

THURSDAY **06 JUNE** 2024 • QEII CENTRE **LONDON** UK

## **Julia Bradbury**

TV Presenter / Cancer Thriver  
/ Author / Health Advocate, UK

## **Dr Elizabeth Thompson**

Founder & CEO, NCIM /  
Integrative Medicine Doctor / UK

## **Pauline Cox**

Functional Nutritionist / Author  
/ Co-founder, Sow & Arrow, UK

 [ipmcongress.com](https://ipmcongress.com)

**PRESENTING:**

**The patients view -  
what we can learn  
by listening to their  
experiences**



whole-person  
**health**  
CONFERENCE **24**







THE DAY OF THE OPERATION

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# NATURE ON PRESCRIPTION



PROMOTES GOOD MENTAL HEALTH

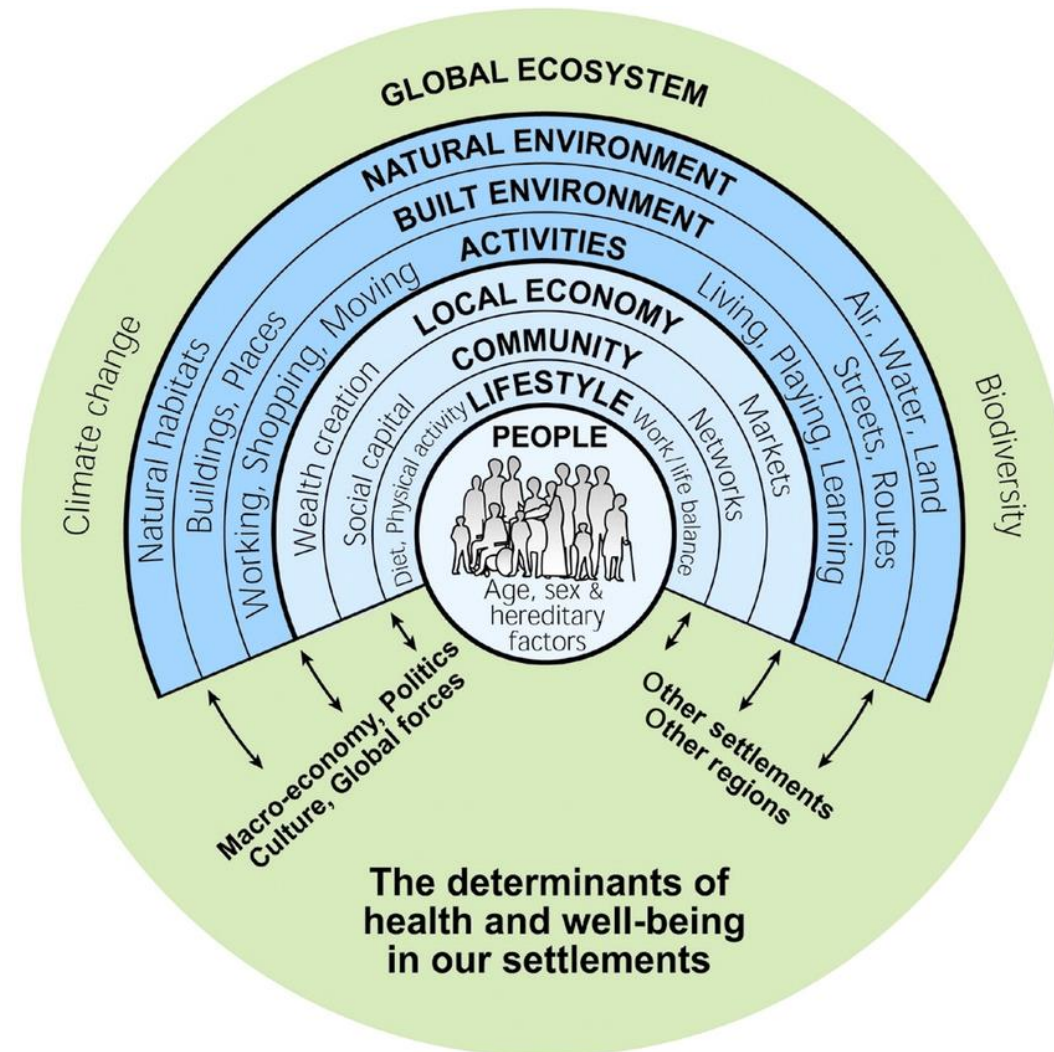


A HANDBOOK FOR NATURE ON PRESCRIPTION TO PROMOTE MENTAL HEALTH

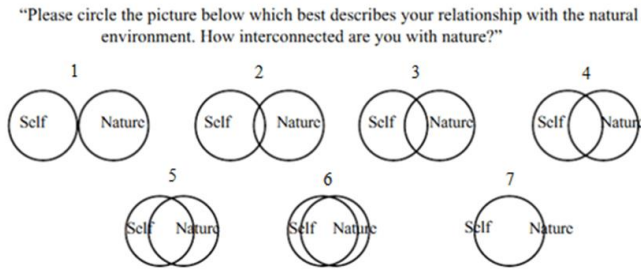
<https://www.ecehh.org/research/nature-prescription-handbook/>  
 FULLAM, J, HUNT, H, LOVELL, R, HUSK, K, BYNG, R, RICHARDS, D, BLOOMFIELD, D, WARBER, S, TARRANT, M, LLOYD, J, ORR, N, BURNS, I, GARSIDE, R. (2021)

## HOW DOES NOP WORK?





# (Dis)connected countries have worse mental health



N = 18,855  
(YouGov data)

