

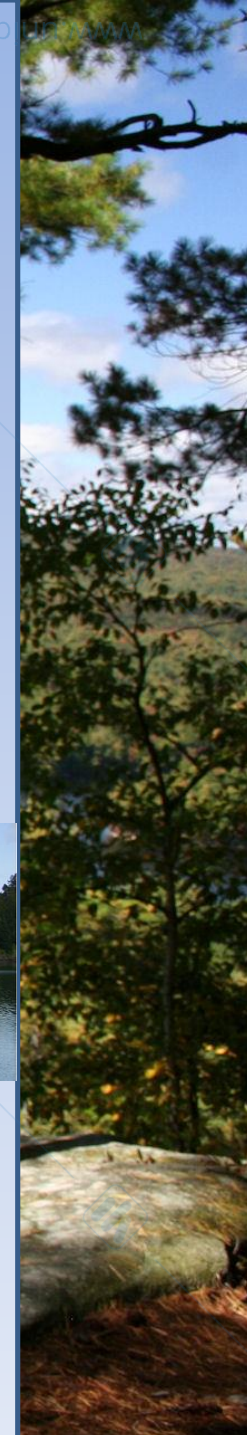
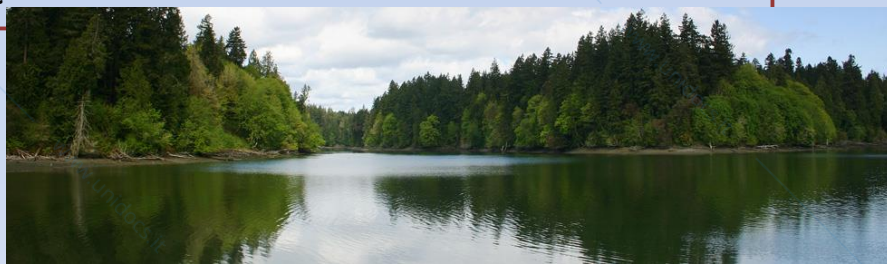
Effetti
benefici
della natura
sulla salute
Parte 2

«Natura»: usato per definire un'ampia gamma di ambienti naturali e loro caratteristiche (animali, alberi, ecc)

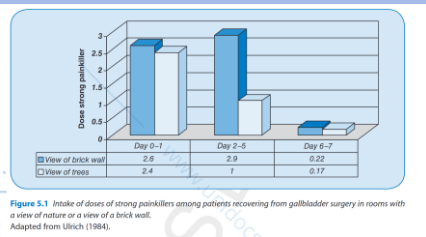
Ambiente naturale: presenza di verde è dominante

Ulteriori distinzioni

Paesaggio, Area naturale, Spazio verde



NATURA E SALUTE



Ospedali

Vista sul verde (Ulrich, 1984)

Presenza di piante (Park, 2006)

Riduzione giorni di degenza e del ricorso a antidolorifici

Effetti di programmi terapeutici
centrati sul contatto con la natura

Wilderness

Orticoltura

Attività fisica nel verde

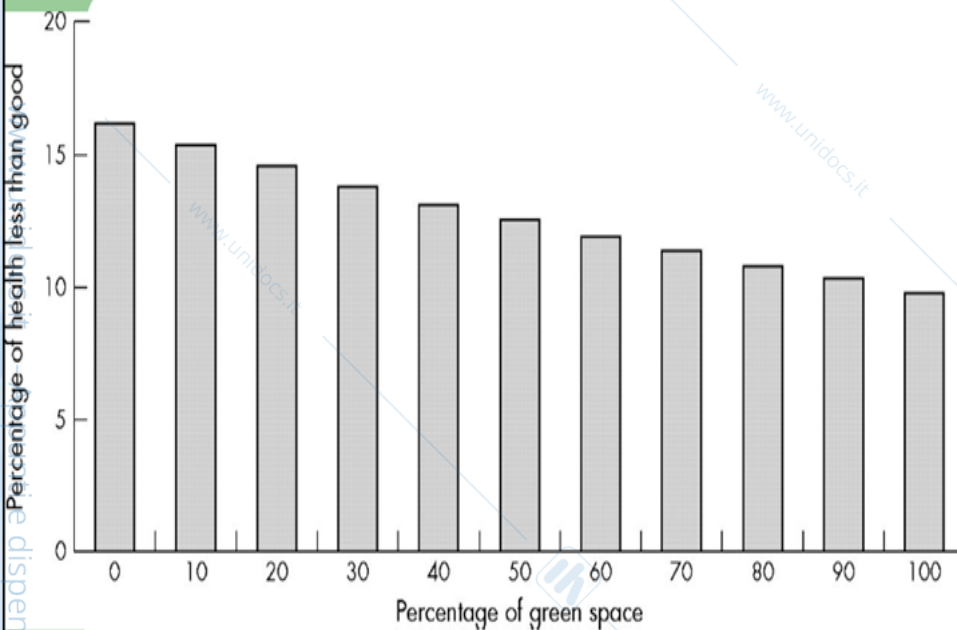
Generalmente mancanti di un
gruppo di controllo che svolga le
stesse attività in altro contesto

SPAZI VERDI E SALUTE PUBBLICA

E' IMPORTANTE PER LA SALUTE PUBBLICA L'ACCESSO A AREE VERDI URBANE?

