



Objectives Session

- ✓ Networking and brainstorming
- ✓ The session will be recorded and made available from CN website afterwards
- ✓ Agenda
 - ✓ 10:30 Introduction – Adina Dumitru and Esmee Kooijman
 - ✓ 10:40 Pitches
 - ✓ 10:50 Brainstorm in Miro
 - ✓ 11:25 Close





Developing nature-based therapy for health and well-being

- ✓ **HORIZON-CL6-2022-COMMUNITIES-02-02-two-stage**
 - ✓ Destination 6 – Resilient, inclusive, healthy and green rural, coastal and urban communities
- ✓ Research and Innovation Action (RIA)
- ✓ Open date: 28 Oct 2021
- ✓ Closing date: 15 Feb 2022 (stage 1)
06 Sep 2022 (Stage 2)
- ✓ Budget: €6 m (3 funded, total €19 m)





Expected outcome:

- ✓ EU's goal of leading just digital, economic and ecological transitions
- ✓ supporting in particular European Green Deal priorities such as the biodiversity strategy for 2030
- ✓ R&I will support:
 - ✓ the development of nature-based therapy to help communities turn the ecological transition into opportunities for good health and well-being, increased resilience,
 - ✓ and positive long-term prospects such as the creation of green jobs.





Project Results expected outcomes:

- ✓ Sharper view of green space management, nature protection, agriculture and forestry sectors as care providers and their possible linkages with the healthcare, social and educational sectors;
- ✓ Stronger evidence base for the causal relationships between nature and health and well-being for more effective nature therapy prescriptions
- ✓ Cost-effective nature therapy prescriptions are more widely used in the health care sector;
- ✓ Greater citizen and policy-maker awareness of the positive benefits of nature for health and well-being;
- ✓ Wider utilization by healthcare professionals and citizens of nature therapy as a form of preventive medicine.





Scope

- ✓ Nature affects human health in different ways:
 - ✓ Urban environments can have negative impact on physical and mental health
 - ✓ Urban stressors – noise, crime, pollution contributory factors
 - ✓ Mental illness as a global burden of disease on a par with cardiovascular and circulatory diseases
- ✓ Important to determine the degree to which nature experience might lessen and address this burden, especially as opportunities and time spent in nature decrease





Scope

- ✓ **Causal understanding** of relationship between health and nature not well understood
- ✓ Long term effects of this relationship – less well studied and recognized in policies
- ✓ **Social, economic, cultural factors** strongly mediate strength and direction of linkages between health and nature
- ✓ Factors like **age, gender and socio economic status** need to be better understood to create more effective nature therapy
- ✓ Mental Health benefits may vary with the type of interaction with nature and form of sensory input
- ✓ Health and well being benefits of exposure to nature affected by **cultural** perspectives and experiences





Poll – where are you from?





Proposals should...

- ✓ Develop a **common framework** to increasingly **recognise and promote contact with nature**, including protected areas and other green and blue spaces, as a **cost-effective response** for the prevention and treatment of human health and well-being;
- ✓ Propose an **interdisciplinary and cross-sectoral approach**, including the involvement of the health care sector, land owners, as well as green space management and nature protection sectors;
- ✓ Improve schemes monitoring nature-health linkages to enhance the **evidence base and tools** for the health care sector, green space management, nature protection, urban planning and landscape architecture;
- ✓ Develop longitudinal prospective methods, (quasi-) experiments or well-controlled interventions, to provide **more evidence of the causal relationships between nature and health and well-being**
- ✓ Test nature therapy sessions, identify best-practices and develop the necessary **tools and guidelines for integration of nature-based care in the public health sector**;
- ✓ Identify legal and administrative arrangements, partnerships, and financial mechanisms for implementation of nature therapy sessions.





Miro Brainstorm

- a. Why they are interested in this call text and
- b. Their organisation and what they can contribute (especially if they are interested in coordinating)





Miro Brainstorm

- a. Why they are interested in this call text and
- b. Their organisation and what they can contribute (especially if they are interested in coordinating)

