



Nature & Health

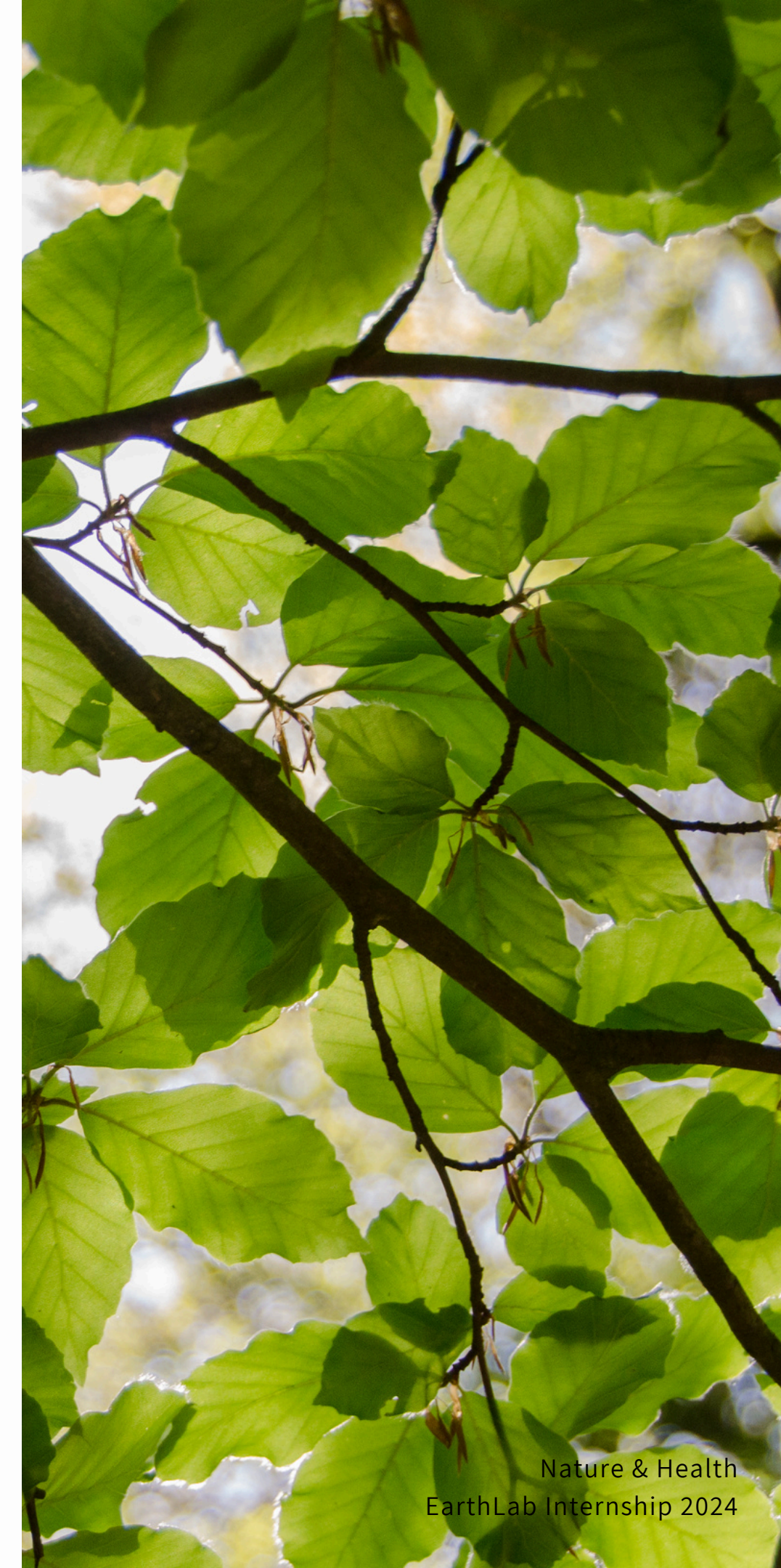
Healthcare Savings of Time Spent in Nature Intern

