

Human Value Of Nature

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My Presentations Here

- Finish with a landscape
- Enjoy nature and life
- Be nice to yourself, others
- But does it really help?

Reference 1

- “Spending at least 120 minutes a week in nature is associated with good health and wellbeing”
- by White, M.P., Alcock, I., Grellier, J. et al.
- in Scientific Reports 9, 7730 (2019).
<https://doi.org/10.1038/s41598-019-44097-3>

From The Abstract

- “Spending time in natural environments can benefit health and well-being”
- “Compared to no nature contact last week, the likelihood of reporting good health or high well-being became significantly greater with contact \geq 120 mins”

From The Introduction

- “A growing body of epidemiological evidence indicates that greater exposure to, or ‘contact with’, natural environments (such as parks, woodlands and beaches) is associated with better health and well-being, at least among populations in high income, largely urbanised, societies¹. While the quantity and quality of evidence varies across outcomes, living in greener urban areas is associated with lower probabilities of cardiovascular disease², obesity³, diabetes⁴, asthma hospitalisation⁵, mental distress⁶, and ultimately mortality⁷, among adults; and lower risks of obesity⁸ and myopia⁹ in children.”

Part Of The Discussion

- “In terms of magnitude, the association between health, well-being and ≥ 120 mins spent in nature a week, was similar to associations between health, well-being and: (a) living in an area of low vs. high deprivation; (b) being employed in a high vs. low social grade occupation; and (c) achieving vs. not achieving recommended levels of physical activity in the last week. Given the widely stated importance of all these factors for health and well-being, we interpret the size of the nature relationship to be meaningful in terms of potential public health implications.”

Reference 2

- “Biological diversity evokes happiness”
- “More bird species in their vicinity increase life satisfaction of Europeans as much as higher income”
- Source: German Centre for Integrative Biodiversity Research (iDiv) Halle-Jena-Leipzig
- Cited by www.sciencedaily.com

Nature Is Valuable

- “Summary: A high biodiversity in our vicinity is as important for life satisfaction as our income, scientists found. All across Europe, the individual enjoyment of life correlates with the number of surrounding bird species. An additional 10% of bird species therefore increases the Europeans' life satisfaction as much as a comparable increase in income. Nature conservation thus constitutes an investment in human well-being.”

Recommendations

- Enjoy nature
- Change our lives and cities so we invest heavily in nature
- Better health, happier people

Puppy And I Love Nature

