"I don't like nature"

(re) defining nature, for equitable health and wellbeing

Dr Bridget Snaith CMLI, Anna Peters.

nature is good for us

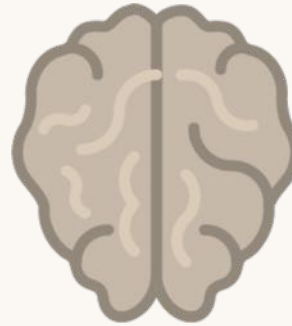climate change

air /water
quality

biodiversity

Passive Benefits

improved
cognitive
function

less pain
relief

reduction
in stress

more
exercise

decreased
blood pressure

Interactive Benefits

is love
of nature
universal?

60% BAME Catchment

23% BAME Users North Park
April-September 2014
(1,057 users counted)

(Snaith 2015)

Photo credit: Queen Elizabeth Olympic Park
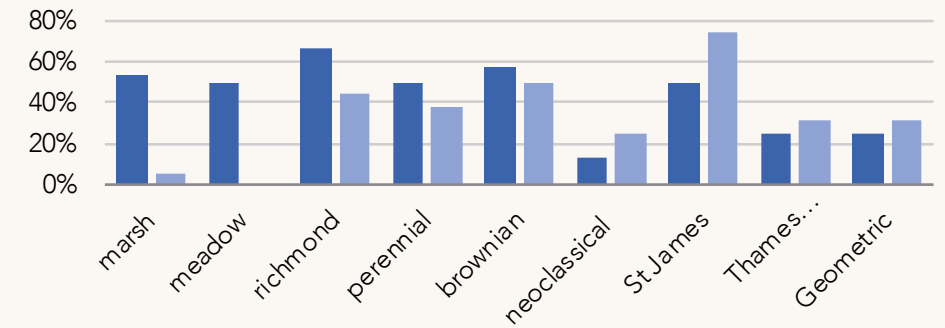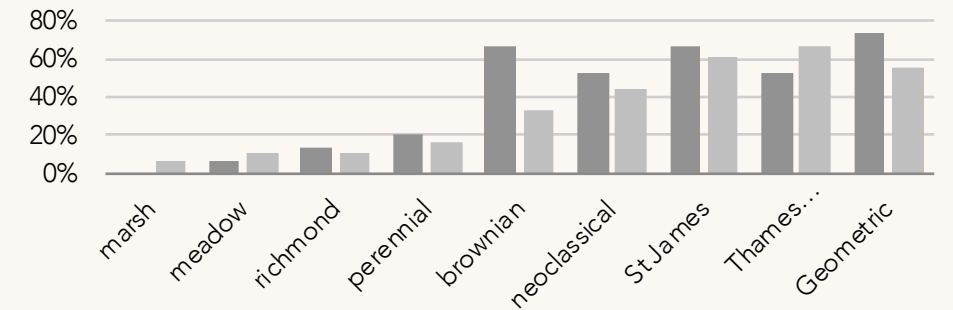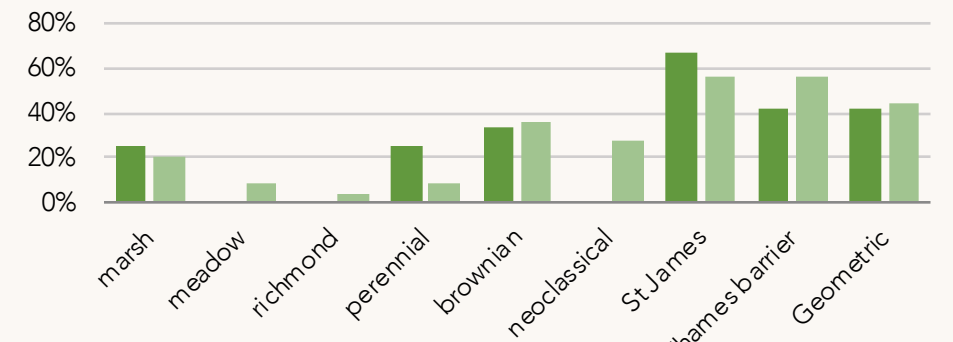
is this nature?

British White — uni (24), non uni (16)

Caribbean — uni (15), non uni (18)

Bangladeshi — uni (12), non uni (25)

is this nature?

