

Mental health – 5th cause of mortality among NCDs due to environment pollution

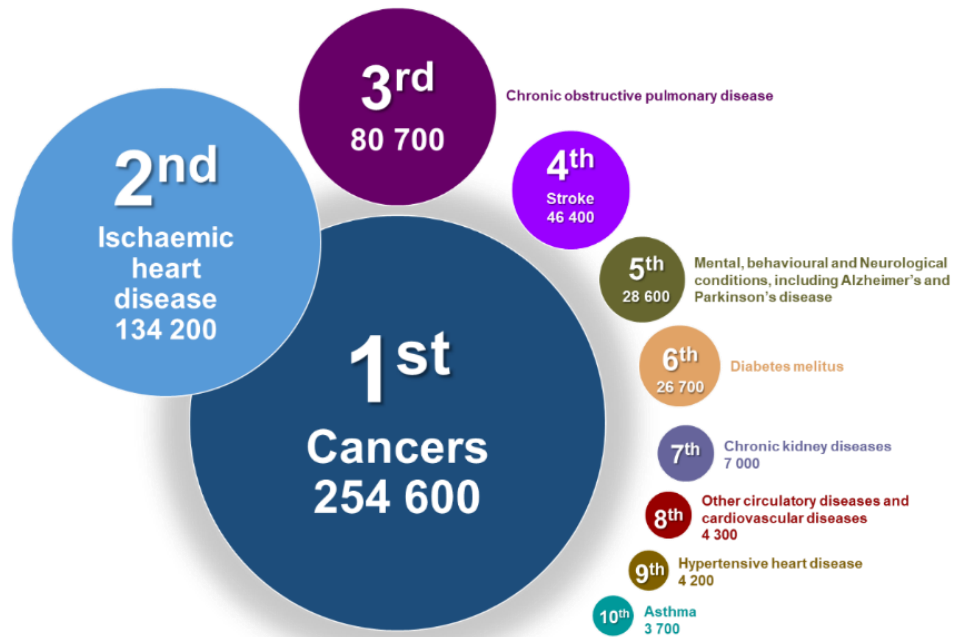
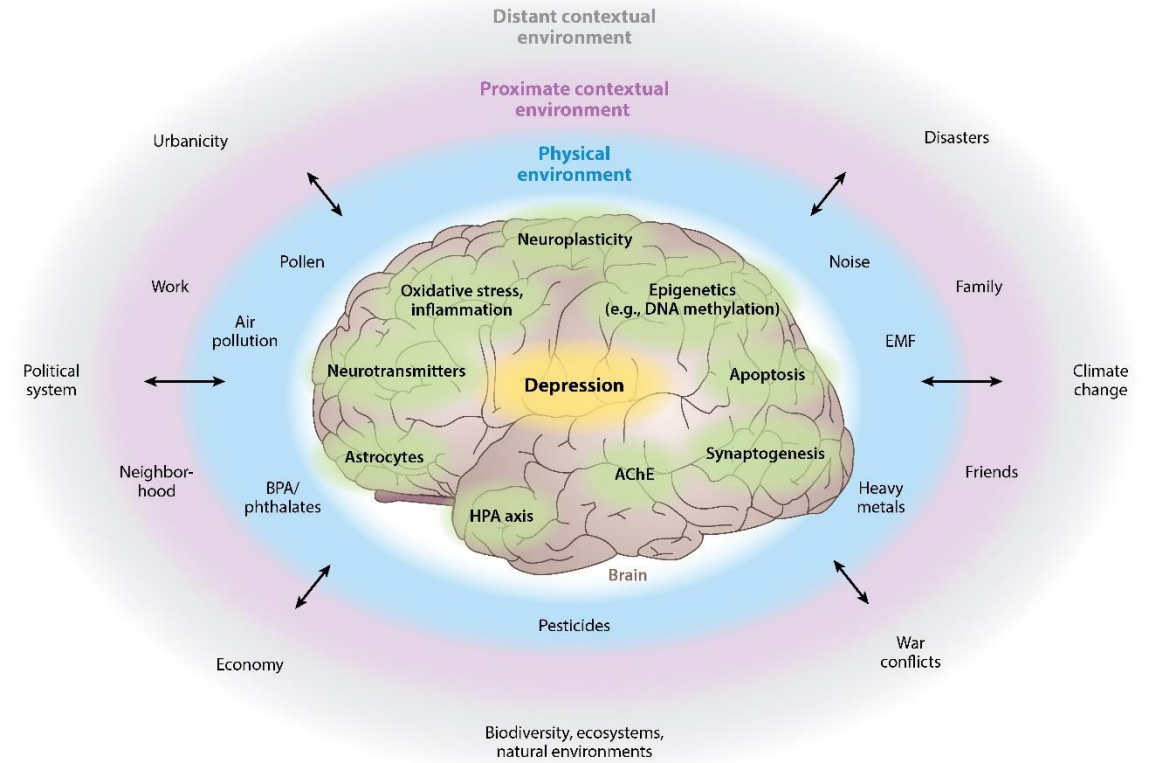


