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Nature connection

'Nature connection' reflects how we think and feel about nature, not just how much time we spend in nature.

Both **contact with nature** and **connection to nature** have a **positive impact** on health and wellbeing.

Nature connection is linked to **higher mental wellbeing** and **lower levels of anxiety**.

We need to **increase opportunities** for connection with nature, by **addressing barriers** like the availability of and **access to public parks** and other **natural spaces**.





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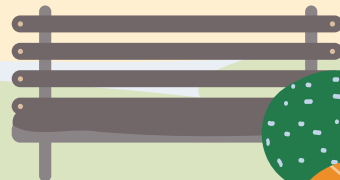
Nature and children and young people

Spending time in nature is **good for children's health**, increasing physical activity, wellbeing and cognitive performance.

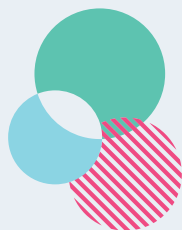
87% of children and young people say **being outside makes them "very happy"**.¹

Families on **lower incomes and minority groups** often have **less access to nature**, and the time children spend **playing outside** without adult supervision **continues to decline**.

So we need to ensure all children have **more opportunity** to benefit from nature.



¹Natural England. The Children's People and Nature Survey for England: Summer Holidays 2022 (Official Statistics).



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Nature and physical health

There is a **positive relationship between nature and physical health** – for our immune system, physical activity, cardiovascular health and weight.

Some groups – including **people on low incomes** – are more likely to **face barriers to accessing nature**.

Interventions in nature to increase physical activity can be **cost effective** for the health system.





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Mental health

There is a **large body of evidence** highlighting the **benefits** of nature to our **mental health**.

Living near **natural environments** is associated with **lower stress** and faster **recovery** from **mental health** issues.

'Green' interventions for mental health can deliver **positive outcomes**, a **positive return on investment** and help **reduce inequalities**.

