Special Issue

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

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.

Guest Editors

Dr. Riikka Puhakka

University of Helsinki, Faculty of Biological and Environmental Sciences, Ecosystems and Environment Research Programme

Dr. Kati Pitkänen

Finnish Environment Institute, Environmental Policy Centre

Deadline for manuscript submissions

closed (30 June 2021)



International Journal of Environmental Research and Public Health

an Open Access Journal by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/37888

International Journal of Environmental Research and Public Health Editorial Office MDPI, Grosspeteranlage 5 4052 Basel, Switzerland Tel: +41 61 683 77 34 ijerph@mdpi.com

mdpi.com/journal/ ijerph





International Journal of Environmental Research and Public Health

an Open Access Journal by MDPI

CiteScore 8.5
Indexed in PubMed





About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

Editor-in-Chief

Prof. Dr. Paul R. Ward

Centre for Public Health, Equity and Human Flourishing, Torrens University Australia, Adelaide 5000, Australia

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)