

People and Nature Survey Analysis

Findings Report

September 2023

Natural England Commissioned Report NECR500

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Report details

Author(s)

IFF Research

Natural England Project Manager

Tom Marshall

Horizon House, Deanery Road, Bristol, BS1 5AH

Email: tom.marshall@naturalengland.org.uk.

All enquiries about the research should, in the first instance, be directed to the Natural England Project Manager.

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Foreword

Natural England commissioned IFF Research to carry out secondary analysis of the adults' People and Nature Survey data. The purpose of this exercise was to provide additional insight to the previously published annual reports in the following areas:

- Ethnic minority groups' engagement with nature.
- How individuals with a disability / health condition engage with nature.
- Environmental attitudes and behaviours.
- Gardening behaviours and actions taken to improve biodiversity in gardens.

The findings of this report will be used to inform policy and practice, as well as informing the future development of the People and Nature Surveys and improving the ways that Natural England monitors and researches how people engage with the natural environment.

Disclaimer: Natural England commission a range of reports from external contractors to provide evidence and advice to assist us in delivering our duties. The views in this report are those of the authors and do not necessarily represent those of Natural England.

Executive summary

The People and Nature Survey gathers evidence on how adults in England engage with nature. While general analysis of survey results is conducted on an ongoing basis, Natural England commissioned IFF Research, an independent research agency, to conduct further analysis around four key areas. The objectives were to understand what the survey data tells us about:

- Ethnic minority groups' engagement with nature.
- How individuals with a disability / health condition engage with nature.
- Environmental attitudes and behaviours.
- Gardening behaviours and actions taken to improve biodiversity in gardens.

Summary of findings

Ethnic Minority Groups' Engagement with Nature

Overall, **White adults reported making more frequent visits to green and natural spaces** compared to other ethnic groups. **Black or Black British adults were the most likely to have reported making no visits to green and natural space at all**, both in the last 14 days and over the last 12 months. **White and Mixed ethnicity adults were more likely to regard their visits to green and natural space as routine**, whereas Asian or Asian British and Black or Black British adults were more likely to view their visits as exceptional.

When the data was broken down further, it was found that **differences in frequencies of visits to green and natural space across ethnicities remained across household income bands**. Across all ethnicities, men made more visits to green and natural space than women, and younger adults made more visits than older adults. **Black British females, and Black British adults aged 65+ were more likely than others to have made no visits to green and natural spaces.**

Across all ethnic groups, urban green space was the most frequently visited type of green and natural space. Coasts and fields, and farmland and countryside were more popular destinations for Mixed ethnicity and White adults, whereas nature or wildlife reserves were a more popular destination for Asian or Asian British adults. However, it should be noted that the analysis did not account for the home location of respondents (i.e. whether respondents live in towns or cities).

How Individuals with a Disability / Health Condition Engage with Nature

The analysis found that respondents with a disability or a health condition were less likely to visit green and natural spaces than those without. The more severe the disability or health condition the more this affected frequency of visits, with those whose disability or health condition affected them 'a lot' being the most likely to have made no visits to green and natural space in the last 12 months. **Adults with a disability or health condition were also more likely to say that their visits to green and natural space in the last 14 days were exceptional**; furthermore, they were more likely to say that they wanted to spend more time outside, compared to adults without a disability or health condition.

For both those with disabilities or health conditions and those without, urban green spaces were the most popular type of green and natural space to visit. However, **visits to other types of areas were found to be linked to the impact of a disability or health condition**. For example, those whose disability or health condition had 'a lot' of impact were more likely to visit woodland or forest than those whose disability had little or no impact, but less likely to visit fields, farmland or countryside areas.

Environmental Attitudes and Behaviours

Most adults reported practising the pro-environmental behaviours asked about in the survey. Overall, **attitudes have remained consistent between 2020 and 2022**. However, there has been an increase in self-reported pro-environmental attitudes and behaviours among adults aged 16-24 in the last two years, and a decrease in pro-environmental attitudes among adults aged 65+.

There was a **positive relationship between the personal importance individuals place on protecting the environment and a higher number of visits to green and natural space**, both in the last 14 days and over the last 12 months. Trends were stronger in the latter, perhaps due to the potential for exceptional visits over the last two weeks.

While cost was rarely mentioned as a barrier to spending time in green and natural space, the proportion of adults citing this has increased between 2020 and 2022. There was also a particularly **large increase in adults selecting 'rising prices / inflation / cost of living' as one of the top three issues currently facing the United Kingdom in 2022**, with the proportion of respondents selecting this more than tripling since 2020.

Gardening Behaviours and Biodiversity in Gardens

Analysis found that **adults used their own garden or outdoor space for the same reasons that they used green and natural space**. Those who had done a certain activity in green and natural space in the last 14 days were more likely than average to have done

the same activity in their own garden or outdoor space. This suggests that **adults do not see their gardens as a substitute for green and natural space.**

The data suggests that respondents seemed to see their gardens as spaces for nature to an extent, however this seemed to come second to seeing it as a space for personal wellbeing. Adults also took actions to encourage nature in their gardens or outdoor space somewhat, with easier activities typically being the most popular.

Contents

Background and Methodology	10
Analysis caveats and limitations	11
Reporting Conventions	11
Ethnic Minority Groups' Engagement with Nature	13
Research objectives	13
Profile of respondents.....	13
Main findings	14
Frequency of visits	14
Exceptionality of visits.....	15
Frequency of visits by household income and ethnicity	16
Frequency of visits by gender and ethnicity	18
Frequency of visits by age and ethnicity.....	19
Frequency of visits by disability and ethnicity	20
Reasons for not visiting green and natural space.....	20
Types of green and natural space visited.....	23
Chapter summary.....	25
How Individuals with a Disability / Health Condition Engage with Nature	26
Research objectives	26
Profile of respondents.....	27
Main findings	28
Frequency of visits	28
Exceptionality of visits.....	30
Reasons for not visiting green and natural spaces.....	31
Types of green and natural space visited.....	33
Chapter summary.....	35
Environmental Attitudes and Behaviours.....	36

Research objectives	36
Main findings	37
Changes of attitudes over time.....	37
Relationships between visits to green and natural space and attitudes and behaviours	40
The impact of the cost of living.....	41
Chapter summary.....	44
Gardening Behaviours and Biodiversity in Gardens	45
Research objectives	45
Main findings	46
Comparing garden use with the use of green and natural space.....	46
Gardens as a space for nature.....	47
Encouraging nature in gardens	48
Chapter summary.....	50
Recommendations for Further Research	51
Appendix A: Breakdown of Time Series	53
Years:.....	53
Quarters:	53

Background and Methodology

Since April 2020, Natural England's People and Nature Survey for England¹ has gathered evidence on how people engage with nature. It asks questions about people's enjoyment of nature, their access to nature, their environmental attitudes and pro-environmental behaviours, as well as the contribution that engaging with nature makes to individuals' health and wellbeing.

The People and Nature Survey is an online panel survey (self-completion questionnaire), asked of a nationally representative sample on a continuous basis. Around 25,000 adults in England respond to the survey each year. The survey² consists of six modules, each of which focuses on a different topic.

While top-level analysis of the survey is carried out on an ongoing basis, Natural England wanted to broaden and deepen its understanding by conducting further analysis across four priority areas. These are:

- Ethnic minority groups' engagement with nature.
- How individuals with a disability / health condition engage with nature.
- Environmental attitudes and behaviours.
- Gardening behaviours and actions taken to improve biodiversity in gardens.

Natural England commissioned IFF Research to carry out this extra analysis.

Analysis was carried out through the manipulation of existing data which was weighted according to Natural England weighting guidance. Bespoke data tables were created to allow for analysis between questions and different sub-groups of interest. The types of analysis that were conducted included:

- Descriptive statistics (i.e. frequencies of response at relevant questions).
- Cross-tabulations between relevant questions, demographics and time series.
- Statistical significance tests (using two-tailed independent z-tests and t-tests at the 95% confidence interval), to identify key differences between different groups of data.

¹ [The People and Nature Survey - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

² [The People and Nature Survey For England - PANS001 \(naturalengland.org.uk\)](http://naturalengland.org.uk)

- Key driver analysis was conducted to look into drivers of pro-environmental attitudes and behaviours, however the results of this were not considered sufficiently meaningful to include in this report due to its low explanatory power.

Analysis caveats and limitations

Detailed respondent location data was not available for this research, and therefore these findings do not contain any subgroup analysis by location. As highlighted at the end of the report, this is a recommendation for further research that we suggest.

Relationships and trends identified discussed as part of this report have not been established as causal. Again, as we suggest at the end of this report, Natural England may want to conduct further statistical analysis around this, as it was not within the scope of this piece of research.

Reporting Conventions

The findings for this report use data from wave 2 (April 2020) to wave 25 (March 2022) of the survey.

All modules of the People and Nature Survey are asked on an ongoing basis, but certain modules (those that do not require an overall sample size of 25,000) are only asked to a randomly selected sub-sample of individuals. This means that some questions will have responses from everyone asked and some will have a smaller sample size.

Where data is broken down by years, these refer to calendar years (i.e. January to December). A detailed breakdown of years and the waves they encompass can be found in Appendix A.

We report some data by quarters, which each contain 3 waves of data. A detailed breakdown of quarters and the waves they encompass can be found in Appendix A.

Charts contained within the report contain a number of coloured asterisks to highlight key data points. These should be read as follows:

- A black/white asterisk (depending on colour background) denotes a significant difference from the overall question results.
- A blue asterisk denotes a significance difference between one comparison group and another (used when comparing those with disabilities / health conditions to those without).
- A red asterisk denotes a low base size, measured for the purposes of this report as fewer than 100 respondents.

In some instances, reported percentages may not total to 100 per cent. In some cases (such as Table 1) this is due to rounding of individual figures. In others (such as Figure 1) it is due to the exclusion of certain answer options which do not assist in data narration, such as 'Don't know', 'Prefer not to say' and 'Not applicable'.

Ethnic Minority Groups' Engagement with Nature

Research objectives

One of the key objectives of this research was to understand how engagement with nature differs across ethnic groups. In exploring ethnic minority groups' engagement with nature, Natural England's main research objectives were:

- To understand how frequencies of visits for different ethnic groups compare to the whole population.
- To explore how 'exceptional' visits to green and natural space were, broken down by ethnicity.
- To explore how income levels impacted on frequency of visits, and whether this was different for different ethnic groups.
- To explore how reasons for not visiting green and natural spaces differ across ethnic groups.
- To explore how the types of green spaces visited differs across ethnic groups.

Profile of respondents

The breakdown of survey respondents by ethnicity was as follows:

Table 1: Table showing breakdown of survey respondents by ethnicity

Ethnicity	N	%
Asian or Asian British	3,318	7%
Black or Black British	1,474	3%
Mixed ethnicity	1,144	2%
Other ethnic group or background	433	1%
White	42,269	85%

Main findings

Frequency of visits

There was a small amount of variation between the number of visits made to green and natural space across ethnic groups. Mixed ethnicity adults, adults from other ethnic groups and backgrounds and White adults typically visited green and natural spaces more frequently than Asian or Asian British and Black or Black British adults.

White adults were more likely to have visited green and natural spaces 11+ times in the last 14 days (10%) compared to Asian or Asian British adults (4%), Black or Black British adults (4%), Mixed ethnicity adults (6%) and adults from other ethnic groups or backgrounds (7%).

Black or Black British adults were more likely to have made no visits to green and natural spaces in the last 14 days (33%) compared to other ethnic groups (ranging from 22% to 26%).

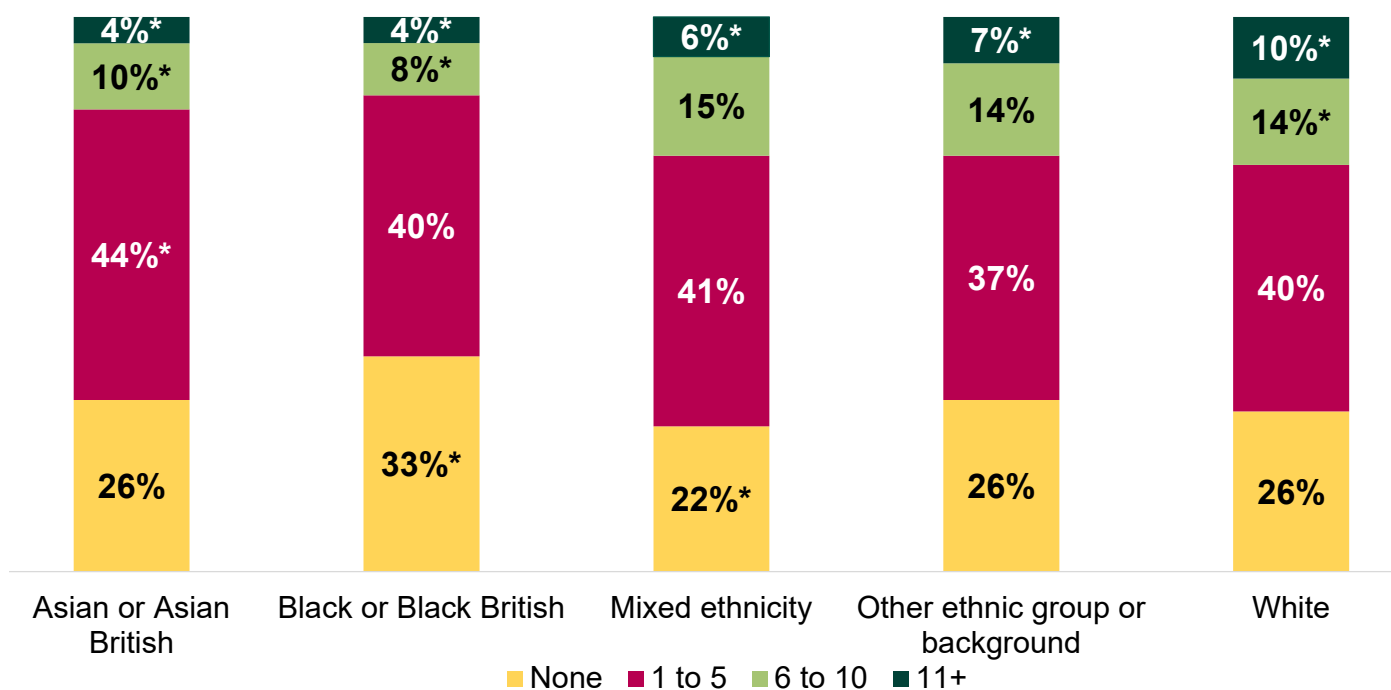


Figure 1: How many times respondents made visits to green and natural spaces in the last 14 days by ethnicity

Figure Notes:

Source: No-Of-Visits. How many times, if at all, did you make this type of visit to green and natural spaces in the last 14 days?

(1) The samples for this question were 2989 (Asian or Asian British), 1314 (Black or Black British), 1012 (Mixed ethnicity), 400 (Other ethnic group or background), 38,000 (White)

(2) This question was asked to respondents who were asked Module 2 and had made a visit to green and natural space in the last month.

These trends were also consistent regarding frequency of visits in the last 12 months. Mixed ethnicity adults (18%) and White adults (18%) were more likely to have spent time in green and natural space every day in the last 12 months than Asian or Asian British adults (16%), Black or Black British adults (12%), with an equivalent figure among adults from other ethnic groups and backgrounds of 17%.

