



NBS
EduWORLD



Enhancing Health and Well-being with NBS

Lecture (Online)

Credit: Centre for Social Innovation, Trinity Business School,
Trinity College Dublin

Content created in 2024



Funded by
the European Union

NBS EduWORLD is funded by the European Union (Grant Agreement No. 101060525). Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Commission. Neither the European Union nor the granting authority can be held responsible for them.

(Part 1)

Learning Outcomes for this Learning Unit

- Understand and analyse way that NBS enhances human health and well-being.
- Critically discuss the environmental, social and psychological benefits of NBS in urban, rural and coastal communities.
- Consider strategies to integrate NBS into well-being policy, urban planning, and healthcare initiatives for sustainable development.

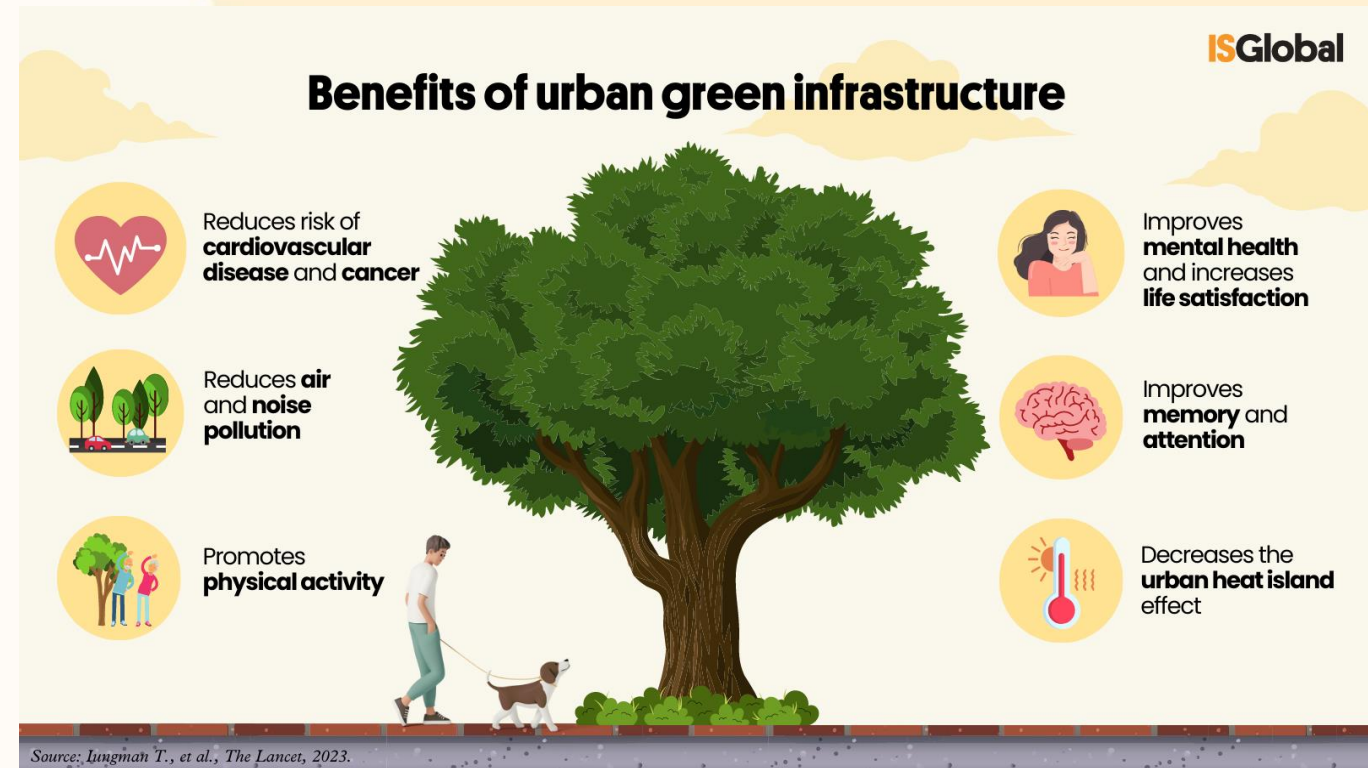
- “... actions to protect, sustainably manage, and restore natural or modified ecosystems, that address societal challenges effectively and adaptively, simultaneously providing human well-being and biodiversity benefits.”

