

# IUSD Lecture

“Green cities, healthy cities? Exploring the potential of urban greenspaces for improving people’s mental health in rapidly urbanising cities.

by **Maximilian Nawrath**, hosted by **Leonie Fischer**

Date: 16.12.2021, Thursday, 18:00 CET, | 1 hour 30 minutes via WebEx

Webex link: <https://unistuttgart.webex.com/unistuttgart/j.php?MTID=mded6a28541c9097435924c52f07c4c9a>

Meeting number: 2734 345 5824

Meeting Password: UNiDVmxA832



## The Lecture

Urbanisation in many low- and middle-income countries (LMICs) reduces opportunities to interact with greenspaces in people’s everyday lives, with potentially detrimental outcomes for their mental health. Given the increasing burden of mental ill-health associated with urbanisation in LMICs, there is a clear need to better understand the role urban greenspaces play in mitigating mental ill-health. This talk will discuss the potential of urban greenspaces for improving people’s mental health in rapidly urbanising cities, and issues and barriers that surround planning for healthier cities in such settings.

## The Lecturer

Maximilian Nawrath is a PhD candidate at the University of Leeds in the UK. The main motivation for his research is to contribute to societal transformations towards sustainability. His current work focuses on exploring relationships between urban greenspaces and mental health in rapidly urbanising cities in low- and middle-income countries, on devising novel methods for assessing biodiversity – mental health relationships, and on the economic valuation of ecosystem services. He has worked and studied in international and interdisciplinary teams in Germany, Norway, UK, India, and his current research takes place in Nepal.

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