



School of Health and Social Development

Health, Nature and Sustainability (HNS) Research Group

HNS publications

Research literature, journal articles, magazine articles, conference proceedings, reports and radio transcripts and book chapters

References to varying types of literature are provided here, and where possible, electronic (pdf) versions are available for those wishing to access articles authored by any of the HNS research team. At this stage, we are unable to store this information in a database, and have therefore used a list method of organisation. Literature has been broadly categorised and includes references also mentioned in association with projects listed.

Children's relationship to nature and place

Refereed Papers:

- Maller, C. and Townsend, M. (2006). "Children's mental health and wellbeing and hands-on contact with nature", *International journal of learning*, Vol. 12, no. 4, pp. 359-372

Radio Interviews:

- Maller, C. Live to Air, Radio Interview, "Morning Show" with Roger Taylor, ABC Port Pirie, Adelaide (22/08/05)
- Maller, C. Live to Air, Radio Interview, "Far North Mornings" with Pat Morrish, ABC Cairns (18/08/05)
- Maller, C. Live to Air, Radio Interview, "Afternoons" with Alison Manning, ABC Western Plains (16/08/05)
- Maller, C. Live to Air, Radio Interview, "The Day Shift", with Lindy Burns, ABC Newcastle (15/08/05)

Education and environmental education

- Maller, C. (2005). "Hands-on contact with nature in primary schools as a catalyst for developing a sense of community and cultivating mental health and wellbeing." *Eingana*, Vol 28 (3), December: 16-21.
- Pryor, A. and Carpenter, C. (2005). "How Does Outdoor Education Promote Health and Wellbeing?" *Journeys*. News journal of the Victorian Outdoor Education Association, Australia. Vol. 10 (2) May.
- Pryor, A. (1997). *Attitude Change Through Outdoor Education Experience*. School of Arts and Education, La Trobe University, Vic 3550, Australia (Limited Publication).

Non-refereed papers:

- Maller, C. J. (2004). "The Hidden Benefits of Environmental Education: Contact with Nature and Children's Health and Wellbeing". *ECHO Journal* of the Victorian Home Economics and Textiles Teachers' Association, 43 (1): 16-22.

Health, Environment and economy

- Townsend, M. (2005). "Civic environmentalism: linking ecosystem sustainability and human health." *Eingana*, Vol 28 (3), December: 6-10.

Human relationships with nature

Refereed Papers:

- Townsend, M. (2006). "Why not go for a picnic in the park?" *VHETTA Journal*, Vol 45 (1): 6-10
- Townsend, M. (2006). "Natural connections: connecting with nature is really good for human health and wellbeing" *VicHealth Letter*, 26, Summer: 14-15.
- Maller, C. J. (2005). The Last Word - "Back to Nature". *Nature Australia*, Winter:80.

Book Chapters:

- Townsend, M. and Ebdon, M. (2009). "Nature and health", in *Understanding health: a determinants approach*, Oxford University Press, South Melbourne, Vic., pp.151-159.

Health promotion

- Patrick, R. and Capetola, T. (2011), "It's here! Are we ready? Five case studies of health promotion practices that address climate change from within Victorian health care settings", *Health Promotion Journal of Australia*, Vol. 22, Special issue: climate change and health promotion, pp. S61-S67.
- Patrick, R. and Smith, J. A. (2011). "Core health promotion competencies in Australia: are they compatible with climate change action?", *Health Promotion Journal Of Australia*, Vol. 22, Special issue: climate change and health promotion, pp. S28-S33.

- Patrick, R., Capetola, T., & Noy, S. (2011). "Health promotion and sustainability: Transitioning towards healthy and sustainable futures". Report prepared by Deakin University, School of Knowledge Media Division, Melbourne for Sustainability Victoria.
- Patrick, R., Capetola, T., Townsend, M. and Nuttman, S. (2011). "Health promotion and climate change: exploring the core competencies required for action", *Health Promotion International*, Advance Access, pp. 1-11.
- Patrick, R., Capetola, T., Townsend, M. and Hanna, L. (2011). "Incorporating sustainability into community-based healthcare practice", *Ecohealth*, Vol. 8, no. 3, pp. 277-289.
- Capetola, T., Patrick, R. and Nuttman, S. (2009). "Climate change in the kitchen and on the public health agenda", *Health Issues*, no. 99, Winter, pp. 16-18.
- Pryor, A., Townsend, M., Maller, C. and Field, K. (2006). "Health and well-being naturally: 'contact with nature' in health promotion for targeted individuals, communities and populations." *Health Promotion Journal of Australia* 17 (2) August.
- Maller C., Townsend M., Pryor A., Brown P. and St Leger L. (2005) "Healthy nature healthy people: 'contact with nature' as an upstream health promotion intervention for populations". *Health Promotion International* 21: 45-54, December.

Parks, wilderness and health

- Maller, C., Townsend, M., Brown, P. and St Leger, L., Henderson-Wilson, C., Pryor, A., Prosser, L., Moore, M. (2008). "Literature Review: Healthy Parks Healthy People: The Health Benefits of Contact with Nature in a Park Context- A Review of Current Literature". 2nd Edition. Deakin University, Parks Victoria. Melbourne, Australia.
- Townsend, M. (2005). "Health, Wellbeing and Social Capital Benefits of Open Space Use within the City of Knox. Final Report April 2005". Deakin University, School of Health and Social Development. Melbourne Australia.
- Townsend, M. and Maller, C. (2003). *Sustaining People and Places*. Proceedings of the Airs, Waters, Places Transdisciplinary Conference on Ecosystem Health in Australia. The University of Newcastle School of Environmental and Life Sciences. Newcastle, Australia. 265-278.
- Maller, C., Townsend, M., Brown, P. and St Leger, L. (2002). "Literature Review: Healthy Parks Healthy People: The Health Benefits of Contact with Nature in a Park Context- A Review of Current Literature". Deakin University, Parks Victoria. Melbourne, Australia.
- Maller, C., Townsend, M., Brown, P. and St Leger, L. (2002). "Annotated Bibliography: Healthy Parks Healthy People: The Health Benefits of Contact with Nature in a Park Context- An Annotated Bibliography". Deakin University, Parks Victoria. Melbourne, Australia.
- Maller, C. J & Townsend, M. (2002). "Case Study: Parks and Nature Enhancing Health & Wellbeing". Environmental Indicators for Metropolitan Melbourne (Australian Institute of Urban Studies), *Bulletin* 5: 20.