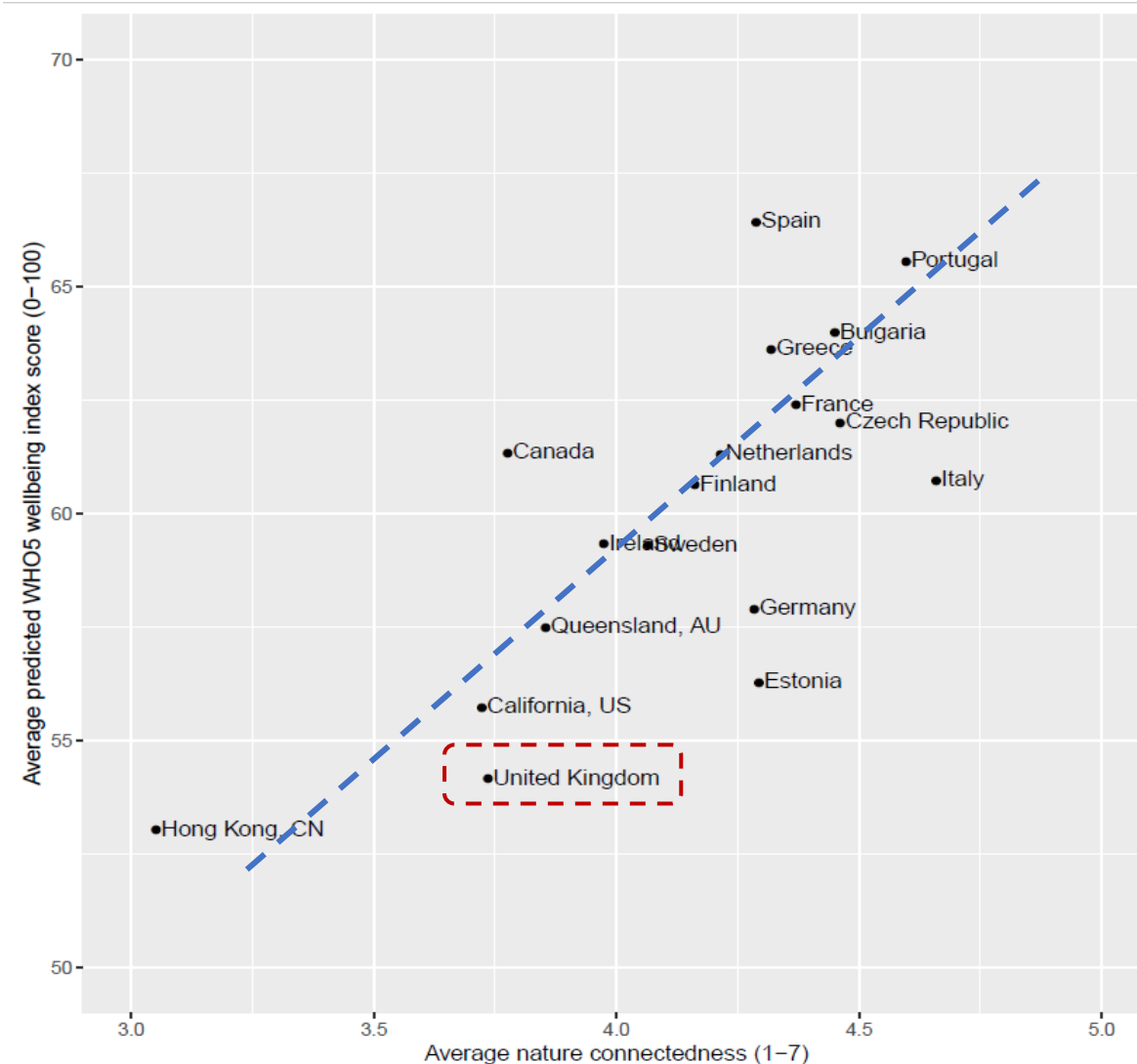
