

## Connection to nature (CTN) and health and sustainability behaviours

*Tuesday, July 16, 2024 4:40 PM (20 minutes)*

### Introduction/purpose of research

The association between accessing nature in a variety of ways and improved health outcomes is well established. However, the causal pathways in this relationship are less well understood. This rapid review considers the potential of connection to nature (CTN) in this association. Additionally, CTN is associated with environmental stewardship which has important implications for sustainability agendas.

### Methods

A rapid review of the literature in relation to Connection to Nature defined as feelings of interconnectedness or sense of inclusion with nature.

### Results

The review found associations between CTN with a range of health and wellbeing outcomes across sociodemographic groups. There were instances where CTN may have a negative correlation with health and wellbeing such as exacerbating eco anxiety. CTN was associated with environmental stewardship and pro environmental behaviours, behaviours which are increasingly recognised as playing an important role in mitigating environmental degradation.

### Conclusions & Recommendations

The policy implications of the role of CTN are wide ranging. From supporting access to nature in education and workplace settings to contributing to national sustainability policy. This review suggests that simply providing natural spaces may not be enough to support mental and physical health benefits, to leverage maximum health benefit consideration should also be given to facilitating a human nature connection. The concept of CTN should be given further consideration in future research into mutual associations between nature with sustainability and health and wellbeing outcomes.

**Primary author:** KENYON, Anna (University of Central Lancashire)

**Presenter:** KENYON, Anna (University of Central Lancashire)

**Session Classification:** Paper Presentations

**Track Classification:** Climate Change & Health: Interconnected Health