

Inclusive access to outdoor environments: landscape and health

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Access to green/blue space - salutogenic and equigenic



Potential mechanisms linking landscape and health:
physical activity, social engagement, attention restoration,
stress reduction, enhanced immune system, reduced pollution ...

We all need to get out more often

What might encourage us to get out more?

In a UK study, older people (65+) who lived within 10 minutes' walk of a local open space were **twice as likely to achieve the recommended levels of healthy walking** (2.5 hours/week) cf. those with more distant local open space.

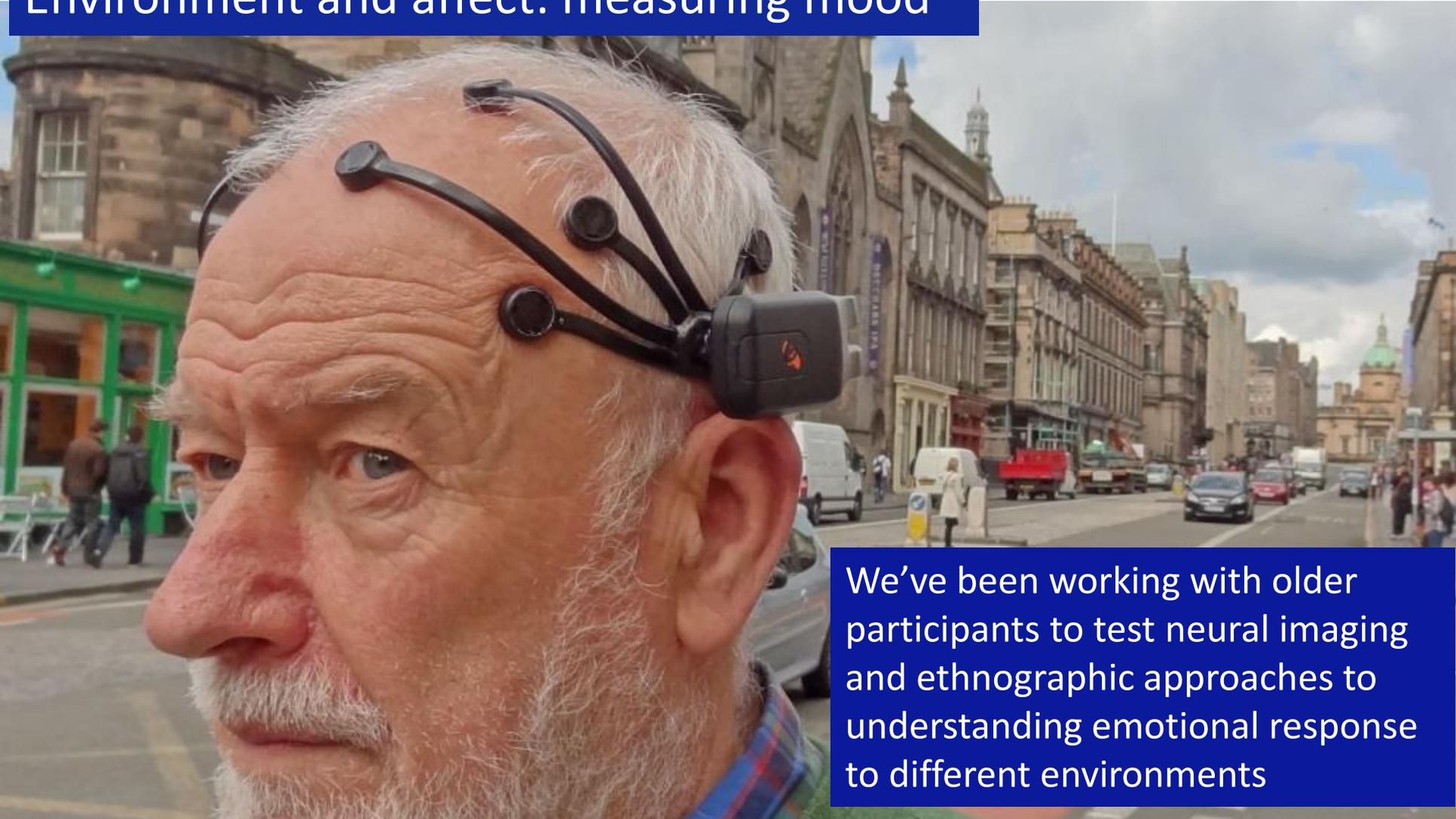
Good paths *en route* to the open space were also associated with **twice the odds of achieving healthy walking levels.**



Having more 'Personal Projects' associated with the outdoors predicts better QoL; especially if the environment supports contact with nature



Environment and affect: measuring mood



We've been working with older participants to test neural imaging and ethnographic approaches to understanding emotional response to different environments

Green space & mental health in older age

Anxiety and depression – green space influence over the lifecourse

- influence limited to most socially disadvantaged neighbourhoods
- green space during childhood makes a difference
- For anxiety, every decade of life near more green space makes a difference in older age (over 70yrs)



Mobility, Mood and Place was funded by Lifelong Health and Wellbeing, a cross-council initiative addressing the challenges and opportunities of an ageing population.



THE UNIVERSITY of York

Evaluating a government pilot study on children, looking at:

- obesity;
- unintentional injuries;
- asthma;
- mental health and wellbeing.

Good Places Better Health for Scotland's Children

Prepared by the Evaluation Group
of Good Places Better Health

4.0 OUR VISION

A Scotland where

Homes are warm and dry with **good quality space** for children to play indoors and **outdoors**

Children play, explore and relax **outdoors in streets, parks, green places, open spaces** and **have contact with nature** in their everyday lives

The presence of children outdoors is welcomed, supported and valued by parents and the wider community

Neighbourhoods are well maintained, safe, appealing, support healthy food choices and have a strong sense of community