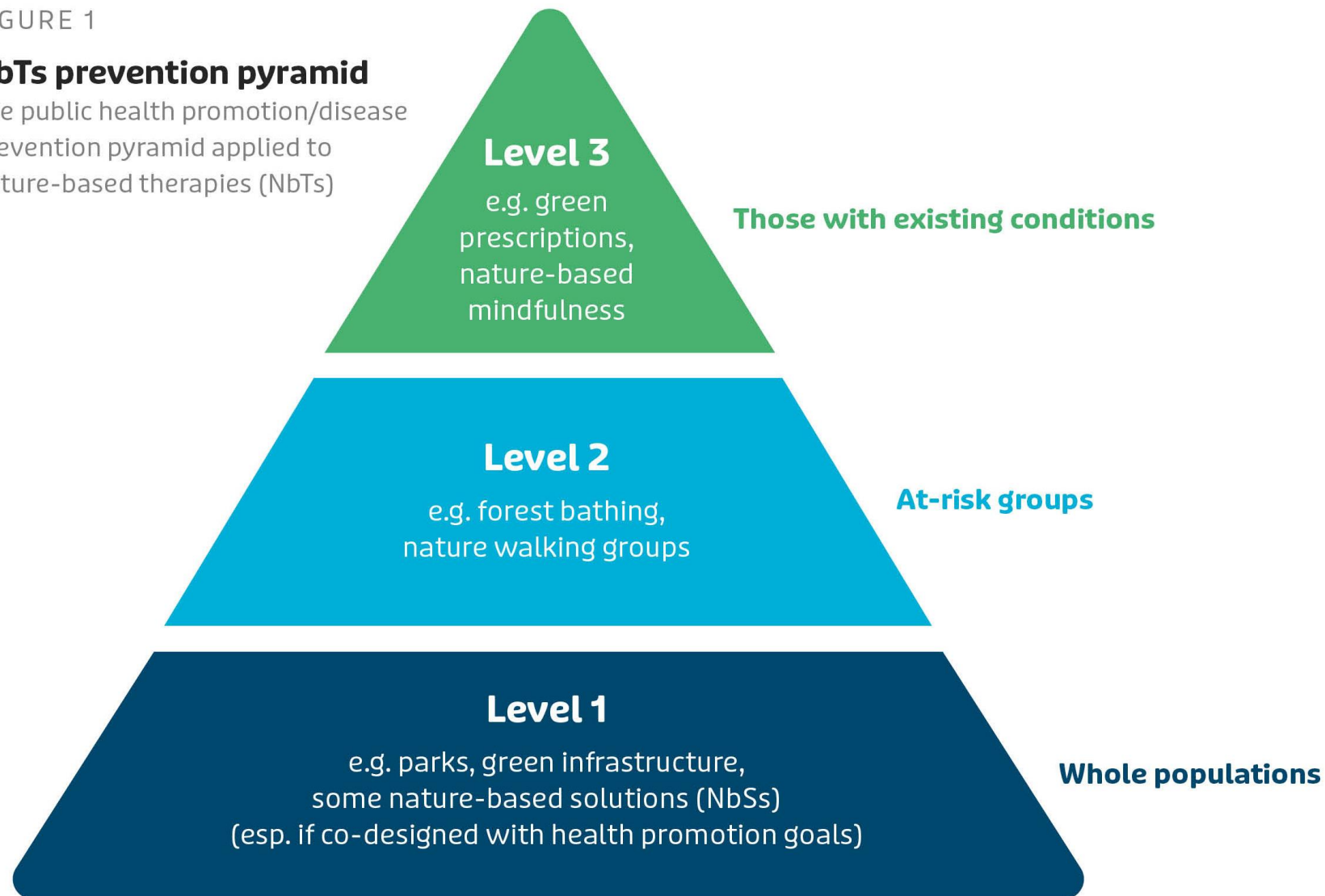




