

Research to Inform Practice: Lessons Learned from the Nature & Health Initiative



National Academy of Sciences
Integrating Public and Ecosystem Health Systems to Foster Resilience:
Identifying Research to Bridge the Knowledge-To-Action Gap

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Community of practice
(research and practice)

Co-production of
research







Photo: Kevin G. Reeves. Cleveland Clinic Avon Inpatient Bed Tower, Avon, OH

Time spent in nature improves...



Sleep.



Depression.



Health.



Stress Relief.



**Maternal
Outcomes.**



**Chronic
Conditions.**



NATURE AND HEALTH



NATURE AND HEALTH

OUR WORK ▼

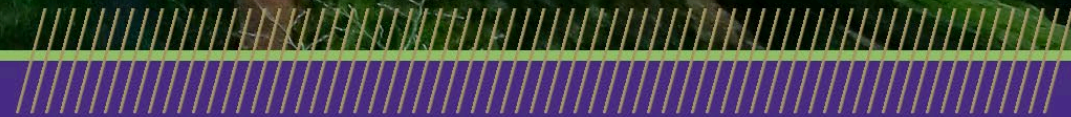
NEWS AND EVENTS ▼

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Understanding the benefits of nature and
human health and well-being







The Nature
Conservancy



King County



THE
TRUST
FOR
PUBLIC
LAND





Leveraging Green Schoolyards for Better Health

Seattle Children's Hospital, University of Washington, Trust for Public Land

Pooja Tandon, MD, MPH, AB
Kathleen Wolf, PhD, MLA
Cary Simmons, MEM



Photo: Trust for Public Land



Human Well-being and Environmental Effects of Green Infrastructure

The Nature Conservancy
Puget Sound Partnership
City of Tacoma
Tacoma Tree Foundation
University of Washington



Credit: Courtney Baxter/TNC

<https://www.tacomatreefoundation.org/grit>



girl scouts
of western
washington



GO Field Guide



GIRL SCOUT OUTDOORS



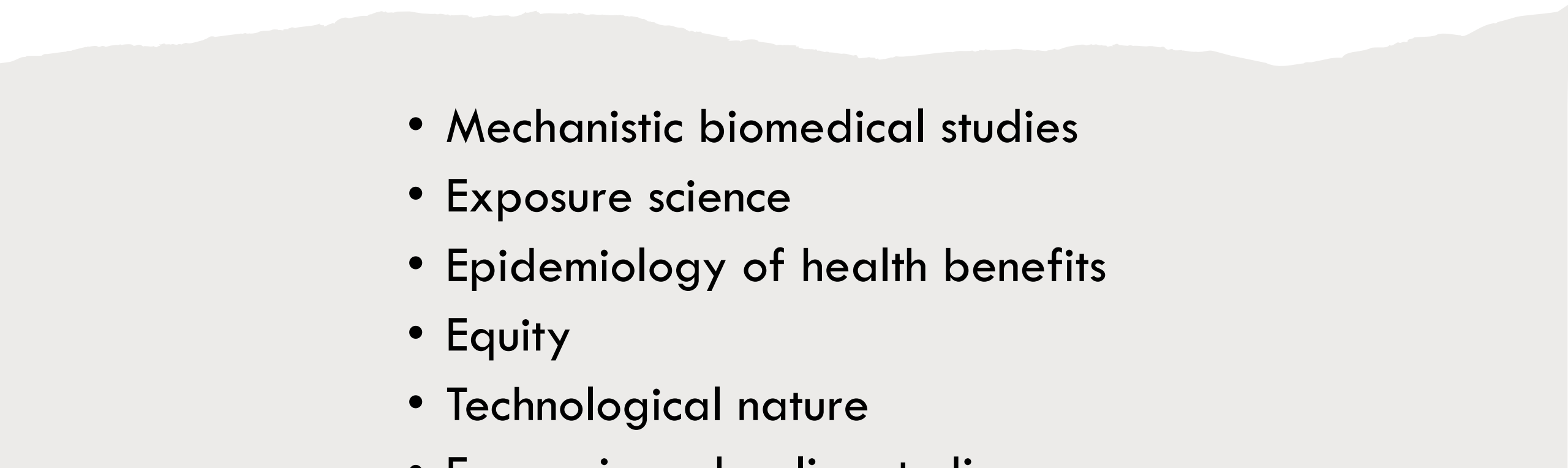
Co-designed, co-
produced research

Community of
practice



Nature Contact and Human Health: A Research Agenda

Howard Frumkin,¹ Gregory N. Bratman,^{2,3,4} Sara Jo Breslow,³ Bobby Cochran,⁵ Peter H. Kahn Jr,^{4,6} Joshua J. Lawler,^{3,4} Phillip S. Levin,^{4,7} Pooja S. Tandon,^{1,8,9} Usha Varanasi,^{10,11} Kathleen L. Wolf,^{4,12} and Spencer A. Wood^{3,4,13}

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- Mechanistic biomedical studies
 - Exposure science
 - Epidemiology of health benefits
 - Equity
 - Technological nature