60% BAME Catchment

52% BAME Users South Park
April-September 2014
(2,017 users counted)

(Snaith 2015)

nature's interactive benefits:
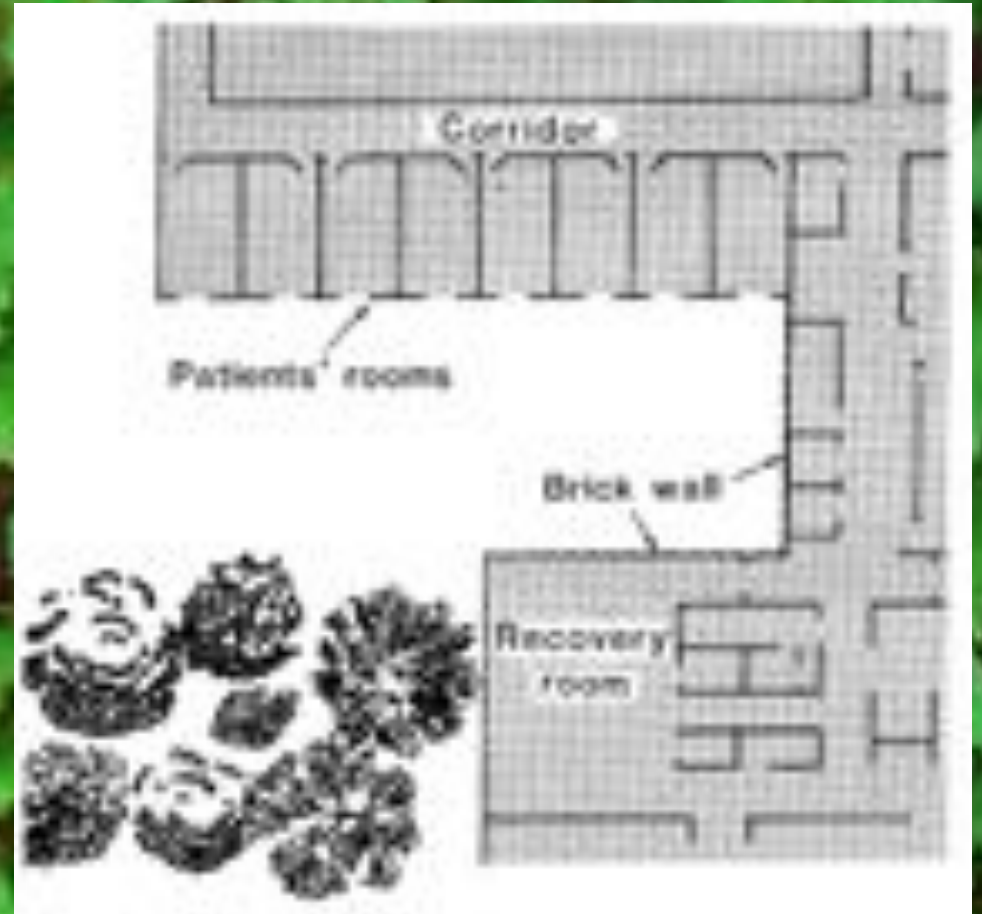# who visits the natural environment?

74% Under 16s in white households visit the natural environment once per week

56% Under 16s in BAME households visit the natural environment once per week

% of children who visit a natural environment at least one a week
Natural England, 2016

is this nature?

View through a window: patients recover faster when they see 'nature'
Ulrich, 1984

is this nature?

New York Post, 2017

Business Insider, 2018

Wildlife Trust, 2016

BBC Earth:
'how nature is good for health and happiness' (2016)

culture is not uniform
nature is constructed
space is contested

Heidi's Photo, Chalet Interlaken

Thematic analysis:
unappealing nature vs appealing nature

Not for people like me	Inclusive
Dirty / unhygienic	Clean
Frightening	Safe
Stressful	Relaxing
Boring	Fun / beautiful

Unappealing nature for BAME groups

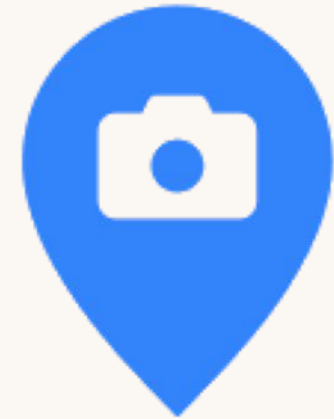# Appealing nature for BAME groups

interactions with nature depend on whether the space is seen as:

