



**Sustainable
Communities
and Waste**

National Environmental Science Program

A National Survey on Nature Connection: infographic summary

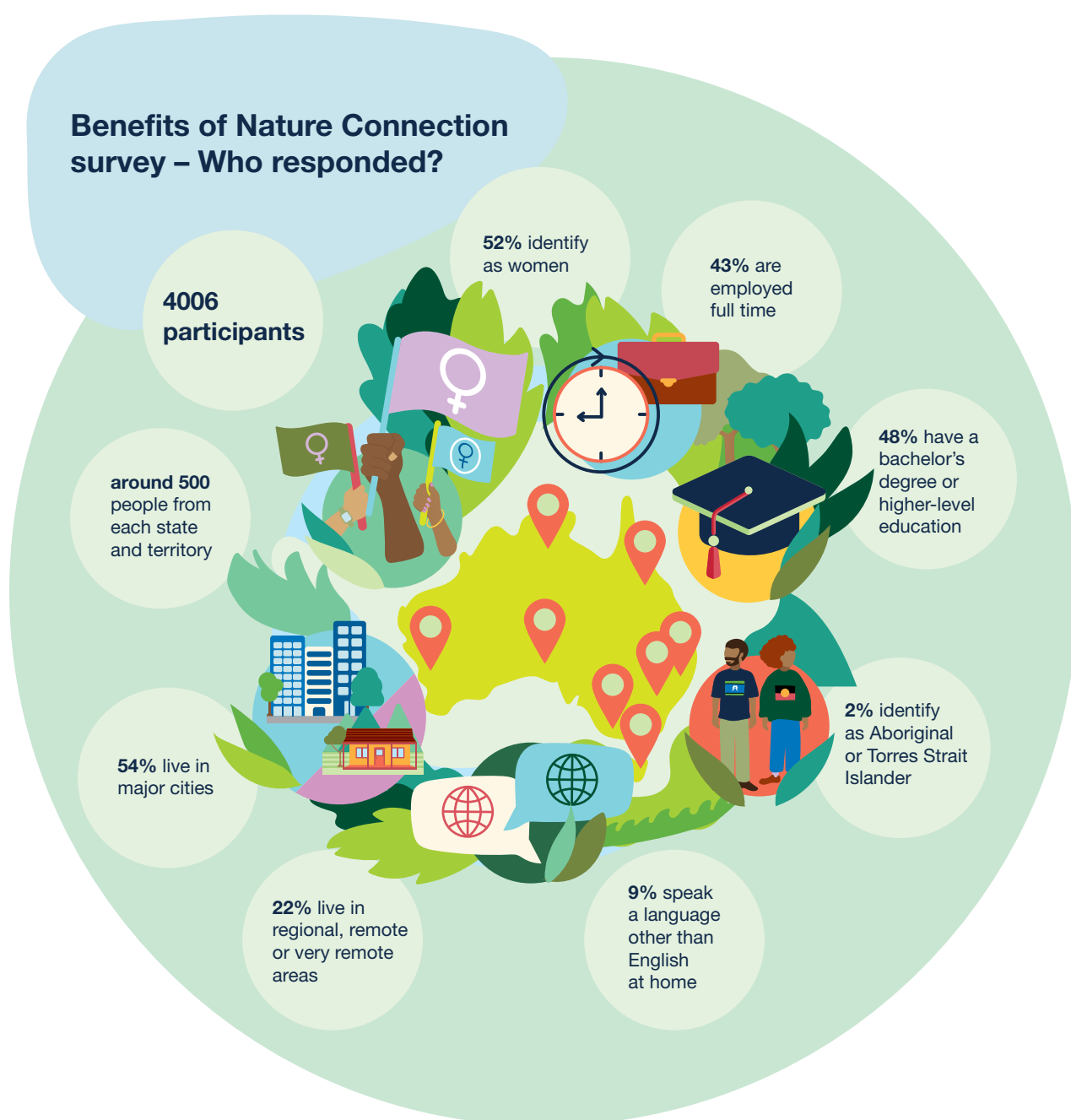
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As part of the Sustainable People-Environment Interactions
theme (SuPERInteract) of the Sustainable Waste and
Communities Hub

