

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.



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

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

Better Mental Health

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

Increased Physical Activity

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

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[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.

