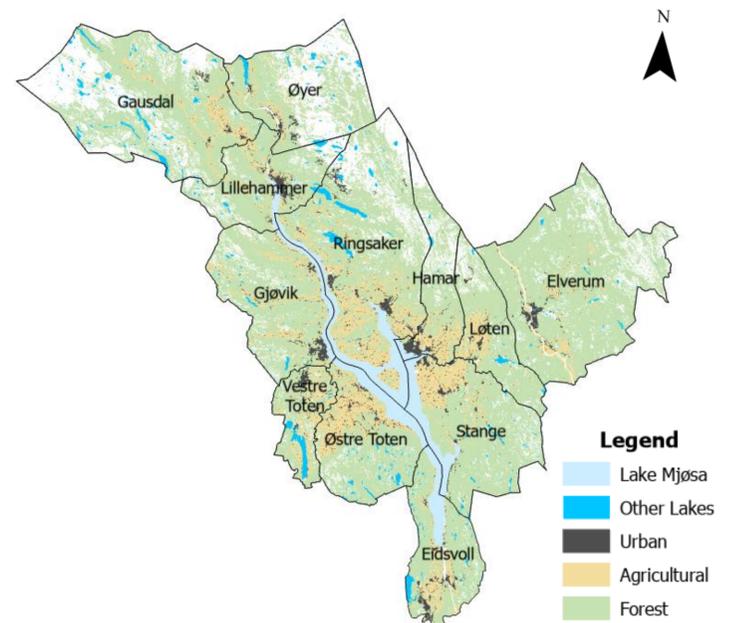


Health and relations to place and nature in the Mjøsa region

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How do people's attachment to Mjøsa and connectedness to nature matter for One Health in the Mjøsa region?



One Health

An approach to health which recognizes the interconnectedness of human-, animal-, and environmental health (WHO, 2023).

Studies operationalizing the project:

1. How do activities on or along Mjøsa relate to loneliness?
 - Sub-question: Is the relationship mediated by attachment to Mjøsa and connectedness to nature?
2. How do place attachment and connectedness to nature relate to wellbeing with the presence of global and place-based environmental distress?
3. What role does connectedness to nature hold in making people adopt responsibility for the welfare of animals?
4. How do people reflect on and experience their relationship to Mjøsa and nature in everyday life?

Data material generated:

Mjøsundersøkelsen

1. Type of data: Survey
2. Time of data collection: Fall 2024
3. Net sample: 2544
4. Contains measures of key variables:
 - Activity participation on or along Mjøsa
 - Place attachment to Mjøsa
 - Connectedness to nature
 - Loneliness
 - Wellbeing
 - Environmental distress
 - Responsibility for animal welfare

Summary of study 1 (Hoff & Løvoll, 2026):

Data and methods:

- Data from Mjøsundersøkelsen were analyzed with structural equation modeling and multiple linear regression models.

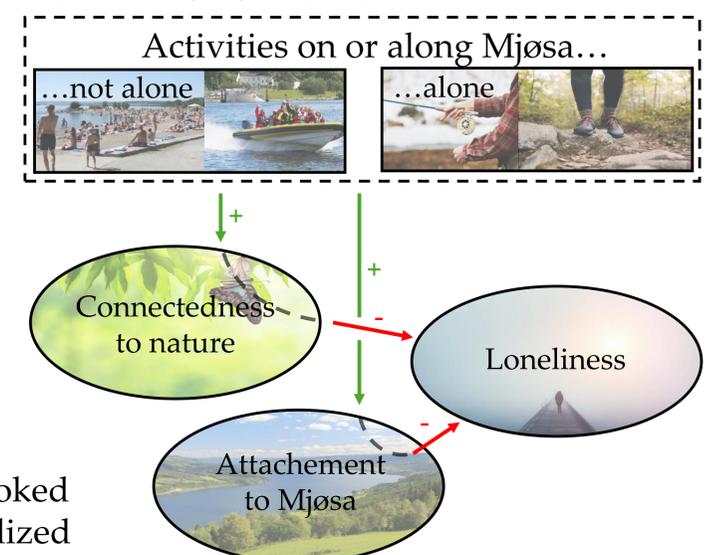
Results:

- Significant indirect associations of activities on or along Mjøsa with reduced loneliness via stronger connectedness to nature and attachment to Mjøsa
- The strongest indirect effect of activities is seen when mediated by connectedness to nature.
- The indirect effect of activities is stronger if they are also done alone
- Different activities related differently to connectedness to nature and attachment to Mjøsa, indicating the centrality of ways of attending to the environment: noticing sensory experiences, symbolic meanings, and aesthetic qualities of nature (Lumber et al., 2017).

Conclusion:

- Connectedness to nature holds a particularly strong yet to date overlooked potential for reducing loneliness, and much of the potential can be realized through activities.

Visualization of results:



Contribution to Mission Mjøsa:

- Quantifies levels of attachment to Mjøsa and connectedness to nature in the Mjøsa region.
- Indicates different roles and functions of degrees of attachment to Mjøsa and connectedness to nature in contemporary society surrounding Mjøsa

References:

- Hoff, S. C., & Løvoll, H. S. (2026). Activities in natural environments as remedy to loneliness: The role of connectedness to nature and place attachment. *Health & Place*, 98, 103617.
- Lumber, R., Richardson, M., & Sheffield, D. (2017). Beyond knowing nature: Contact, emotion, compassion, meaning, and beauty are pathways to nature connection. *PLoS ONE*, 12(5), e0177186.
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