Figure- Top 10 non-communicable diseases causing deaths attributable to the environment in the EU (Source: EEA – Healthy environment, healthy lives, 2018 based on WHO (2016))- **Zero Pollution EU-Action Plan, 2021**

Determinants/exposure → health outcomes

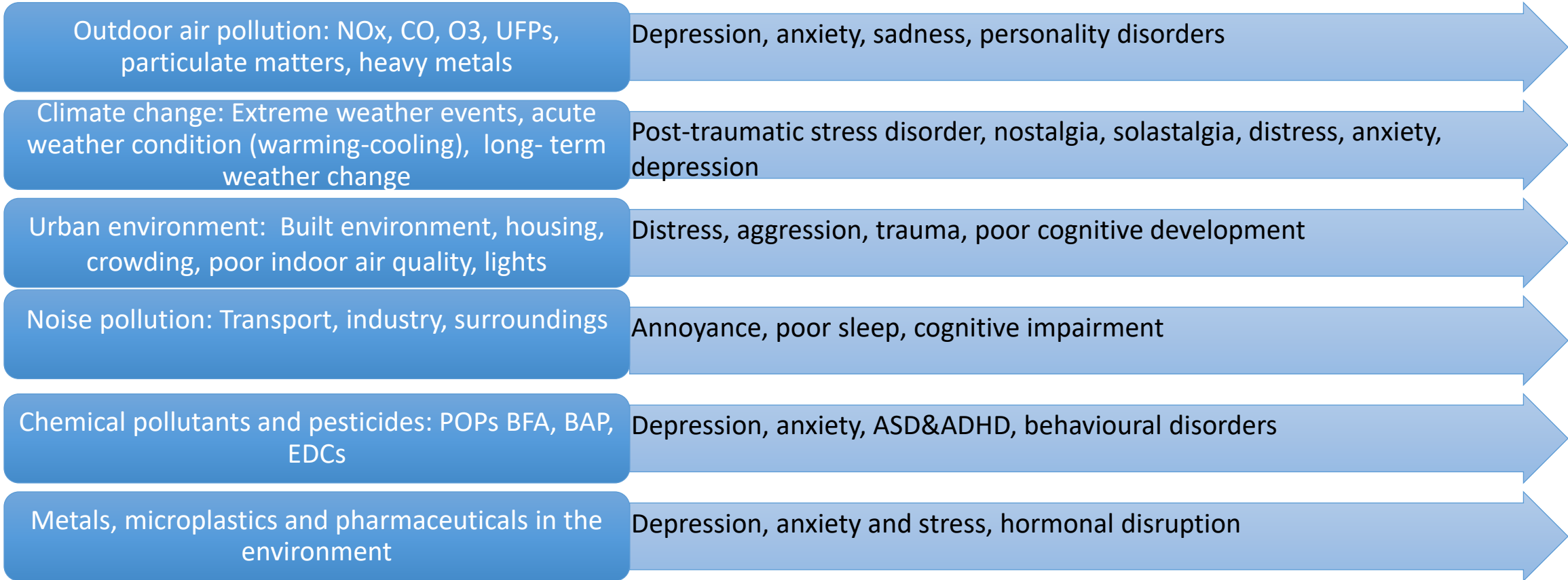


van den Bosch M, Meyer-Lindenberg A. 2019. *Annu. Rev. Public Health* 40:239–59

Source: Van den Bosch, M. et al. *Annu. Rev. Public Health* 2019. 40:18.1–18.21

Determinants/exposure

mental health outcomes





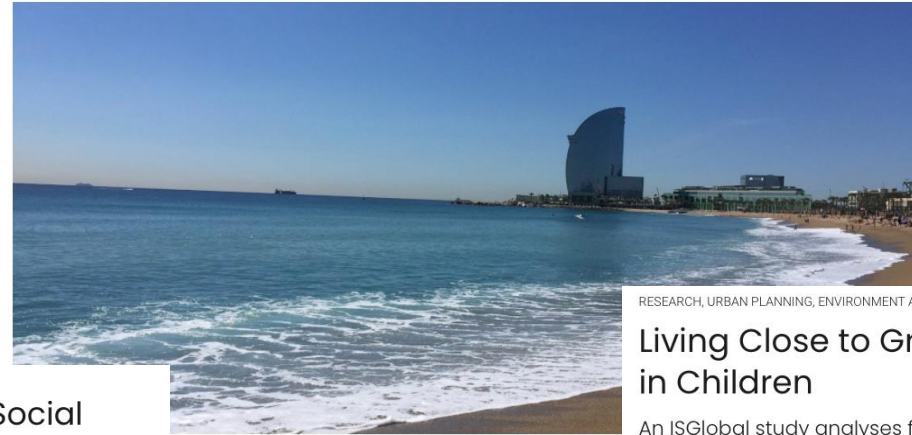
Carmen Stephanie De Keijzer, PhD from ISGlobal in green spaces and healthy aging
ENVIRONMENTAL HEALTH

RESEARCH, URBAN PLANNING, ENVIRONMENT AND HEALTH

Walking Along Blue Spaces Such as Beaches or Lakes Benefits Mental Health

New study identifies benefits to mood and well-being associated with short, frequent walks near bodies of water

06.07.2020



RESEARCH, URBAN PLANNING, ENVIRONMENT AND HEALTH

Living Close to Green Spaces is Associated with Better Attention in Children

An ISGlobal study analyses for the first time lifelong residential exposure to greenness in children

25.10.2017



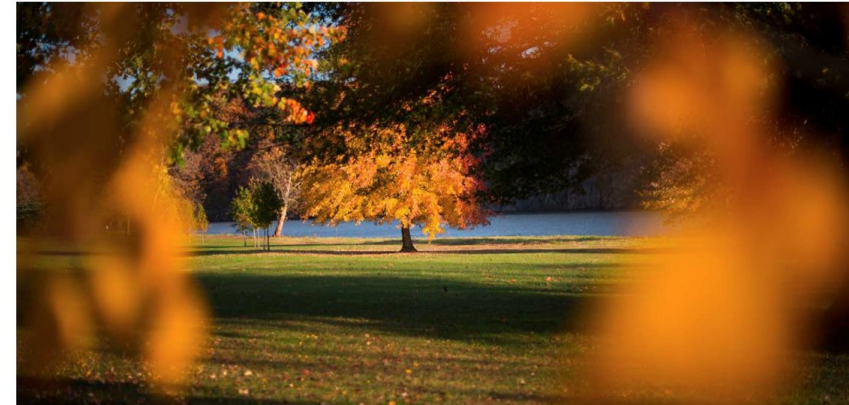
Why Cities Need Green Space More than Ever?

05.6.2020



Green Spaces: A Resource for Mental Health

08.1.2020



RESEARCH

The RECETAS Project Will Test Whether Nature-Based Social Prescribing Can Reduce Loneliness and Promote Mental Wellbeing in Cities

13 organizations participate in this H2020 project coordinated by ISGlobal

28.04.2021





COVID-19 and Mental Health

- The pandemic's impact on mental health is already evident across Europe today:
 - **Belgium** has seen a sharp increase in the rates of depression – from 10% in 2018 to 16% in 2020 (Sciensano, cited in UNRIC 2020).
 - Around 60% of respondents to a survey in **Poland** have experienced increased general anxiety as a result of the pandemic that has affected their daily functioning (Dragan 2020).
 - In **France**, 18% of teleworkers showed symptoms of severe anxiety, depression, and other mental disorders (UNRIC 2020).
 - Parents in **Italy and Spain** are reporting that their children have difficulties concentrating, in addition to showing irritability, restlessness and nervousness (WHO 2020).
 - In **Catalonia**, participants without pre-pandemic reported mental health problems (Covicat cohort), severe depression was present in 6.1% and severe anxiety in 13.5% of the participants (results submitted, Goldberg X, et al, 2021).

