

MEDIA ADVISORY

Study finds nature exposure leads to better health

News conference shares findings with parents, gives tips on incorporating nature into lives

WHO: Sandra Marquez, statistical technician at Barcelona Institute for Global Health
Marta Cirach, technician at Barcelona Institute for Global Health

WHAT: News conference to share findings that people who went outside as children are more likely to have better mental health in adulthood.

WHEN: 10 a.m. Monday, Feb. 7.

WHERE: Institut Verdaguer
Parc de la Ciutadella, s/n
08003 Barcelona, Spain
West of Parlament de Catalunya and north of General Joan Prim Monument

Reporters can park at the following address:

Parking garage

Av. del Marquès de l'Argentera

08003 Barcelona, Spain

DETAILS: The news conference will be on the Institut Verdaguer steps, so children can play at the Area de Joc Infantil, and parents can ask questions about the findings.

Researchers will discuss their finding that adults who did not spend much time in nature as a child are more likely to have worse mental health. The conference is located in one of Barcelona's well-known parks, because researchers want to encourage interaction with nature.

Cirach and Marquez will be available for questions and photos after the news conference.

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