

Health, wellbeing and greenspace



In Scotland, one child in five is overweight and one in ten is obese or severely obese; access to **attractive greenspace** has been proved to **increase exercise** and **reduce obesity**

Several scientific studies have shown that being in **high quality nature-rich greenspace** is a **great stress buster** and improves general **health and wellbeing**

There is currently too little recognition of the **real health benefits of a high quality natural environment**, be it in an urban or rural setting, despite compelling and growing evidence

Research published in *The Lancet* shows that **income-related health inequalities** are **reduced** by having easy access to **high quality greenspace**

Children living in streets **with more trees** are less likely to suffer from asthma and behavioural problems including attention deficit hyperactivity disorder

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The Scottish Wildlife Trust would like to see:

- **A strong focus on the role of nature-rich greenspace** in health and wellbeing in the forthcoming Scottish Government Cities Strategy
- **The inclusion of urban areas** in the Scottish Government's target for tree planting
- **Local authorities working with developers** to incorporate high quality, nature-rich greenspace within 300 m of everyone's front door
- **All Scotland's towns and cities to develop a strategic approach to the provision of nature-rich greenspace** to help re-connect people with nature (similar to the Glasgow & Clyde Valley Green Network approach)
- **Access to high quality, nature-rich spaces recognised as a right for every person in Scotland;** this should be a key part of the Scottish Government's strategy for improving physical and mental health