

Nature Prescription trial

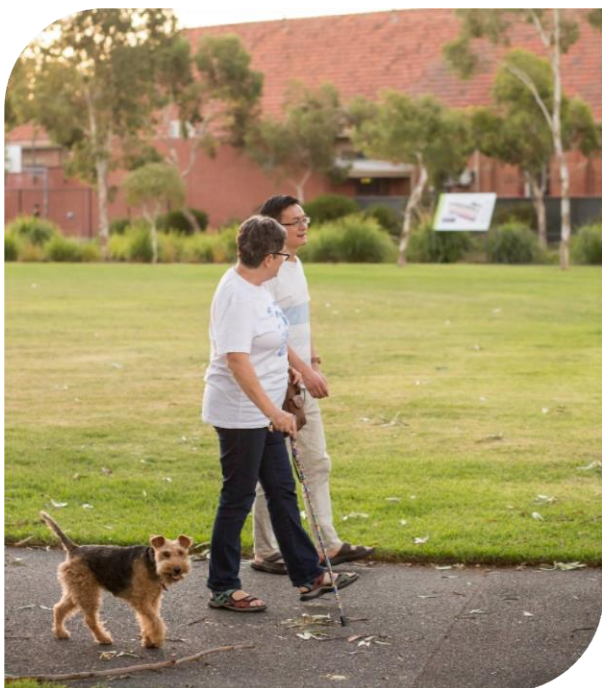
Factsheet | Feb 2021

Green Adelaide is running a Nature Prescription trial from March until May 2021, in collaboration with our partners Appleton Institute, Wellbeing SA, councils, research institutions and conservation agencies to study how connecting with nature in Adelaide's green spaces can improve a person's health and wellbeing.

What is the trial?

The trial involves health professionals providing suitable patients with written advice, or a 'nature prescription' for activities in nature.

The aim of the trial is to reduce nature barriers such as cost, access, as well as time and skill, and to connect trial participants with the environment to improve their health and wellbeing.



Why is the trial being run?

International research has shown that nature prescriptions have the potential to supplement orthodox medical treatments and contact with nature has been shown to enhance health and wellbeing, as well as cultivate social connections.

Additionally, the psychological and wellbeing benefits of a nature prescription during the COVID-19 pandemic has highlighted the need for this program to be accessible for people who experience barriers to nature contact.

Nature prescriptions are widely used by health professionals in the United States, United Kingdom and New Zealand, however only one known trial of the program has occurred in Australia in 2011, in south-west Victoria which proved successful.



How will the trial work?

General practitioners (GPs) from practices across inner and western Adelaide will refer suitable patients to the 10-week facilitated Nature Prescription trial, which includes six online zoom and four face-to-face classroom sessions.

The sessions are free and aimed at equipping participants with the skills and desire to connect with nature in their local area.

The benefits of the trial will be monitored and evaluated by a number of research institutions. Recommendations will then be made on how the program can be delivered to more South Australians.

Who can participate?

Trial participating GPs will identify suitable participants which include:

- People with mild to moderate diabetes, pre-diabetes, obesity, anxiety, depression or low mood.
- People that are willing to commit to the full 10-week program trial.



How is the trial structured?

There will be a weekly two-hour session in small groups of a maximum of 15 participants. Sessions will be held on Tuesdays between 12:30pm and 2:30pm or Wednesdays between 5:30pm and 7:30pm at a central location in Adelaide or inner west.

The sessions will include topics such as:

- How do I find my local green space?
- How do I find what nature activities are available?
- What is mindfulness and why is it important during nature contact?
- What is connecting to Country?



Green Adelaide formed in July 2020, and was established by the South Australian Government to help manage the urban densification and climate change impacts on metropolitan Adelaide. Green Adelaide will work to create a cooler, greener, wilder and climate-resilient city by partnering, funding and supporting aligned organisations and communities, as well as delivering on-ground iconic projects to establish Adelaide as Australia's first 'National Park City'.

How do you join?

Let your participating GP know that you are interested. If you are suitable for the trial the GP will provide you with a referral letter and then you will need to contact the coordinator:

Nature Prescription Coordinator
Keri Chiveralls
keri@dreamawake.com.au

If you are unsure if your GP is participating in the trial contact the Green Adelaide Nature Prescription Project Manager, Robyn Molsher on robyn.molsher@sa.gov.au.

When does the trial start?

There will be two groups. The Tuesday group will start on 30 March 2021 and the Wednesday group will start on 31 March 2021.

More information

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