NBS Definition

Reference: [International Union for the Conservation of Nature](#)

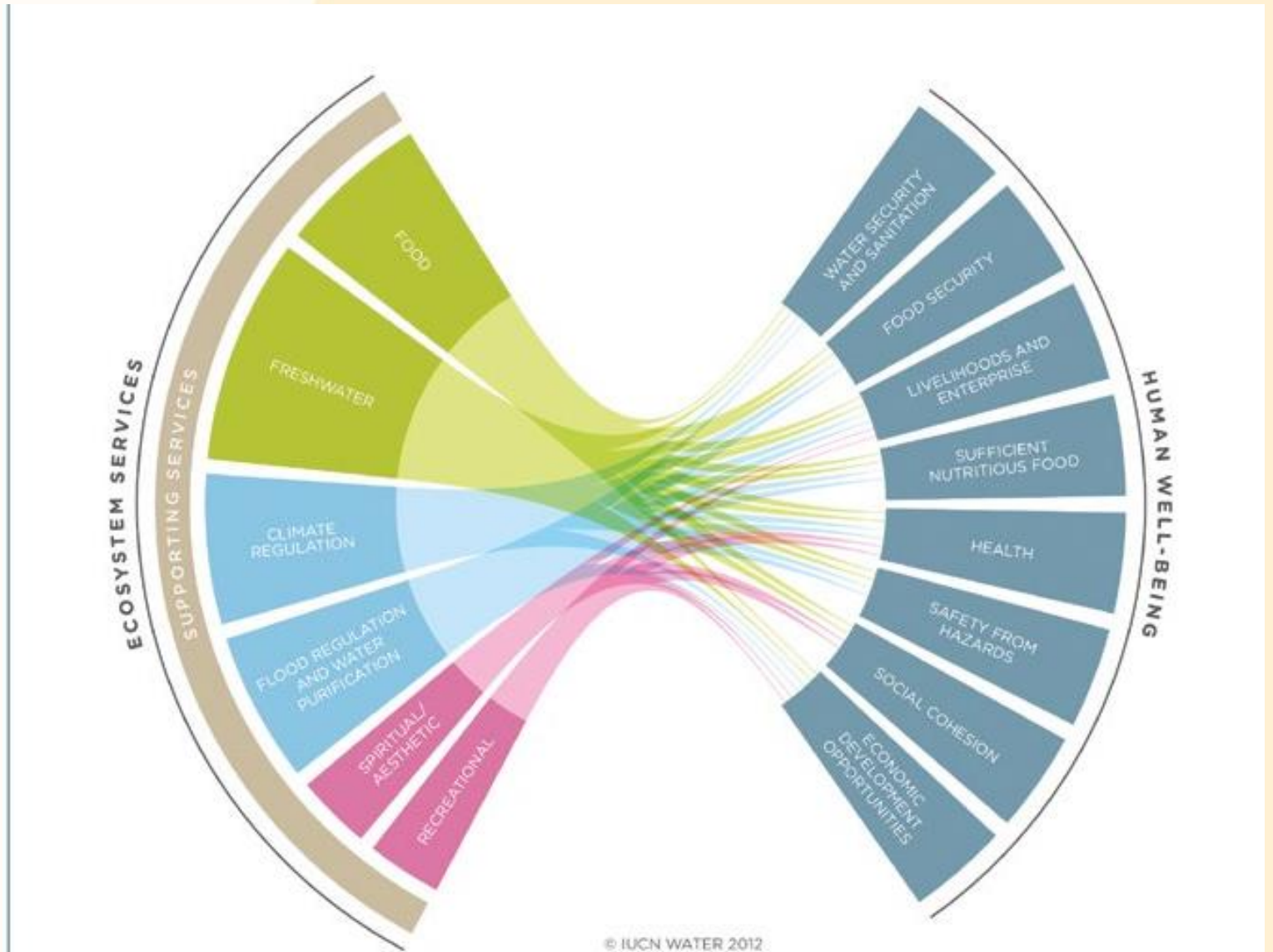
(Part 1) NBS Health Benefits

- Urban green infrastructure – benefits
 - Physical and mental health
 - Life satisfaction
 - Enhances the physical environment



Reference and photo credit: Lungman, T et al (2023)

Ecosystem Services and Human Well-Being: The potential for NBS



(Part 1) NBS and Health & Well-Being

- *How do you think NBS impacts health and well-being?*



Respond in the chat or Share with the group



Part 2 NBS: Environmental Benefits



- Biodiversity benefits
