

# NATURE AND HUMAN HEALTH - UTAH

Co Leaders: Nalini Nadkarni, Tim Brown, Dart Schmalz

**Founded in 2019**

## Challenge

Society has transitioned to sedentary lifestyles in nature-deficient environments, which has negative impacts on both human and environmental health. Although recent research documents significant health benefits of nature engagement, there is limited awareness in the traditional healthcare enterprise and the public, especially underserved groups.

## Mission

To understand, articulate, and foster relationships between nature and human health by providing a collaborative arena to engage, formulate actions, and implement solutions for the people and nature in Utah.

## Vision

All Utahns understand the relationships between people and nature and help to ensure those relationships are accessible to and sustained for everyone in our community.

## Strategic Priorities

- Foster connections in the field of nature and health
- Disseminate information and opportunities for nature engagement for all people
- Engage in research initiatives
- Develop and sustain NHH-UT's organizational capacity

## Membership

- 260 members
- 60 affiliated researchers
- 30+ affiliated community organizations
- 6 sectors represented

## Activities

- Quarterly membership meetings
- Pilot grants
- Landscape assessment
- Annual symposium
- Annual public event
- Non-UU Campus visits

## Funding

REI Cooperative Action Fund- \$160,000 (2023-2024)  
Anonymous Donor- \$292,000 (2021-2024)