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This is a compilation of resources from the LAF webinar “Measuring Nature + Its Benefits: New Tools and Tech” held on September 1, 2026. The webinar recording and more information can be accessed [here](#). Resources will not be updated.

Webinar Presenter Organizations

- [NatureQuant](#)
- [The Internet of Nature](#) ®

Resources Related to the Webinar Content + in Audience Q&A

[The Nature of Our Cities](#) book by Dr. Nadina Galle

NatureQuant Whitepapers

Environmental Equity

<https://www.naturequant.com/blog/Environmental-Equity/>

Urban Heat Index

<https://www.naturequant.com/urbanheatindex/>

NatureScore Priority Index

<https://www.naturequant.com/blog/NatureScore-Priority-Index/>

NatureQuant Open Access Dataset

<https://naturequantopen.org>

NatureQuant Publications

Quantifying Nature: Introducing NatureScore™ and NatureDose™ as Health Analysis and Promotion Tools

<https://doi.org/10.1177/08901171231210806b>



Time in nature is associated with higher levels of positive mood: Evidence from the 2023 NatureDose™ student survey

<https://doi.org/10.1016/j.jenvp.2023.102083>

Disparities in NatureScore® across U.S. public schools

<https://doi.org/10.1016/j.ufug.2025.129063>

Examining Daily Associations of Nature Exposure, Body Appreciation, and Physical Activity Among Adolescents

<https://doi.org/10.1177/10901981261437118>

Interplay Between Residential Nature Exposure and Walkability and Their Association with Cardiovascular Health

<https://www.jacc.org/doi/10.1016/j.jacadv.2024.101457>

Nature and Mental Health in Urban Texas: A NatureScore-Based Study

<https://www.mdpi.com/1660-4601/21/2/168>

Racial, Ethnic, and Socioeconomic Disparities in Multiple Measures of Blue and Green Spaces in the United States

<https://pubmed.ncbi.nlm.nih.gov/36696102/>

Nature-Based Feasibility Intervention to Influence Mitigation Strategies for Perceived Stress

<https://www.mdpi.com/1660-4601/19/19/12277>