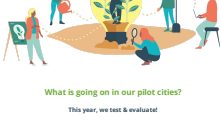


RECETAS Newsletter #4

NOVEMBER 2023



What is going on in our pilot cities?

This year, we test & evaluate!



2024 - 2025: Overview of studies, planned analysis, and publication of results

The pilot cities (Barcelona, Cuenca-Ecuador, Helsinki, Marseille, Melbourne, Prague) have begun intervention studies on groups of participants, to assess the impact of nature-based group activities on well-being and health. Conducting these studies is the best way to measure the impact of interventions and involve several steps that are described below.

Recruiting participants: Elderly, people in vulnerable economic situations, members of the LGBTQIA+ community, asylum seekers, among others... In total, more than **1000** people from different communities experiencing loneliness are taking part in our studies around the world.

Validation of the activity menu to be tested: The Nature-based Social Prescribing menu sets out in detail which activities are tested and adapted to each context.

Intervention studies: During the intervention studies, the menus are tested with participants, who are accompanied by facilitators. These professional facilitators, trained in group facilitation dynamics in nature, invite participants to meet regularly to take part in the activities that are selected by each group from the menu.

The studies are currently recruiting and running the groups in 6 week cycles. In addition to baseline assessments, participants will be followed and evaluated at 3 months, 6 months, and one-year post intervention.

Results will be available towards the end of 2025!

🔗 Exclusive! The latest RECETAS scientific publication is out



How to co-create a nature-based social prescribing menu addressed to support loneliness intervention in urban deprived neighbourhoods? RECETAS did it! In this recently published paper, our researchers describe the protocol implemented, through the case study of Barcelona.

The result? A nature-based social prescription menu co-developed with stakeholders from health, social prescription, nature, associative, and research sectors: the menu, consisting of open spaces and nature activities, is offered to the participants of a randomised controlled trial to test actions for social prescribing in natural spaces.

→ [Read the publication](#)

Check out RECETAS blog

How to harness the Power of Nature Engagement and Social Connection to Alleviate Loneliness



[Check our last blog post to know more!](#)

RECETAS Timeline

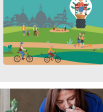


RECETAS events

Recetas Conference on Loneliness in Cuenca

In line with National Seniors Day, the RECETAS project hosted the first academic meeting "RECETAS for loneliness" held in Cuenca, Ecuador on 10 October 2023. More than 30 national and international academic and experienced experts and 200 participants joined to reflect around the importance of specialised routes to mitigate unpleasant loneliness in older adults, focusing on sharing experiences around nature-based solutions and social reconnection.

→ [Know more on this event](#)



A look back on the Recetas conference on loneliness in Cuenca

The Evidence Base Nook: Catch up on latest research

The trial that laid the groundwork for RECETAS is published in The Lancet Planetary Health

- Dr. Jill Liu, the scientific coordinator of RECETAS, conducted the first-ever randomized, controlled trial of community gardening showing the impacts of gardening on improving physical and mental health. Funded by the American Cancer Society, this trial found that those who started gardening ate more fiber and got more physical activity—two known ways to reduce risk of cancer and chronic diseases. They also saw their levels of stress and anxiety significantly decrease. The social connection gained through participation benefits were also a key outcome and health benefit. "It's not just about the fruits and vegetables. It's also about being in a natural space outdoors together with others," said Prof. Liu.

→ [Find the paper here](#)

The 3-30-300 green space rule in Barcelona for a better mental health - a study led by ISGlobal

- According to this study, everyone should see, at least, three trees from their home, have 30% tree canopy cover in their neighbourhood and not live more than 300 meters away from the nearest park or green space.

→ [Find out more here](#)

Targeted health promotion with guided nature walks or group exercise: a controlled trial in primary care

- A paper produced by our consortium researchers, from Helsinki University.

→ [Find the paper here](#)

The very first policy brief from the Urban Health cluster is out

- RECETAS is a member of the [European Urban Health Cluster](#), promoted by the European Commission to improve and safeguard health and well-being of urban residents.

→ Discover the first [policy brief](#), a tool to raise awareness of the impacts of urban environment on people's health and wellbeing.

