



# Nature-based interventions for climate and health

Master of Public Health

Honours

Master by Research

PhD

Nature-based solutions offer a promising approach to improving health and wellbeing while contributing to climate change adaptation and mitigation. With urbanisation, environmental degradation and modern life challenges limiting access to nature, nature-based activities enhance physical, mental and social health. Practices such as nature prescription, where health practitioners recommend nature-based experiences for managing chronic disease, have shown benefits such as improved physical activity, blood pressure, social connections and mental wellbeing. However, the environmental co-benefits of these interventions, particularly in mitigating climate change in remote Australia, remain underexplored. By integrating traditional Indigenous knowledge and promoting community-led nature-based solutions, we can reduce its carbon footprint and support local climate adaptation and mitigation plans. This approach aligns with Australia's net-zero commitments, potentially reducing the demand for carbon-intensive adaptation.

This project will synthesis global evidence and work with remote community residents and stakeholders to co-design nature-based solutions to climate change.

# Eligibility Criteria and Scholarship Provisions

**Eligibility:** The successful applicant will be eligible to enrol full-time in a PhD.

**Scholarship Provisions:** The applicant will be required to apply for a Domestic Research Training Program (RTP) scholarship through CDU. Additional Top-Up funds may be provided by the project.

Other research scholarship opportunities are available through Charles Darwin University.

<https://www.cdu.edu.au/research-and-innovation/higher-degree-research/scholarships>

## Application Process:

Applicants should submit the following to Dr Manoj Bhatta:

([manoj.bhatta@menzies.edu.au](mailto:manoj.bhatta@menzies.edu.au))

- Brief summary of why they want to complete the project.
- Current CV with 2x reference contacts
- Copies of certified academic transcripts
- Proof of residency (not required for Australian citizens)

For more information on scholarships and how to apply follow the link below:

<https://www.cdu.edu.au/research-and-innovation/future-research-students>