

**Seas, Oceans & Public  
Health in Europe**

Linking oceans and health research

# Stories from the Sea: Linking Ocean and Human Health

| Dr. Easkey Britton, NUI Galway

13th March, 2019



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Find out more at  
[www.sophie2020.eu](http://www.sophie2020.eu)



# Seas, Oceans and Public Health in Europe (SOPHIE)

SOPHIE is a 2.5 year EU H2020 funded CSA project that aims to establish a **Strategic Research Agenda for Oceans and Human Health (OHH) in Europe**.

The primary action of WP3 of the SOPHIE project is to engage and listen to a broad mix of people, from different backgrounds and disciplines across Europe, to **define future Oceans and Human Health research priorities**.





# Online Ocean & Human Health Conversation

*Trigger Q: “What, in your opinion, are the top priorities for protecting public health and the health of the marine environment for a sustainable future?”*



## Illustrated 'word cloud' summary of 673 OHH priorities







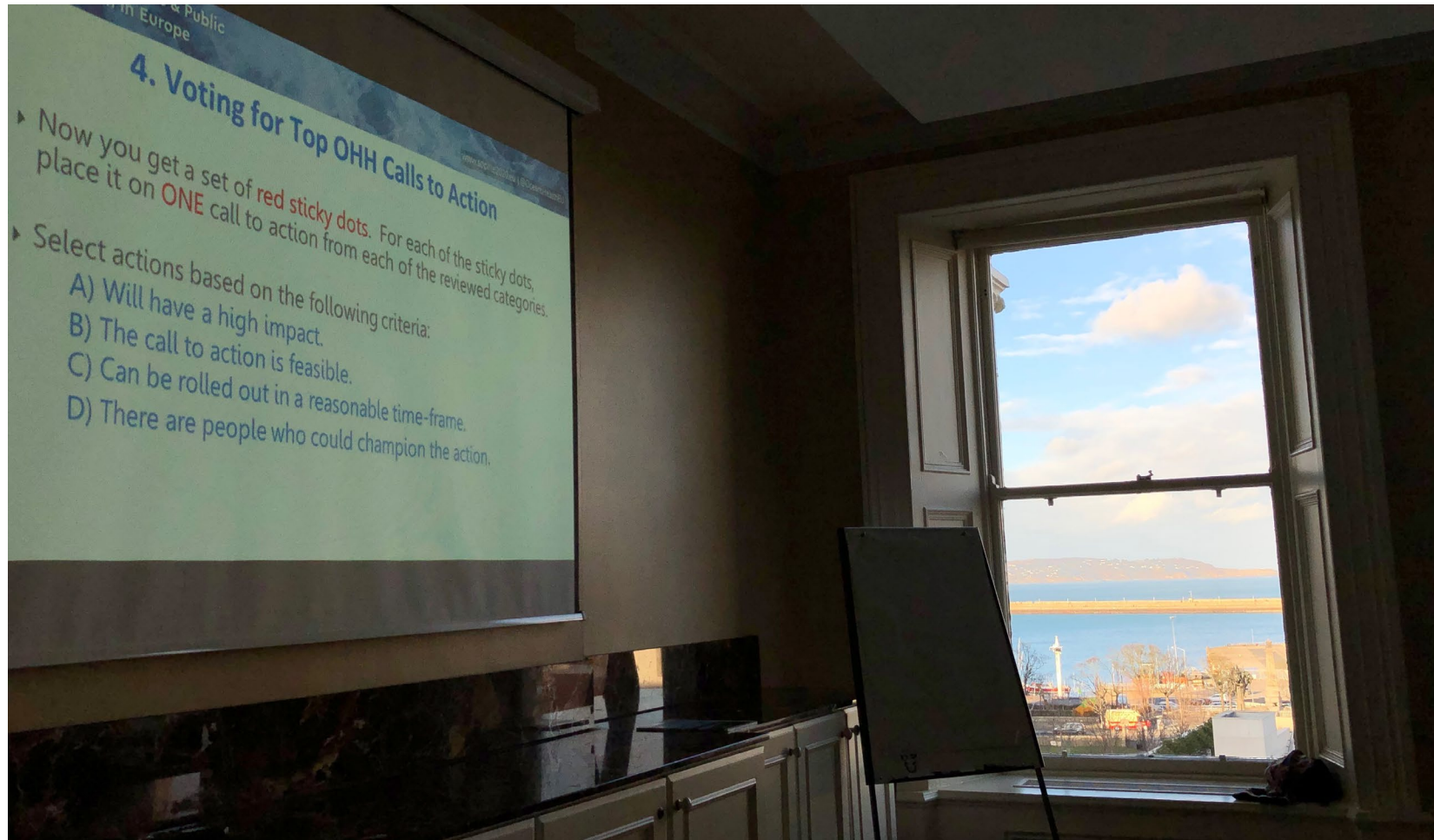
# Ocean & Human Health Conversations





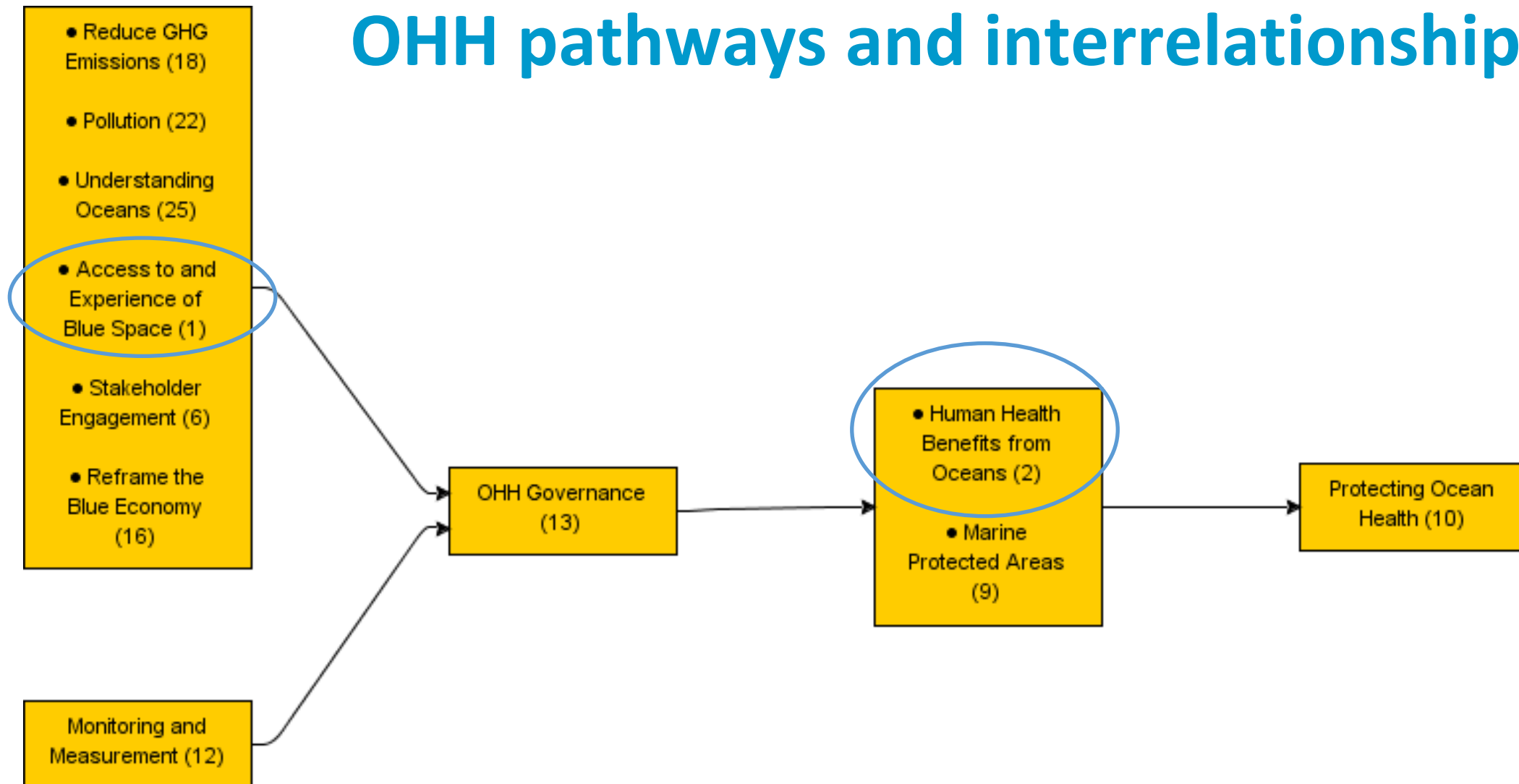


# Ocean & Human Health Conversations





# OHH pathways and interrelationships







# We Are Ocean



<https://vimeo.com/273877162>













# 'Blue Care'

Health Promotion International, 2018, 1–20

doi: 10.1093/heapro/day103

Article

OXFORD

## Blue care: a systematic review of blue space interventions for health and wellbeing

Easkey Britton<sup>1,\*</sup>, Gesche Kindermann<sup>1,2</sup>, Christine Domegan<sup>1,3</sup>, and Caitriona Carlin<sup>1,2</sup>