Plants, gardening and health

- Block, K., Gibbs, L., Staiger, P. K., Gold, L., Johnson, B., Macfarlane, S., Long, C. and Townsend, M. (2012). "Growing community: the impact of the Stephanie Alexander kitchen garden program on the social and learning environment in primary schools", *Health education and behavior*, Vol. 39, no. 4, pp. 419-432.

- Kingsley, J., Townsend, M. and Henderson-Wilson, C. (2009). "Cultivating health and wellbeing: members' perceptions of the health benefits of a Port Melbourne community garden", *Leisure studies*, Vol. 28, no. 2, pp. 207-219.
- Kingsley, J. & Townsend, M (2006), "Dig In' to Social Capital: Community Gardens as Mechanisms for Growing Urban Social Connectedness", *Urban Policy and Research*, Vol. 24, No. 4, pp. 525-537

Urban environments and health

Refereed Papers:

- Maller, C.J., Henderson-Wilson, C. and Townsend, M. (2009), "Rediscovering nature in everyday settings: or how to create healthy environments and healthy people", *EcoHealth*, Vol. 6, no. 4, pp. 553-556.
- Leslie, E., Kremer, P. and Townsend, M. (2008). "Differences in park use and frequency of visits for residents in high and low socioeconomic status areas", in *ASBHM: Annual Scientific Conference: Behavioural Medicine: Making a Difference to Health*, ASBHM, Sydney, N.S.W.
- Henderson-Wilson, C. and Townsend, M. (2007). "How residential environments impact on health", *Health Issues*, Summer, pp. 25-29.
- Henderson-Wilson, C. (2005). "The impacts of access to 'nature' on inner city highrise residents' quality of life". Urbanism Down Under conference Creative Urban Futures, Wellington, New Zealand, 18-20 August 2005. (non published).
- Townsend, M., Maller, C. J., St Leger, L., & Brown, P. R. (2003). "Using Environmental Interventions to Create Sustainable Solutions to Problems of Health and Wellbeing". *Environmental Health*, Vol 3 (1): 58-69.

Radio Interviews:

- Townsend, M. Live to Air, Radio Interview, "Living high but healthy" *Afternoon Program* with Lyn Haultain, ABC Melbourne (25/10/04).
- Townsend, M. Live to Air, Radio Interview, "Living high but healthy" *Early Morning Program* with Madeleine Randall, ABC Melbourne (08/03).

Book Chapters:

- Henderson-Wilson, C. (2010). "Sustainable high-rise developments factors impacting on residents' health and well-being", in *Environment, health, and sustainable development*, Hogrefe Publishing, Toronto, Ont., pp.59-72.
- Townsend, M. (2006). "Men Shouldn't Decide Everything: Women and the Public Realm." In Moor, M. and Rowland, J. (eds) *Urban Design Futures*. Routledge, Oxon.

Volunteering and friends groups

- O'Brien, L., Burls, A., Townsend, M. and Ebdon, M. (2011), "Volunteering in nature as a way of enabling people to reintegrate into society", *Perspectives in Public Health*, Vol. 131, no. 71, pp. 71-81.
- Moore M., Townsend M. & Oldroyd J. (2006). "Linking Human and Ecosystem Health: The benefits of Community Involvement in Conservation Groups", *EcoHealth*, Vol. 3 No. 4, pp. 255-261.
- Townsend, M. (2006). "Feel blue? Touch green! Participation in forest/woodland management as a treatment for depression." *Urban Forestry & Urban Greening*. Vol. 5 111-120.
- Townsend, M. and Marsh, R. (2004). "Exploration of the Health and Wellbeing Benefits of Membership of Truganina Explosives Reserve Preservation Society. Final Report, November 2004". Deakin University, School of Health and Social Development. Melbourne, Australia.

Wilderness therapy

- Pryor, A., Carpenter, C. and Townsend, M. (2005). "Outdoor Education and Bush Adventure Therapy: a Socio-ecological approach to health and wellbeing." *Australian Journal of Outdoor Education*. Vol. 9 (1) May.
- Carpenter, C. and Pryor, A. (2004). "A Confluence of Cultures: Wilderness Adventure Therapy Practice in Australia and New Zealand". In Boedorf, S. (Ed.) *The World of Adventure Therapy*. Proceedings of the Third International Adventure Therapy Conference. USA.
- Pryor, A. (2003). "The Outdoor Experience Program: Wilderness Journeys for Improved Relationships with Self, Others and Healthy Adventure." In Richards, K. and Smith, B. (Ed.) *Therapy within Adventure*. Proceedings of the Second International Adventure Therapy Conference Proceedings. University of Augsburg, 2000. Zeil.
- Pryor, A. and Carpenter, C. (2002). *South Pacific Forum for Wilderness Adventure Therapy: Shared Conversations*. School of Education, Victoria University, Australia. (Limited Publication).
- Pryor, A. (2001). "A South Pacific Gathering of Wilderness Adventure Therapists." *Journeys*. News journal of the Victorian Outdoor Education Association, Australia. Vol. 6 (2) September.