Exceptionality of visits

There was considerable variation across ethnic groups in terms of whether visits to green and natural spaces were viewed as routine or exceptional.

On a scale of 1 to 5, where 1 was routine and 5 was exceptional, around a quarter of White (27%) and Mixed ethnicity (23%) adults rated their most recent visit as 1, with a further 17% of White adults and 15% of Mixed ethnicity adults rating their visit as 2. White adults were the only ethnic group where respondents were more likely to give a response of routine (1/2) than exceptional (4/5). For all other groups, visits to nature were considered exceptional, with Asian or Asian British adults the most likely to rate their most recent visit as such (57%).

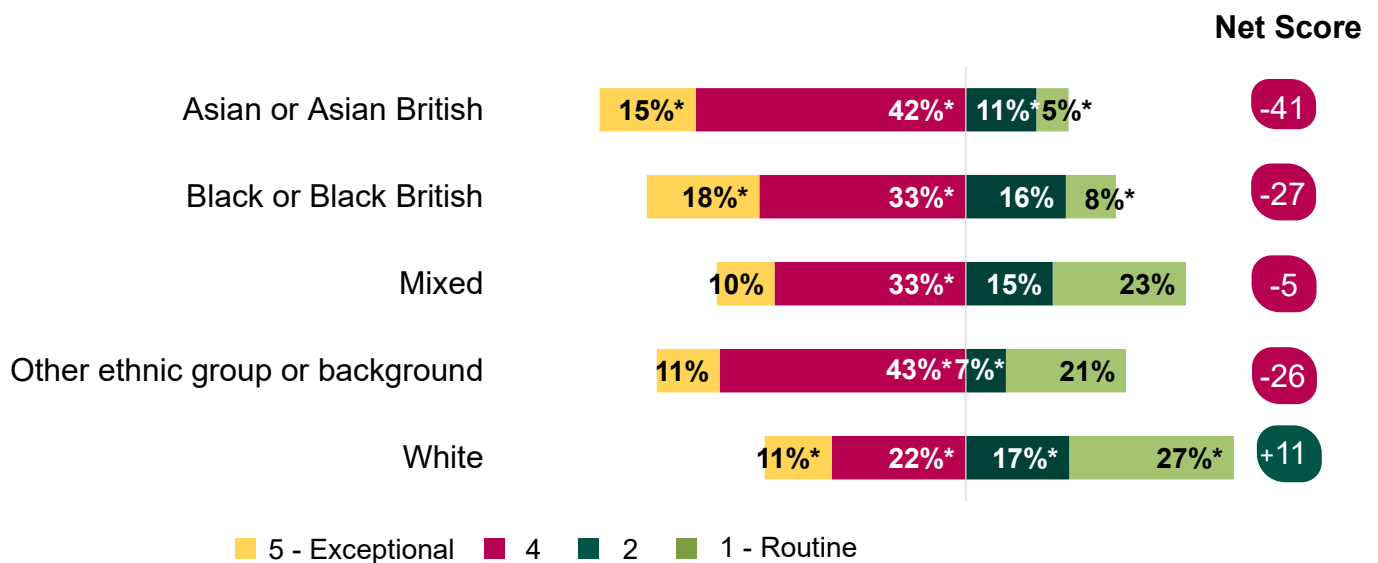


Figure 2: Exceptionality of visits by ethnicity

Figure Notes:

Source: M2A-SUB-Q6. Please move the slider to show how routine or exceptional this visit was to you personally.

(1) The samples for this question were 519 (Asian or Asian British), 213 (Black or Black British), 175 (Mixed ethnicity), 72 (Other ethnic group or background), 7406 (White)

(2) This question was asked to all respondents who were asked Module 2A

(3) Net score is calculated by subtracting exceptional percentages (4/5) from routine percentages (1/2)

Frequency of visits by household income and ethnicity

There was a relationship between household income disparity and frequency of visits to green and natural space across all ethnic groups, with those with higher household incomes consistently visiting nature more. However, Mixed ethnicity and White adults in households with an income above £50,000 were still more likely than other ethnicities in the same income category to spend free time outside in green and natural spaces every day.

A quarter of Mixed ethnicity (26%) adults and White (26%) adults with a household income above £50,000 reported spending free time outside in green and natural spaces every day. This compared to 20% of Asian or Asian British adults, 17% of Black or Black British adults and 16% of adults from other ethnic groups within the same income band.



Figure 3: Percentages of respondents spending time outside every day in the last 12 months by ethnicity and household income

Figure Notes:

Source: M1-Q1. In the last 12 months, how often, on average have you spent free time outside in green and natural spaces.

- (1) The samples for this question were 945 (Asian or Asian British <£20,000), 1507 (Asian or Asian British £20,000-49,999), 849 (Asian or Asian British £50,000+), 446 (Black or Black British <£20,000), 688 (Black or Black British £20,000-49,999), 338 (Black or Black British £50,000+), 352 (Mixed ethnicity <£20,000), 490 (Mixed ethnicity £20,000-49,999), 300 (Mixed ethnicity £50,000+), 150 (Other ethnic group or background <£20,000), 176 (Other ethnic group or background £20,000-49,999), 105 (Other ethnic group or background £50,000+), 11873 (White <£20,000), 20332 (White £20,000-49,999), 9845 (White £50,000+)

(2) This question was asked to all respondents.

Whilst higher earning White adults were typically more likely to visit nature, White adults in lower income bands were also more likely not to visit than most other ethnicities. Close to one in 10 (9%) of White adults, and Black or Black British adults, with a household income less than £20,000 reported never spending time in green and natural spaces, more than Asian or Asian British adults (5%), Mixed ethnicity adults (5%) and those of other ethnic groups or backgrounds (7%) in the same income band. This suggests household income is a potentially important factor in facilitating or preventing visits to green or natural spaces.

Frequency of visits by gender and ethnicity

Across all ethnic groups, men made more visits to green and natural spaces than women and women were more likely to have made no visits than men.

There were a notable proportion of Black or Black British women who had made no visits to a green and natural space in the last 14 days (44%).

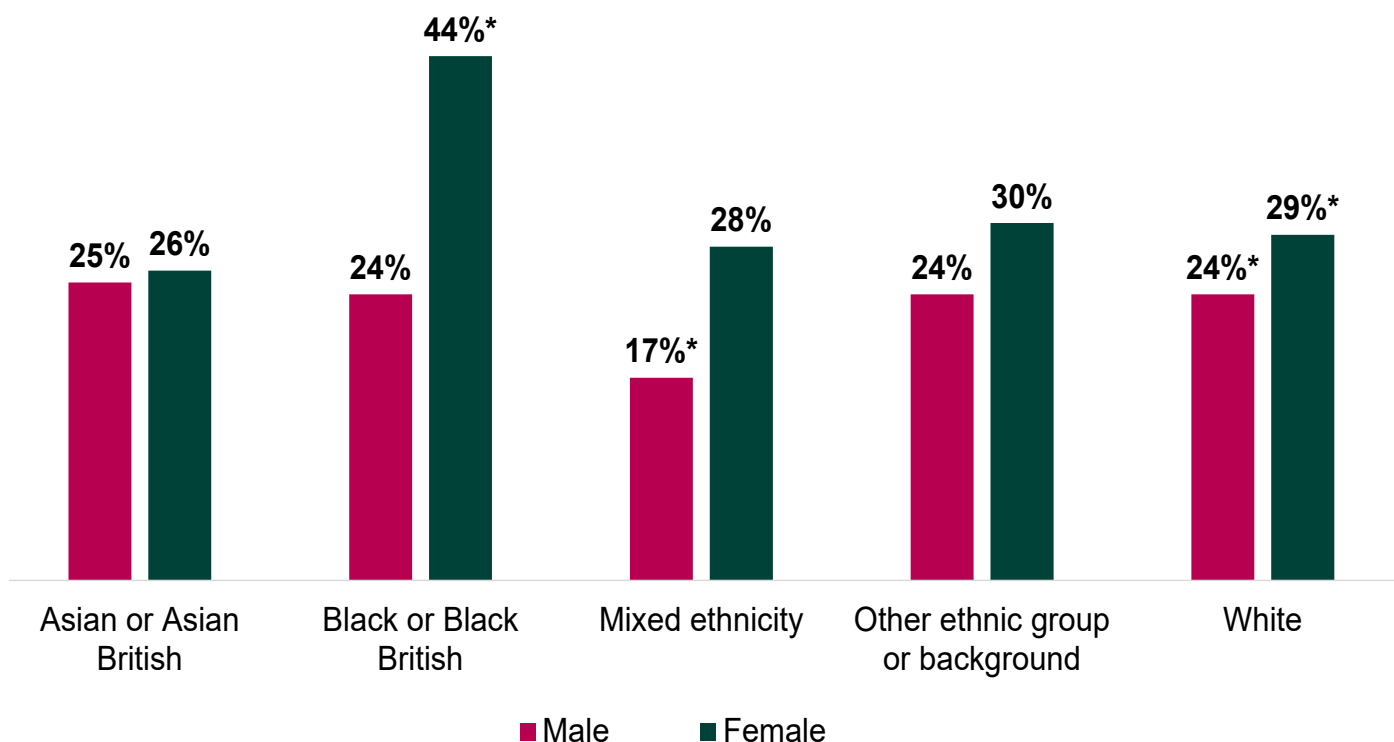


Figure 4: Respondents who made no visits to green and natural spaces in the last 14 days by ethnicity and gender

Figure Notes:

Source: No-Of-Visits. How many times, if at all, did you make this type of visit to green and natural spaces in the last 14 days?

- (1) The samples for this question were 1473 (Asian or Asian British Male), 1516 (Asian or Asian British Female), 676 (Black or Black British Male), 637 (Black or Black British Female), 469 (Mixed ethnicity Male), 539 (Mixed ethnicity Female), 210 (Other ethnic group or background Male), 186 (Other ethnic group or background Female), 18,339 (White male), 19,601 (White female)
- (2) This question was asked to respondents who were asked Module 2 and had made a visit to green and natural spaces in the last month

Frequency of visits by age and ethnicity

Across all ethnicities, older adults were more likely to have made no visits compared to younger age groups. There was less age variation across ethnicities between those making 11+ visits.

Close to three-quarters (73%) of Black or Black British adults above the age of 65 had not made any visits to green and natural spaces in the last 14 days, substantially higher than those of other ethnicities over 65 (although this sub-group has a low base). Asian or Asian British adults over the age of 65 (44%) were also more likely to have made no visits compared to adults of other ethnicities in the same age bracket.

Table 2: Table showing those who made no visits to green and natural space in the last 14 days broken down by ethnicity and age band

Ethnicity	16-24	25-39	40-54	55-64	65+
Asian or Asian British	20%*	21%*	31%*	47%*	44%*
Black or Black British	20%*	30%	40%*	54%*	73%**
Mixed ethnicity	16%*	17%*	27%	36%**	39%**
Other ethnic group or background	22%	19%	37%**	29%*	33%*
White	17%*	18%*	25%*	30%*	38%*

Table Notes:

Source: No-Of-Visits. How many times, if at all, did you make this type of visit to green and natural spaces in the last 14 days?

- (1) The samples for this question were 861 (Asian or Asian British 16-24), 1086 (Asian or Asian British 25-39), 738 (Asian or Asian British 40-54), 174 (Asian or Asian British 55-64), 130 (Asian or Asian British 65+), 434 (Black or Black British 16-24), 388 (Black or Black British 25-39), 326 (Black or Black British 40-54), 121 (Black or Black British 55-64), 45 (Black or Black British 65+), 227 (Mixed ethnicity 16-24), 359 (Mixed ethnicity 25-39), 258 (Mixed ethnicity 40-54), 88 (Mixed ethnicity 55-64), 80 (Mixed ethnicity 65+), 103 (Other ethnic group or background 16-24), 113 (Other ethnic group or background 25-39), 98 (Other ethnic group or background 40-54), 55 (Other ethnic group or background 55-64), 31 (Other ethnic group or background 65+), 3580 (White 16-24), 8641 (White 25-39), 9506 (White 40-54), 6313 (White 55-64), 9960 (White 65+)
- (2) The question was asked to respondents who were asked Module 2 and had made a visit to green and natural spaces in the last month
- (3) For the avoidance of doubt, black asterisks next to figures on this table represent a significant difference from the total proportion of adults who made no visits to green and natural space in the last 14 days (27%)

Frequency of visits by disability and ethnicity

Across all ethnic groups, those with disabilities were more likely to have made no visits compared to those without them.

Black or Black British adults with a disability (36%) and White adults with a disability (33%) were the groups most likely not to have made any visits to green and natural spaces in the last 14 days compared to those of other ethnicities with disabilities.

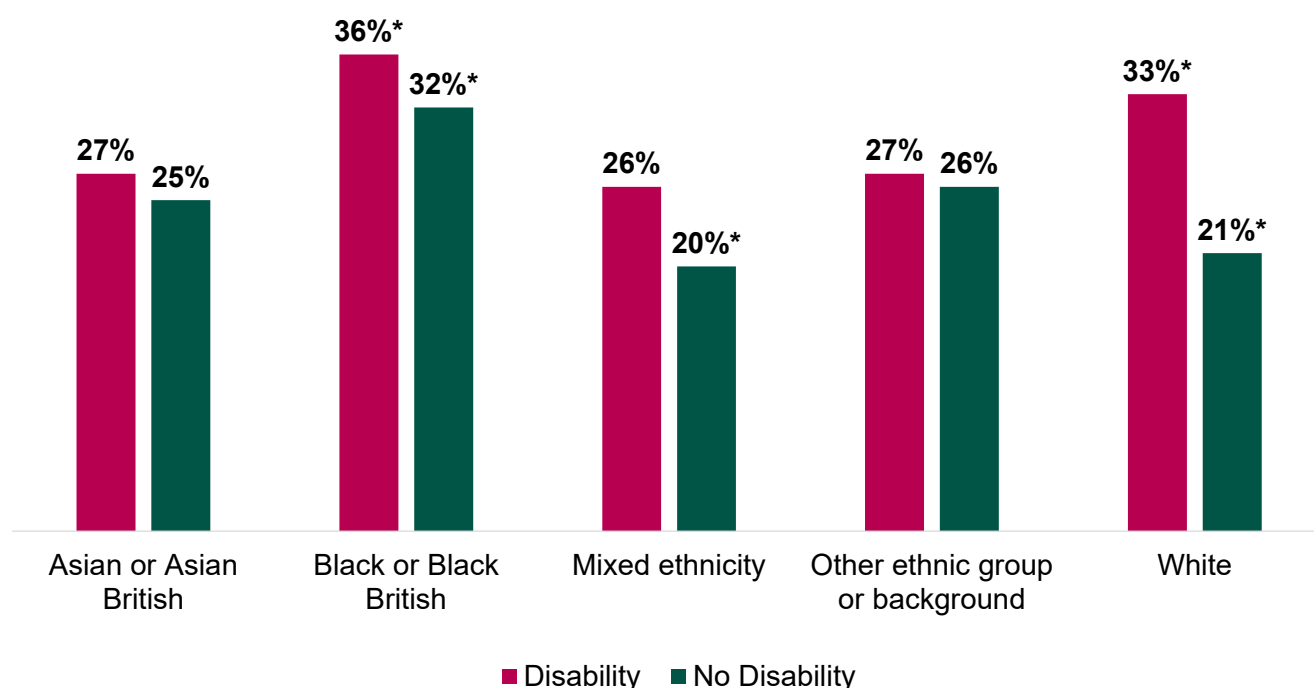


Figure 5: Respondents who made no visits to green and natural spaces in the last 14 days by disability / health condition and ethnicity

Figure Notes:

Source: No-Of-Visits. How many times, if at all, did you make this type of visit to green and natural spaces in the last 14 days?

