

Exposure to Natural Outdoor Environment and Positive Health Impacts: A Synthesis of Empirical Research

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Abstract : This paper provides an overview of the state of the art about the positive health impacts of exposure to natural outdoor environments. It presents the results of a “review of reviews” in terms of empirical evidence and identifies some key questions. Finally, the authors stress the need to develop more interdisciplinary and systemic contributions. This synthesis of empirical research has been done as part of the EU- FP7 PHENOTYPE research project.

Keywords : Exposure, environment, phenotype, salutogenic effects

Conference Title : ICEH 2015 : International Conference on Environment and Health

Conference Location : Zurich, Switzerland

Conference Dates : July 29-30, 2015