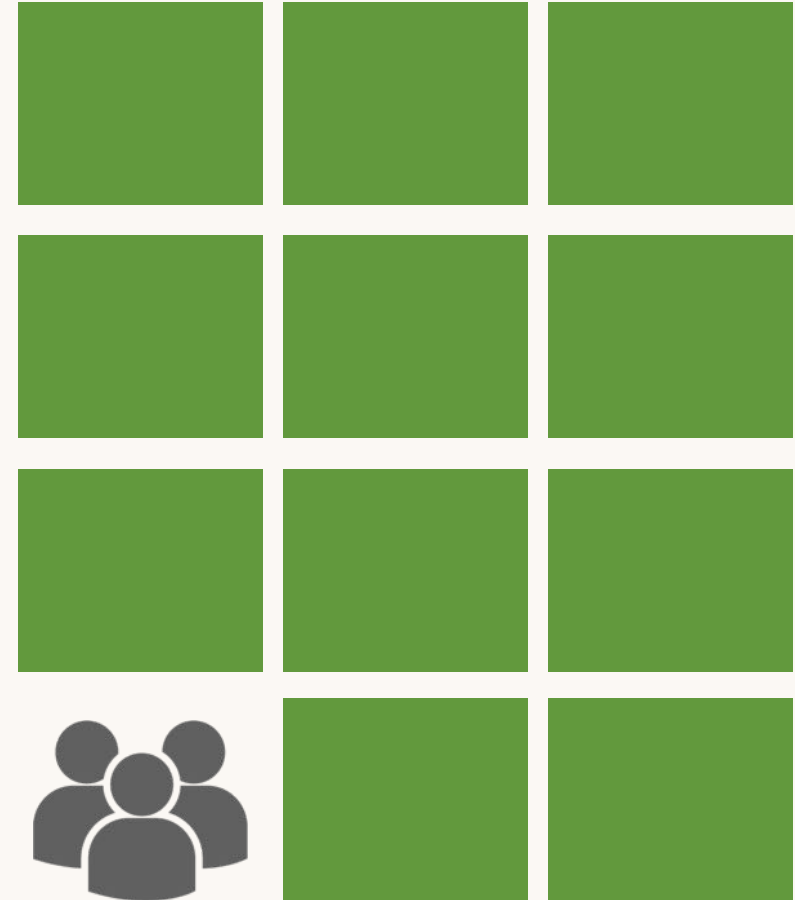**viable**   **healthful**   **interesting**

viability

There is a distinct lack of green space in areas with larger BAME populations.

Even when green space is available it may not be viable for certain groups to utilise it.

areas with greater numbers of BAME residents

areas with greater numbers of white residents

In areas where 40%+ are BAME there is x11 less green space compared to areas where residents are largely white

