

## Nature and Health: useful research

Date	Author	Title
2020	Dr Marie Polley, Dr Helen Seers, Rachel Johnson and Craig Lister	Enabling the potential of social prescribing - A summary of the issues affecting longer-term VCSE funding including views from before and during the COVID-19 pandemic
2020	Martin et al	Nature contact, nature connectedness and associations with health, wellbeing and pro-environmental behaviours
2019	Craig Lister	Quality Assurance for Social Prescribing: A guide to support social prescribing programmes in England
2019	White et al	Spending at least 120 minutes a week in nature is associated with good health and wellbeing
2019	Lahart et al	The Effects of Green Exercise on Physical and Mental Wellbeing: A Systematic Review
2017	Michelle Howarth et al	What evidence is there to support the impact of gardens on health outcomes? A systematic scoping review of the evidence
2017	World Health Organization Europe	Urban Green Space Interventions and Health. A review of impacts and effectiveness
2017	University of Westminster	Making sense of Social Prescribing
2017	Karen Steadman, Rosemary Thomas and Victoria Donnalaja	Social prescribing A pathway to work?
2016	Natural England	Natural England Access to Evidence Information Note EIN018 Links between natural environments and mental health: evidence briefing
2016	Natural England	Natural England Access to Evidence Information Note EIN021 Links between natural environments and obesity: evidence briefing
2016	Natural England	Natural England Access to Evidence Information Note EIN020 Links between natural environments and physiological health: evidence briefing

<b>2016</b>	Natural England	Natural England Access to Evidence Information Note EIN019 Links between natural environments and physical activity: evidence briefing
<b>2016</b>	David Buck	Gardens and health. Implications for policy and practice
<b>2016</b>	Natural England	Natural England Access to Evidence Information Note EIN016: Methods, Glossary and Evaluation Resources: evidence briefing
<b>2016</b>	Bragg and Atkins	Natural England Commissioned Report NECR204: A review of nature-based interventions for mental health care
<b>2016</b>	World Health Organization Europe	Urban green spaces and health: A Review of Evidence
<b>2016</b>	Sustain	Benefits of food growing for health & wellbeing – overview of the evidence
<b>2015</b>	Francesc Romagosa, Eagles, and Lemieux	From the inside out to the outside in: Exploring the role of parks and protected areas as providers of human health and well-being
<b>2015</b>	Shanahan et al	The Health Benefits of Urban Nature: How Much Do We Need?
<b>2015</b>	Rogerson and Barton	Effects of the Visual Exercise Environments on Cognitive Directed Attention, Energy Expenditure and Perceived Exertion
<b>2014</b>	Frumkin and Jackson	Ecopsychology and Public Health
<b>2014</b>	Alan Ewert	Military Veterans and the Use of Adventure Education Experiences in Natural Environments for Therapeutic Outcomes
<b>2013</b>	Rachel Bragg, Carly Wood and Jo Barton	Ecominds effects on mental wellbeing: An evaluation for Mind
<b>2013</b>	Gladwell et al	The great outdoors: how a green exercise environment can benefit all
<b>2012</b>	Bragg et al	Let Nature Feed Your Senses: Engaging people with nature, food and farming
<b>2012</b>	Bragg et al	Let Nature Feed Your Senses: Supporting evidence for Let Nature Feed Your Senses Final Report. Testimonials and case studies
<b>2011</b>	Brock J. Anderson	An exploration of the potential benefits of healing gardens on veterans with PTSD
<b>2011</b>	Neil Mapes	Living with dementia and connecting with nature – looking back and stepping forwards

<b>2010</b>	Barton and Pretty	What is the Best Dose of Nature and Green Exercise for Improving Mental Health? A Multi-Study Analysis
<b>2009</b>	Pretty et al	Nature, Childhood, Health and Life Pathways
<b>2007</b>	Mind	Ecotherapy – the green agenda for mental health
<b>2007</b>	Bratman et al	Nature experience reduces rumination and subgenual prefrontal cortex activation

### More information

Find out more about [nature and health](#) on our website. This resource was produced by the Growing Care Farming team at Social Farms & Gardens.

Growing Care Farming aims to increase access to health, care and educational services on care farms. Growing Care Farming is part of the Government’s Children & Nature programme and is delivered by Social Farms & Gardens, in partnership with Thrive.

Visit [www.farmgarden.org.uk/gcf](http://www.farmgarden.org.uk/gcf) for more details or follow our latest updates on Twitter [@GrowCareFarming](https://twitter.com/GrowCareFarming).

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