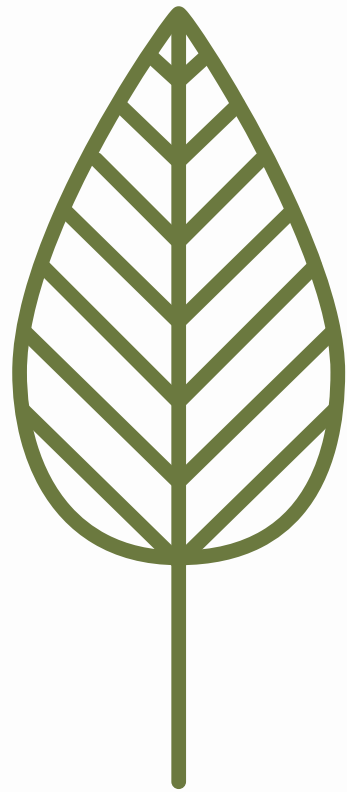
Hope Flanigan (she/her)

Public Health - Global Health

Internship Site + Why N&H?

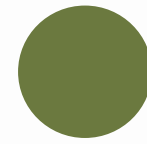
- Nature and Health
 - Collaborative of nearly 400 researchers, policy makers, healthcare providers, and community members
 - Work is translated into healthcare, educational, and community programs, practices, and policies that benefit **all** people and nature
- Why this internship?
 - Academic and professional interest in public health, personal passion for nature
 - Research → Action





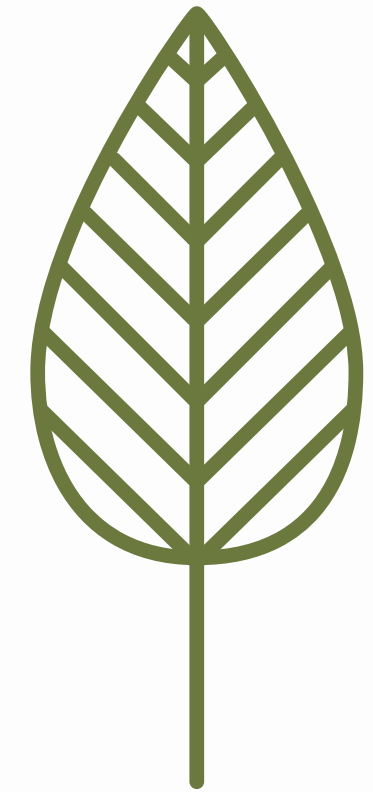
LITERATURE REVIEW

- Conducted a literature review on the cost savings and co-benefits of time in nature
- Compiled a data sheet of over 150+ research articles
- Close read 50+ research articles and extracted key data



FINAL DELIVERABLES

- Slide deck summarizing the key findings and graphics to display the trends in the research
- Progress report to guide future interns



PROFESSIONAL DEVELOPMENT

- Attended weekly cohort meetings
- Attended networking lunches with other summer interns across the UW campus
- Conducted informational interviews with N&H collaborators

