Matilda is a doctor in medicine as well as in landscape planning and public health. She works as an assistant professor at The University of British Columbia, Canada, where she holds a joint appointment between the School of Population and Public Health and the Department of Forest and Conservation Sciences. She investigates how exposure to natural environments can protect and improve human health and how this displays in various populations across various socioeconomic conditions. Results from her studies may be used for healthier urban planning with improved conditions for both people and natural ecosystems. Matilda works as a consultant for numerous international organizations, including WHO, the UN Environmental Program, the US Environmental Protection Agency, and the Climate Change and Innovation Bureau Health Canada. She is the editor of the recently published Textbook of Nature and Public Health by Oxford University Press.