In generale:

- Legame tra quantità di verde e benessere
- Particolarmente per persone anziane e/o livello socio-culturale basso
- la presenza del verde riduce le differenze in salute dovute a fattori socio-economici: differenze di mortalità tra poveri e ricchi si riducono quando c'è maggiore disponibilità di verde



Maas et al. (2006)

Risultati ricerche sugli effetti positivi del verde

- Diminuzione pressione arteriosa (sistolica)
- Diminuzione tempi di reazione
- Aumento dell'attenzione diffusa
- Diminuzione assenteismo (lavoro e scuola)
- Aumento produttività (al lavoro)
- Aumento del benessere
- Aumentata percezione dello spazio
- Diminuzione del livello di ansia nel post-operatorio

Anche la qualità dello spazio verde è importante

Interventi sulla qualità dello spazio verde

Citywide cluster randomized trial to restore blighted vacant land and its effects on violence, crime, and fear

Charles C. Branas^{a,b,1}, Eugenia South^c, Michelle C. Kondo^d, Bernadette C. Hohl^{e,f}, Philippe Bourgois^g, Douglas J. Wiebe^b, and John M. MacDonald^h

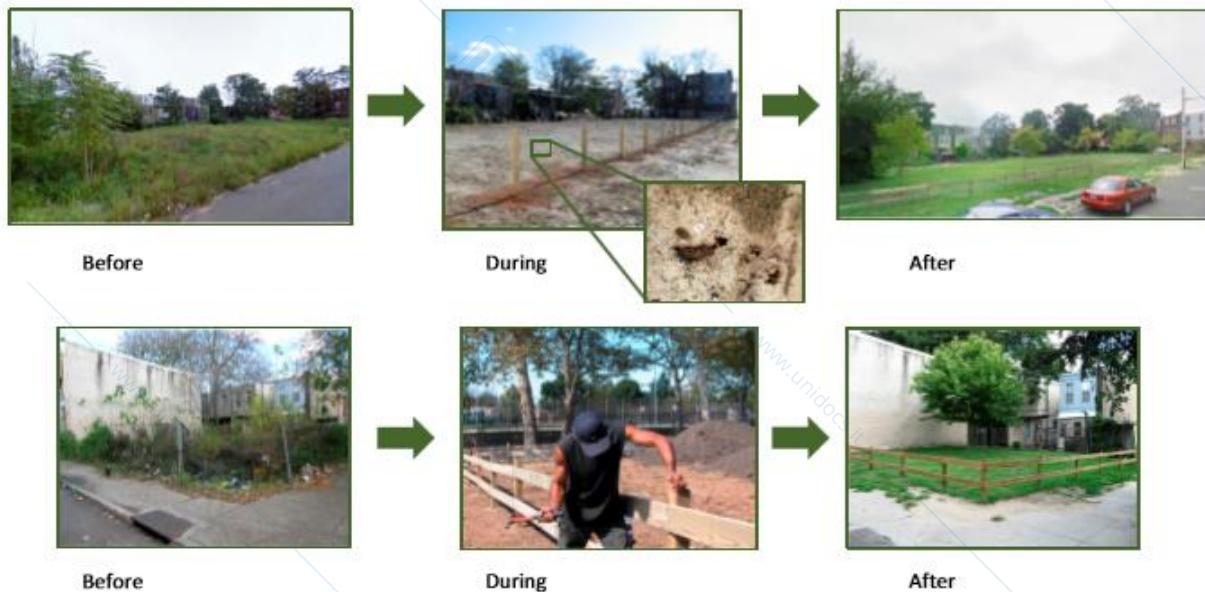


Fig. 1. Vacant land treatment process showing blighted preperiod conditions and postperiod restorations. The magnification (*Upper Center*) shows the grass seeding method used to rapidly complete the treatment process. Lots shown here are representative of those in the study, although for purposes of confidentiality are not actual study lots.

Effect of Greening Vacant Land on Mental Health of Community-Dwelling Adults: A Cluster Randomized Trial

Eugenia C. South, MD, MS; Bernadette C. Hohl, PhD; Michelle C. Kondo, PhD; John M. MacDonald, PhD; Charles C. Branas, PhD

Table 2. Intention-to-Treat Analyses of Vacant Lot Interventions and Self-reported Mental Health Outcomes

