



The countryside charity  
Sussex

CPRE Sussex  
Brownings Farm  
Blackboys  
East Sussex TN22 5HG  
Telephone 01825 890975  
info@cpresussex.org.uk  
www.cpresussex.org.uk

## Horsham District Local Plan 2023-40 Consultation (Regulation 19)

### THE IMPORTANCE OF NATURE AND BIODIVERSITY FOR HEALTH AND WELLBEING

1. We ask that the importance of nature and biodiversity for health and wellbeing be explicitly recognised in the Local Plan as an essential Ecosystem Service and that the following objective be added to the Plan's objectives at paragraph 3.25:

'To achieve a sustainable use of Ecosystem Services across the District for the benefit of people and their health and wellbeing'.

2. In addition, we ask that paragraph 3.15's opening sentence be amended and strengthened 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 identity of the District is recognised and promoted, developing close links with the South Downs National Park'.

3. An informative summary of the findings of research into 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' And:

'Several experimental studies have shown that exposure to nature has a positive effect on mood, concentration, self-discipline and physiological stress. People living in a green environment experienced fewer health problem and scored their health more positively compared to people living in less green environments'.

Page 8: 'Epidemiological studies have found long-term beneficial health effects of green environments on reduced morbidity and increased longevity. Cross-sectional studies on the topic have found a positive relationship between wellbeing and the amount of neighbourhood greenery'.

To promote, enhance and protect a thriving countryside for everyone's benefit

President: Lord Egremont

Campaign to Protect Rural England Sussex Branch CIO | Registered charity number: 1156568

Facebook : [www.facebook.com/CPRESussex](http://www.facebook.com/CPRESussex) | Twitter : @cpresussex

Dr R F Smith

Trustee CPRE Sussex