

Nature Deficit Disorder

Daniel Alvarez

About me



- ◆ Although human beings have been urbanizing, and then moving indoors, since the introduction of agriculture, social and technological changes in the past three decades have accelerated the human disconnect from the natural world.
- ◆ Among the reasons: the proliferation of electronic communications; poor urban planning and disappearing open space; increased street traffic; diminished importance of the natural world in public and private education; and parental fear magnified by news and entertainment media.
- ◆ Since 2005, the number of studies of the impact of nature experience on human development has grown from a handful to nearly one thousand. This expanding body of scientific evidence suggests that nature-deficit disorder contributes to a diminished use of the senses, attention difficulties, conditions of obesity, and higher rates of emotional and physical illnesses. Research also suggests that the nature-deficit weakens ecological literacy and stewardship of the natural world.

How?

Health Benefits

- ◇ According to a 2019 study that included data from 19,806 participants, spending at least 120 minutes in nature per week can significantly boost health and well-being. You can go for a 2-hour chunk all at once, or break it up into smaller daily segments — the benefits still hold.
 - ◇ **Better breathing and cardiovascular health**
 - ◇ **Reduced depression symptoms**
 - ◇ **Better sleep**
 - ◇ **Boosted immune function**
 - ◇ **Numerous other benefits**

How has the outdoors helped me?