## HEALTH BY

The oceans have other – less tangible – benefits beyond the food and energy we take from them. Intuitively many of know what science now has the evidence to support.

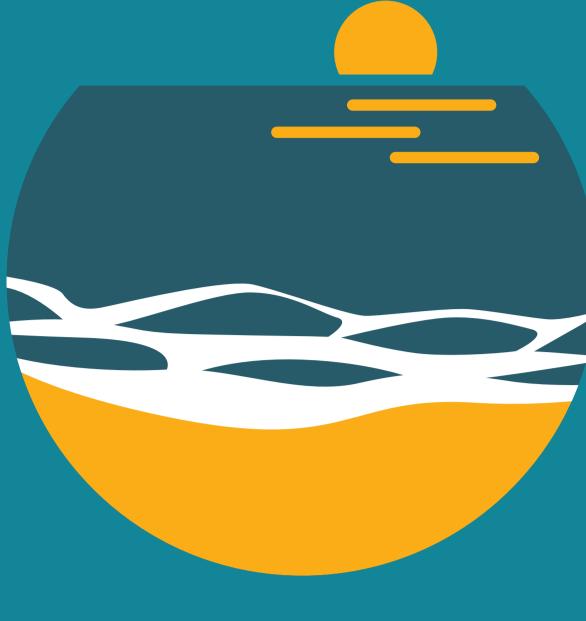
Proximity to water is associated with many of the benefits seen with other 'nature cures' – less polluted air, more sunlight/vitamin D, physical activity etc. – but blue space seems to have the edge. Spending time in andaround aquatic environments – especially the sea – has consistently been shown induce positive mood and reduce negative mood and stress more significantly than green space does. Even sea views have been associated with better mental health.

### Doctor's Orders: Nature-based prescriptions

Coastal environments have been shown to improve our health, body and mind. So should doctors start issuing nature-based "blue prescriptions"? How can "blue infrastructure" – the coast, rivers, inland lakes – help tackle major public health challenges such as obesity, physical inactivity and mental health disorders?

People who live close to blue spaces are more likeley to walk more than 300 minutes per week.









PONDS



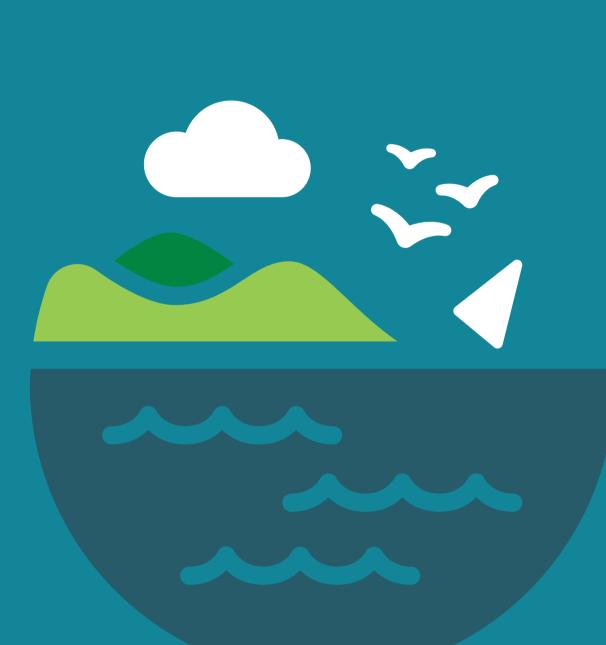


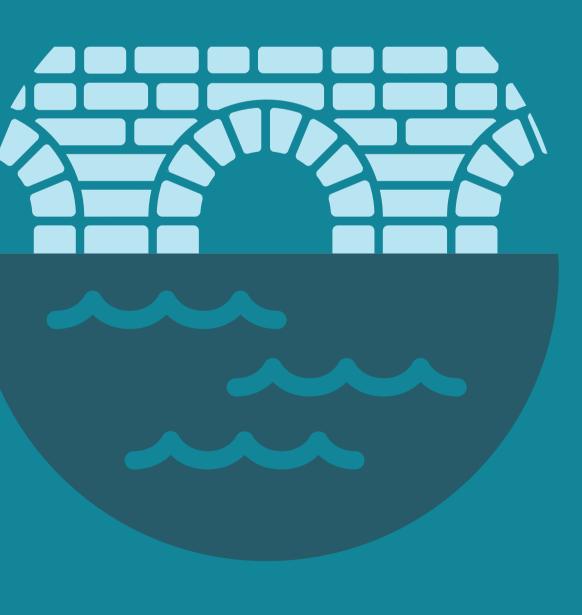


# OCEANS' BOUNTY









CANALS

### COASTLINES

### IVES 200the coast