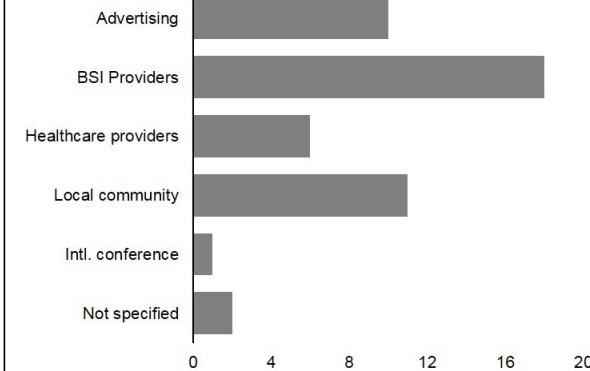
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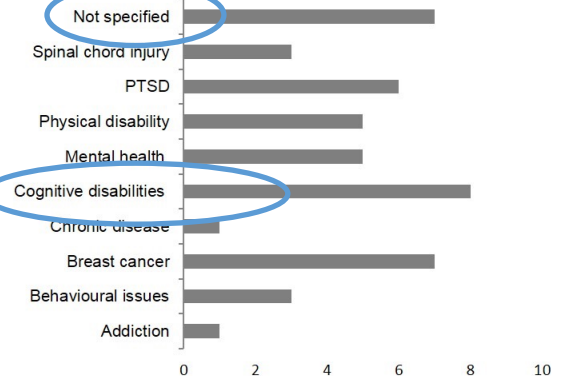
### Summary

There is increasing interest in the potential use of outdoor water environments, or blue space, in the promotion of human health and wellbeing. However, therapeutic nature-based practices are currently outpacing policy and the evidence base for health or wellbeing benefits of therapeutic interventions within blue space has not been systematically assessed. This systematic review aims to address the gap in understanding the impacts of blue space within existing interventions for targeted individuals. A systematic review was carried out, searching Google Scholar, SCOPUS, PubMed, etc.

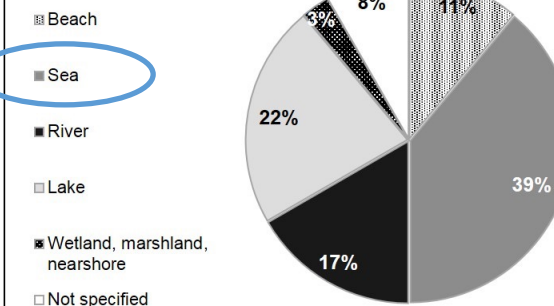
2a



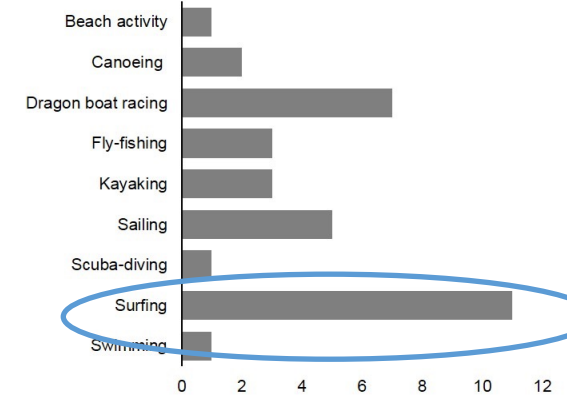
2b



2c



2d







# Access to and experiences of blue space







# Human health benefits from the ocean






D





A person wearing a purple swim cap and red-rimmed goggles is submerged in the ocean. They are adjusting the goggles with both hands. The background is a deep blue-green water surface with a hazy horizon.

“[Being in the ocean] can showcase the beauty of in our differences by allowing us to be truly who we are when we surrender to the playfulness of waves and wave-riding.”