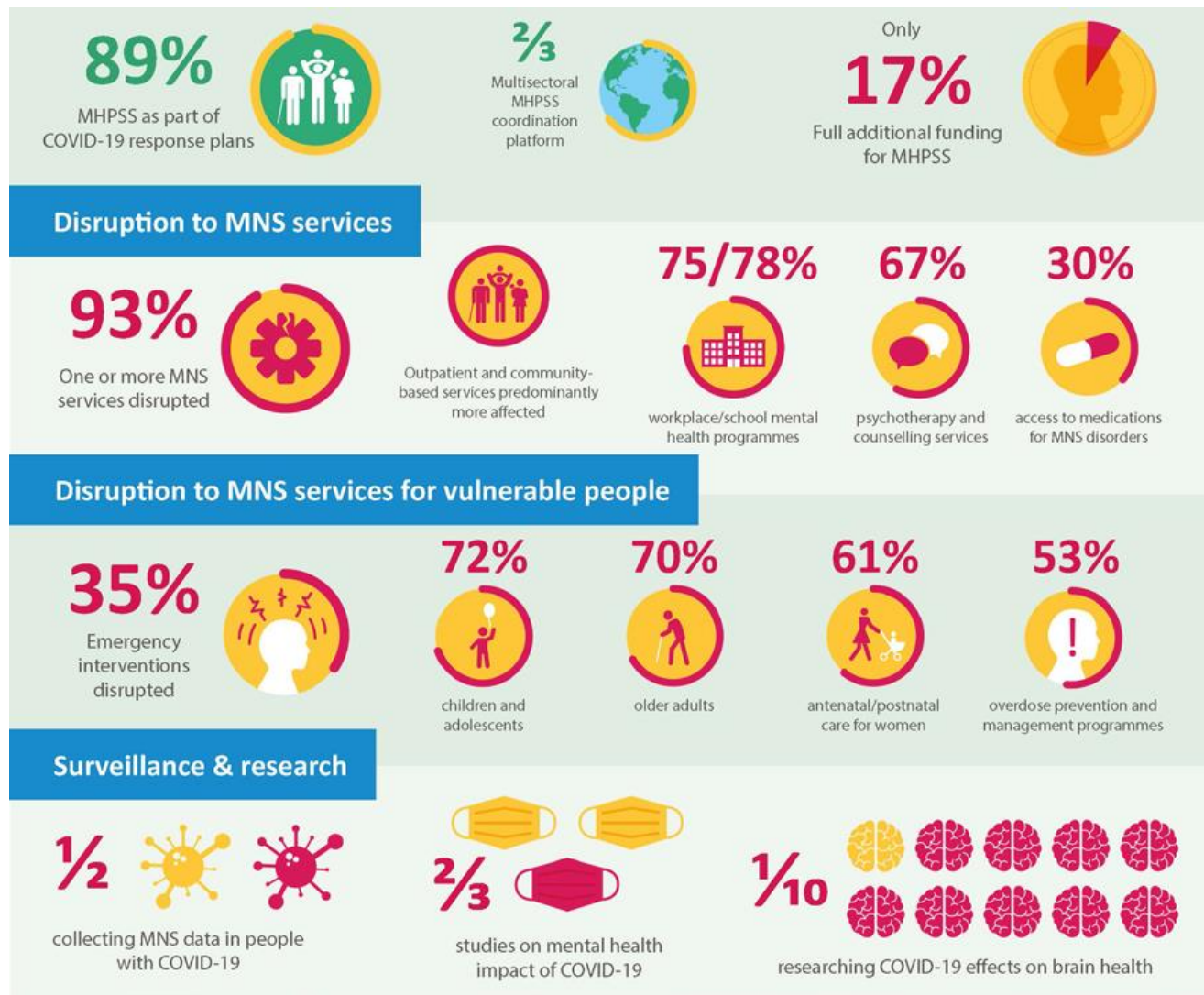
The impact of COVID-19 on mental, neurological and substance use services:

results of a rapid assessment



Fear, worry and stress after are more frequent and more severe after an emergency.

