

EFFECT OF VITAMIN 'N'

MOTIVATING HEALTHY NUTRITION AND ACTIVITY
SENSORY GARDENS FOR HEALTH AND WELL-BEING



AN INVESTIGATION AT THE INTERSECTION OF HEALTH, LANDSCAPE ARCHITECTURE AND ECOLOGY



STRESS AND ENVIRONMENT

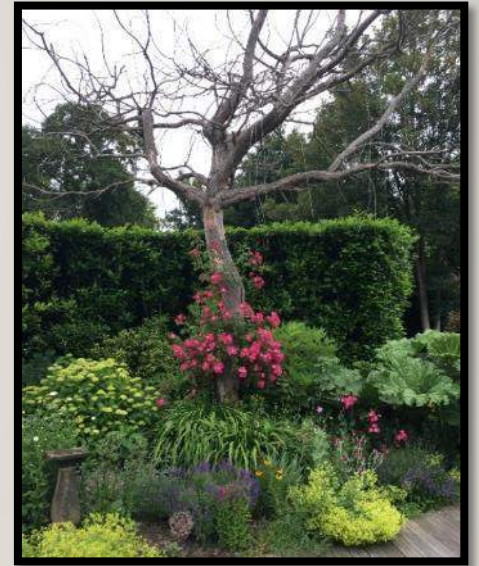


RESEARCH QUESTION:

The effect of the Sensory Garden on mental health and well-being: is it an effective and feasible self-help health promotion tool?



AIM – CREATE A SENSORY GARDEN, USING BIOPHILIA + SALUTOGENESIS, AS A SELF HELP TOOL TO IMPACT STRESS



THE SIGNIFICANCE OF THIS STUDY?

- 30 minutes/week Nature Connection
- Readily translational
- Self help intervention



A 'DOSE' OF VITAMIN N =



BEFORE...





CONCEPT ZONE I

Passive,
reflective
space
(sedentary
PA)



CONCEPT ZONE 2 - MILD-MODERATE PHYSICAL ACTIVITY



Gayle Souter-Brown PhD (c)
Director, Greenstone Design
www.greenstonedesign.co.uk

CONCEPT ZONE 3 – ACTIVE (GROWING) PHYSICAL ACTIVITY



CONCEPT ZONE 4 – SOCIALLY ENGAGED



Fire pits, informal log seating and shaded grassy spots as sociable gathering points

UNDER NEW MANAGEMENT ...



Weeds or wildflowers?
...herbicides sprayed, meadow mown



AA

ACTUALLY...MINDFULNESS WALKWAY



When what we planned for didn't happen, co-design process re-engaged to create an even better design

PASSIVE – ACTIVE GROWING



The active growing space is at the heart of the sensory garden, with Rongoa, traditional Maori medicinal plants, all around

MODERATE PHYSICAL ACTIVITY



Sensory rich planting engages senses. Looping paths encourage exploration. Soft acoustic paths enable universal access.

SOCIALLY CONNECTED – COMING TOGETHER



INSECT HOTEL – “HIGH RISE APARTMENTS”



“There can be no human health
and well-being without
ecological health”
(Souter-Brown 2015)

ORCHARD IN A MEADOW



“Informal space, wildness, ‘nature’ feeds mind, body and spirit”

World Health Organization, Review of the evidence (Aavik, Buffoli et al. 2017)

VITAMIN N → REDUCE STRESS, MOTIVATE HEALTHY LIFESTYLES

