

# Horizon Europe project: RESONATE

**Building individual and community  
resilience through nature-based  
therapies (June 2023 - May 2027)**

## **Aims:**

- (1) build a stronger evidence-base of the links between nature, health, and well-being
- (2) increase awareness, acceptance and use of nature-based therapies as a way to build biopsychosocial resilience of individuals and communities

**14 partners**

**9 case studies**

**Urban, rural & coastal  
settings**

**Impacts on health,  
environment, economy  
& society**

**EuroHealthNet leading  
WP on health equity**

# Health equity impact assessments (HEIA) & health equity audits (HEA)



**Timeline:** June 2023 - June 2026 (first three years of the project)

**Aim:** understand how health determinants and access to green/blue spaces are distributed across the population, and the potential distributional effects of interventions on participants' physical and mental health

## Scope

Covering 6 of the 9 case studies

- 2 in-depth HEIAs
- 4 HEAs

## Method

WHO Health Impact Assessment framework

- **Screening**
- **Scoping**
- **Appraisal**
- **Reporting**
- **Monitoring**

## Outcome

Guidance on how to design and implement nature-based therapies that promote positive (& minimize negative) health impacts, and tackle health inequalities

# Potential challenges & learnings from the Partnership



## Availability of data

Focus on site factors (air quality, walkability, public transport links), participant characteristics (education levels, employment status) & local health contexts (current NbT attitudes/practices)

## Co-creation

Encouraging stakeholder participation at all stages to empower participants (ensuring diverse and inclusive co-creation), and lead to consensual policy decisions

## Policy feedback

Monitoring how the HE(I)As are received by local stakeholders and the extent to which information about equity feeds into decision-making processes

**Do you have experiences and learnings from previous activities to share?**

# Opportunities for the Partnership

Support in developing methodologies/  
providing guidance for  
RESONATE HEIAs

1

Provide input to &  
benefit from the  
EuroHealthNet guidance  
on implementing and  
communicating HEIAs

2

Contribute to  
RESONATE guidance  
for health professionals  
on nature-based  
therapies

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