Urban Green Nation, CABE 2010

healthful

interesting

45% BAME
catchment

100+
languages

<20yrs
25% of population

Ashburton Park - Croydon

Top reasons for visiting Croydon greenspace: white averages

Wildlife

Walk

Fresh air

socialise

Kids play

Exercise

Walking dog

Preferences for outdoor activity, Ashburton Park survey
Snaith, 2017

Top reasons for visiting Croydon greenspace: asian averages

Wildlife

Fresh air

Walk

Socialise

Kids play

Dog walk

Exercise

Preferences for outdoor activity, Ashburton Park survey
Snaith, 2017`

Top reasons for visiting Croydon greenspace: black averages

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Preferences for outdoor activity, Ashburton Park survey
Snaith, 2017`
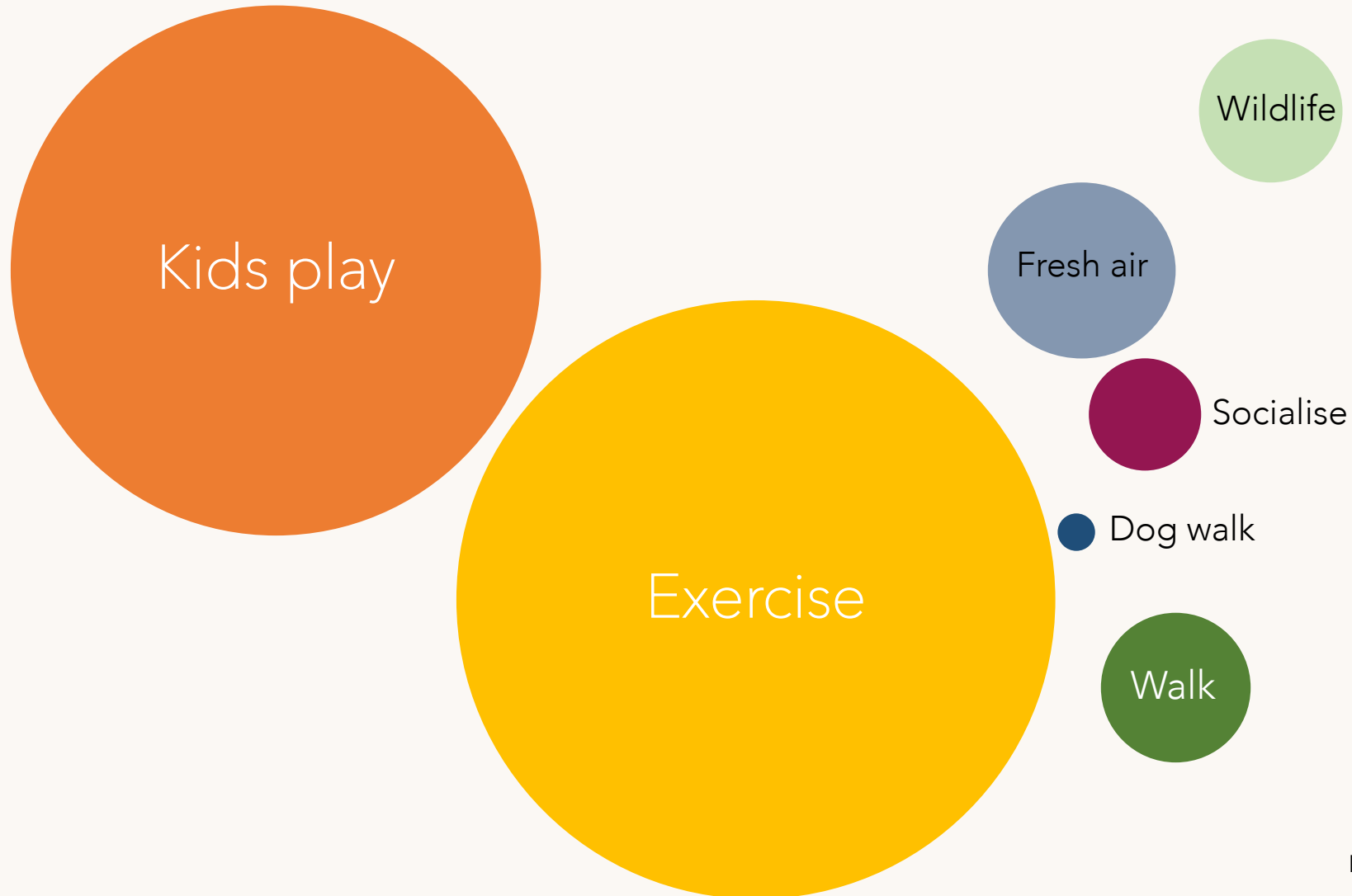
Top reasons for visiting Croydon greenspace: by age group