- Urban regeneration
- Coastal resilience
- Climate mitigation and adaptation

NBS: Societal Benefits



- **Human well-being**

- Air quality
- Health and well-being

- **Societal well-being**

- Social cohesion and social justice
- Participatory planning and governance

NBS: Social Benefits

- **Human well-being**
 - Air quality
 - Health and well-being
- **Societal well-being**
 - Social cohesion and social justice
 - Participatory planning and governance



NBS: Economic Benefits

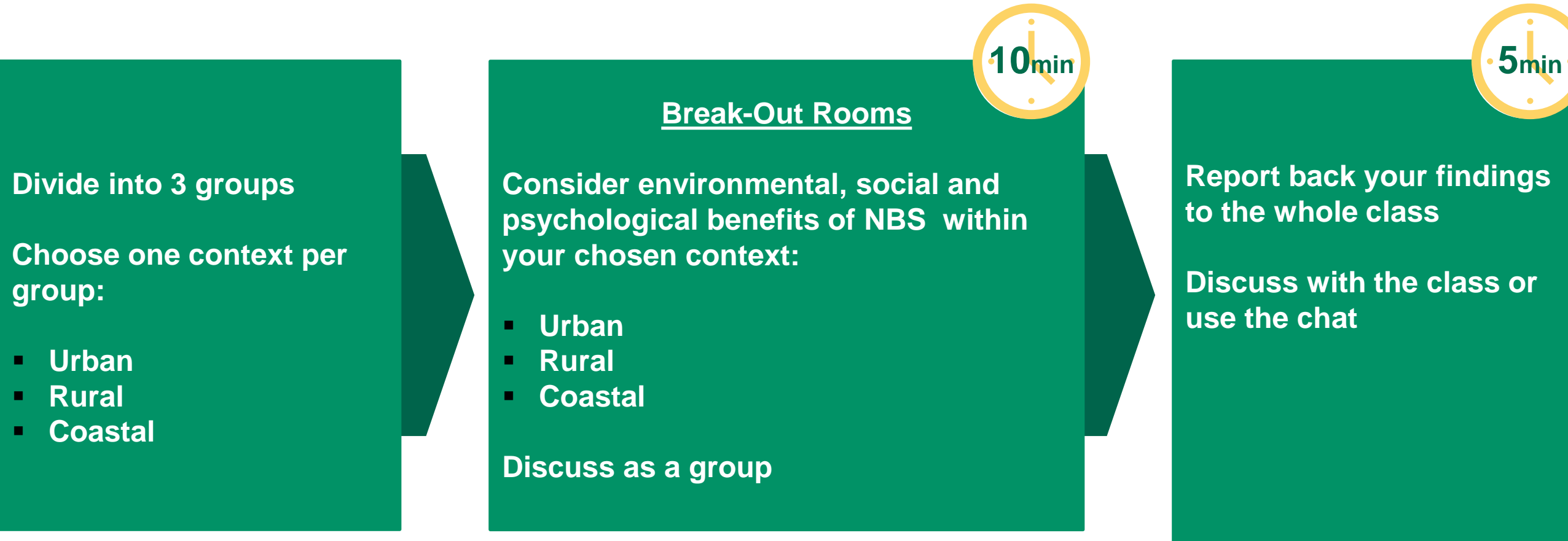


The Vital Role of NBS for a nature positive society (video 3 min)

