



US + Canada Network:

Over 30 programs now, 25 joined in the last year

## People benefit from spending time in nature.

**Psychological Benefits**


- Reduced stress
- Reduced anxiety
- Reduced depression

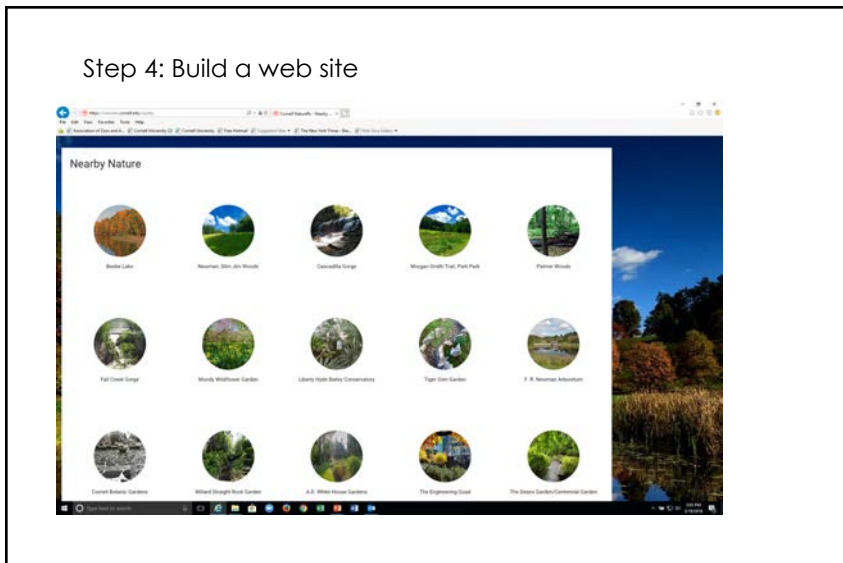
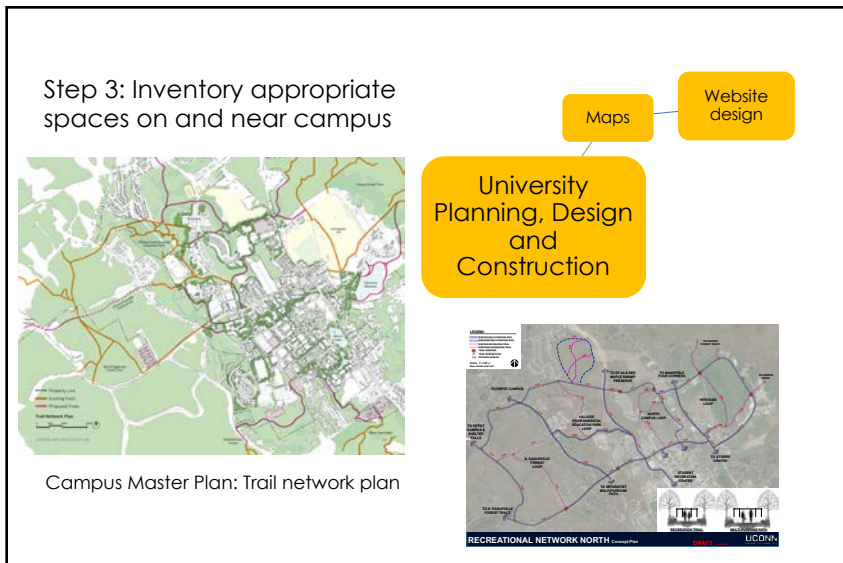
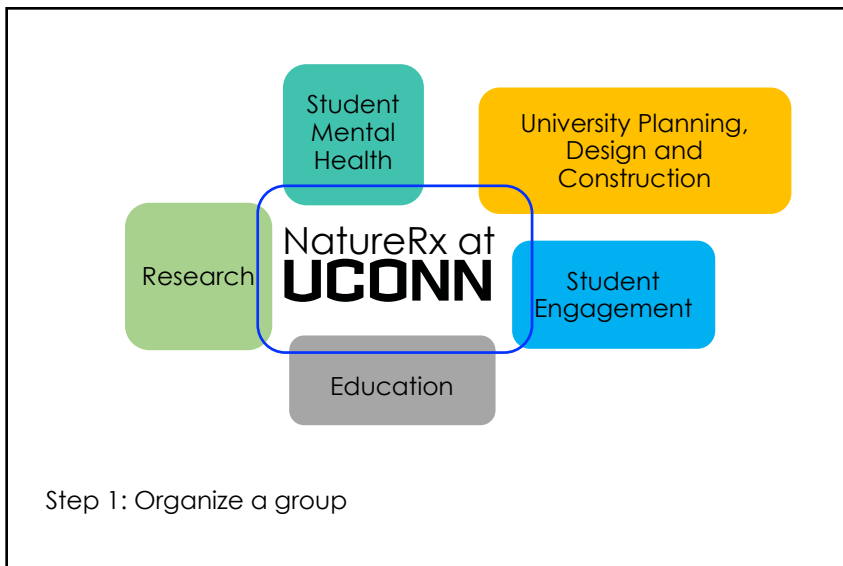
**Improved Behavior or Attitude**