Preferences for outdoor activity, Ashburton Park survey
Snaith, 2017
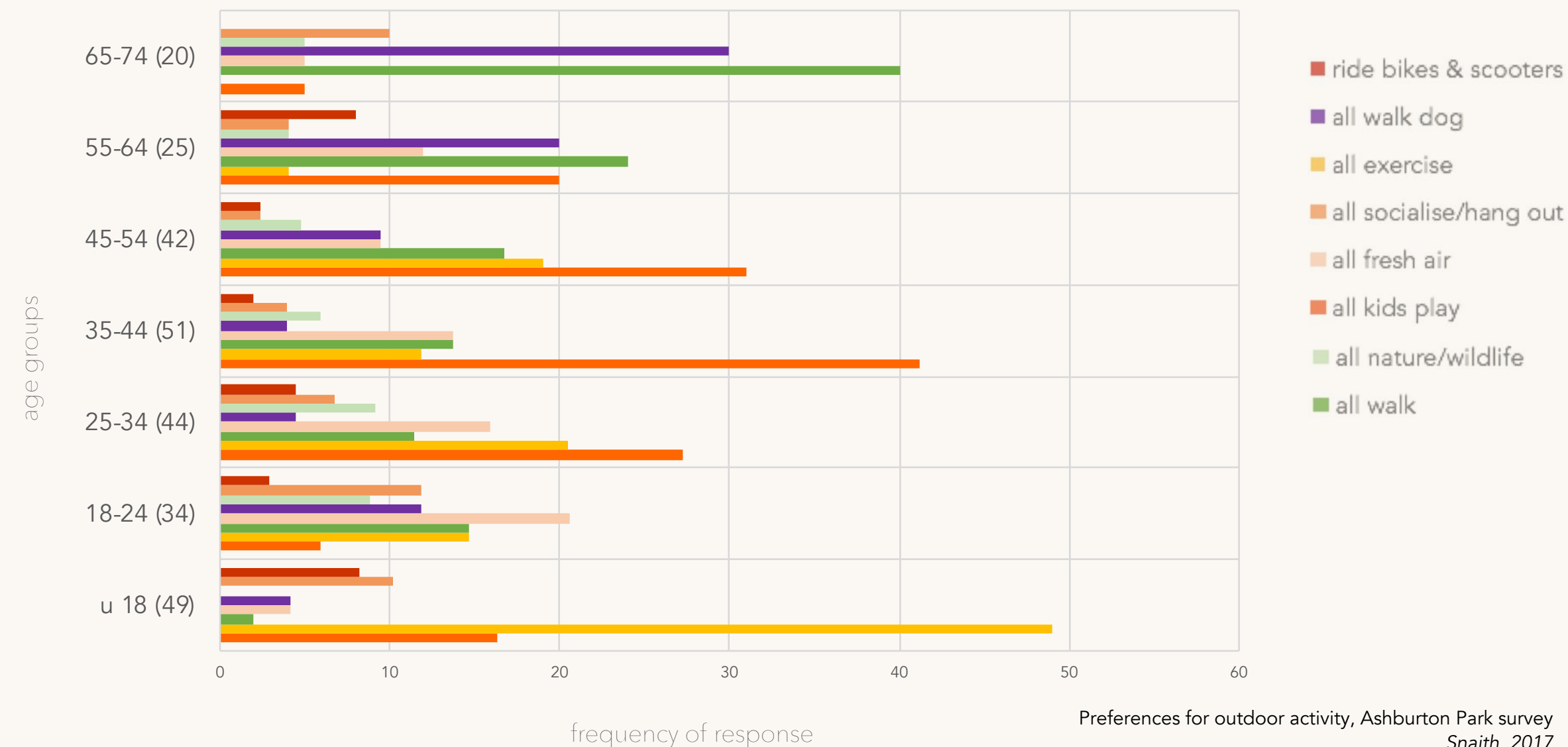
Aberdeen Royal Infirmary, Scotland
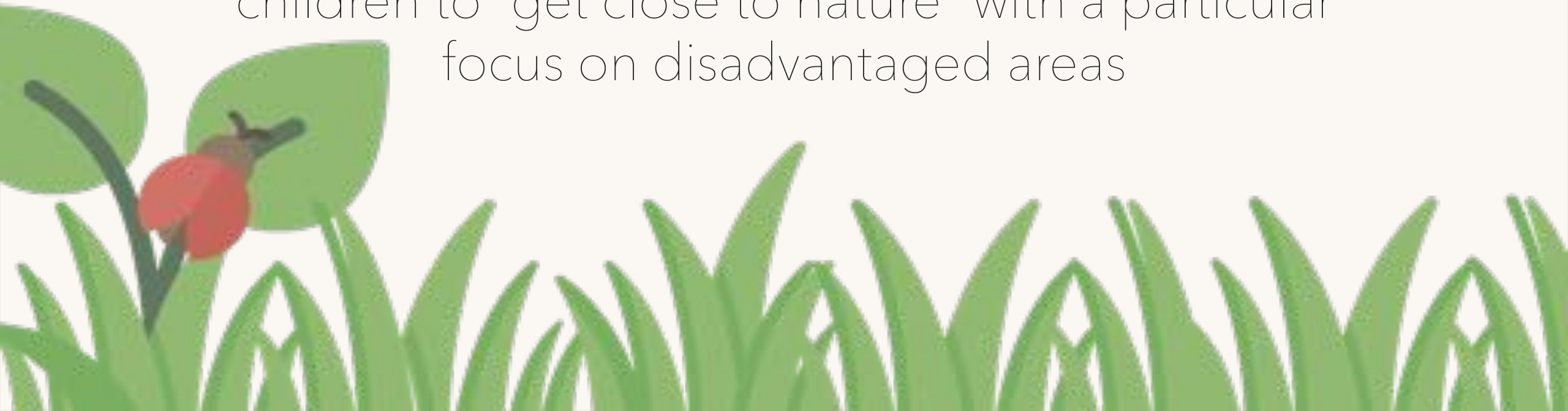
"We had to make changes to accommodate the hospital population….oncology patients cannot tolerate strong scented flowers "

£10 million

funding will be dedicated to encouraging children to "get close to nature" with a particular focus on disadvantaged areas

is love of nature universal?
Is it good for everyone?

 Only if we recognise that we access, perceive, interact with & value nature differently.

"Each city must explore the most effective & appropriate ways to integrate nature given its own unique natural settings & qualities"

Biophillic cities and healthy societies. Beatley, 2017

"Each city must explore the most effective & appropriate ways to integrate nature given its own unique natural & human settings
& qualities"