



PUBLIC OPEN SPACE

RESIDENTS WITH LARGER NEIGHBOURHOOD PARKS WITHIN 1600M ENGAGE IN 150 MINUTES MORE RECREATIONAL WALKING PER WEEK THAN THOSE WITH SMALLER PARKS.

Source: Giles-Corti B, et al. Increasing walking: How important is distance to, attractiveness, and size of public open space? American Journal of Preventive Medicine. 2005;28(2, Supplement 2):169-76



WALKERS EXERCISING IN URBAN PARKS REPORT GREATER HAPPINESS AND LOWER ANGER AND DEPRESSION SCORES.

Source: Hartig T, et al (1991). Restorative Effects of Natural Environment Experiences. Environment and Behaviour. 23 (1): 3-26.



16% LOWER HEART PROBLEMS



37% LOWER HOSPITALISATION

ADULTS WITH A WIDE RANGE OF GREEN SPACES AROUND THEIR HOME REPORT 37% LOWER HOSPITALISATION RATES AND 16% LOWER SELF-REPORT RATES OF HEART DISEASE OR STROKE.

Source: Pereira, G., et al. (2012). "The association between neighborhood greenness and cardiovascular disease: an observational study." BMC Public Health 12: 466.