- (1) The samples for this question were 434 (Asian or Asian British disability), 2555 (Asian or Asian British no disability), 274 (Black or Black British disability), 1038 (Black or Black British no disability), 329 (Mixed ethnicity disability), 683 (Mixed ethnicity no disability), 92 (Other ethnic group or background disability), 308 (Other ethnic group or background no disability), 11,868 (White disability), 26,128 (White no disability)
- (2) This question was asked to respondents who were asked Module 2 and had made a visit to green and natural spaces in the last month

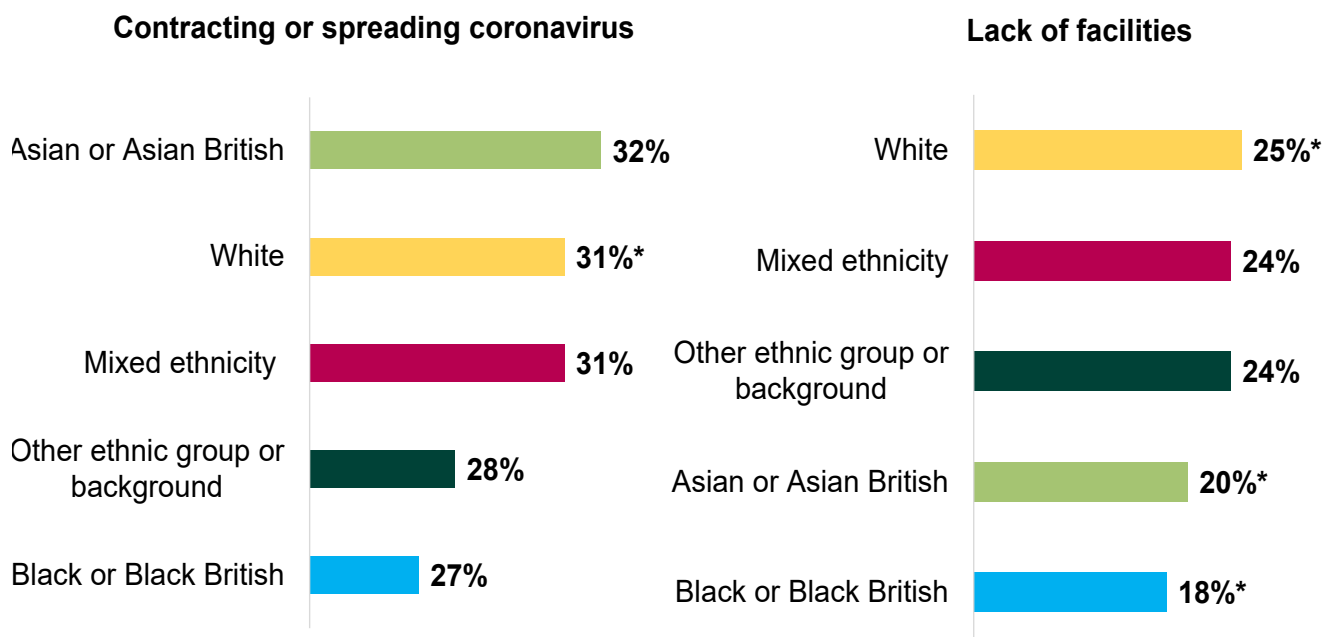
Reasons for not visiting green and natural space

There was some variation across different ethnic groups in the most frequently given reasons given for not visiting green and natural spaces. However, these findings have not been controlled for the geographic region where respondents were based and whether they live in rural or urban areas, which will likely have had an impact on responses.

Asian or Asian British adults (21%), Mixed ethnicity adults (22%) and adults belonging to other ethnic groups or backgrounds (26%) were more likely to be concerned about crime than White (16%) or Black or Black British (16%) adults. White adults were the most likely to be concerned about encountering anti-social behaviour (24%).

Importantly, Ethnic minority adults (11%) were more concerned about a fear of encountering prejudice than White adults (5%), suggesting prejudice could be acting as a barrier to ethnic minority adults visiting green and natural spaces. The group most likely to be concerned about encountering prejudice were Asian or Asian British adults (13%).

Black or Black British adults (28%) and White adults (29%) were more likely to have no concerns or worries when thinking about visiting green and natural spaces compared to Asian or Asian British adults (21%) and Mixed ethnicity adults (20%).



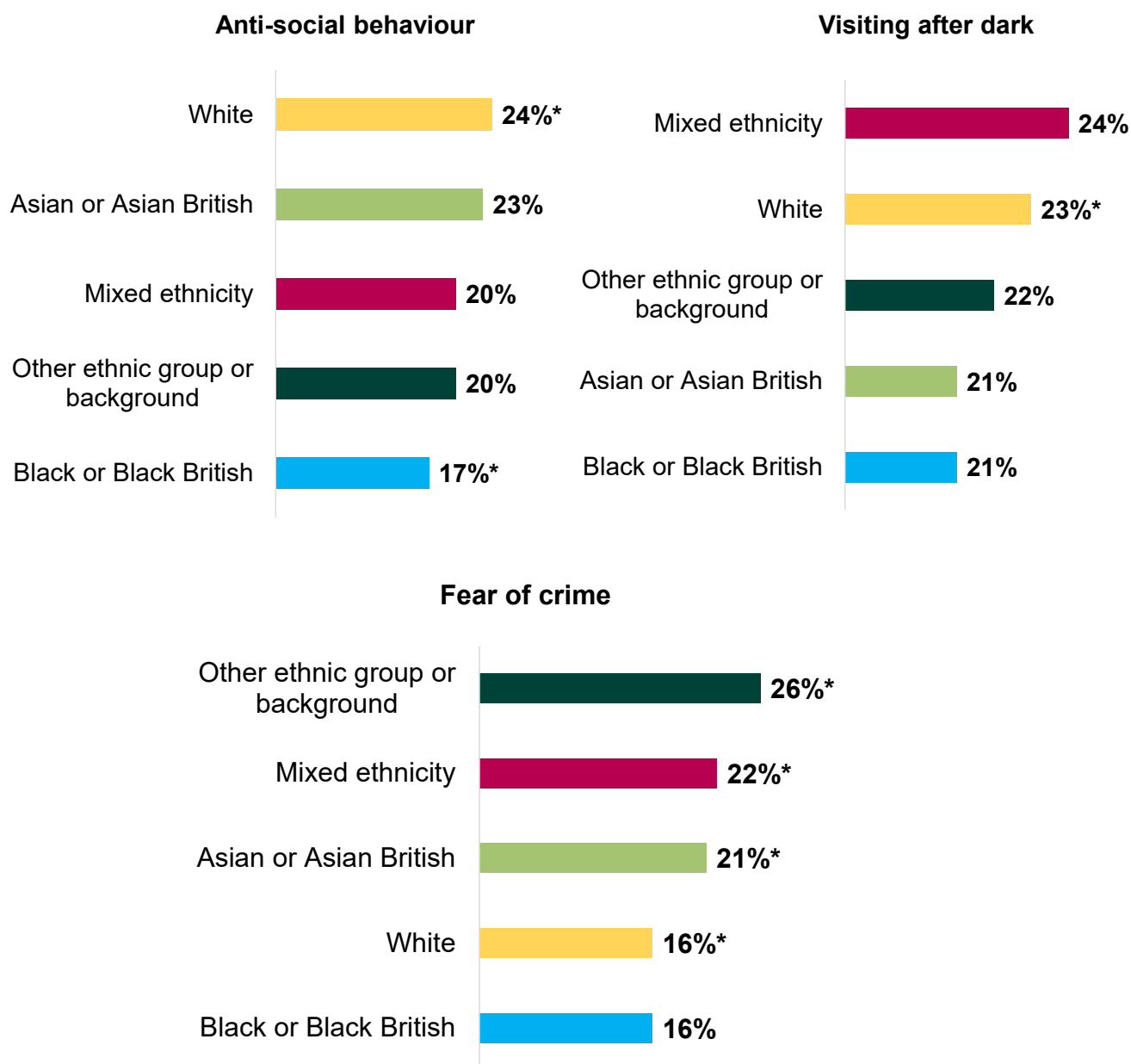


Figure 6. Charts showing top 5 reasons respondents hadn't made visits in the last 14 days broken down by ethnicity

Figure Notes:

Source: M2B-Q4A. Thinking about visiting green and natural spaces are you concerned or worried by any of the following?

- (1) The samples for this question were 1249 (Asian or Asian British), 621 (Black or Black British), 385 (Mixed ethnicity), 177 (Other ethnic group or background), 13,196 (White)
- (2) This question was asked to respondents who made no visits in the last 14 days

In terms of health-related reasons for not visiting green and natural spaces in the last 14 days, Mixed ethnicity adults (37%) and Asian or Asian British adults (35%) were more likely to report that concerns they would become ill during the visit were important to them

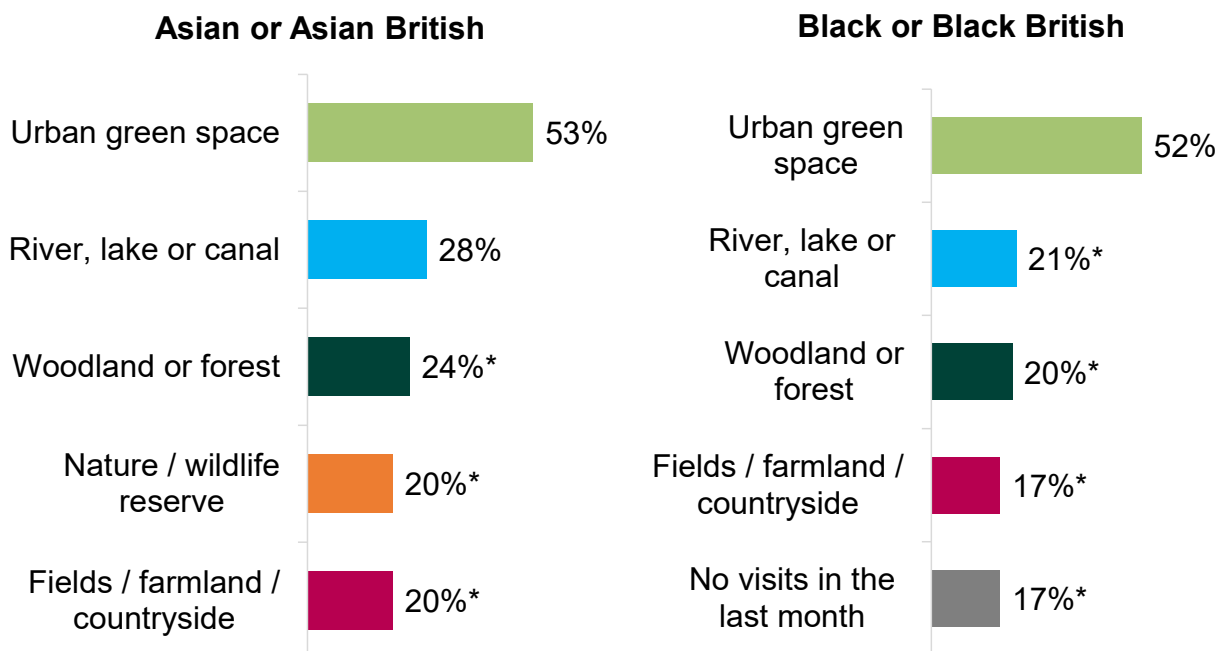
than other ethnicities. Mixed ethnicity adults (33%) and Asian or Asian British adults (32%) were more likely to say that lack of disabled facilities was very important to them.

Asian or Asian British (19%) and Black or Black British adults (19%) were more likely to suggest being too busy at work or with family commitments was the main reason for them not spending free time outdoors in the last 14 days compared to other ethnicities.

Types of green and natural space visited

There was some variation by ethnicity in terms of the types of green and natural space visited although this was not especially pronounced. Again however, these findings have not been controlled for the geographic region of respondents, which will likely have had an impact on responses.

Urban green space was by far the most common type of space visited across all ethnicity groups. Fields, farmland or countryside were a more popular destination for White adults whilst rivers, lakes and canals were a less popular choice compared to other ethnicities. Coasts were a more popular destination for Mixed ethnicity and White adults. Nature or wildlife reserves were a more popular destination for Asian or Asian British adults or adults from other ethnic groups or backgrounds compared to other ethnicities.



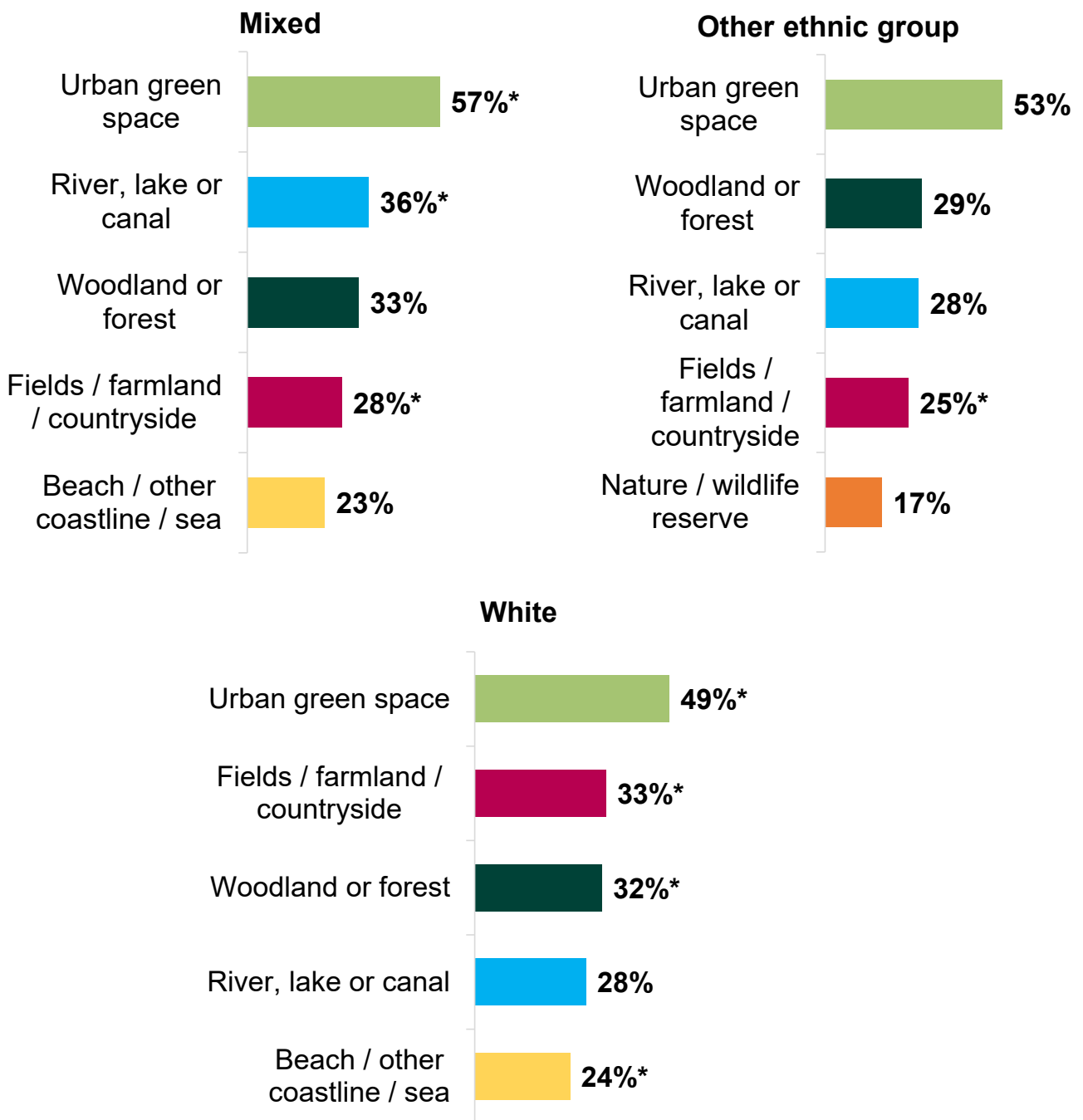


Figure 7: Top 5 destinations visited during the last month by each ethnicity

Figure Notes:

Source: Q2 (M1_Q2). Which of the following type(s) of green and natural spaces have you visited during the last month?

