



Well-Being and Health Impacts of Outdoor Recreation in Natural Settings

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Message from the Guest Editors

Nature contacts are increasingly recognized as positively contributing to our psychological, social, and physiological wellbeing and health. Natural environments and shared nature experiences provide an opportunity for social interaction and strengthening bonds within families and communities. In terms of physiological benefits, natural settings alleviate the negative effects of various stressors in urban environments, for instance. Contact with diverse environmental microbiota also affects the human commensal microbiota and drives effective functioning of the immune system. Outdoor recreation has become increasingly crucial in providing nature contacts in urbanized societies with decreasing capacities for everyday connection with nature. In this Special Issue, we are looking for high-quality multidisciplinary research articles and reviews that focus on the well-being and health impacts of outdoor recreation. Research can target any user group and context and any form of outdoor recreation in natural settings. Both quantitative and qualitative research papers as well as theoretical contributions are welcome.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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