

Health Benefits of Green Infrastructure in Parks

Parks provide opportunities for physical activity and connecting with the outdoors. By incorporating green infrastructure into the landscape, exercise becomes more enjoyable.

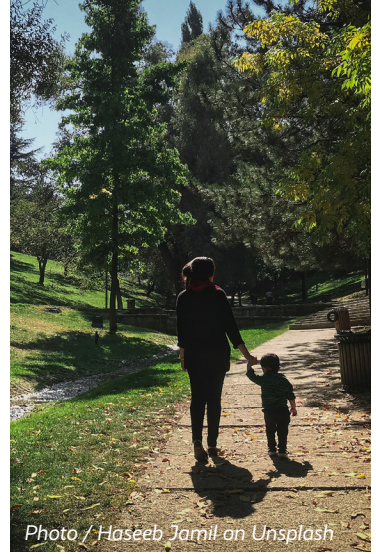


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More Trees Means Healthier People

Increased tree canopy is associated with all kinds of health benefits for communities, including decreased rates of obesity and obesity-related illnesses.¹ Trees also can help people feel less depressed and anxious,² and can help improve your memory.³

Better Mental Health

Spending time in a place with green features helps people recover from mental fatigue more quickly.⁵

Improved Physical Health

Green infrastructure features that increase biodiversity in an area can compound the positive health effects of time in nature, including better heart health.⁴

Increased Physical Activity

Green infrastructure features like wetlands and man-made lakes can increase physical activity in an area.⁶

[1] Lovasi, G. S., Schwartz-Soicher, O., Quinn, J. W., Berger, D. K., Neckerman, K. M., Jaslow, R., Lee, K.K. and Rundle, A. (2013). "Neighborhood safety and green space as predictors of obesity among preschool children from low-income families in New York City." *Preventive Medicine*, 57(3), 189–193.

[2] Watts, G. (2017). "The effects of 'greening' urban areas on the perceptions of tranquility." *Urban Forestry & Urban Greening*, 26, 11–17.

[3] Bratman, G. N., Daily, G. C., Levy, B. J., and Gross, J. J. (2015). "The benefits of nature experience: Improved affect and cognition." *Landscape and Urban Planning*, 138, 41–50.

[4] Chang, K. G., Sullivan, W. C., Lin, Y.-H., Su, W., and Chang, C.-Y. (2016). The Effect of Biodiversity on Green Space Users' Wellbeing—An Empirical Investigation Using Physiological Evidence. *Sustainability*, 8(10), 1049.

[5] Li, D., and Sullivan, W. C. (2016). "Impact of views to school landscapes on recovery from stress and mental fatigue." *Landscape and Urban Planning*, 148, 149–158.

[6] Vich, G., Marquet, O., and Miralles-Guasch, C. (2019). "Green streetscape and walking: Exploring active mobility patterns in dense and compact cities." *Journal of Transport & Health*, 12, 50–59.