



Giovanna Calogiuri

# Nature visits during the pandemic

*What can we learn?*



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**Green Exercise**  
"Any physical activity taking place in presence of nature"  
(Pretty et al., 2003)

NATURE EXPOSURE  
+  
PHYSICAL ACTIVITY

INi  
GoGreen  
UNIVERSITY  
LONDON

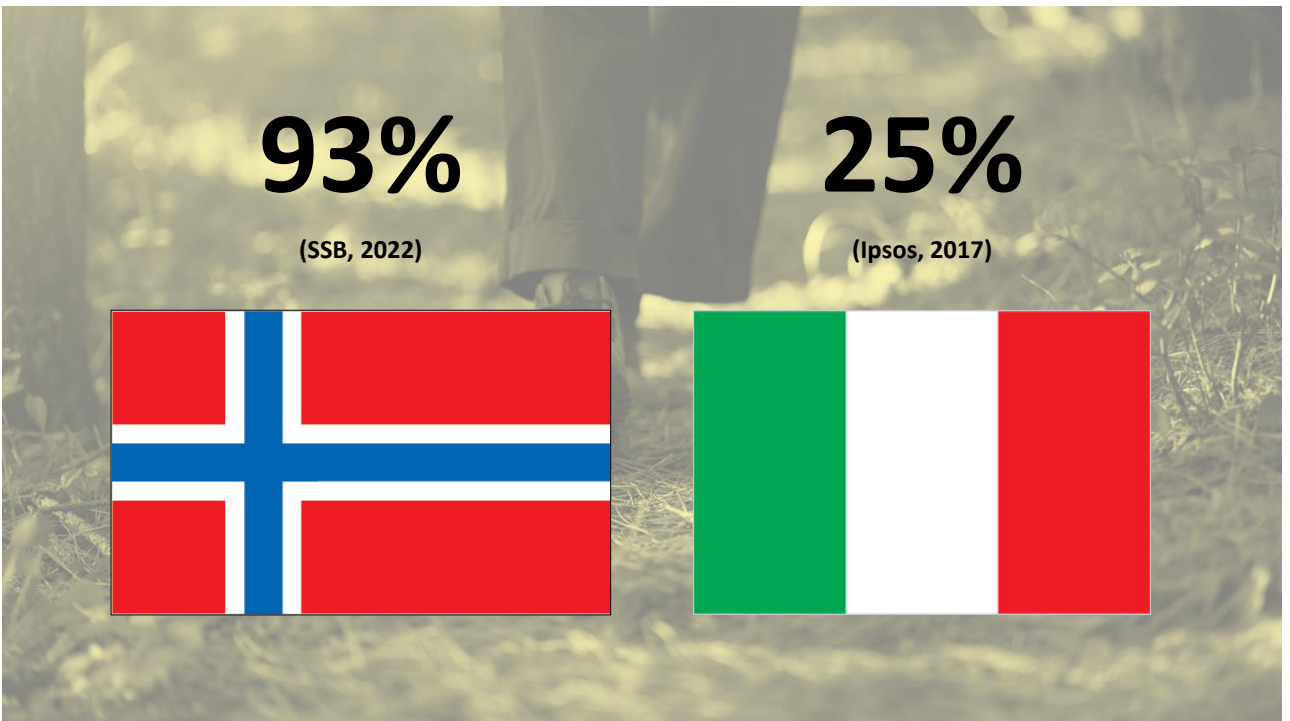
The image shows a presentation slide titled "Green Exercise". The slide contains a definition: "Any physical activity taking place in presence of nature" (Pretty et al., 2003). Below the definition, it says "NATURE EXPOSURE + PHYSICAL ACTIVITY". To the right of the text is a photograph of a paved path in a park with many trees and people walking. On the right side of the slide, there is a vertical banner with the text "INi", "GoGreen", and "UNIVERSITY LONDON".