Conclusions + Future Directions

Limitations and future directions

This study has several limitations. First,

4.6. Future research directions

4.1. Limitations and suggestions for future studies

4. Conclusions and Future Research

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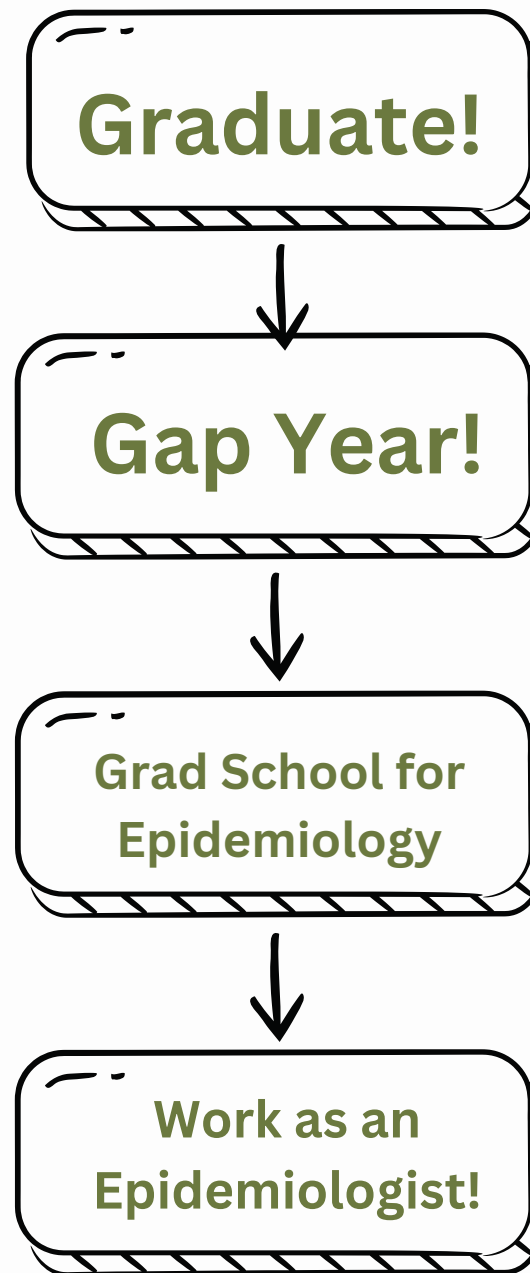
4. Discussion and Future Directions