Response ^a	No Intervention		Greening Intervention		Pre and Post Change vs Control, % (95% CI)	P Value	Trash Cleanup Intervention		Pre and Post Change vs Control, % (95% CI)	P Value
	Preperiod, %	Postperiod, %	Preperiod, %	Postperiod, %			Preperiod, %	Postperiod, %		
All neighborhoods										
Nervous	27.9	23.8	34.0	23.0	-16.4 (-43.1 to 22.9)	.36	29.8	20.6	-11.7 (-41.6 to 33.6)	.56
Hopeless	13.2	8.7	16.4	8.9	-17.0 (-49.2 to 35.6)	.46	15.3	12.7	12.7 (-31.1 to 84.2)	.63
Restless	22.8	20.8	30.3	17.5	-33.1 (-55.8 to 1.2)	.06	22.6	19.7	-27.8 (-51.5 to 7.5)	.11
Depressed	11.8	8.7	15.2	10.5	-41.5 (-63.6 to -5.9)	.03	14.9	14.8	-15.4 (-49.5 to 41.9)	.53
Everything an effort	33.8	26.0	41.0	31.1	-7.6 (-41.3 to 45.4)	.73	39.5	31.6	-7.7 (-36.5 to 34.2)	.68
Worthless	6.6	8.7	10.3	5.1	-50.9 (-74.7 to -4.7)	.04	9.7	9.2	-27.6 (-65.0 to 49.6)	.38
Poor mental health ^b	5.5	4.8	9.4	3.9	-62.8 (-86.2 to 0.4)	.051	7.3	4.8	-30.1 (-74.7 to 93.2)	.49
Neighborhoods below poverty level ^c										
Nervous	32.1	26.6	39.5	19.4	-39.6 (-71.9 to 30.0)	.20	27.9	22.3	-34.8 (-39.7 to 57.0)	.30
Hopeless	17.9	10.9	18.5	6.0	-45.3 (-78.5 to 39.1)	.21	22.1	13.8	-33.7 (-69.5 to 44.0)	.30
Restless	28.6	23.4	33.3	23.4	-45.1 (-77.3 to 32.7)	.18	20.9	18.4	-15.6 (-54.9 to 58.0)	.60
Depressed	11.9	7.8	22.2	8.9	-68.7 (-86.5 to -27.5)	.007	19.8	19.5	-18.7 (-60.8 to 68.6)	.58
Everything an effort	40.5	31.2	42.0	26.9	-38.4 (-73.1 to 40.8)	.25	37.2	33.3	-8.1 (-46.5 to 58.0)	.76
Worthless	7.1	9.4	13.6	4.5	-52.6 (-86.6 to 67.5)	.25	14.0	10.4	-34.4 (-79.9 to 114.1)	.49
Poor mental health ^b	7.1	6.3	13.6	4.5	-76.7 (-96.2 to 44.8)	.12	11.6	6.9	-45.4 (-84.4 to 91.6)	.35

Interventi «green» sono risultati in riduzione nella autopercezione di:

- Depressione
- Scarso valore personale
- Scarsa salute mentale

Key Points

Question Does the greening of vacant urban land reduce self-reported poor mental health in community-dwelling adults?

Findings In this cluster randomized trial of urban greening and mental health, 110 randomly sampled vacant lot clusters were randomly assigned to 3 study groups. Among 342 participants included in the analysis, feeling depressed significantly decreased by 41.5% and self-reported poor mental health showed a reduction of 62.8% for those living near greened vacant lots compared with control participants.

Meaning The remediation of vacant and dilapidated physical environments, particularly in resource-limited urban settings, can be an important tool for communities to address mental health problems, alongside other patient-level treatments.

Quali sono i meccanismi sottostanti alla connessione natura-salute

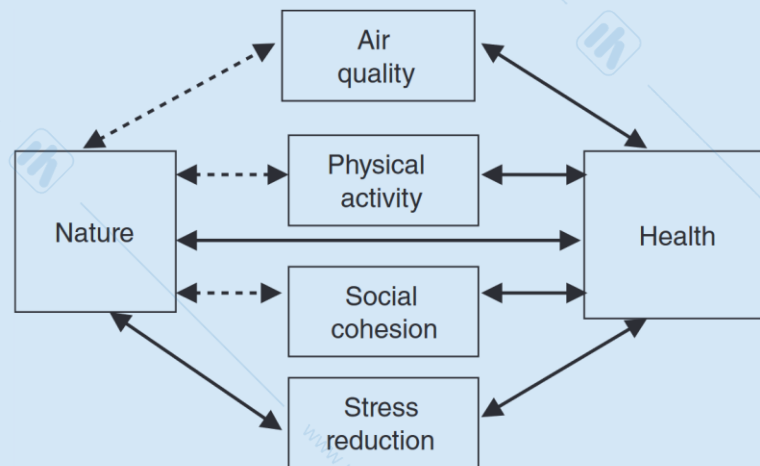


Figure 5.2 Schematic representation of relationships among nature, health, and underlying mechanisms. Solid lines represent established relationships; dashed lines represent weaker or inconsistent relationships.

Per testare la vostra preparazione

REVIEW QUESTIONS

1. Why is it important to empirically verify relationships between nature and health?
2. What is the main difference between the biomedical/pathogenic and biopsychosocial/salutogenic approaches to health?
3. What are health inequalities and how can green space in the living environment reduce such inequalities?
4. How can a positive relationship between nature and health be explained? Describe the mechanisms that are commonly used to explain health benefits of nature.
5. What is known about the relationship between nature and physical activity?