- (1) The samples for this question were 3189 (Asian or Asian British), 1396 (Black or Black British), 1103 (Mixed ethnicity), 413 (Other ethnic group or background), 40,352 (White)
- (2) This question was asked to respondents who had spent time in green and natural spaces in the last 12 months

Chapter summary

Our analysis indicates that there is a relationship between ethnicity and frequency of visits to green and natural space. There is also a relationship between ethnicity and how exceptional reported visits to green and natural spaces are. White and Mixed ethnicity adults were more likely to have made visits to green and natural spaces every day in the last 14 days than other ethnicities, whilst Black or Black British adults were more likely than any other ethnic group to have made no visits. These differences suggest some ethnic minority groups in England may be accessing and engaging less with nature than White adults. The findings also suggest variation across ethnic groups in terms of how exceptional adults considered their visits to green and natural space to be, with White adults being the only ethnic group that were more likely to regard their visits as routine than as exceptional.

Notably, there were a high number of Black or Black British women (44%) and Black or Black British adults aged 65+ (73%) who had made no visits to a green and natural space in the last 14 days. Black or Black British adults with a disability (36%) were also more likely to have made no visits than adults with disabilities from other ethnic groups. The high number of Black or Black British subgroups who are accessing green and natural spaces less frequently than other groups is an important finding and possible area for future research aiming to assess how access can be facilitated for these communities.

In terms of how reasons given for not visiting nature differed across ethnic groups, one important finding was that adults from ethnic minority groups (11%) were more than twice as likely to be concerned about a fear of encountering prejudice in a green or natural space than White adults (5%). This suggests fear of prejudice could be acting as a significant barrier to ethnic minority groups being able to enjoy green and natural spaces.

Our findings also suggest differences in behaviour across ethnic groups in the types of green or natural destination chosen, with some notable differences in the popularity of certain destinations between ethnic groups. However, without an understanding of the geographic location of survey respondents, we cannot explore the extent to which regional variation by ethnicity might affect destination choice. Further research which explores how ethnicity and home location (both in terms of region, but also whether respondents live in rural, urban or peri-urban areas) could operate together in determining the choice of destination could prove useful in this regard.

How Individuals with a Disability / Health Condition Engage with Nature

Research objectives

The research objectives of this priority area were:

- To explore frequencies of visits by adults with disabilities compared to those without.
- To explore how exceptional visits to green and natural space were, broken down by those with disabilities and those without.
- To explore reasons for not visiting green and natural spaces broken down by those with disabilities and those without.
- To explore what types of green and natural space were visited by those with disabilities and those without.

The Office for National Statistics defines a disability / health condition as a physical or mental health condition or illness that is expected to last for 12 months or more³. The People and Nature Surveys use this definition, asking participants: "Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?"

³ This is the definition used by the Office for National Statistics in their 2021 Census:
<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandwellbeing/bulletins/disabilityenglandandwales/census2021>

Profile of respondents

Of the 49,981 adults in the survey, 14,623 (29%) reported having a disability / health condition lasting 12 months or more.

The type of impact respondents said their disability / health condition had on their ability to carry out day to day activities and the most common types of disabilities / health conditions were as follows:

Table 3: Breakdown of impact of disability / health condition and most common disability types

Extent of impact of disability / health condition	N	%	Most common types of disability ⁴	N	%
A lot of impact	3,505	30%	Learning, understanding and concentration related	1,070	21%
A little impact	6,073	52%	Vision related	1,016	20%
No impact at all	1,983	17%	Hearing related	631	12%
(Left blank)			Dexterity related	602	12%

⁴ This question had a base size of 5,205 as it was only added in later waves of the survey.

Main findings

Frequency of visits

Overall, survey respondents with disabilities / health conditions reported visiting green and natural spaces less frequently than those without. Of those with disabilities / health conditions, 36% made 1-5 visits in the last 14 days, compared to 42% of adults without disabilities / health conditions. A third (33%) of those with disabilities / health conditions also never made visits in this period, compared to 22% of those without disabilities / health conditions.

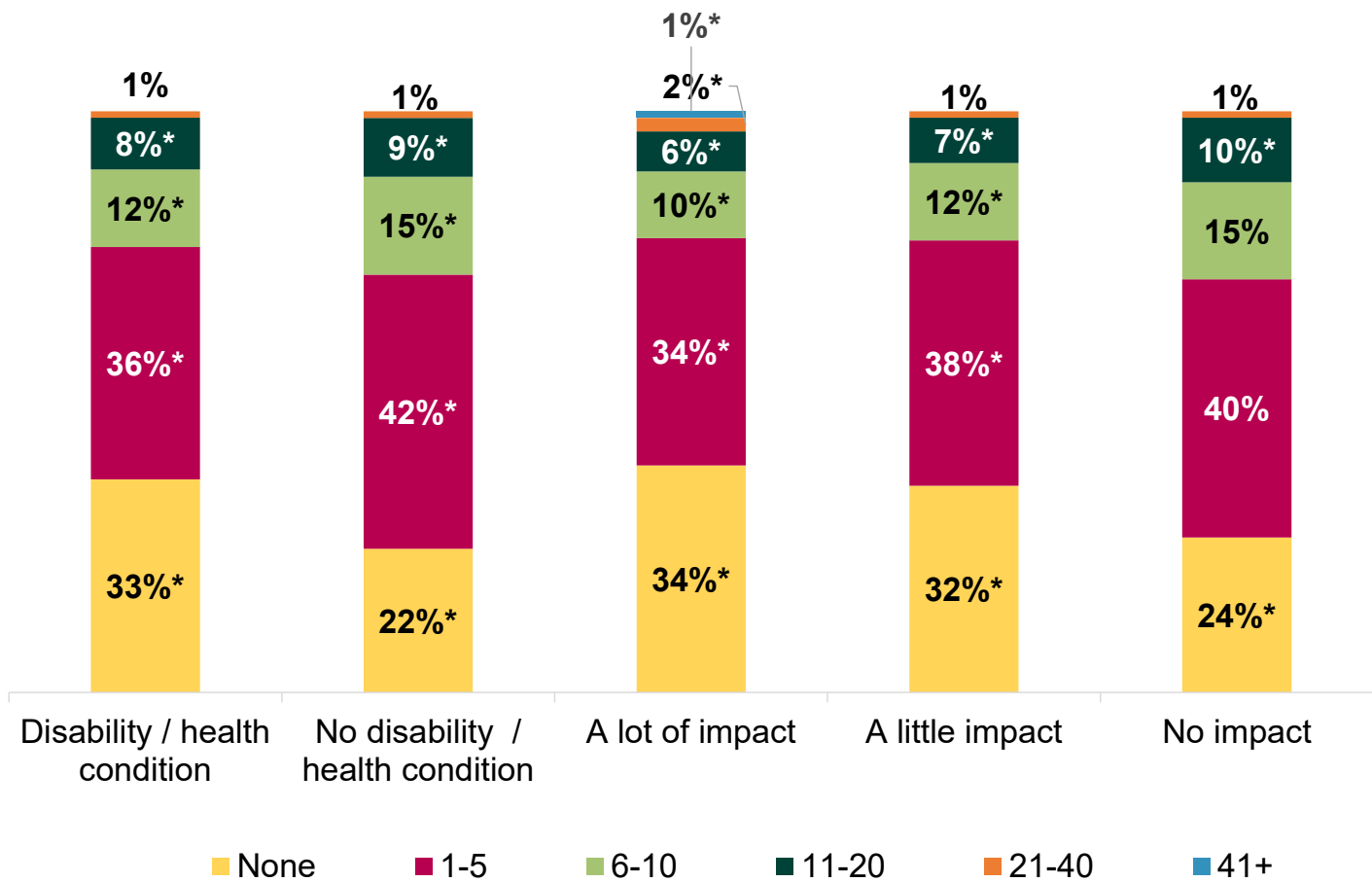


Figure 8: Frequency of visits in the last 14 days by impact of disability / health condition

Figure Notes:

Source: Q6 (No-Of-Visits). How many times, if at all, did you make this type of visit to green and natural spaces in the last 14 days?

- (1) The samples for this question were 13202 (Disability / Health condition), 31,712 (No Disability / Health condition), 3175 (A lot of impact), 5522 (A little impact), 1770 (No impact)
- (2) This question was asked to respondents who were asked Module 2 and had made a visit to green and natural space in the last month.

The impact of a disability / health condition is related with reported frequency of visits. Adults who reported disabilities / health conditions with a larger impact were less likely to

make visits than those whose disabilities had little or no impact. Of those whose disabilities / health conditions had ‘a lot’ of impact, 34% had not made a single visit to green and natural spaces in the last 14 days, compared to 32% of those with disabilities / conditions that had ‘a little’ impact and 24% of those whose disabilities / conditions had ‘no impact’. Similar trends were identified when analysing the frequency of visits reported over the last 12 months (in Q1 [M1_Q1]).

However, a number of those who reported their disability / condition having a large impact also reported making visits to green and natural spaces frequently. Those whose conditions had ‘a lot’ of impact were more likely to make visits every day, with over a quarter (26%) doing so, compared to 14% of those whose conditions had little impact and 17% of those whose conditions had no impact.

Comparing amongst different types of disabilities / health conditions, those with mental health related conditions were more likely to make visits every day (29% compared to an average of 18% of all those with disabilities / health conditions). In contrast, adults with memory and dexterity related conditions were most likely to never make visits in the last 12 months (13% and 12% respectively).

Frequency of visits over time

The frequency of visits made by those with disabilities / health conditions has fluctuated more over time compared to those without disabilities / health conditions. The proportion of those with disabilities / health conditions making no visits increased more sharply between Q4 2020 to Q2 2021 (5% to 9%) compared to those without disabilities / health conditions (from 2% to 4%). It has also decreased sharply since then, from 9% to 6%.

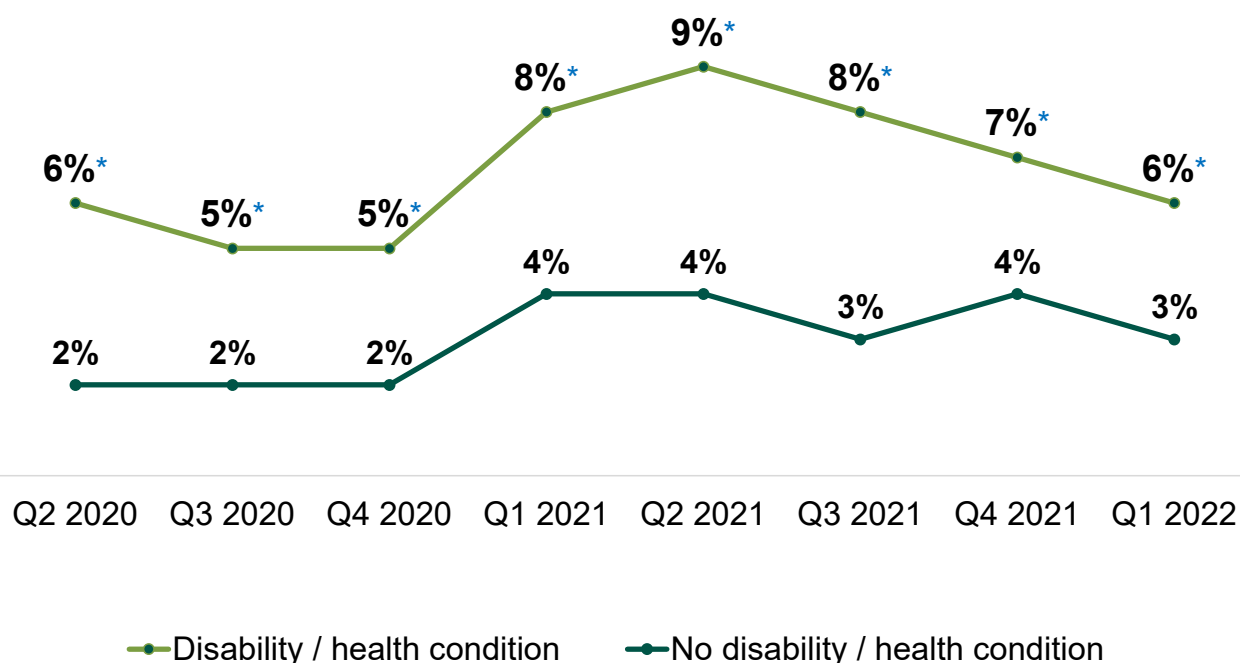


Figure 9: Time series of proportion of adults who never made visits to green and natural space by disability / health condition

Figure Notes:

Source: Q1 (M1_Q1). In the last 12 months, how often, on average have you spent free time outside in green and natural spaces?

- (1) The samples for this question were:
 - a. Disability / health condition: 1708 (Q2 2020), 1729 (Q3 2020), 1683 (Q4 2020), 1717 (Q1 2021), 1784 (Q2 2021), 1928 (Q3 2021), 2083 (Q4 2021), 1991 (Q1 2022)
 - b. No disability / health condition: 4540 (Q2 2020), 4519 (Q3 2020), 4563 (Q4 2020), 4529 (Q1 2021), 4467 (Q2 2021), 4312 (Q3 2021), 4164 (Q4 2021), 4256 (Q1 2022)
- (2) This question was asked to all respondents.

Exceptionality of visits

Respondents with disabilities / health conditions were typically more likely to consider their visits to green and natural spaces as exceptional than those without disabilities/health conditions. Amongst those with disabilities or health conditions, 40% said their most recent visit was exceptional (selecting either 4 or 5), and 38% said their visit was routine (selecting either 1 or 2). On the other hand, for those with no disabilities or health conditions, 32% said their visit was exceptional and 44% said their visit was routine.