Studies evaluating the relationship between

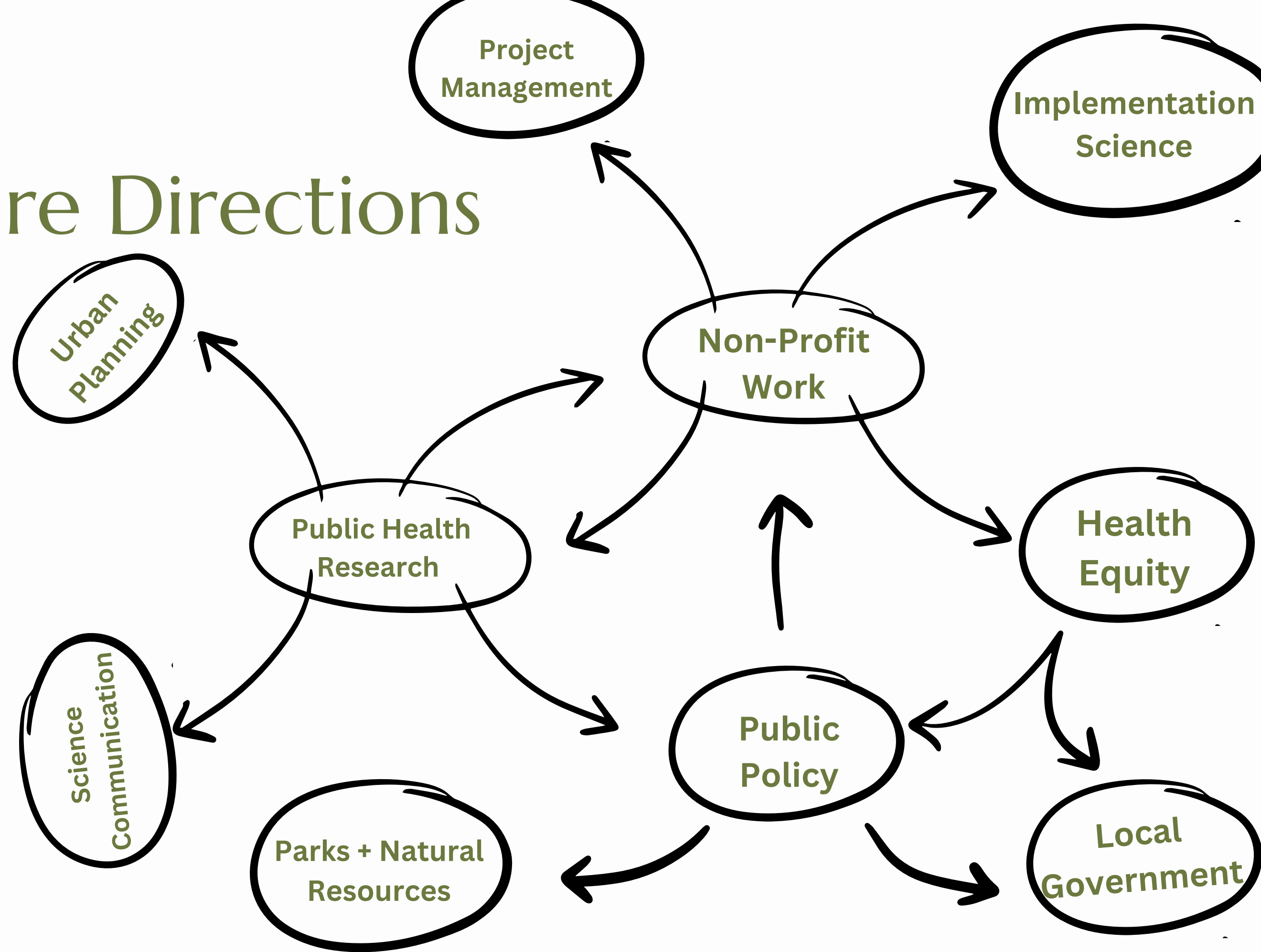
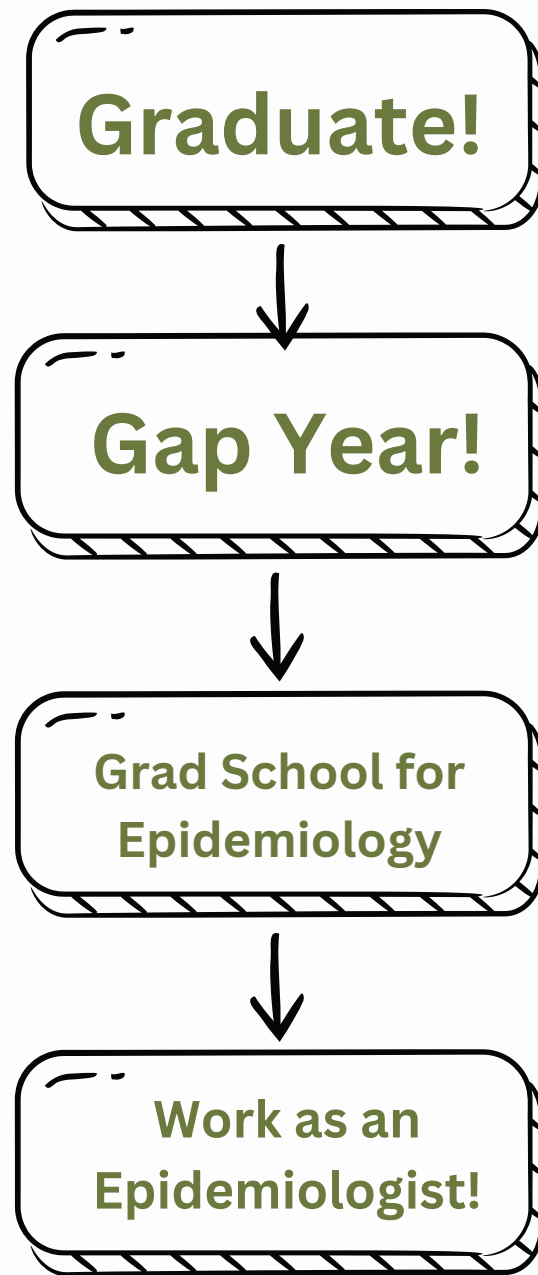
Limitations and Questions for Future Research

One limitation in this study is in the measurement of “usual” exposure

Hope's Future Directions



Hope's Future Directions



Thank you!

- Chikita Nigam
- Alicia Keefe
- Josh Lawler
- EarthLab Team
- Fellow Interns!

