

## *PhD projects at the Research Group of Medical Geography & Public Health*

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### **Nature Experience and Health:**

## **Subjective health assessment and motor abilities from former forest kindergarten children**

**Keywords:**

**Nature experience, health, health related quality of life, motor activity**

#### Abstract

The aim of this study is to find out synergies between the natural experiences and health.

The long-term effects for elementary students, who had visited forest kindergartens, were tested with several methods. After visits in about 10 forest kindergartens in North Rhine-Westphalia, the examination through a motor-activity test, data on health-related quality of life and qualitative interviews were collected from elementary school students. These data will be compared to those of two control groups, one of which were collected by us and the other of a Germany wide survey.

The results will give recommendations for health promotion for elementary school students.



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Visiting a forest kindergarten



Motor-activity test



Qualitative interviews

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