Released Oct. 2020



Countries are responding to the disruption of MNS services in multiple innovative ways, including telemedicine, teletherapy interventions, hotlines and training for health care providers.

32

Will We See a Wave of Mental Health Problems After the COVID-19 Pandemic?

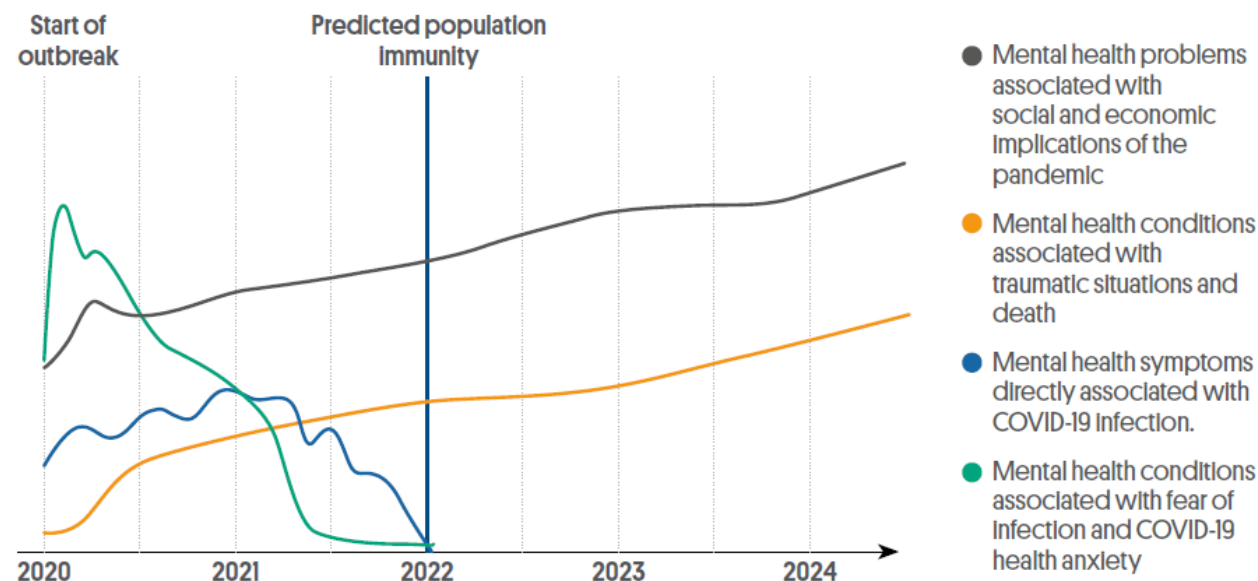
Series | COVID-19 & response strategy

ISGlobal Barcelona Institute for Global Health

Authors: Ximena Goldberg, Oriana Ramirez, Matilda van den Bosch, Liudmila Liutsko and Berta Briones (ISGlobal)*

Figure 2. The Burden and Course of Mental Health Conditions after the Start of the COVID-19 Pandemic Will Vary with Different Risk Factors.

Mental health problems directly related to the infection will decrease as the control of the spread advances. However, mental health conditions that are associated with trauma and socioeconomic impact of the pandemic will increase even after population immunity is achieved.



Interventions aimed at tackling climate change and mental health crisis

- Follow a Health In All Policies approach.
- Include high-quality urban natural spaces, especially in deprived areas.