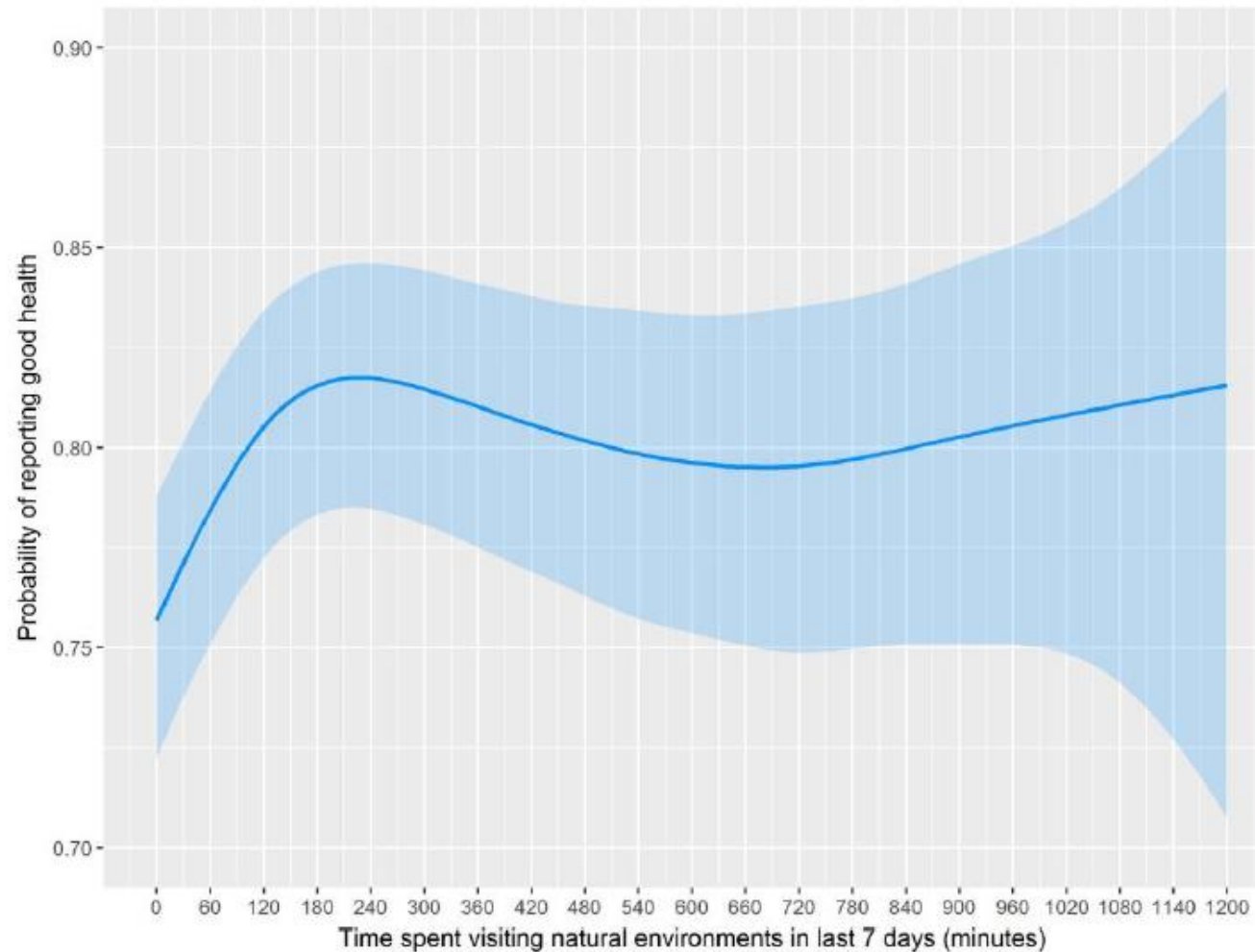
FIGURE 1

## **NbTs prevention pyramid**

The public health promotion/disease prevention pyramid applied to nature-based therapies (NbTs)



# 120 minutes in nature per week?



White et al (2019) Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Scientific Reports* 9: 1, 7730 *Scientific Reports* <https://www.nature.com/articles/s41598-019-44097-3>

# Nature-based physical activity and disease prevention

- In 2019, 22 million adults in England visited natural environments at least weekly
- Physical activity on these visits was estimated to prevent 12,763 cases of six key non-communicable diseases\*
- Annual societal costs of disease avoided were estimated at £108.7 million

