



CENTER FOR NATURE & HEALTH

Understanding how nature improves human health and well-being



NATURE & HEALTH
UNIVERSITY of WASHINGTON
EarthLab



Who We Are

[The Center for Nature and Health](#) is a collaboration of nearly 400 researchers, healthcare providers, policymakers, and community members who are passionate about improving the health of all people, particularly those who face systemic health and environmental inequities. We seek to understand how nature improves human health and well-being. Our findings are translated into healthcare, educational, and community programs, practices, and policies that benefit all people and nature. Nature and Health is an [EarthLab](#) member organization. EarthLab is an institute at the UW College of the Environment taking equitable action on climate change.



Each of us has different perceptions and associations with nature based on our lived experiences and sociocultural background. These differences affect how we relate to and benefit from nature. When we design studies, policies, and programs, we must consider the varied perspectives of individuals that are tied to their traditions, culture, and experiences.”



Gregory Bratman, PhD
Director of Nature and Health

What We Do

Research

While we already understand that even a little contact with nature is beneficial, we still have much to learn. For example, we need to know more about the mechanisms through which nature experiences affect changes in the mind and the body. We also need to understand what aspects of nature have the largest effects and how those effects vary across different individuals and populations. Nature and Health [conducts research](#) to better understand these benefits and how to leverage them. We also evaluate the effectiveness of programs and policies that get people outdoors.

At Nature and Health, we understand that time in nature is paramount to thriving in a world that is increasingly more urbanized, stressed, and disconnected. While there are many facets to this research, the following topics are central to our work:

- Improving Health and Well-being
- Increasing Access to Nature
- Addressing Health Disparities





Together, We Can Build a Healthier Future for All

Connect & Collaborate

We are mindful that Western science has excluded and disadvantaged many communities, particularly those from BIPOC, low-income, and overburdened communities. [We aim to counter this history](#) by fostering trusting, meaningful, and reciprocal relationships to work towards a world where everyone has equitable access to nature and its benefits.

To realize this vision, we must design programs and policies that are scalable for many different types of communities. To better understand the needs of our community and to learn about emerging research, we host many different types of community events—ranging from community dinners to symposia.

As leaders in the [Nature and Health Alliance](#), we work alongside a collective of experts and community members to advance nature and health policies and practices around the country. By fostering authentic communities of practice at the local, regional, and national levels, we aim to create an enduring nature and health movement that inspires equitable policies and programs around the country.

Nature and Health's cross-cutting research and policy engagement improves the lives of our communities. [With your support](#), we can better understand how nature affects human health, how to best leverage these benefits, and how to implement policies that make nature more accessible to all communities.

Contributions of any size will help sustain our cutting-edge research, our community-building efforts, and the next generation of researchers who better represent communities on the front lines of health and environmental injustice.

To donate, please visit our giving portal via the QR code:



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