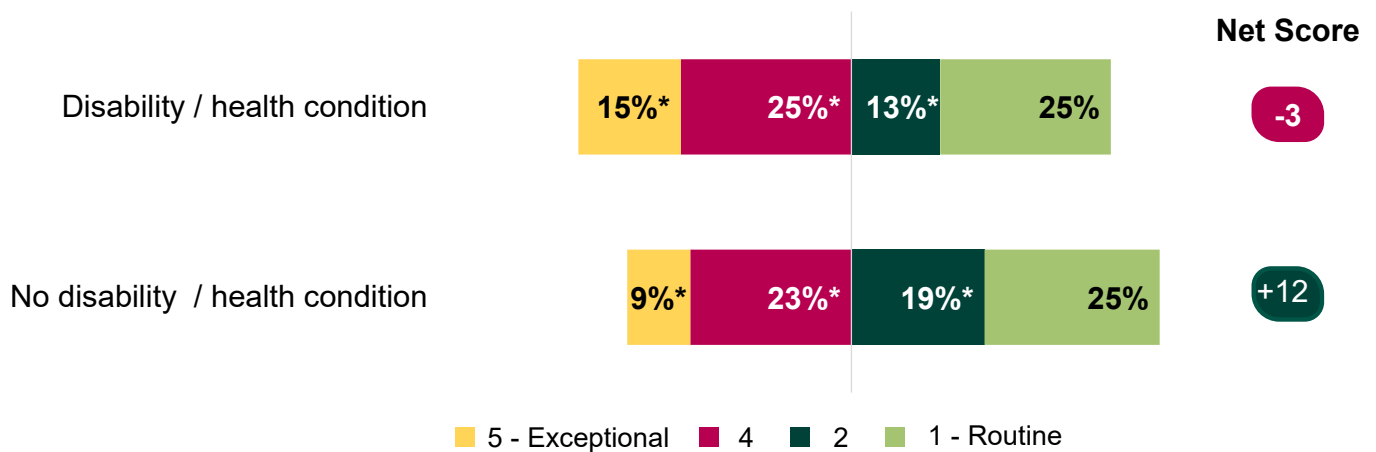


Figure 10: Exceptionality of visits by disability / health condition

Figure Notes:

Source: Q23 (M2A_SUB_Q6). Please move the slider to show how routine or exceptional this visit was to you personally.

- (1) The samples for this question were 2221 (Disability / health condition), 6326 (No disability / health condition)
- (2) This question was asked to all respondents who were asked Module 2A
- (3) Net score is calculated by subtracting exceptional percentages (4/5) from routine percentages (1/2)

The greater the impact of disability / health condition, the more likely it was that respondents considered their visits to be exceptional. Of those whose conditions had a lot of impact, 66% said their most recent visit was exceptional, compared to 37% of those whose conditions had little impact and 21% of those whose conditions had no impact.

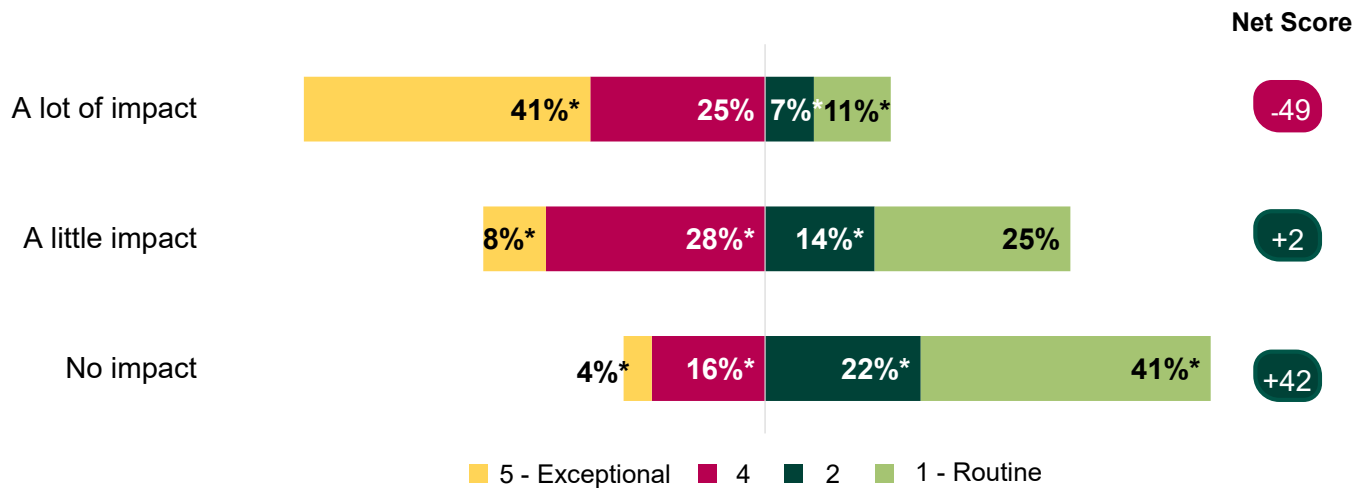


Figure 11: Exceptionality of visits by impact of disability / health condition

Figure Notes:

Source: Q23 (M2A_SUB_Q6). Please move the slider to show how routine or exceptional this visit was to you personally.

- (1) The samples for this question were 487 (A lot of impact), 960 (A little impact), and 357 (No impact).
- (2) This question was asked to all respondents who were asked Module 2A
- (3) Net score is calculated by subtracting exceptional percentages (4/5) from routine percentages (1/2)

The greater the impact of the disability / health condition, the more likely the respondent was to visit an additional place during their visits to green and natural spaces. Almost six in ten (62%) of those whose disabilities had ‘a lot’ of impact visited an additional place, compared to 38% of those whose conditions had little impact and 33% of those whose conditions had no impact. This shows that those with disabilities / health conditions that had a large impact were more likely to make trips as an exception, but to multiple places within one trip.

Reasons for not visiting green and natural spaces

Not only were those with disabilities / health conditions less likely to make visits than those without, but they were also more likely to want to spend more time outside than they currently do (73% compared to 67% of those without disabilities). This suggests that disabilities/health conditions are acting as barriers to visiting nature for these groups.

When asked about reasons for not visiting green and natural spaces in the last 14 days, the most common reasons given by people with disabilities / health conditions were to stop the spread of coronavirus and the weather, with 38% and 33% of respondents selecting these respectively. This is in line with the most common reasons for those without disabilities / health conditions (31% and 37% respectively).

However, those whose conditions had ‘a lot’ of impact were more likely to cite their physical health (50%) or mental health (20%) as a barrier to visiting, compared to those whose conditions had little (31% and 15%) or no impact (10% and 8%). This group was also more likely to not visit due to a lack of facilities and access points (13%, compared to 4% and 2% respectively). They also found it difficult to visit green and natural spaces without a car (40%, compared to 36% and 24%).

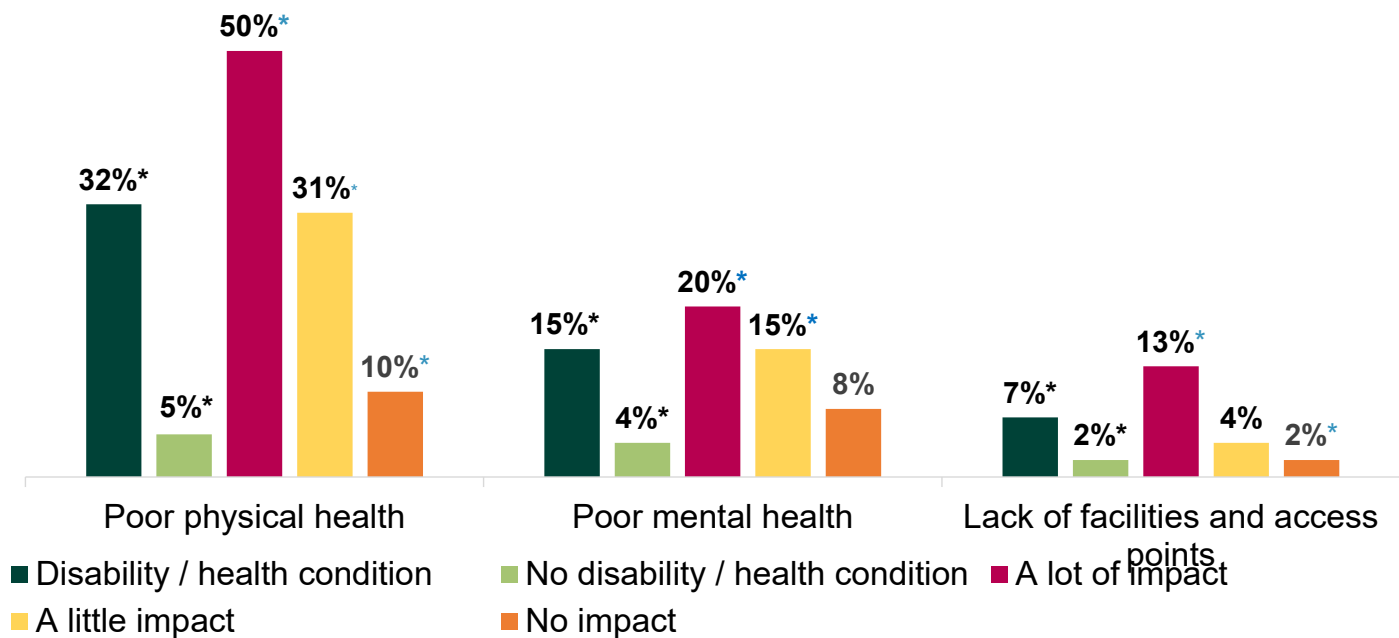


Figure 12: Reasons for not visiting green and natural spaces by impact of disability / health condition

Figure Notes:

Source: Q27a (M2B_Q2). What was the main reason for not spending free time outdoors in the last 14 days?

- (1) Due to space considerations, this figure only shows the three reasons highlighted in the text (out of a total of 11 reasons).
- (2) The samples for this question were 5624 (Disability / health condition), 9969 (No disability / health condition), 1506 (A lot of impact), 2248 (A little impact), and 575 (No impact).
- (3) The question was asked to respondents who were asked module 2B and made no visits in the last 14 days

When adults were asked which health-related reasons were important in stopping them from making visits, there tended to be multiple reasons selected. Those with disabilities / health conditions were most likely to say that mobility issues (77%), tiredness and fatigue (69%), or because there was no one to go with them (45%) were important to them in not making visits.

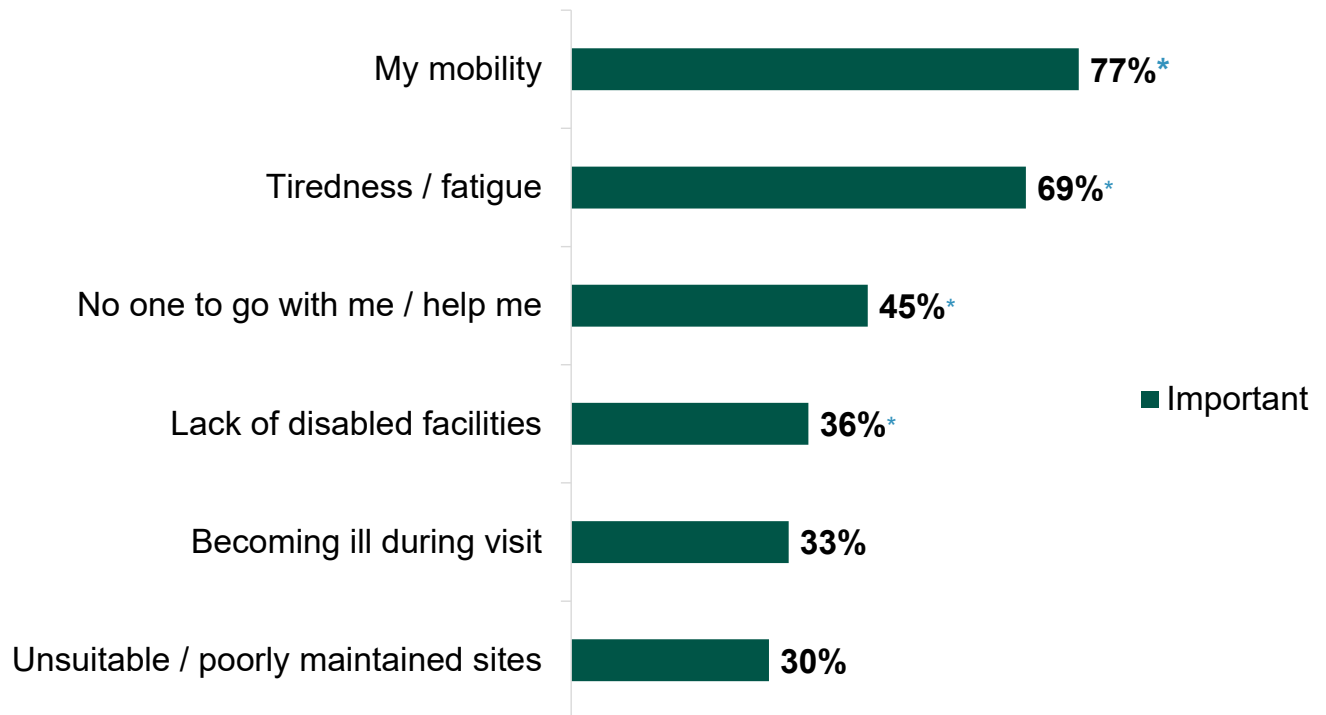


Figure 13: Health related reasons for not making visits

Figure Notes:

Source: Q28 (M2B_Q3). How important were the following health related reasons in stopping you from visiting green and natural spaces in the last 14 days?

- (1) The sample for this question was 1800 (Disability / health condition)
- (2) The question was asked to respondents who had selected poor physical health as a reason for not visiting green and natural space in the last 14 days

Types of green and natural space visited

For both those with disabilities / health conditions and those without disabilities / health conditions, urban green spaces were the most frequently visited type of green and natural space. However, the frequency of other types of green and natural space varied by impact of disability / health condition. Those whose conditions had ‘a lot’ of impact were less likely to visit fields / farmland / countryside areas as well as beach / other coastline / sea areas. On the other hand, those whose disabilities / health conditions had a large impact were more likely to visit the following areas: woodland or forest, nature / wildlife reserve, the

grounds of a historic property or country, hill, mountain or moorland, or allotments or community gardens.

Table 4: Types of green and natural space visited by disability and impact of disability

	Disability / health condition	No disability / health condition	A lot of impact	A little impact	No impact
Urban green space	32%*	33%*	31%	32%	33%
Fields / farmland / countryside	18%*	20%*	11%*	18%	24%*
Beach / other coastline / sea areas	8%	8%	6%*	10%*	8%
Woodland or forest	12%*	13%*	15%*	12%	11%*
Nature / wildlife reserve	6%*	5%*	9%*	6%*	3%*
Grounds of a historic property or country park	4%*	4%*	7%*	4%	3%
Hill, mountain or moorland	3%*	2%*	7%*	2%*	3%
Allotment or community garden	3%*	2%*	5%*	2%	3%

Table Notes:

Source: Q9 (M2A_Q2). Which of these best describes the main destination of your visit?