\* major depressive disorder, type 2 diabetes, ischaemic heart disease, ischaemic stroke, colon cancer, and breast cancer

Grellier et al. 2024. Valuing the health benefits of nature-based recreational physical activity in England. *Environment International* 187, 108667. <https://doi.org/10.1016/j.envint.2024.108667>

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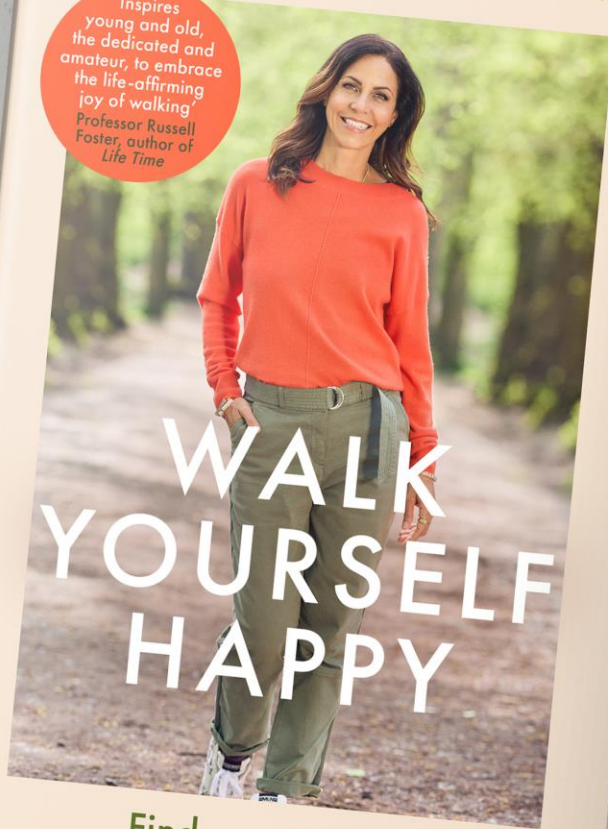
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JULIA BRADBURY

'Inspires  
young and old,  
the dedicated and  
amateur, to embrace  
the life-affirming  
joy of walking'  
Professor Russell  
Foster, author of  
*Life Time*



WALK  
YOURSELF  
HAPPY

Find your path to  
health and healing in nature