

# Outdoor Health National Research Forum 2021

## Investigating Human-Nature-Health Relationships

Thursday August 5th  
2021, 10am - 2pm

- **Venue:** Online & in-person at UTas Hobart
- **Fee:** \$20 whether online & in-person, to cover IT support
- Click [HERE](#) to register

- Key speakers will challenge and inspire us.
- Break out groups will enable in-depth discussions.
- Facilitated whole-group discussions will identify potential national OH research projects.

This event is for individual researchers, research groups, organisations and students – those who are passionate about the benefits of nature contact for human and environmental health, those who understand the importance of Indigenous and Aboriginal approaches, and those who wish to help deepen the evidence in this emerging sector.



## *How did this come about?*

During the first big covid lockdown of 2020, AABAT's Outdoor Health Policy Unit hosted a national online 'Nature & Health - Research, Practice & Policy Symposium' (June 2020). **Led by Aboriginal cultural knowledge holders**, and attended by over 600 people from all states and territories of Australia and 14 nations, the event led to formation of an Outdoor Health Roundtable (Aug-Oct 2020) and the first National Outdoor Health Research Forum (Nov 2020).

## *What do we mean by Outdoor Health?*

All evidence-informed nature-based health practices have a legitimate place within the emerging Outdoor Health sector. In alphabetical order, these include **bush adventure therapy**, adventure-based counselling, animal-assisted therapy, **care farming**, ecopsychology, **ecotherapy**, environmental psychology, **equine therapy**, **forest therapy**, green prescribing, green social work, horticultural therapy, **Indigenous approaches**, nature-based expressive arts therapy, nature-based mindfulness, **nature based therapy**, occupational therapy outdoors, outdoor counselling, outdoor education interventions, outdoor music therapy, outdoor therapy, rewilding, social prescribing, **therapeutic horticulture**, walk and talk therapy, and more!

## *What promise does Outdoor Health hold?*

As the world grapples with new human and environmental health realities, there is an increasing and necessary role for nature and evidence-informed nature-based health practices within mainstream health systems. **The research evidence has caught up with what people intuitively know** - supported physically active social time in nature is beneficial for building physical, mental and social health, including for those with chronic illness. **Outdoor Health offers a promising approach to help restore the health of people and the planet**, and help reduce future fiscal health burdens.

This year's Outdoor Health Research Forum will be followed by a National Outdoor Health Symposium to be held in Adelaide on 13th&14th Oct 2021: <https://symposium.outdoorhealthcare.org.au>