- (1) The sample for this question was 7448 (Disability / health condition), 21128 (No disability / health condition), 1634 (A lot of impact), 3223 (A little impact), and 1163 (No impact)
- (2) The question was asked to respondents who were asked Module 2 and made visits to green and natural space in the last 14 days

Chapter summary

Respondents with disabilities / health conditions were less likely to visit green and natural spaces than those without. Respondents with disabilities / health conditions were also more likely to see their visits as exceptional rather than routine. While those with disabilities / health conditions provided similar reasons to those without disabilities / health conditions for not making visits, they were more likely to be affected by their physical and mental health and a lack of facilities and access points. Unsurprisingly, those whose disabilities / health conditions have a greater impact on their daily lives reported visiting green and natural space less frequently, their visits being more exceptional, and greater barriers to visiting green and natural space.

While those whose disabilities / health conditions had 'a lot' of impact felt their visits were more exceptional, there was a positive relationship between an impact of adults' disability / health condition and the likelihood of visiting an additional place on a trip, potentially indicating that their trips were planned with a pre-selected itinerary.

Noticeably, there was also a larger proportion of those whose conditions had 'a lot' of impact that made daily visits compared with the other groups. A potential area of future research could be to understand this group's reasons for visiting and to evaluate if it can be used to encourage more of those with disabilities / health conditions to visit green and natural spaces.

Environmental Attitudes and Behaviours

Research objectives

For this area of the work, Natural England's main research objectives were:

- To review whether and in what ways people's attitudes and behaviours have changed over the first two years of the survey.
- To assess whether there is a relationship between visits to green space and attitudes and behaviours towards the environment.
- To explore the impact of the cost of living on attitudes and behaviours towards the natural environment.
- To provide an overall picture of survey respondents' attitudes towards the environment in England.

Main findings

Changes of attitudes over time

The vast majority of adults reported pro-environmental attitudes and behaviours, with these attitudes remaining relatively static between 2020 and 2022. For example, the proportion of adults who said that protecting the environment was either ‘important’ or ‘very important’ to them stayed consistent over the last 2 years (2020: 86%, 2021: 86%, 2022: 87%). Similarly, the proportion of adults who said that they ‘agree’ or ‘strongly agree’ that they are concerned about damage to the natural environment remained relatively static between 2020 and 2022 (net agree: 2020: 86%, 2021: 86%, 2022: 85%).

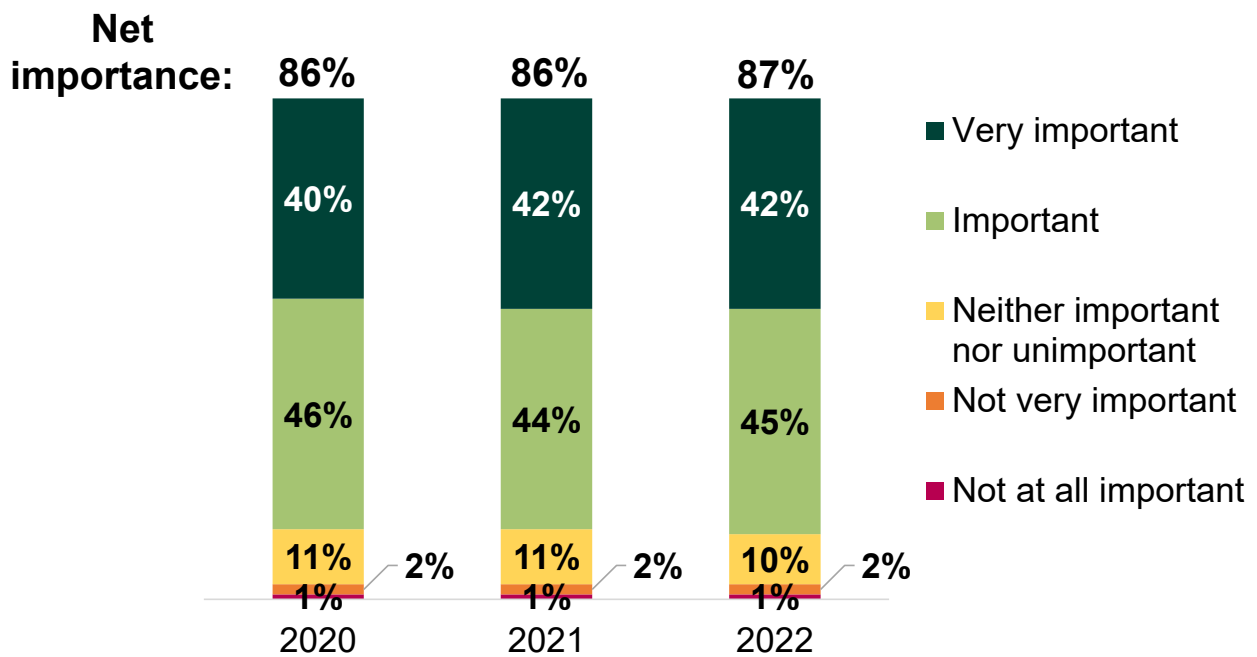


Figure 14: Change in personal importance of protecting the environment between 2020 and 2022

Figure notes:

Source: Q42 (M4_Q2). How important is protecting the environment to you personally?

- (1) The samples for this question were 3680 (2020), 4990 (2021), 1284 (2022)
- (2) This question was asked to all adults who completed Module 4

Age analysis shows that there has been an increase in pro-environmental attitudes and behaviours among younger generations (16-24) in the last two years, and a decrease in pro-environmental attitudes among adults aged 65+. For example, net importance of protecting the environment among adults aged 16-24 rose from 81% in 2020 to 89% in 2022. Conversely, net importance of protecting the environment among adults aged 65+ decreased from 89% in 2020 to 86% in 2022. In a similar vein, net agreement with concern about the natural environment increased for adults aged 16-24 between 2020 and

2022 (2020: 82%, 2021: 84%, 2022: 90%), and decreased for adults aged 65+ (2020: 88%, 2021: 85%, 2022, 81%).

It should be noted that there were no discernible trends between respondents' attitudes about the importance of protecting the environment, nor concern over protecting the environment, and the region of England in which they live.

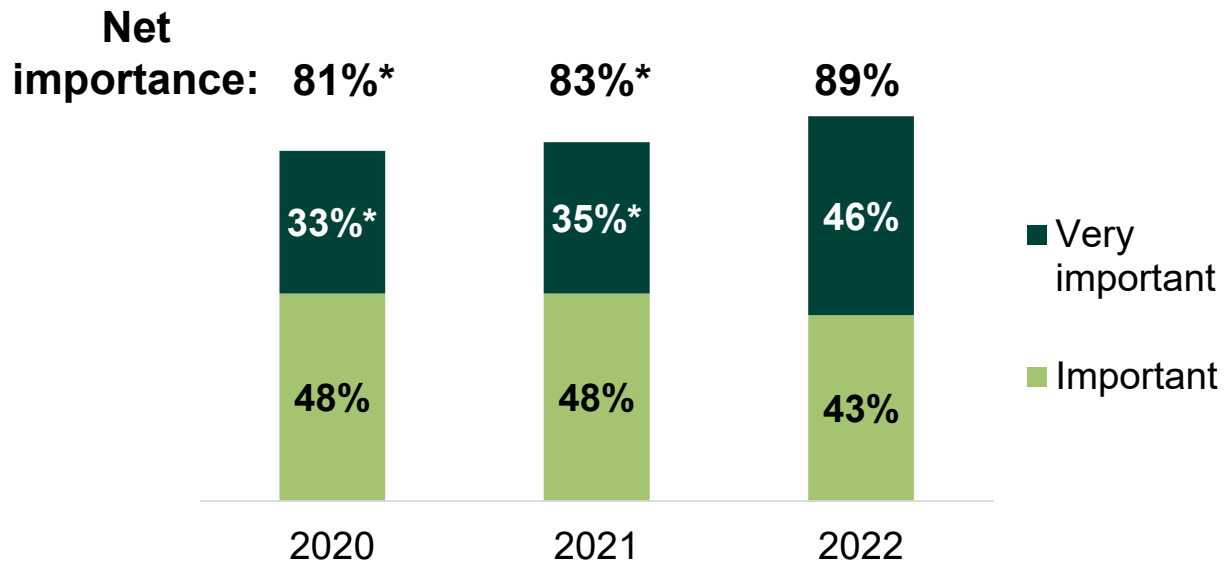


Figure 15: Change in personal importance of protecting the environment between 2020 and 2022: Adults aged 16-24

Figure notes:

Source: Q42 (M4_Q2). How important is protecting the environment to you personally?

- (1) The samples for this question were 471 (2020), 628 (2021), 144 (2022)
- (2) This question was asked to all adults who completed Module 4

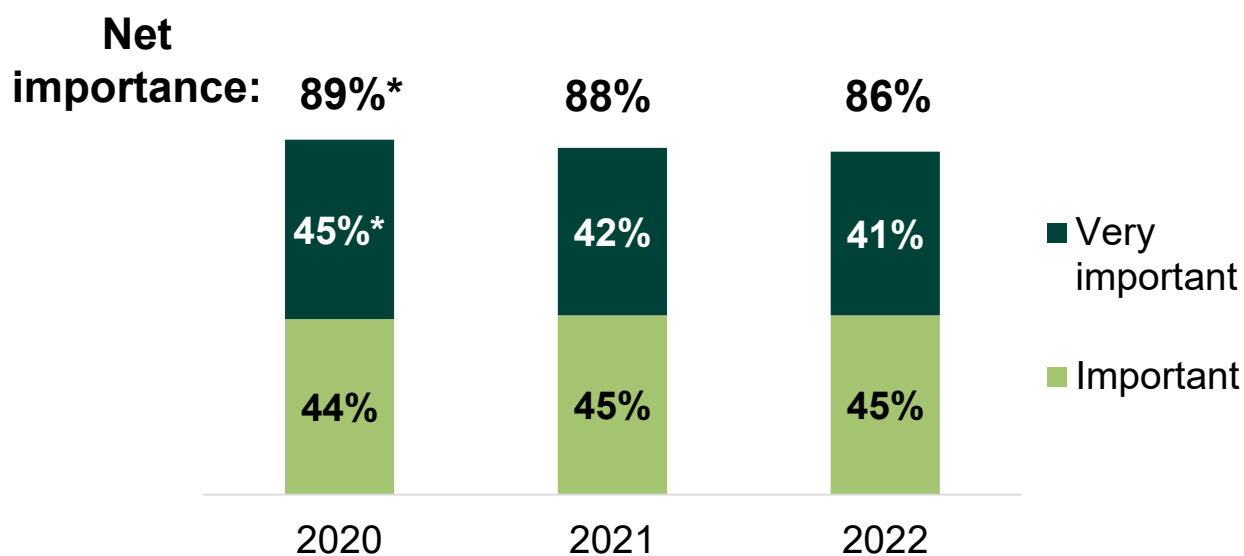


Figure 16: Change in personal importance of protecting the environment between 2020 and 2022: Adults aged 65+

Figure notes:

Source: Q42 (M4_Q2) How important is protecting the environment to you personally?

(1) The samples for this question were 919 (2020), 1169 (2021), 312 (2022)

(2) This question was asked to all adults who completed Module 4

Respondents were presented with a list of individuals or organisations (i.e. actors) and asked whether each of these are doing enough to protect the environment. The general public was always the most likely to be considered to be ‘not doing enough’ across each year (2020: 76%, 2021: 69%, 2022: 68%). However, it should also be noted that no actor saw a sustained increase in perceptions that they were not doing enough over the last two years, with the general public, ‘you/your household’, ‘people in your local area’ and ‘the UK Government’ all seeing decreases.

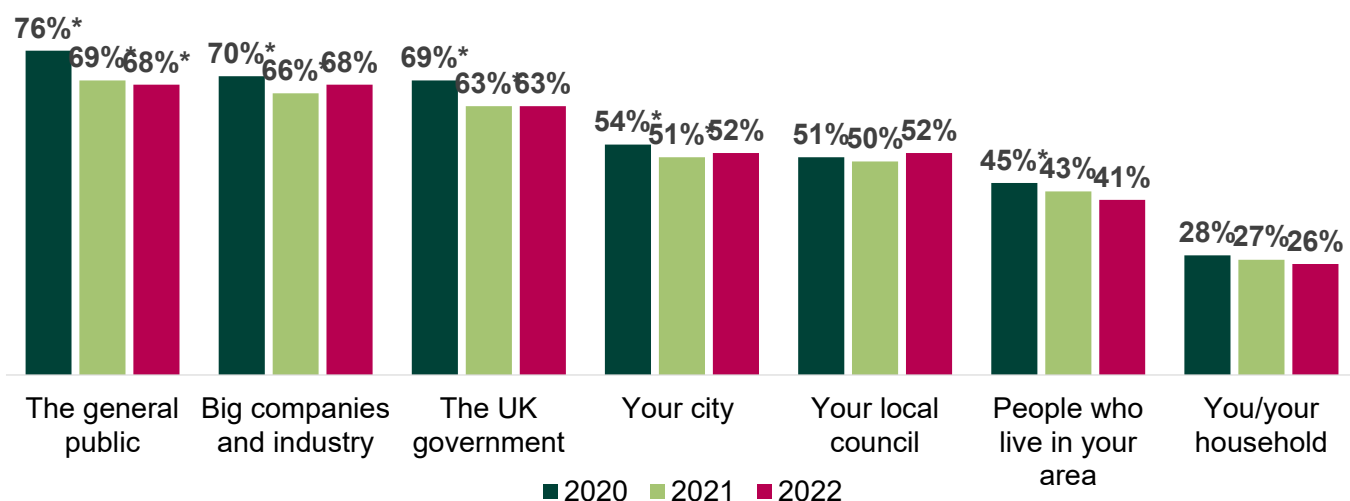


Figure 17: Proportion of adults that think that each actor is 'not doing enough' to protect the environment

Figure notes:

Source: Q57 (M4_Q16) In your opinion, is each of the following currently doing too much, about the right amount, or not enough to protect the environment?

- (1) The samples for this question were 3680 (2020), 4990 (2021), 1284 (2022)
- (2) This question was asked to all adults who completed Module 4

Subgroup trends around actors' responsibility are more identifiable across region than age. In particular, there was decreasing sentiment in the North East, London and the East of England that various actors are 'not doing enough' to protect the environment, indicating increasing optimism over time. However, there was no one particular region with more pessimistic sentiment, with this varying between actors. For example, adults in Yorkshire and the Humber increasingly felt that big companies and industry were 'not doing enough' to protect the environment (2020: 69%, 2021: 71%, 2022: 72%). Adults in the East Midlands increasingly thought that themselves/their household were 'not doing enough' (2020: 26%, 2021: 26%, 2022: 29%). For adults in the South East, this was true of people who live in their area (2020: 44%, 2021: 45%, 2022: 49%) and their local council (2020: 52%, 2021: 52%, 2022: 60%).

Relationships between visits to green and natural space and attitudes and behaviours

There was a positive relationship between how important respondents see protecting the environment and their number of visits to green and natural space (both in the last 14 days, and over the last 12 months). For example, 78% of those who took no visits in the last 14 days said that protecting the environment was important to them, compared to 94% who took 11-20 visits. Two-thirds (68%) of those who never visited green and natural space in the last 12 months said that protecting the environment was important to them, compared to 93% who visited every day.

It should be noted that, while there was a relationship both across the number of visits in the last 14 days and the frequency of visits in the last 12 months, the latter seemed to be a stronger indicator, perhaps due to a higher incidence of exceptionality over the last two weeks compared to the last 12 months.

