## The Nature of our Communities: growing health from the ground up

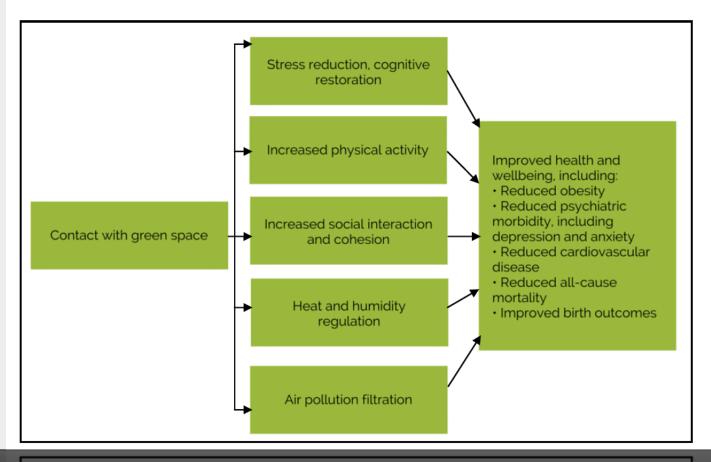
Tara Zupancic, MPH Director, Habitus Research

UOIT Futures Forum : The Future of Community Mental Health and Wellness May 10, 2017

## Where does nature fit?



Figure 1: Associations and pathways through which green space benefits health (adapted from James et al., (2015)



# Planning for health?

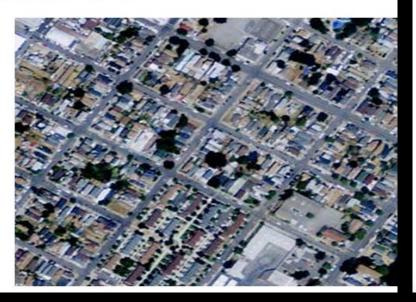


Credit: Marianne Kingsley, Toronto Public Health

## Tree density tells a story about inequity

### **Oakland California**

#### West Oakland



#### Piedmont



#### **Credit: Theresa Riley**

# Not all neighbourhoods are created equal



(Escobedo & Nowak, 2009; Huang et al., 2011; Jesdale, Morello-Frosch & Cushing, 2013; and Su et al 2011).

## "it gives mental peace"



## **Environmental Gentrification**



## Where does nature fit?



Porto Allegre, Brazil, Credit: The Mind Blowing



Faith Vatan Street, Istanbul, Turkey, credit: LEA Invent