About the Nature Connection Project

Studies around the world have found that people who are highly connected with nature are more likely to have higher levels of wellbeing and undertake behaviours that support the environment ('pro-environmental behaviours'). But we know little about how nature connection varies across Australian geographies and demographics. The nature connection project explores the diverse ways Australians connect with nature and how this relates to their wellbeing and pro-environmental behaviours. This infographic represents some of the key findings from the 'benefits of nature connection' survey completed by over 4,000 people across Australia in July 2023. In this survey, we used validated tools to measure nature connection (the CN-12 and the pictographic Inclusion of Nature in Self (INS)) and wellbeing (the Australian quality of life (AQOL) and personal wellbeing index (PWI)). All findings are based on multi-variate regression models, with a number of socio-demographic variables used as controls. Details of the methodology and further results are available at: <https://doi.org/10.31235/osf.io/6kt9b>.



Who is most connected with nature?

First Nations Australians

Those identifying as female

Australians aged over 50

Speakers of a language other than English

People working part-time or who are self-employed

People with tertiary qualifications

People on lower incomes

Those who live in regional areas

Those who grew up in rural or regional areas



Barriers to nature connection

Not having enough time is the biggest barrier to spending time in nature (72%).

The highest income earners are **2.2 times more likely** to report this barrier than lower income earners



Lower income earners are more likely to face numerous barriers to connecting with nature. They are:

2.1 times more likely to identify **health issues**

3.2 times more likely to identify **cost**

3.4 times more likely to identify **safety concerns**

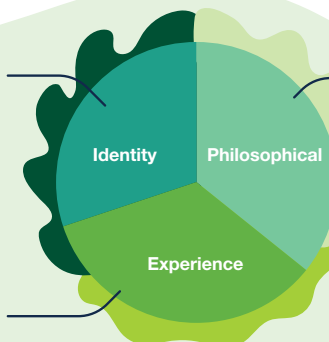
As a barrier to accessing nature, in comparison to the highest income earners.

Elements of nature connection

On average:

74% of individuals expressed nature connectedness through **identity** elements

84% of individuals expressed nature connectedness through **experiential** elements



88% of individuals expressed nature connectedness through **philosophical** elements

Identity

My relationship to nature is a big part of how I think about myself

I feel uneasy if I am away from nature for too long

Experience

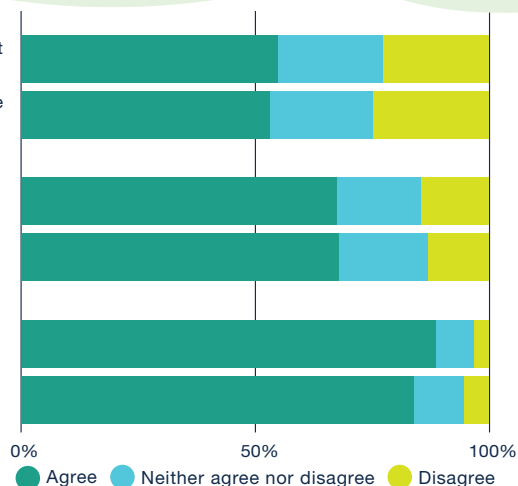
I feel a strong emotional connection to nature

