



The countryside charity  
Sussex

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Horsham District Local Plan 2019-36  
Public Consultation (Regulation 18)

Chapter 3: Spatial Vision and Objectives

### **The Importance of Nature and Biodiversity for the Health and Wellbeing of People should be recognised and stated in the Plan**

1. CPRE Sussex asks that the importance of nature and biodiversity for the health and wellbeing of people be explicitly recognised in the Local Plan as an essential Ecosystem Service, enhancing Natural Capital, and that the following objective be added to the Plan's Spatial Objectives: '***To achieve a sustainable use of ecosystem services thus enhancing natural capital across Horsham District and contributing to wealth and human health and wellbeing***'.
2. In addition we ask that Plan paragraph 3.13's opening sentence be amended and reinforced to read "*The rich heritage and high quality natural environment, and the significant contribution this makes to the overall attractiveness, economic competitiveness, **the health and wellbeing of people**, and the identity of the district is recognised and promoted*"
3. 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)*".

Dr R F Smith  
For and on behalf of CPRE Sussex  
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