

Making the Health and Nature Connection

Reflection

How can your land conservation strategies be public health strategies?

What connections can you make with the health sector?

Message

What is your message about health? How can you have a conversation around health, healthcare?

Partners

Who are your partners or potential partners? Where are there opportunities for mutual benefit?

Resources

What resources do you have (expertise, funds, ideas) for making the connection with health? How can you generate support?

Further Reading and Exploration

Wingspread Declaration on Health and Nature. 2014.

<http://healthandnature.org/>

Children & Nature Network

<http://www.childrenandnature.org/learn>

Toolkits and resources to help you connect children, families, and communities to nature; as well as news, research, and training opportunities

Wisconsin School Garden Network

<http://www.communitygroundworks.org/what-we-do/wsgi>

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Improving Human Health by Increasing Access to Natural Areas: Linking Research to Action at Scale.

Bradford S. Gentry, Julia E. Anderson, David R. Krause, W. Colby Tucker and Karen A. Tuddenham. 2015. Report of the 2014 Berkley Workshop held at the Wingspread Conference Center, Johnson Foundation, Racine, Wisconsin. Yale School of Forestry & Environmental Studies.

<http://environment.research.yale.edu/publication-series/documents/downloads/a-g/Berkley-2014-Workshop.pdf>

Park Prescriptions: Profiles and Resources for Good Health from the Great Outdoors.

Institute at the Golden Gate, Golden Gate National Parks Conservancy. 2010.

<http://www.parksconservancy.org/assets/conservation/environmental-sustainability/pdfs/park-prescriptions-2010.pdf>

Help physicians learn and join efforts to link health and nature, providing park prescription for their patients.

Exposure to Neighborhood Green Space and Mental Health: Evidence from the Survey of the Health of Wisconsin.

Kristen Beyer, Andrea Kaltenbach, Aniko Szabo, Sandra Bogar, F. Javier Nieto, and Kristen M. Malecki. 2014. *International Journal of Environmental Research and Public Health* 11(3): 3453-72. DOI:

10.3390/ijerph110303453 (Open access via <http://www.mdpi.com/1660-4601/11/3/3453>)

Vitamin N. TEDx talk

Ming Kuo, PhD. 2016. <https://www.youtube.com/watch?v=JGh8CqS4HLk>

Describes research on physical, psychological, and social benefits of contact with nature

Conserving Land; Preserving Human Life.

Howard Frumkin and Richard Louv. 2007. In *The Future of Land Conservation in America*, pp. 23-25. Special issue of *Exchange*. Land Trust Alliance.

<http://www.childrenandnature.org/wp-content/uploads/assets/frumkinlouv.pdf>

Nature as Nurturer: Protecting Land to Protect Human Health.

Kendall Slee. 2010. *Saving Land*, Spring 2010, 14-17.

<http://kendallslee.com/wp-content/uploads/2010/04/SL-Spr10-Nature-as-Nurturer1.pdf>