

Measuring wellbeing from nature-based interventions

**A new observation tool for generating wellbeing
impact evidence**

Jack Benton (The University of Manchester)

Jamie Anderson, Margaret Pulis, Sarah Cotterill, Ruth Hunter, David French

The problem

- Difficult to quantify impact of nature on wellbeing
- Lack of evidence on which nature-based interventions work best to improve wellbeing



The solution

- **MOHAWK**: **M**ethod for **O**bserving **pH**ysical **A**ctivity and **W**ellbeing
- ‘Five Ways to Wellbeing’ (NEF, 2008)



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

Data collection form

START TIME: 10am END TIME: 11am Page 1

DATE / DAY: Monday 16th January SITE: Radport canal OBSERVED: JB

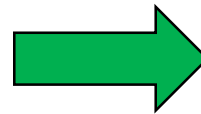
WEATHER / COMMENTS: Rain: 10-10.15 10.35-10.50
Use any key observation. For weather, include the direction of any precipitation e.g. Rain from 10.30-10.45am

Person	Gender		Age Group				Ethnicity		Activity Type(s)				Activity Level(s)				Check speed used in group	Over-weight?	Muscle?
	Male	Female	Teen	Adult	Older Adult	White	Non-White	Walking	Light physical	Medium physical	High physical	Light	Medium	High	Very High				
1	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
2	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
3	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
4	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
5	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
6	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
7	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
8	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
9	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
10	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
11	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
12	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
13	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
14	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
15	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
16	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
17	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
18	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
19	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
20	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
21	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
22	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
23	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	

Case study

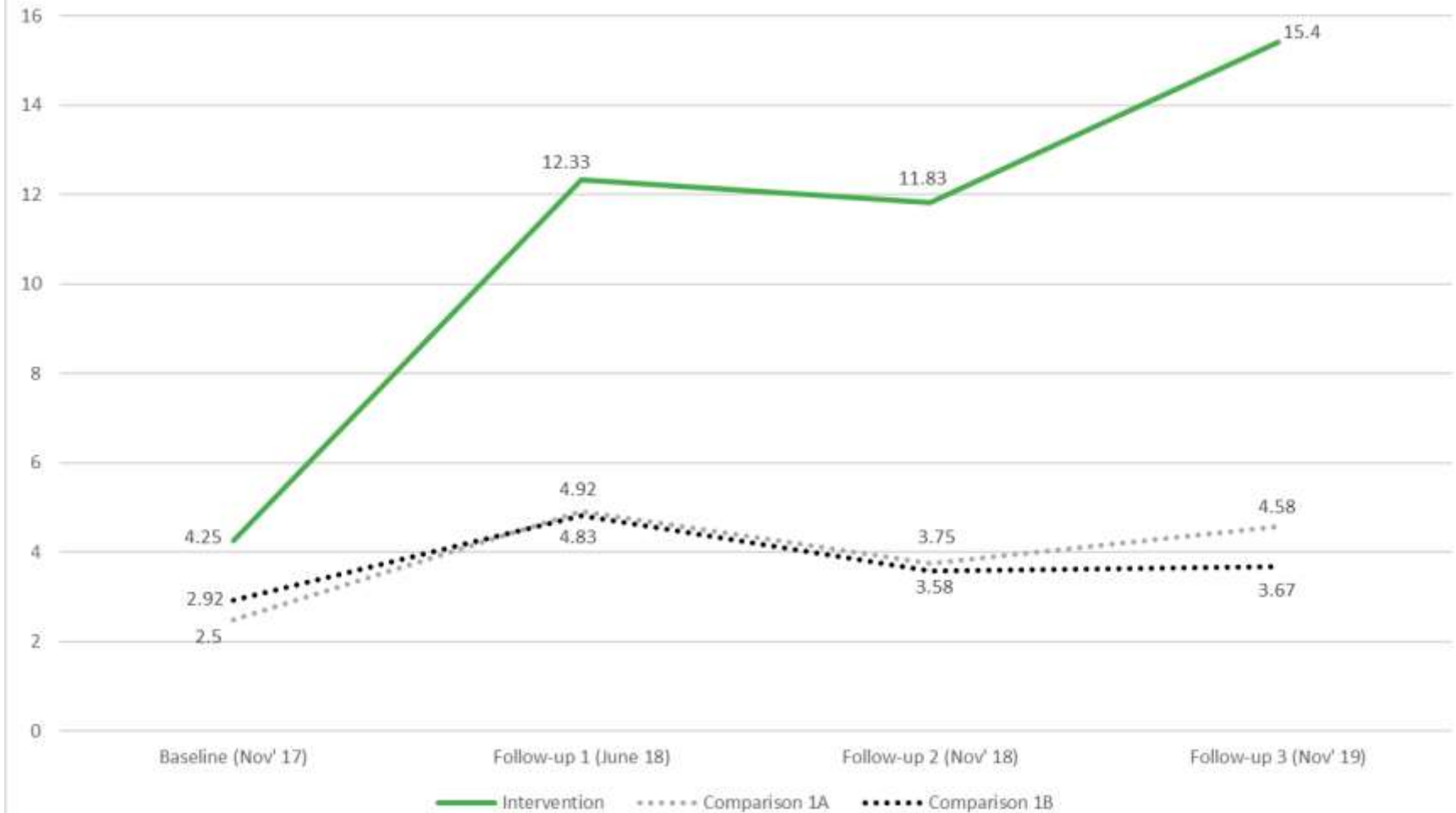


Baseline
(November 2017)



Follow-ups
(June 2018; November 2018, 2019)

Average observed number of people per hour



Why use MOHAWK?

- ✓ Demonstrates social value
- ✓ Inexpensive
- ✓ User friendly
- ✓ Unobtrusive
- ✓ Reliable and valid
- ✓ Can be used anywhere

Useful for anyone interested in generating wellbeing impact evidence in relation to the urban environment

Please get in touch if interested in using
MOHAWK:



jack.benton@manchester.ac.uk



@jacksbenton



Three online mapping tools to explore research outputs interactively



Welcome to the GHIA map tools

The Green infrastructure and the Health and wellbeing influences on an Ageing population (GHIA) project aims to understand the benefits and values of urban green and blue spaces for older people. By green and blue spaces we mean things like parks, gardens, canals and rivers, woodlands, street trees and any other areas of water or vegetation.

Our tools allow you to:

- Find out information about the amount of green and blue space in different areas of Greater Manchester.
THE EXTRACT TOOL >
- Contribute views about how green and blue spaces in Greater Manchester influence your health and wellbeing and see what others say.
THE VALUE TOOL >
- Explore health and green space associations in Greater Manchester.
(due shortly)
THE EXPLORE TOOL >

LEARN MORE ABOUT GHIA >

The screenshot shows a website interface with a light blue and green color scheme. At the top, there's a header with the title 'Welcome to the GHIA map tools'. Below it is a paragraph explaining the project's aim. Underneath, there's a section titled 'Our tools allow you to:' followed by three columns, each containing a description of a tool and a button. The buttons are 'THE EXTRACT TOOL >', 'THE VALUE TOOL >', and 'THE EXPLORE TOOL >'. The 'EXPLORE TOOL' button is highlighted with a red border. At the bottom of the main content area, there's a blue button that says 'LEARN MORE ABOUT GHIA >'. The background of the website features stylized illustrations of green spaces, buildings, and people.