Being in nature allows me to do the things I like doing most

Philosophy

Everything in nature is connected

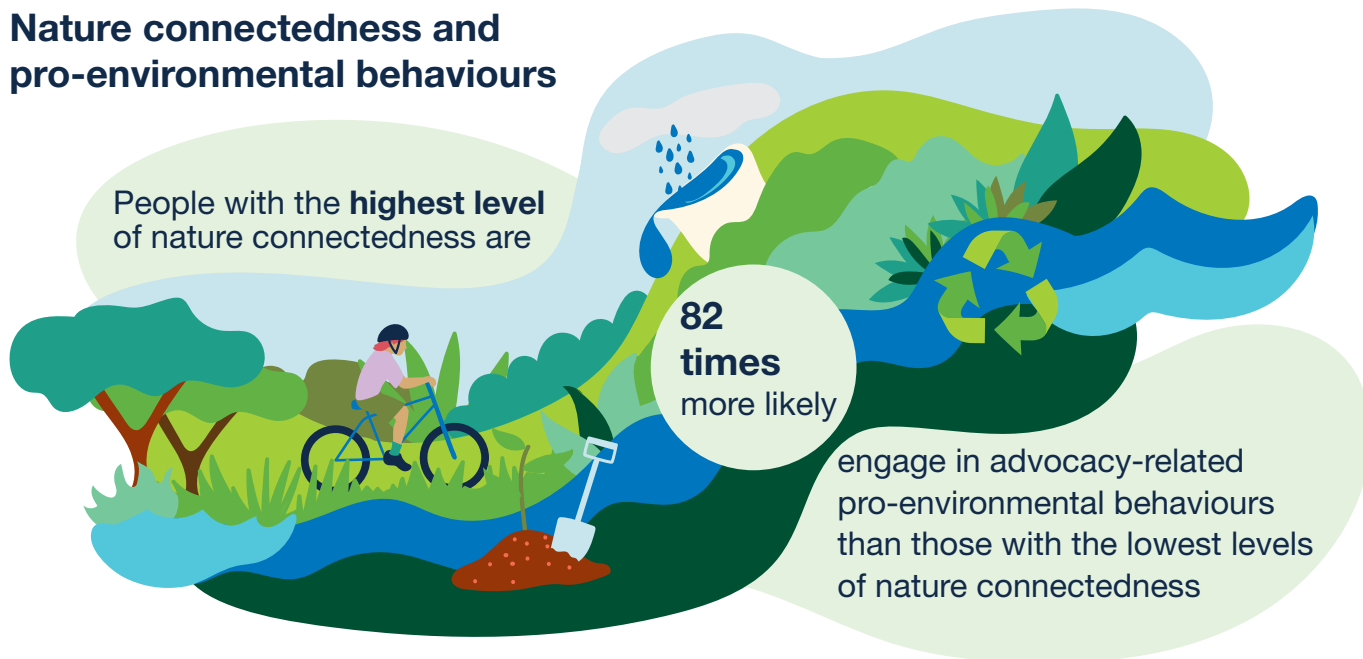
Human wellbeing depends upon living in harmony with nature



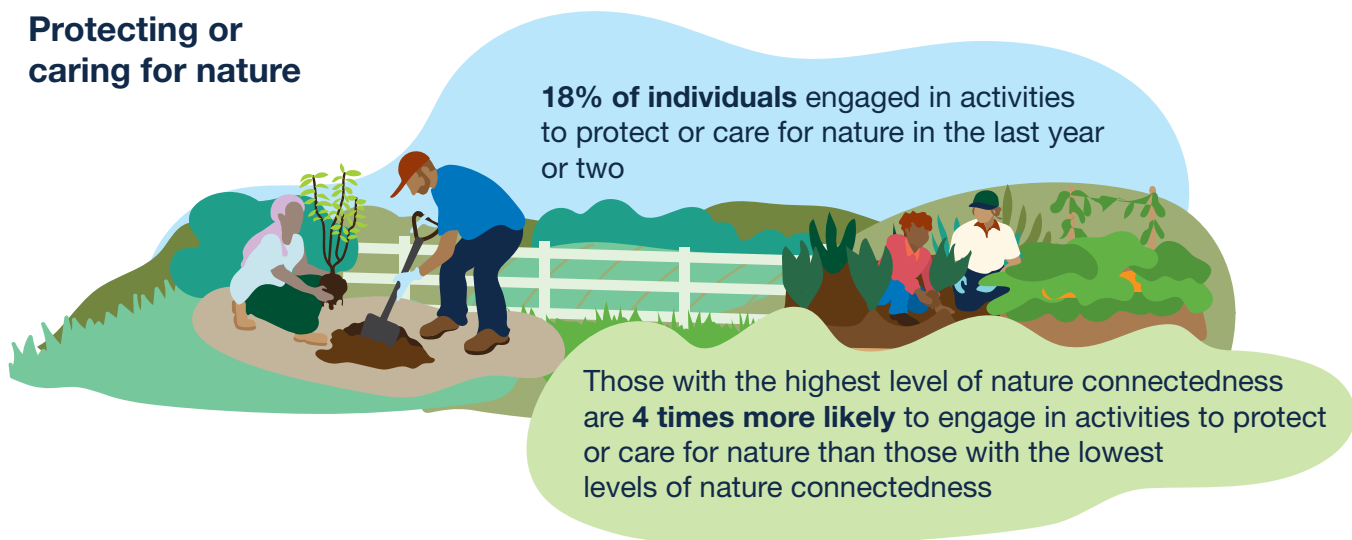
84%

of respondents agree that **human wellbeing depends upon living in harmony with nature**