- Shirin Gerami



# Welcome Wave



<https://www.youtube.com/watch?v=TDzxYR03v7k>











Illustrated 'word cloud' summary from interview with **sea swimming** practitioners,







## Environment and Behavior

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Kayleigh J. Wyles, Sabine Pahl, Matthew Holland, more...

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First Published May 19, 2016 | Research Article



<https://doi.org/10.1177/0013916516649412>

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49



#### Abstract

Coastal visits not only provide psychological benefits but can also contribute to the accumulation of rubbish. Volunteer beach cleans help address this issue, but may only have limited, local impact. Consequently, it is important to study any broader benefits associated with beach cleans. This article examines the well-being and educational value of beach cleans, as well as their impacts on individuals' behavioral intentions. We conducted an experimental study that allocated students ( $n = 90$ ) to a beach cleaning, rock pooling, or walking activity. All three coastal activities were associated with positive mood and pro-environmental intentions. Beach cleaning and rock pooling were associated with higher marine awareness. The unique impacts of beach cleaning were that they were rated as most meaningful but linked to lower restorativeness ratings of the environment compared with the other activities. This research highlights the interplay between environment and activities, raising questions for future research on the complexities of person-environment interactions.









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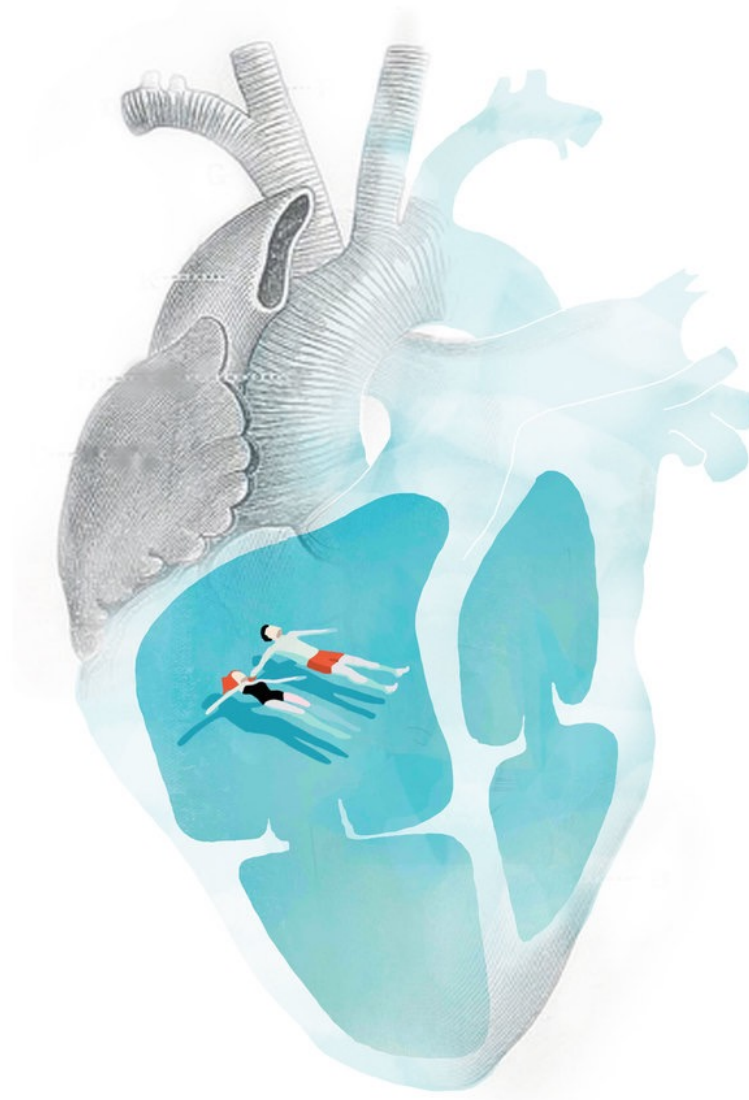
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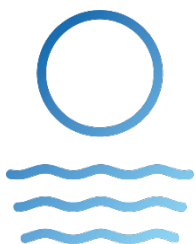






'Ocean in our hearts' by Gary Reddin  
[reddindesigns.com](http://reddindesigns.com)





## Seas, Oceans & Public Health in Europe

Linking oceans and health research

# Thank you for taking this journey with me.

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