

View Comment

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Comment ID /3138

Respondent [Campaign to Protect Rural Engl...](#)

Response Date 28 Mar 2020

Current Status Awaiting Processing

Response Type OBJECT

What is the nature of this comment?

Object

Summary CPRE Sussex recommends that the requirements that 'Development should address' include an additional requirement: 'The health, well being and social benefits of nature within built areas and near surroundings'.

Comment An informative summary of the findings of research in to the health and wellbeing-benefits of nature are presented in '**The Health and Social Benefits of Nature and Biodiversity Protection**'. **The Institute of European Environmental Policy (IEEP) (2016)**, here quoted:

Page 5: *"The presence of nature in living and working environments has been shown to be beneficial in a number of contexts. **Benefits can be gained when making active use of nature, but also from the physical presence of nature in the near surroundings (direct health benefits). In the latter case, the distance from and amount of green space plays an important role in how large the health benefits are.** Potential direct health benefits from nature include faster recovery from mental fatigue, less stress, better quality of life, and lower risk of mortality (Maller et al., 2005)". And "Several experimental studies (Health Council of the Netherlands, 2004, van den Berg et al., 2007, Roe et al., 2013) have shown that exposure to nature has a positive effect on mood, concentration, self-discipline and physiological stress. People living in a greener environment experienced fewer health problems and scored their*

health more positively compared to people living in less green environments (de Vries et al., 2003)".

Page 8: "Epidemiological studies have found long-term beneficial health effects of green environments on reduced morbidity and increased longevity (Maas et al., 2009, Takano et al., 2002). The cross-sectional studies on the topic have found a positive relationship between well-being and the amount of neighbourhood greenery (e.g. van Herzele & de Vries, 2012, Ward Thompson & Aspinall, 2011)".

Proposed Change Add 'The health, well being and social benefits of nature within built areas and near surroundings' to the requirements that Development should address.

Attachments