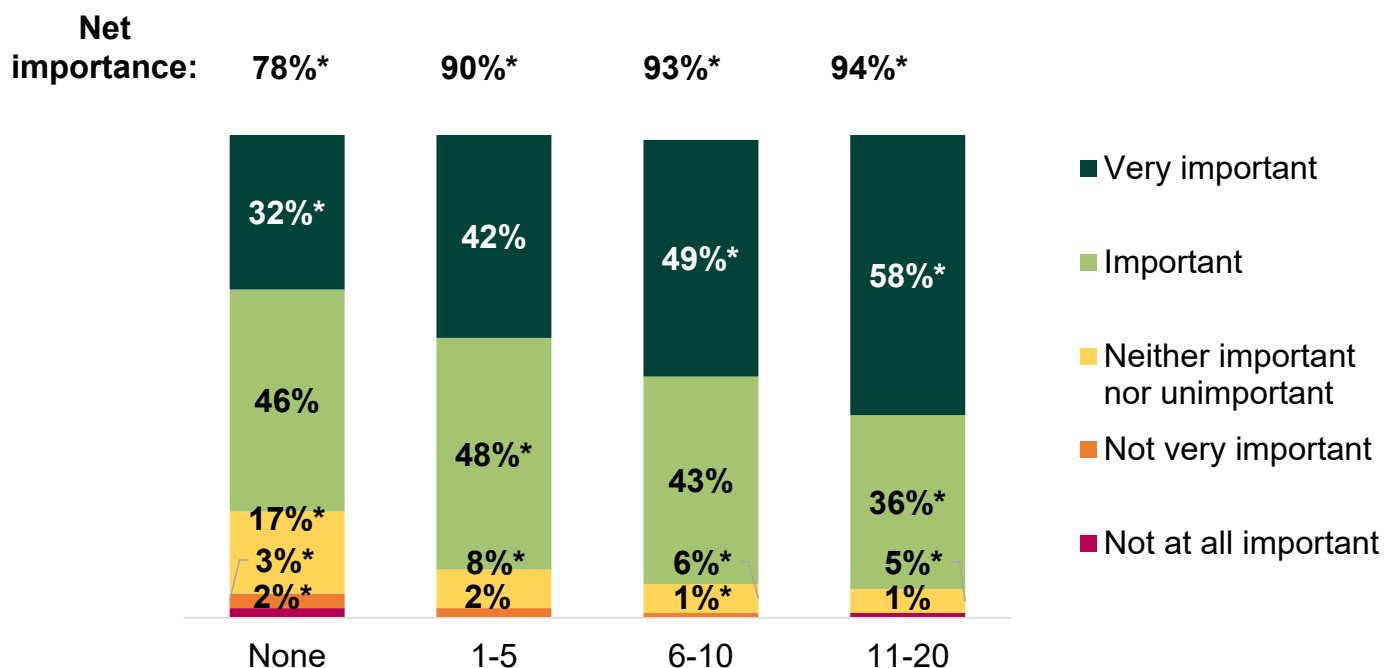


Figure 18: Personal importance of protecting the environment in relation to number of visits to green and natural space in last 14 days

Figure notes:

Source: Q42 (M4_Q2). How important is protecting the environment to you personally?

- (1) The samples for this question were 1240 (none), 1941 (1-5), 702 (6-10), 403 (11-20)
- (2) This question was asked to all adults who completed Module 4

The impact of the cost of living

While cost was rarely mentioned as a barrier to spending time in green and natural space (4%, compared to 35% for the most popular answer of bad/poor weather), the proportion of adults selecting this has increased over the last two years (2020: 3%, 2021: 4%, 2022: 6%). This increase is seen across all income bands; from 4% in 2020 to 6% in 2022 for households with an income under £20,000; from 3% in 2020 to 5% in 2022 for households of an income between £20,000 and £49,999; and from 3% in 2020 to 6% in 2022 for households with an income of more than £50,000.

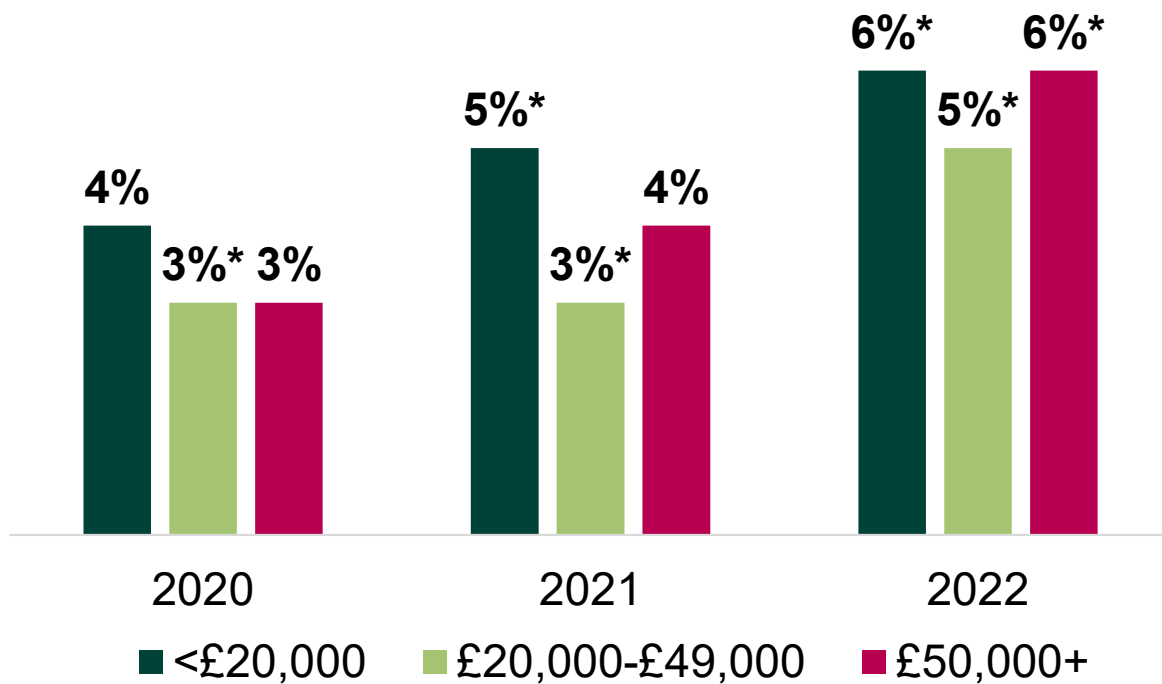


Figure 19: Cost as the main reason for not spending time outdoors in the last 14 days, by household income

Figure notes:

Source: M2B_Q2_. What was the main reason for not spending free time outdoors in the last 14 days? Cost / too expensive

- (1) The samples for this question were 2250 (<£20,000 2020), 2808 (<£20,000 2021), 748 (<£20,000 2022), 2874 (£20,000-£49,999 2020), 3288 (£20,000-£49,999 2021), 834 (£20,000-£49,999 2022), 1027 (£50,000+ 2020), 1301 (£50,000+ 2021), 373 (£50,000+ 2022)
- (2) This question was asked to all adults who made no visits in the last 14 days

There was also a large increase in adults selecting ‘rising prices / inflation / cost of living’ as one of the top three issues currently facing the United Kingdom in 2022, with the proportion selecting this more than tripling since 2020 (2020: 14%, 2021: 21%, 2022: 49%). In addition, while cost of living was not among the top 3 answers in 2020 (1st: Health / NHS, 2nd: Economy, 3rd: Unemployment) nor 2021 (1st: Health / NHS, 2nd: The environment / climate change, 3rd: Economy), it became the most popular answer in 2022 (2nd Health / NHS, joint 3rd Economy / The environment / climate change).

This increase was also seen across income bands; from 16% in 2020 to 52% in 2022 for those with household incomes under £20,000; from 13% in 2020 to 53% in 2022 for households with an income of between £20,000 and £49,999; and from 12% in 2020 to 42% in 2022 for households with an income of more than £50,000. Across each income band, ‘rising prices / inflation / cost of living’ became the most popular answer in 2022, ahead of ‘Health / NHS’, ‘Economy’, and ‘The environment / climate change’.

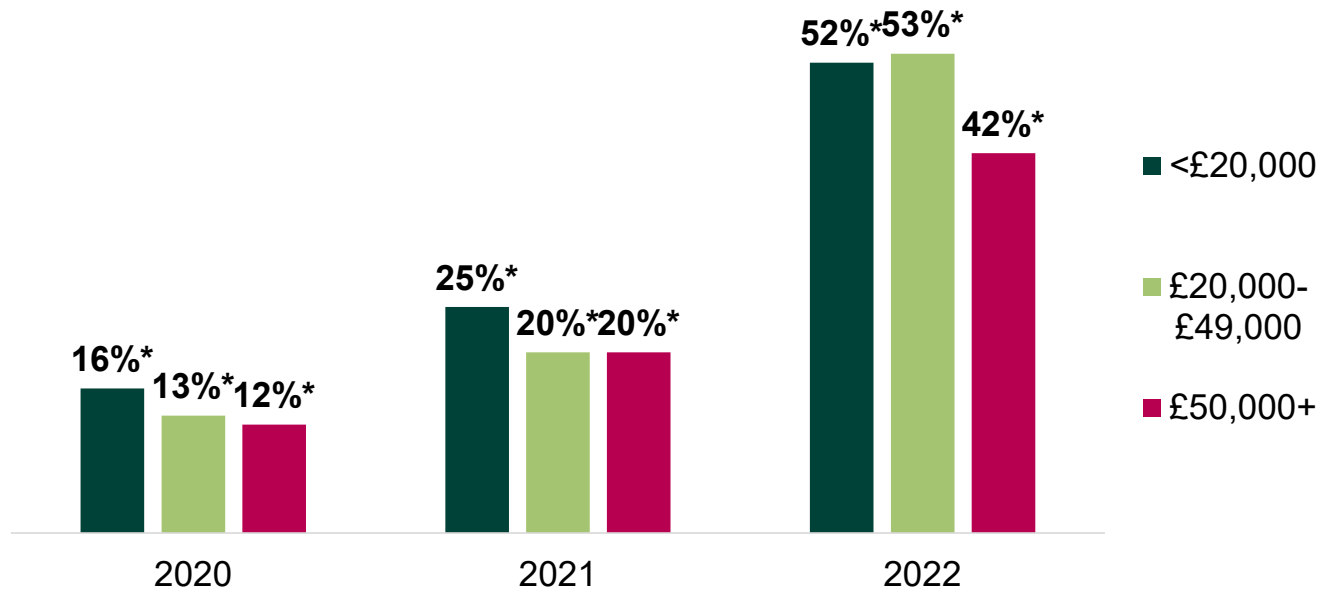


Figure 20: Rising prices / inflation / cost of living as one of the most important issues facing the United Kingdom

Figure notes:

Source: M4_Q1_2: What do you think are the most important issues facing the United Kingdom at the moment? Rising prices / inflation / cost of living

- (1) The samples for this question were 1062 (<£20,000 2020), 1408 (<£20,000 2021), 365 (<£20,000 2022), 1776 (£20,000-£49,999 2020), 2381 (£20,000-£49,999 2021), 603 (£20,000-£49,999 2022), 821 (£50,000+ 2020), 1175 (£50,000+ 2021), 302 (£50,000+ 2022)
- (2) This question was asked to all adults who completed Module 4

Chapter summary

Our analysis indicates that overall, adults report pro-environmental attitudes and behaviours. While there was little indication of change year-to-year, this could be an indication that pro-environmental behaviours are prevalent and are unlikely to improve significantly beyond their current positive state. It is important also to recognise that although individuals reported pro-environmental behaviours, this does not mean that individuals actually practice them, or that they practice them consistently.

At a more granular level, pro-environmental attitudes appear to have increased among younger adults and declined among older adults. These findings may indicate generational differences in attitudes to the natural environment.

There was a positive relationship between attitudes towards the environment and frequency of visits to green and natural spaces. While this has not been proven to be a causal relationship (i.e. number of visits to green and natural space drives importance of protecting environment and vice versa), it does indicate some sort of relationship; for example, those who spend more time in green and natural space may be more aware of environmental degradation (through seeing it for themselves), and/or recognise the importance of nature for their own lifestyle. Similarly, those who appreciate the importance of the natural environment may be more likely to frequent green and natural space more often. This may be something for Natural England to investigate further using alternative statistical methods.

While cost of living was rarely mentioned by respondents as a barrier to engaging with green and natural space, it is clear from survey data that the cost of living in the UK has become a more pertinent issue in 2022, with adults across all household income bands 49% of all adults identifying it as one of the top three issues affecting the UK. Nevertheless, the fact that the proportion of adults selecting cost as a barrier to green and natural space remained relatively low over the past two years may indicate that adults see spending time in green and natural space as an accessible and relatively cheap activity.

Gardening Behaviours and Biodiversity in Gardens

Research objectives

In this area of the research, Natural England's main research objectives were:

- To understand the relationship between garden use and access to green and natural space to explore whether people see gardens as a substitute for local green and natural spaces.
- To provide insight on whether people see their gardens as a space for nature.
- To build a picture of what, if anything, people in England do to encourage nature in their gardens.
- To explore whether people who access green and natural spaces are also more likely to take action for nature in their gardens.

Main findings

Comparing garden use with the use of green and natural space

Analysis found that adults generally use their own garden or outdoor space for the same reasons that they used green and natural space. Those who had done a certain activity in green and natural space in the last 14 days were more likely than average to have done the same activity in their own garden or outdoor space. For example, 63% of those with access to a garden or space said that they used it to get fresh air; that increases to 70% for those who have also said that they spent time in green and natural space to get fresh air in the last 14 days. It can therefore be derived that adults did not seem to see gardens as a substitute for green and natural space.

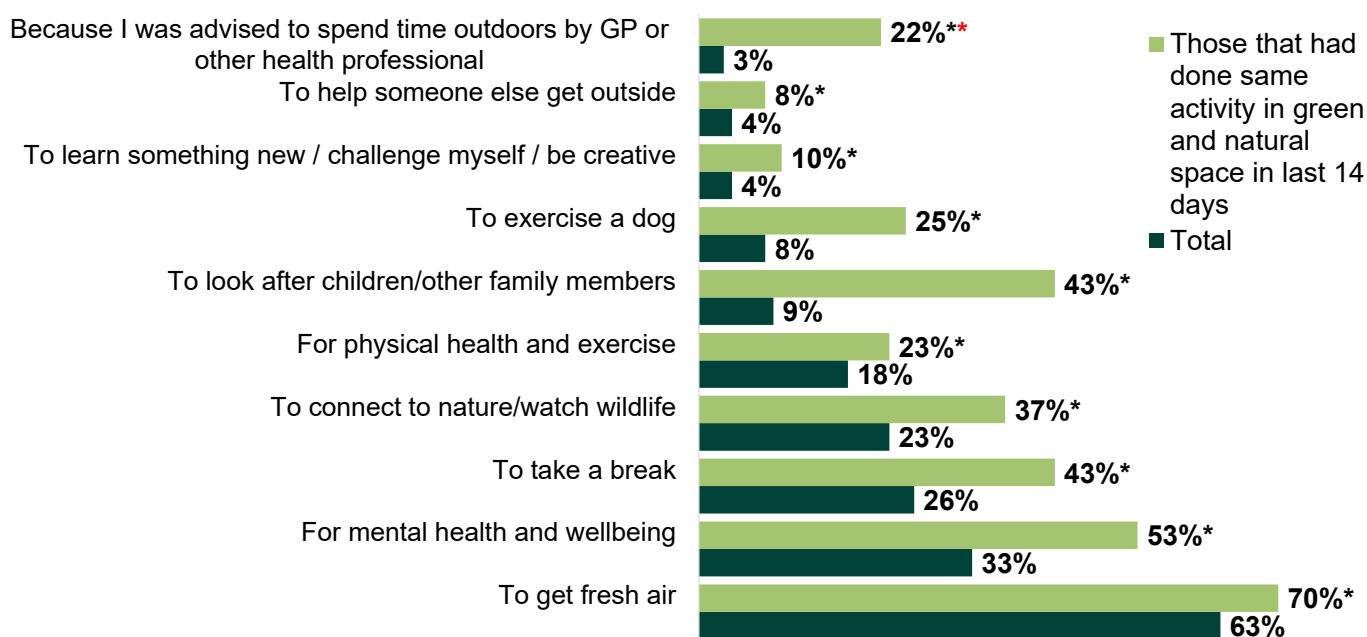


Figure 21: Reasons for spending time in garden/space in last 14 days

Figure notes:

Source: M5_Q1E. What were the main three reasons for spending time in this garden/space?