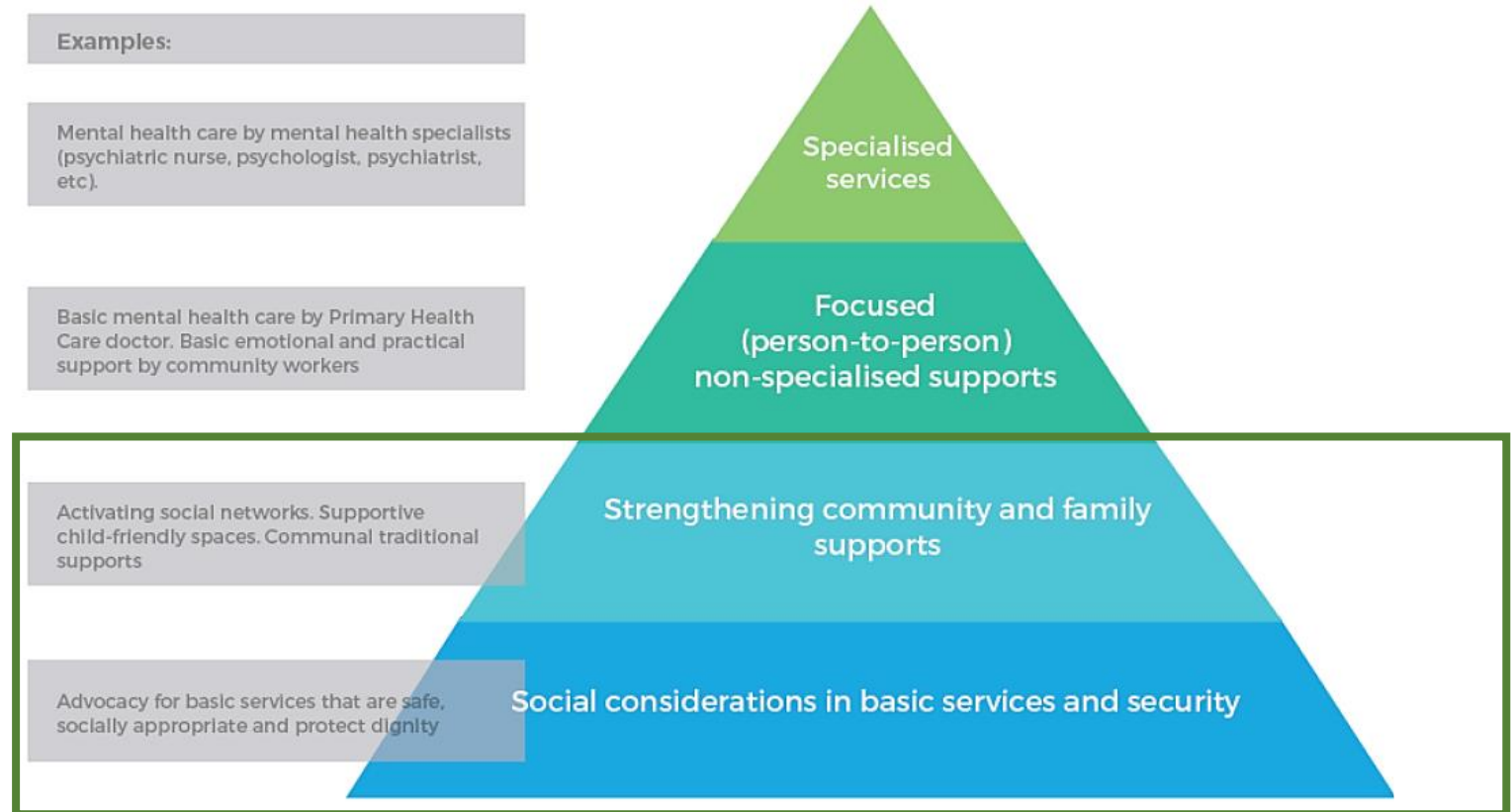


Figure reproduced from Report of IASC Reference Group on MHPSS in Emergency Settings (Circulated on: 17 March 2020)

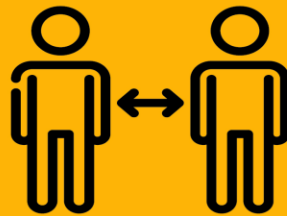
GREEN SPACES AND COVID-19

With the COVID-19 pandemic,

good quality green spaces are **more needed than ever** in cities because they offer:



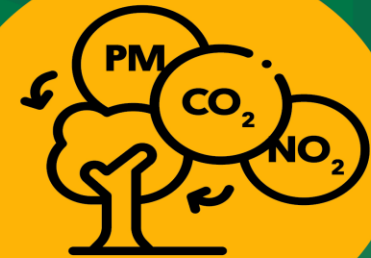
**LOWER RISK OF
COVID-19 TRANSMISSION
OUTDOORS**



**SPACE FOR
SOCIAL
DISTANCING**



**BENEFITS FOR
PHYSICAL AND
MENTAL HEALTH**



**REDUCTION OF
AIR POLLUTION AND
NOISE LEVELS**