- Greater happiness or life satisfaction
- Reduced aggression
- Increased social connection



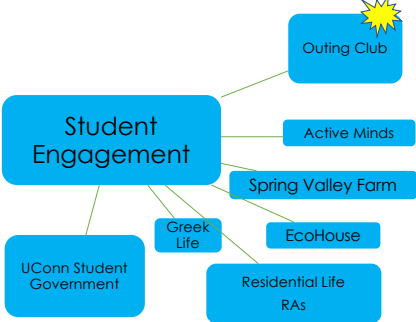
**Physiological Benefits:**

- Improved ability to concentrate, memory recall
- Lowered blood pressure
- Improved post-operative recovery
- Improved birth outcomes
- Improved pain control
- Reduced diabetes
- Reduced obesity
- Better eyesight
- Improved immune function
- Reduced mortality

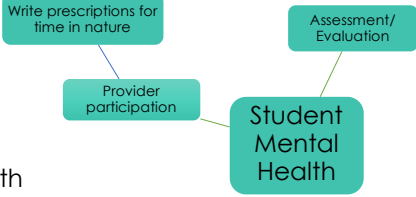






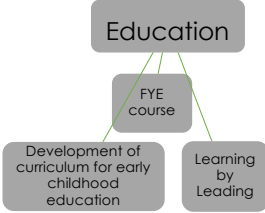
Step 5: Engage students


Step 6: Partner with Student Health and Wellness

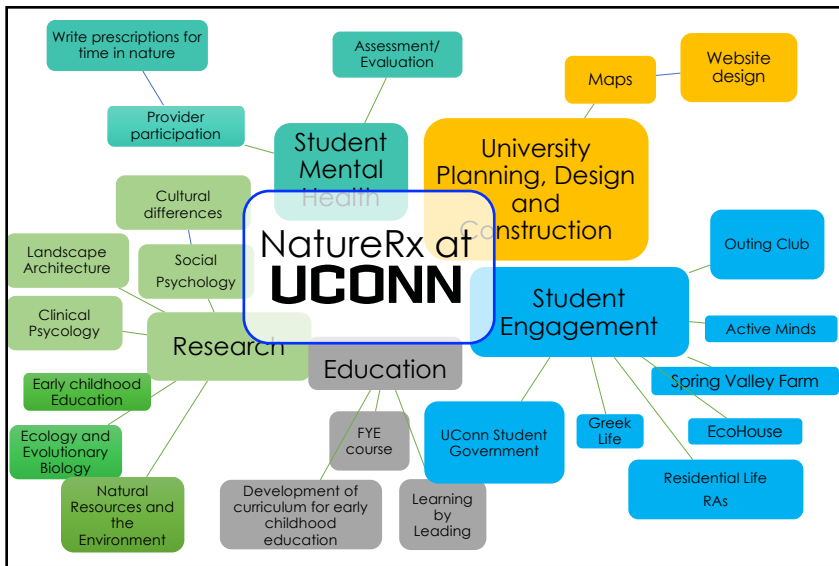



Step 7: Impact Academic Programs

Step 8: Outcomes and Evaluation





## Next Steps

- Develop a web site (summer 2020)
  - UPCD and Landscape Architecture – maps, inventory and rank,
  - web site – photos, descriptions of sites, specific maps, and activities
  - Institute of the Environment? CLAS\$ We need \$3,000 for someone to build a website
- Inspire/foster Mental Health Provider participation
  - writing prescriptions/assessment
  - NatureRx training for RAs?
- Work with student groups: activities for fall
  - Nature Rx training for RAs (fall 2020?)
  - Nature Rx in suicide prevention week?
  - Outing Club and Active Minds: a Joint activity?

- Education
  - Freshman year experience course
  - Implementing NatureRx concepts in courses

- Research
  - Landscape Architecture
  - Social Psychology