

Child Health and quality outdoor experience

Strong links have been proven between health and quality outdoor experiences. Nature deficit disorder describes the psychological, physical and cognitive costs of human alienation from Nature, particularly for children in their vulnerable developing years.

Cost effective early management of major threats to child health is important both for public Health and Education practice, and from a policy perspective. Sustainable Early Years play gardens have the ability to address the UK's top 6 health concerns of deprivation, obesity, low physical activity, poor mental and physical health and climate change through quality experiences of Nature.

Evidence shows quality natural experience leads to both short and long term improvements in health, education and social outcomes. All age groups benefit, but particularly the young. The positive results from well designed green environments and in particular the cost benefits of a green environment are profound. Greenstone Design UK's experience confirms both Nature's ability to provide a cost effective health service and the need to link local health care and Early Years providers with landscape professionals, to ensure the development of appropriate green spaces throughout Early Years settings.



The Eco Schools green flag award programme offers an opportunity for schools and Early Years settings to develop their grounds as sustainable, bio-diverse play gardens. Child health and the health of the local environmental are improved with cost-efficient landscape improvements.