Nature connectedness and pro-environmental behaviours

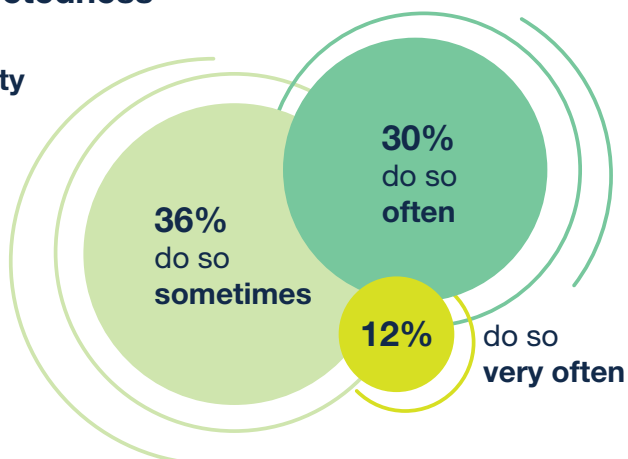


Protecting or caring for nature

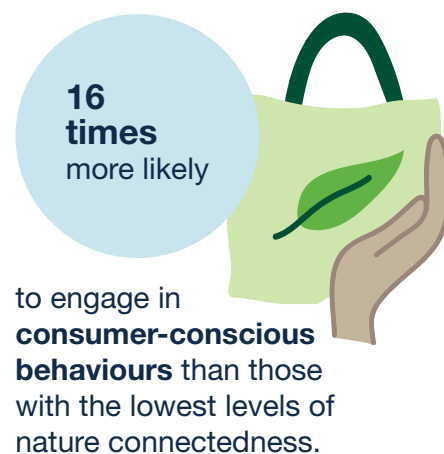


Consumer-conscious behaviours and nature connectedness

The **vast majority** of respondents **consider environmental impacts** when making purchasing decisions.



Individuals with the **highest levels** of **nature connectedness** are



Nature connectedness and life satisfaction

There is a **strong correlation between nature connection and life satisfaction** for most population groups we examined.

The relationship was particularly strong for:

younger
Australians
(aged 18-50)

those who
speak
a language
other than
English.

 Due to small sample size, First Nations Australians could not be examined in this component of the analysis

Nature connection is **as important as income** in determining life satisfaction

Nature connection is highly correlated with life satisfaction. This is true for all dimensions of the **Personal Wellbeing Index**:



Those with the **highest levels** of nature connectedness are



4.6 times
more likely to have
the highest levels
of life satisfaction

and

1.9 times
more likely to have
the highest levels
of quality-of-life

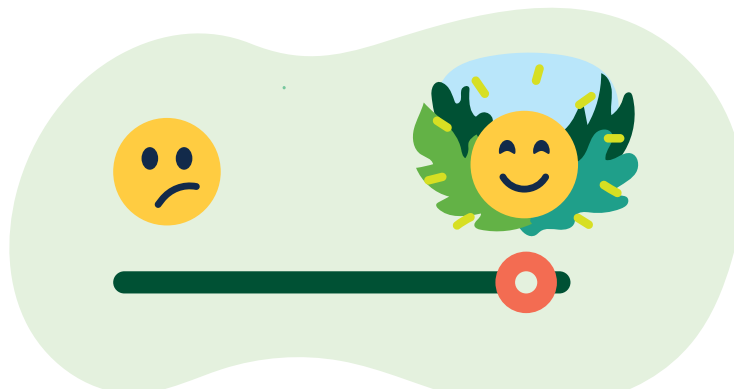


compared to those with
the **lowest levels** of
nature connectedness

Satisfied with life despite poor HRQoL

Those with the highest levels of nature connectedness have greater life satisfaction relative to their health-related quality-of-life.

Compared to those with the lowest levels of nature connectedness, those with the highest levels are **2.2 times more likely to have better life satisfaction relative to their health-related quality-of-life.**



Acknowledgement

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Citation

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