



2013 NATIONAL NATURE SACRED AWARDS

TKF FOUNDATION INITIATIVE FOR INTEGRATED DESIGN AND RESEARCH

Six projects received this distinguished national award for researching the transformational power of nature in urban settings. Each project was chosen for combining the creation of tranquil, restorative spaces with rigorous study of their impact on users' well-being and resilience.

Healing Garden at Advocates for the Survivors of Torture and Trauma, Baltimore MD - Photograph by Mitro Hood



THE PROJECT

THE MECHANISMS AND DESIGN ELEMENTS OF RESTORATIVE NATURE EXPERIENCES

THE ISSUE

A growing body of research has revealed the connection between exposure to green spaces and better health outcomes. We need more data on how to create healthy refuges in urban settings.

THE SOLUTION

Tools derived from computer vision and statistics will be applied to the design of urban parks to better improve the human health benefits of exposure to urban nature.

THE HIGHLIGHTS

- This project will apply new scientific knowledge to the design of urban green spaces.
- Behavioral experimentation, fMRI brain imaging, cortisol assays and semantic analysis tools will be employed to quantify successful design elements.
- Results will be translated into design guidelines to inform policy and ensure that sacred restorative spaces proliferate in some of the most challenging urban environments.

THOSE INVOLVED

The David Suzuki Foundation // The Ohio State University // Rotman Research Institute at Baycrest // Sustainable Sites Initiative
University of Michigan, Department of Psychology // University of Michigan, School of Natural Resources and the Environment
The University of South Carolina, Department of Psychology

Modern life can disrupt our connection to nature. Yet research shows that green spaces improve health. The TKF Foundation helps communities heal from the outside. TKF is a private nonprofit that funds publicly accessible urban green space.

For more information, go to NatureSacred.org



Nature Sacred
Helping communities heal from the outside.