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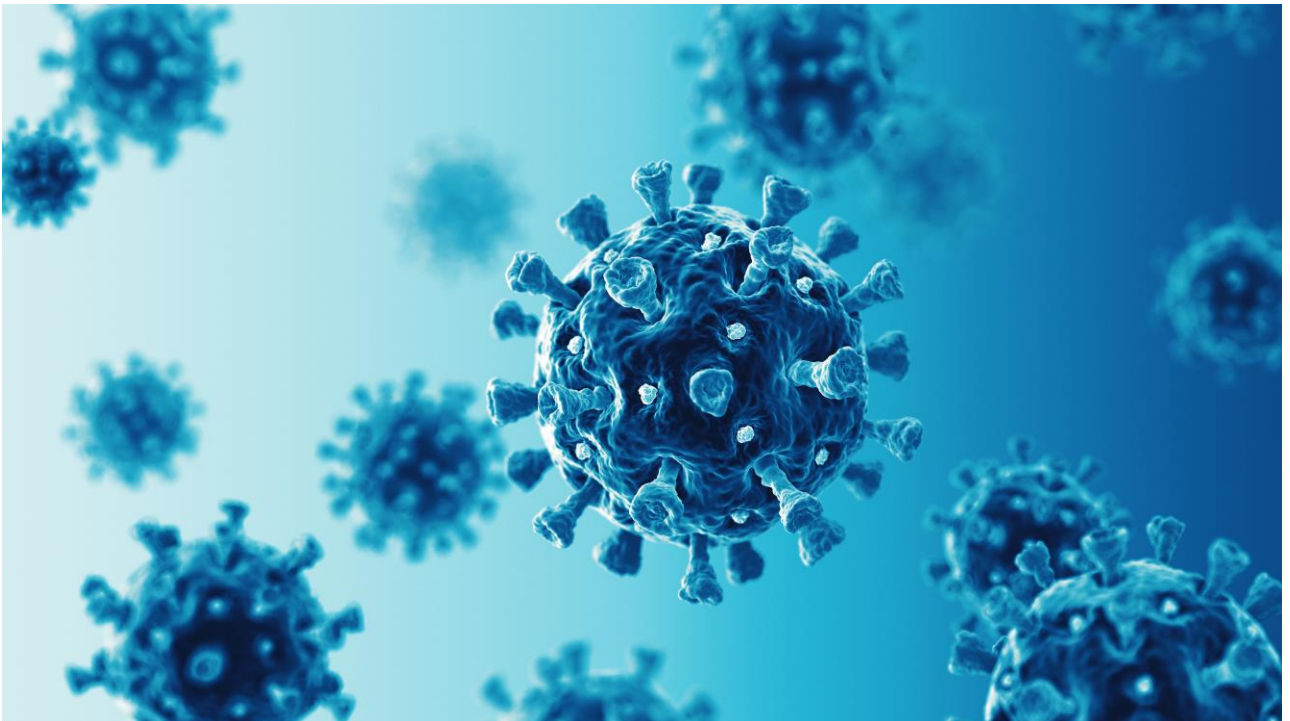
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«Det skjer ting i sjelen – og i  
hjertet – når du er ute»  
Jonas Gahr Støre

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frontiers | Frontiers in Public Health

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Articles

Frontiers in Public Health

Center on

## Nature visits during the COVID-19 pandemic in Norway: Facilitators, motives, and associations with sociodemographic characteristics

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**Introduction:** The COVID-19 pandemic has been linked to increased mental health issues and reduced well-being. Researchers also reports increased frequency of nature visits during the pandemic, proposing it may mitigate some of these negative consequences. Using the case of Norway, a country with ample access to nature and relatively low levels of pandemic-related restrictions, this study sought to (i) understand how the COVID-19 crisis impacted patterns of nature visits and specific nature-based activities, (ii) examine how these patterns varied among different population groups and levels of restrictions, and (iii) explore motives and facilitators for increased frequency of nature visits.

**Methods:** The data were retrieved from a national cross-sectional survey conducted in June 2021, which was designed to assess participants (n = 1,005, 17 years) habits in relation to nature visits and outdoor recreation since the start of the COVID-19 crisis, and associated factors.

**Results:** The results showed that 32 % of participants increased their frequency of nature visits during the crisis, while 11 % experienced a decrease. Multivariate regression analysis revealed significant positive associations between increased frequency of nature visits and longer duration of lockdown restrictions (OR [95% CI] 1.23 [1.12–1.35] and 4.92 [2.77–8.74] for a few weeks and several months, respectively). Increased frequency of nature visits was also more strongly associated with younger respondents, and individuals from high-income households. A post-hoc analysis showed that the most common motive for nature visits was "To be physically active" (74%). The most common facilitators were the possibility of using natural environments and organized sports alongside having more time to be physically active.

**Conclusion:** The results suggest that nature visits provided important

# IPSOS-RAPPORT: FRILUFTSLIV OG KORONA

Juni 2021, for Norsk Friluftsliv

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15



16



11%



17



18

## KUNNSKAPSLØFTET

– reformen i grunnskole og videregående opplæring

HELSE- OG OMSORGSDEPARTEMENTET

### Likeverdige helse- og omsorgstjenester – god helse for alle

Nasjonal strategi om innvandreres helse  
2013-2017

DET KONGELIGE  
HELSE- OG OMSORGSDEPARTEMENTET

### Meld. St. 19

(2014–2015)  
Melding til Stortinget

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Folkehelsemeldingen  
Mestring og muligheter

### Lov om friluftsliv (frilftsloven)

Lov om friluftsliv (frilftsloven)	
Dato	LOV-1957-06-28-16
Departement	Klima- og miljødepartementet
Sist endret	LOV-2021-05-07-34 fra 01.06.2021
Ikrafttredelse	01.07.1957
Rettet	01.07.2021 (faglige noter fjernet, UU-tilpasning)
Korttittel	Frilftsloven – fril

19



20





21



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