- (1) The samples for this question were 17644 (M5-Q1E), 1643 (to get fresh air), 1007 (for mental health and wellbeing), 301 (to take a break from TV / other electronic devices), 626 (to connect to nature / watch wildlife), 1367 (for physical health and exercise), 210 (to look after children / other family members), 493 (to walk a dog), 111 (to learn something new / challenge myself / explore a new place), 144 (to help someone else get outside), 49 (because I was advised to spend time outdoors by GP or other health professional)
- (2) This question was asked to all adults who completed Module 5 and had access to a garden or outdoor space

Gardens as a space for nature

Analysis shows that while adults to some extent see their gardens as spaces for nature, figures show that there is scope for this to increase. For example, 4 in 10 adults (41%) who had access to a garden or outdoor space said that they enjoy the trees / plants / grass in their gardens. Slightly lesser proportions, around a third, said that they enjoy wildlife (36%), encourage wildlife (35%), and enjoy gardening (35%).

When asked about the main three reasons for spending time in their garden or space in the last 14 days, doing gardening maintenance was the second most popular answer, with 4 in 10 adults (43%) selecting this. A quarter (23%) also said that they use their garden or outdoor space to connect to nature or watch wildlife.

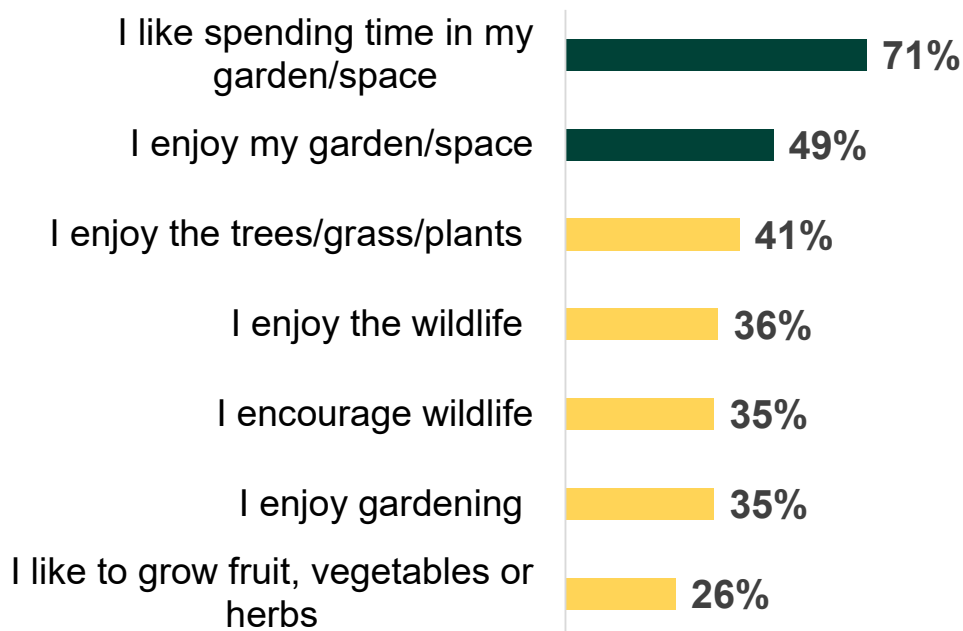


Figure 22: Adults' agreement with statements about their garden or outdoor space

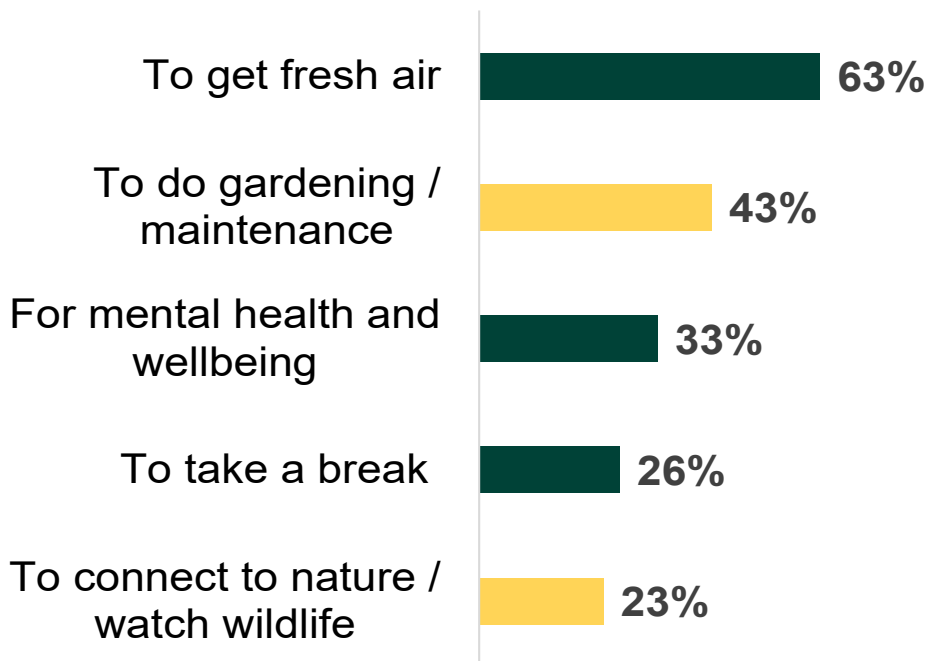


Figure 23: Adults' main three reasons for spending time in their garden / outdoor space

Figure notes:

Source: M5_Q1D (left). Thinking about this garden/space which of the following statements, if any, do you agree with? M5_Q1E (right). What were the main three reasons for spending time in this garden/space?

- (1) The sample for these questions was 17644
- (2) This question was asked to all adults who completed Module 5 and had access to a garden or outdoor space

It should be noted that seeing gardens or outdoor spaces as a space for nature seemed to come second to seeing it as a space for wellbeing. For example, the most popular reason to spend time in a garden or outdoor space in the last 2 weeks was to get fresh air, with 6 in 10 adults selecting this (63%). Higher proportions of adults also strongly agreed that their garden was good for their physical (26%) and mental (30%) health than feeling closer to nature (23%).

Encouraging nature in gardens

The majority of survey respondents reported taking some actions to encourage nature in their gardens or outdoor space. Easier activities were typically the most popular. For example, around two-thirds of adults said that they plant or maintain pollinator friendly plants (64%) and provide food for wild animals such as birds (66%) 'at least sometimes'. Three in ten adults (29%) said that they provide food for wild animals 'very often'.

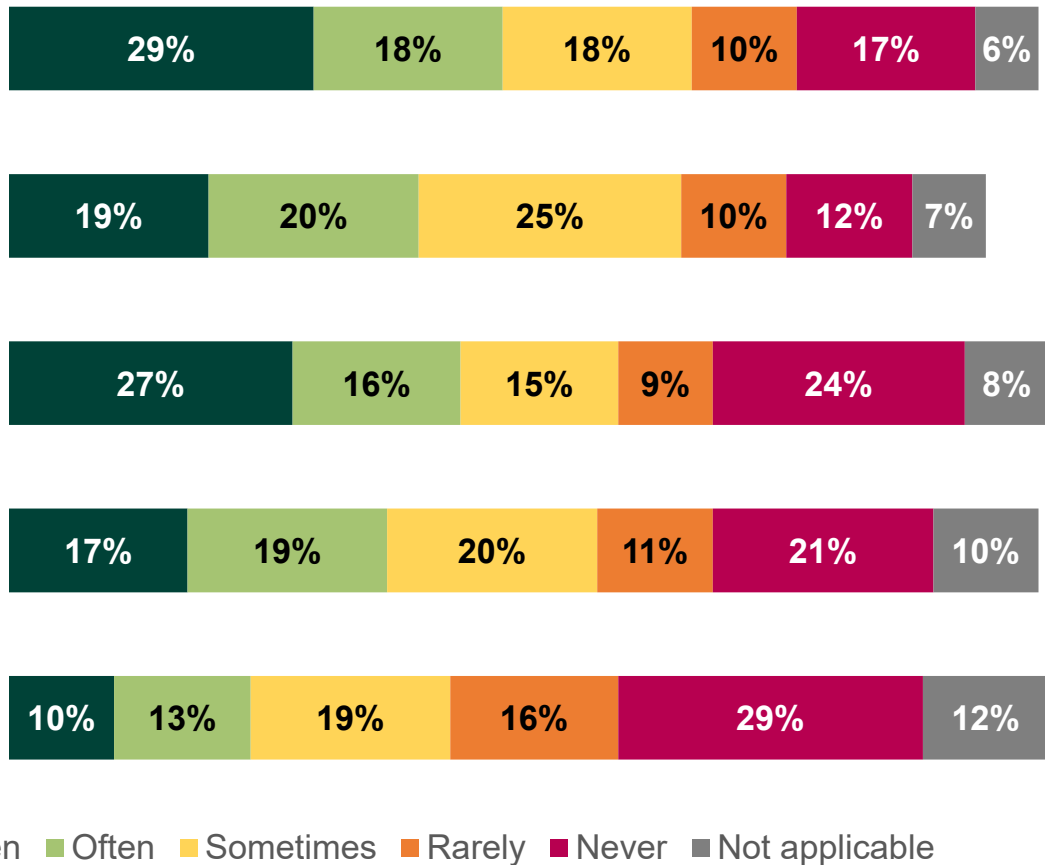


Figure 24 Frequency of actions in adults' gardens / outdoor space

Figure notes:

Source: M5_Q3. In the garden you have access to, how often do you do the following?

- (1) The sample for this question was 18,035
- (2) This question was asked to all adults who completed Module 5 and had access to a garden or outdoor space

It should be noted that there does not seem to be a consistent relationship between time spent in green and natural spaces and action taken in gardens. The trends that do exist are towards either end of scale, with those who said they never visit green and natural space were most likely to say they never take action in their garden, and those who visited green and natural space more than twice a week were more likely to say they take action 'very often'. For example, 27% of those who never visited green and natural space in the last 12 months said that they never provided food for wild animals (compared to 17% total), and 35% of those who visited green and natural space every day saying that they did this 'very often' (compared to 29% total).

Chapter summary

Overall, it can be said that adults have reported that they see their gardens or outdoor spaces as a space for nature, but this is not a substitute for engagement with other green and natural spaces. Respondents largely reported using their gardens in the same way that they use other green and natural spaces.

In terms of whether people see gardens as a space for nature, this seems to be true to an extent, with adults reporting that they enjoy nature in their gardens. A range of actions to encourage wildlife in gardens were also reported, such as planting flowers and leaving food out (although there was no relationship between access to green and natural space and action taken for nature in gardens). However, data showed that adults tended to regard their outdoor spaces as a place for personal wellbeing more than as a place for nature, so there may be scope for sentiment about gardens as a space for nature to increase. Natural England may want to conduct further research to see how this could be driven, by firstly understanding what underpins adults' attitudes to their gardens and outdoor spaces, including understanding what people think of when they think or talk about nature in their gardens, and then identifying what could encourage adults to take further responsibility for supporting nature in their garden.

Recommendations for Further Research

Our analysis of data from the People and Nature Survey has provided in-depth insights into the four main areas of focus. However, this analysis has also highlighted areas for potential further research, either because our findings merit further investigation, or due to limitations of the data used and the limitations of the scope of this research.

Firstly, location / postcode data should be used to investigate links between where people live and how they engage with green and natural space. It is particularly important to use this alongside data on ethnicity; while our analysis has found that different ethnicities engage with green and natural space in varying ways, it should be considered that this variation may also be driven by their location (especially urban vs. rural) as much as other factors. Potentially the Natural England Green Infrastructure Map could be used to enhance this data, while future PaNS surveys may wish to capture the length of time it takes people to walk to their nearest green and natural space.

One of the key findings of our analysis of ethnic minority groups' engagement with nature was that Black or Black British adults, and in particular women and those aged 65+, are least likely to visit green and natural space. Qualitative research with these groups would serve to understand their relationship with green and natural space, barriers they may face to visiting green and natural space and how these could be overcome.

Analysis into how individuals with a disability / health condition engage with nature found that, those whose disabilities or health condition had the greatest impact took fewer visits to green and natural space overall (and were also more likely to regard their visits as 'exceptional' rather than 'routine'). However, those individuals with 'high impact' conditions were more likely to visit green and natural space every day than those whose disabilities or health conditions had a lower impact. Further research could be carried out to understand more about this group's reasons for visiting daily (and also whether this is driven by any particular conditions), and to evaluate whether any of these learnings could be taken forward to encourage more people with disabilities or health conditions to visit green and natural space; this may be in the form of qualitative research.

Adults reported pro-environmental attitudes towards nature, and overall this has not changed over time; however, attitudes among those aged 65+ do seem to be decreasing slightly. Natural England may wish to conduct research to understand the reasons behind this, either with qualitative or quantitative research with this age group. It may also be worth monitoring this over time to observe whether this represents a longer-term trend.

While analysis into adults' attitudes and behaviours found that there is a relationship between number of visits to green and natural space and pro-environmental attitudes, it has not been established whether this is a causal relationship. Further statistical analysis may want to be carried out to investigate this further.

Finally, analysis into gardening behaviours and biodiversity found that, while to some extent survey respondents see their gardens or outdoor spaces as a place for nature, this

generally came second to seeing it as a place for personal wellbeing. Further research would help to discover how people understand nature in the context of their gardens, the reasons behind why they seem to see it more as a place for personal wellbeing over nature, and what may encourage more adults to use their garden as a space for nature.

Appendix A: Breakdown of Time Series

Years:

2020 – Waves 2-10

2021 – Waves 11-22

2022 – Waves 23-25

Quarters:

Q2 2020 – Waves 2-4

Q3 2020 – Waves 5-7

Q4 2020 – Waves 8-10

Q1 2021 – Waves 11-13

Q2 2021 – Waves 14-16

Q3 2021 – Waves 17-19

Q4 2021 – Waves 20-22

Q1 2022 – Waves 23-25

