

1. Lower risk of cardiovascular disease. Higher levels of green space have been linked with a reduced risk of CVD, including conditions such as ischemic heart disease and stroke mortality. The presence of green spaces may contribute to a healthier environment that promotes physical activity and reduces stress, both of which are beneficial for cardiovascular health.
2. Reduced risk of type 2 diabetes: There is an association between green space and a lower risk of type 2 diabetes. Access to green spaces may encourage physical activity and contribute to healthier lifestyles, which can help prevent the onset of diabetes.
3. Improved mental health: green spaces have been associated with several mental health benefits. They have been found to reduce stress levels, lower the propensity for psychiatric morbidity, and alleviate symptoms of psychological distress, depression, anxiety, and mood disorders. Being in green environments may provide a sense of calm, promote relaxation, and offer opportunities for recreation and social engagement, all of which contribute to improved mental well-being.
4. Increased physical activity: Proximity to green spaces, particularly larger ones, is linked to a higher likelihood of maintaining regular physical activity, such as walking. Green spaces can provide inviting settings for outdoor activities and encourage people to engage in exercise, which has numerous health benefits.
5. Social and community benefits: green spaces can enhance social cohesion and community satisfaction. The presence of green spaces has been associated with improved social relationships, a greater sense of community, and positive experiences of helping others. These factors contribute to overall well-being and a stronger social fabric within neighbourhoods.
6. Positive effects on individuals with disabilities: Direct exposure to green spaces has shown positive effects on individuals with disabilities and their caregivers. These benefits include improved markers of depression, greater health satisfaction, enhanced social relationships, and increased satisfaction with a sense of community and experiences of helping others.