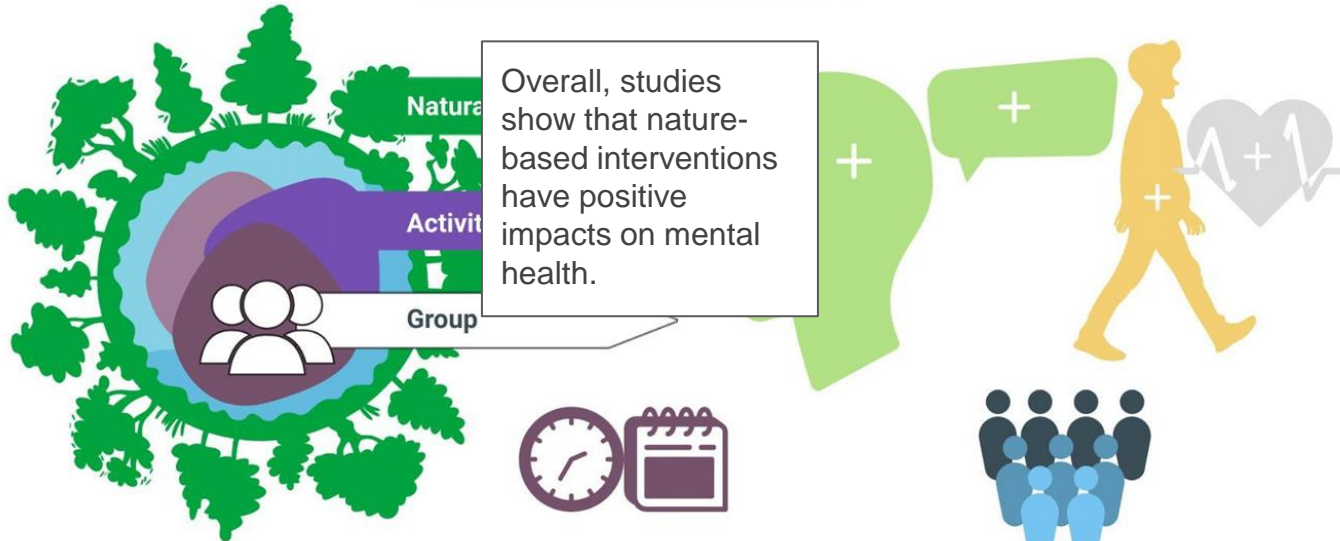
[Britton et al. 2020](#); [Corazon et al. 2019](#); [Coventry et al. 2021](#); [Djurnis et al. 2019](#); [Gritzka et al. 2020](#); [Kotera et al. 2021](#);
[Lahart et al. 2019](#); [Moula et al. 2022](#); [Mygind et al. 2019a](#); [Mygind et al. 2019b](#); [Tillmann et al. 2018](#); [Zhang et al. 2017](#)



What we know: all nature based interventions.



All nature-based interventions



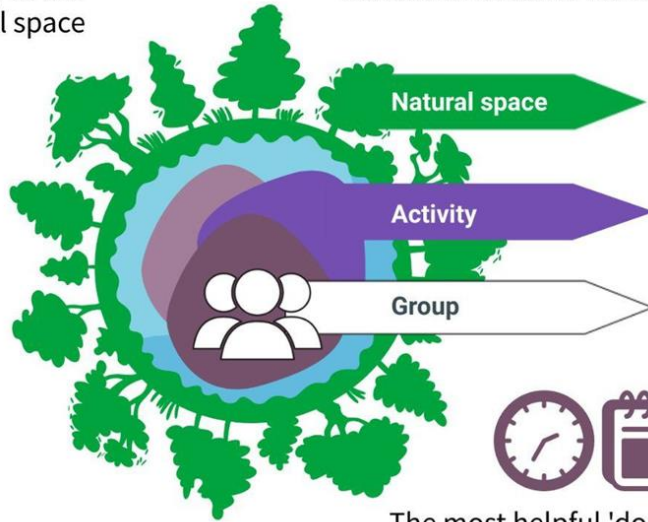
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What we don't know

The impact of the type and quality of the natural space



How different elements of the nature-based intervention interact to result in benefits

The most helpful 'dose' for different nature-based interventions



How well the health measures used represent long-term change that matters to people



Do people with different needs and backgrounds have different outcomes



What next?

Research tends to focus on short-term outcomes for participants.

- How does the quality of the green/blue space contribute to effectiveness?
- Benefits and risks of formalising green social prescribing?
- How environmental and health focused organisations can work together?

Opportunities for new Nature-Based Interventions with co-benefits for health and environment.

WY FLIP accelerator project: Opportunities for Green Social Prescribing to be combined with Natural Flood Management and Sustainable Urban Drainage projects.

