

Session 4D - Nature-based solutions and their effect on health, wellbeing and behavior

16:30 - 18:00 Friday, 17th June, 2022

Scientific Day - Theme 4. Engaging Citizens for Healthy Cities

Presentation type Oral

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In recent years, the qualitative (re)design of the human habitat has become a central and concrete field of action, included in important political agendas at national and international level, with the United Nations Sustainable Development Goals at the forefront. In addition, the European Union is massively funding the concept of nature-based solutions (NBS) as a holistic approach with which to tackle the challenges faced, from the climate resilience of urban environments to the health and wellbeing of its citizens. More specifically, the health-environment context is increasingly in the spotlight, with the global disease burden being dominated by Non-Communicable-Diseases (NCD) such as diabetes, obesity, chronic respiratory diseases, cancer, and mental and cardiovascular disorders, which are related to the environmental conditions in which people live (van den Bosch & Ode Sang, 2017; Vos et al., 2015). While a convincing body of evidence indicates a positive relationship between green space and health, the complex interrelations of environment, wellbeing and behaviour are not fully understood (Hartig et al., 2014; Labib et al., 2020; Markevych et al., 2017; Twohig-Bennett & Jones, 2018). Advancements in this area of research are a high priority to enable quantification of the true values of this kind of urban renewal. This might be the missing leverage point needed to enable a greater level of engagement among local decision makers, citizens and other stakeholders in the forthcoming green transition of our cities. We invite submissions from urban and environmental researchers as well as related disciplines that contribute new insights to this research domain. This session aims to bring together scientists working in the area of NBS-health research, for presentation of their insights and to debate key indicators, methodological standards, theories and research priorities in the field.

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Twohig-Bennett, C., & Jones, A. (2018). The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes. *Environmental Research*, 166, 628-637. <https://doi.org/10.1016/j.envres.2018.06.030>

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