[Reference: NetworkNature](#)

- **Fostering a nature positive economy**
 - Green jobs
 - Nature-based enterprises and entrepreneurship
 - Partnership with private sector for nature-positive initiatives
- [Union for the Conservation of Nature](#)

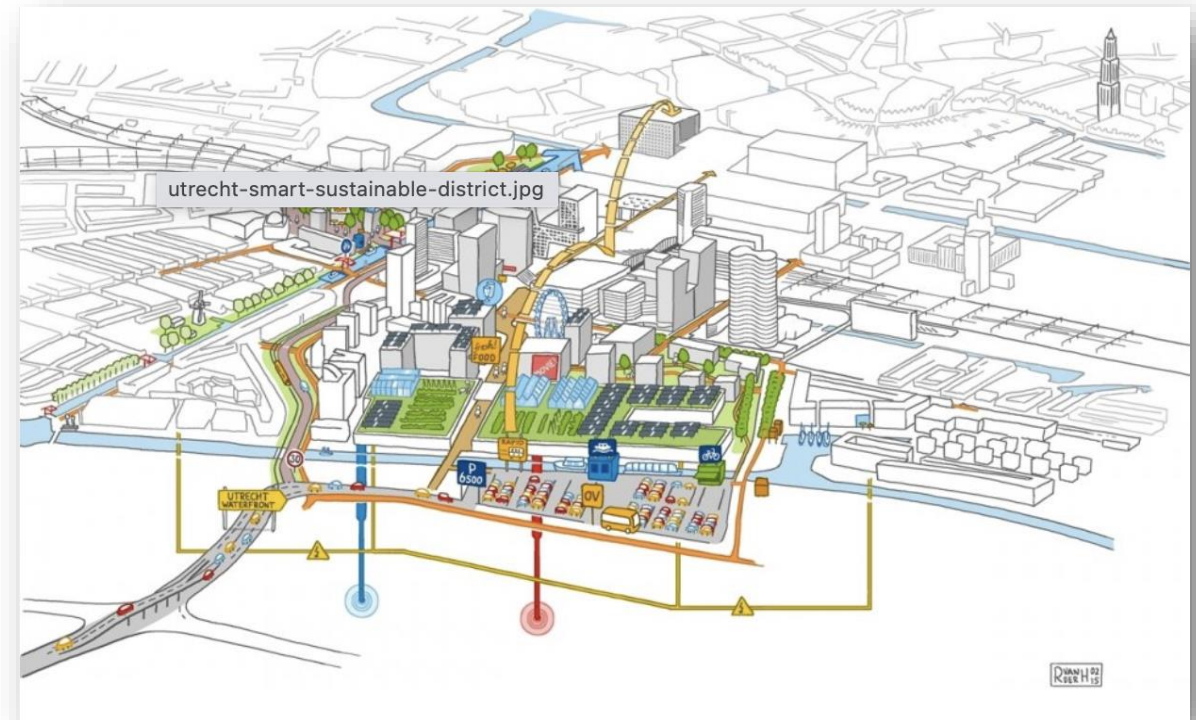
(Part 2) NBS Benefits: Break-Out Room Discussions



(Part 3) Case Study - Example Utrecht, The Netherlands

NBS for Urban Resilience and Citizens' Wellbeing

- Aims to promote healthy urban living
- Integrated and systemic approach that combines local climate regulation, noise reduction, recreation and cleaner air
- Better use of green and blue infrastructure and restoring ecosystems for a healthier city. For example:
 - Trees to improve air quality
 - Reducing urban heat island effect
 - Capturing CO₂
 - Positive influence of living nature for a healthier city



Reference: Oppla - [Utrecht, The Netherlands](#)

Case Study for Review – NBS – Health and Well-Being GreenUp: *Valladolid, Spain*



Figure 5-7. The green façade at El Corte Inglés, Valladolid.



