Epidemiology studies

Within 1 km of green space:

-- Dutch study of 400k: Lower incidence of 15 stress-related diseases (Maas, 2009)

-- UK study of 10,000: Lower mortality rates (Mitchell 2008)

-- Spanish study: higher gestational birth weight/age (Dadvand 2012)

-- Harvard 120k nurses: 13 percent drop in depression, overall mortality in those closest to green space
• 2 percent drop in blood pressure
• 4 percent drop in heart rate.
• 16 percent decrease in cortisol

(Y. Miyazaki)
Sensory Tips

--Take a Deep Breathe

--Look, Listen and Touch

--Pick some leaves/needles, smell them

--Close Your Eyes
ANNUALLY/BI-ANNUALLY

**LOCATION** Wilderness - no urban intrusion  
**DOSE** Multiday excursions

MONTHLY

**LOCATION** “Restful” natural areas (e.g., national parks, lakes, rivers) with minimal urban intrusion  
**DOSE** One weekend per month

WEEKLY

**LOCATION** Bigger / wilder city, state, regional parks and waterways with less urban intrusion  
**DOSE** Two hours per week

DAILY

**LOCATION** Nearby nature (e.g., outside in daylight with fresh air-gardens, neighborhood parks, fountains, urban wildlife)  
**DOSE** 30 minutes per day
Remote Associates Test

- tug, gravy, show
- dark, shot, sun
- charming, student, valiant
- food, catcher, hot
- hearted, feet, bitter
- Canadian, golf, sandwich
- attorney, self, spending
- magic, pitch, power
- arm, coal, peach
- type, ghost, story

Pilot data:
Relaxing of mid-line theta brain waves.

Where is the activation going instead?

@ SCOTT CARRIER
Park Results

Houston, TX - City Level

60.7%
Of residents are within a 10-minute walk of a park

900,489
People outside a 10-minute walk
Total Population: 2,293,641

View Report
Export Report

Houston/ TPL Parkscore
Tips for Nearby Nature

--Walk in the Morning if Possible
--Work near Natural Daylight
--Minimize Human Noise Pollution
--Drive/Walk Along Nature-Rich Streets
--Lobby for Green Schoolyards and More Recess
--Take Kids With You
--Eat and take Breaks Outside
--Cultivate AWE