

## RECETAS

Re-imagining Environments for Connection and Engagement:  
Testing Actions for Social Prescribing in Natural Spaces.

### Coordinator:

Barcelona Institute for Global Health (ISGlobal, Spain)

### Partners:

- Agence des Villes et Territoires Méditerranéens Durables (AViTeM, France)
- Agència de Salut Pública de Catalunya (ASPCAT, Spain)
- Aketh Investments Services (AIS, Spain)
- Assistance Publique Hôpitaux de Marseille (AP-HM, France)
- Charles University (CU, Czech Republic)
- Fundació Salut i Envel·liment UAB (FSIE-UAB, Spain)
- Private University for Health Sciences, Medical Informatics and Technology (UMIT, Austria)
- RMIT University (RMIT, Australia)
- University of Cuenca (UC, Ecuador)
- University of Helsinki (UH, Finland)
- University of the West of England (UWE, United Kingdom)
- Visible Network Labs (VNL, USA)



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**RECETAS**  
TESTING ACTIONS FOR SOCIAL  
PRESCRIBING IN NATURAL SPACES



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TESTING ACTIONS FOR SOCIAL  
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Nature.  
Wellbeing.  
Connection in cities.

THIS H2020 PROJECT EXPLORES  
HOW NATURE-BASED SOLUTIONS CAN BE  
LEVERAGED TO REDUCE LONELINESS  
IN CITIES AND PROMOTE WELLBEING  
AMONG URBAN RESIDENTS.



# THE PROJECT

**RECETAS** is an EU-funded project aiming at testing and evaluating **nature-based social prescribing across Europe, Latin America and Australia.**

RECETAS is grounded in participatory principles and explores loneliness through a transdisciplinary lens, integrating social, behavioural, health, and natural sciences.

It will use randomized controlled trials (RCT) and other epidemiological, anthropological, and health economic methods to examine socially and culturally innovative nature-based social prescribing (NBSP) in six cities: Marseille (France), Barcelona (Spain), Prague (Czech Republic), Helsinki (Finland), Cuenca (Ecuador) and Melbourne (Australia).

RECETAS responds to the current global context, where cities are at the forefront of the environmental and social transformations needed to address challenges such as climate change, biodiversity loss, aging populations and mental health. The RECETAS studies will make important contributions to the growing body of evidence around the potential for nature-based social interventions to promote health and wellbeing in cities. At the same time, these solutions aim to reduce pressure on already stressed medical systems by using non-medical nature-based community referral strategies that address loneliness, an important precursor to chronic diseases and mental health disorders. Other project outputs will link research with practice and policy, enabling citizens, providers and decision makers to optimally implement and scale-up NBSP interventions.

## WHAT IS NATURE BASED SOCIAL PRESCRIBING (NBSP)?

Walking in a park or along the water, growing food, cultivating flowers, exercising in a natural setting... these activities and many others can be included in Nature Based Social Prescribing (NBSP). The activities require active participation, be nature-based, and be socially organized.

NBSP refers to non-medical referrals that focus on social connection and the many benefits of natural spaces. NBSPs are used together with existing treatments, and involve care professionals, community organizations and people who might feel lonely, identifying activities in natural spaces that can improve their health and well-being. NBSP provides an opportunity to help city dwellers find ways to feel more connected socially and in surrounding communities and nearby natural environments.

## WHAT DOES RECETAS INCLUDE ?

- ✓ Social network analysis to understand relationships and pathways for intervention among stakeholders working at the intersection of nature-based solutions and mental health
- ✓ Inventory of existing nature-based interventions and the creation of new ones using participatory methods and literature reviews of current practices
- ✓ Design and evaluation of NBSP to understand the optimal conditions and impacts across diverse populations and different geographic, social, and cultural contexts
- ✓ Digital Platform connecting users in the delivery and uptake of NBSP and further extending the reach of NBSP globally