Photo/Logo credit:
<https://www.urbangreenup.eu/>

Reference and Photo credit:
Dumitru and Wendling (2021)
Evaluating the Impact of NBS,
pp199

Case Study for Review – NBS – Health and Well-Being Urban GreenUp: *Valladolid, Spain*



Figure 5-7. The green façade at El Corte Inglés, Valladolid.



Photo/Logo credit:
<https://www.urbangreenup.eu/>

Reference and Photo credit: [Dumitru and Wendling \(2021\)](#)
[Evaluating the Impact of NBS](#), pp199

NBS – Green Façade (vertical planting - water of the irrigation systems nourishes the 14,000 plants)

Climate Resilience – Urban heart island tolerance

Collaboration with a private company (El Corte Inglés store)

- Benefits to adjacent shopping mall, attracting new customers, energy savings, increase property values (**economic benefits**)
- Improving air quality, climate regulation, pollution reduction, run-off mitigation, pollination (**environmental benefits**)
- Adding aesthetic values to a grey area, renewing the façade (**societal benefits**)

Source: Dumitru & Wendling (2021) [Evaluating the impact of nature-based solutions – A handbook for practitioners](#), Case study authors Serramia et al (2021) pp. 198-199

Urban GreenUp Case Study: *Valladolid, Spain*

Well-Being Policy

- *What factors made this strategy successful?*
 - *What do you see as the challenges to implementation?*
- Why?*



Figure 5-7. The green façade at El Corte Inglés, Valladolid.

Reference and Photo credit: [Dumitru and Wendling \(2021\) Evaluating the Impact of NBS, pp199](#)

Urban GreenUp Case Study: *Valladolid, Spain*

Urban Planning for Well-Being

- *What factors made this strategy successful?*
 - *What do you see as the challenges to implementation?*
- Why?*



Figure 5-7. The green façade at El Corte Inglés, Valladolid.

Reference and Photo credit: [Dumitru and Wendling \(2021\) Evaluating the Impact of NBS, pp199](#)

Urban GreenUp Case Study: *Valladolid, Spain*

Healthcare Initiatives for Sustainable Development

- *What factors made this strategy successful?*
- *What do you see as the challenges to implementation?*

Why?



Figure 5-7. The green façade at El Corte Inglés, Valladolid.

Reference and Photo credit: [Dumitru and Wendling \(2021\) Evaluating the Impact of NBS, pp199](#)

Discuss the Case Study: *Valladolid, Spain*

10min

Break-Out Rooms

As a group, discuss the Case Study from your chosen perspective

- Well-being policy
- Urban planning for well-being
- Health Initiatives for Sustainable Development

- *Does the case study meet the thematic factors?*
- *How or how not?*

5min

Report back your findings to the whole class

Discuss with the class or use the chat

Divide into 3 groups

Choose one thematic area

- Well-being policy
- Urban planning for well-being
- Health Initiatives for Sustainable development



**NBS
EduWORLD**



**Funded by
the European Union**

NBS EduWORLD is funded by the European Union (Grant Agreement No. 101060525). Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Commission. Neither the European Union nor the granting authority can be held responsible for them.

Thank you!

**Credit for this learning unit content: Centre for Social Innovation,
Trinity Business School, Trinity College Dublin**

Learn more:



<https://nbseduworld.eu>



info@nbseduworld.eu



[NBS EduWORLD](#)



[@NBS_EduWORLD](#)



[NBS EDUWORLD](#)

