

Green spaces deliver lasting mental health benefits

Press Release

Strictly embargoed until 01:00 GMT on 7th January 2014

Green space in towns and cities could lead to significant and sustained improvements in mental health, finds a new study published in the journal of Environmental Science & Technology.

Analysing data that followed people over a five year period, the research has found that moving to a greener area not only improves people's mental health, but that the effect continues long after they have moved.

The findings add to evidence that suggests increasing green spaces in cities - such as parks and gardens - could deliver substantial benefits to public health.

The research is one of the first studies to consider the effects of green space over time and has used data from the British Household Panel Survey, a repository of information gathered from questionnaires filled in by households across Great Britain.

Using data from over 1,000 participants, the research team at the University of Exeter Medical School focused on two groups of people: those who moved to greener urban areas, and those who relocated to less green urban areas.

They found that, on average, movers to greener areas experienced an immediate improvement in mental health that was sustained for at least 3 years after they moved. The study also showed that people relocating to a more built up area suffered a drop in mental health. Interestingly this fall occurred **before** they moved; returning to normal once the move was complete.

The authors adjusted their data to remove effects from other factors likely to affect mental health over time – such as income, employment and education – as well as factors related to personality. Lead researcher, Dr Ian Alcock, believes the study's results could have important implications:

“We've shown that individuals who move to greener areas have significant and long-lasting improvements in mental health. These findings are important for urban planners thinking about introducing new green spaces to our towns and cities, suggesting they could provide long term and sustained benefits for local communities.”

In 2012 the World Health Organisation cited depression as the leading cause of disability worldwide, and this study builds on research that has found natural environments could act as vital resources to improve health and wellbeing.

Yet up until now, scientists have been unsure how these effects vary over time. Co-author of the paper, Dr Mathew White, says this research has provided an important insight into the mechanism:

“We needed to answer important questions about how the effects of green space vary over time. Do people experience a novelty effect, enjoying the new green area after the move, but with the novelty then wearing off? Or do they take time to realise the benefits of their new surroundings as they gradually get to know local parks? What we've found suggests that the mental health benefits of green space are not only immediate, but sustainable over long periods of time.”

Notes to Editors

The study "*Longitudinal Effects on Mental Health of Moving to Greener and Less Green Urban Areas*" is published in the journal *Environmental Science & Technology*. It is authored by Ian Alcock, Mathew White, Benedict Wheeler, Lora Fleming, and Michael Depledge.

A video is available to accompany this release; it can be embedded wherever appropriate:

<https://vimeo.com/83228781>

For further information please visit www.ecehh.org or contact Alex Smalley on a.j.smalley@exeter.ac.uk and 01872 258131.

The University of Exeter Medical School's European Centre for Environment and Human Health is part financed by the European Regional Development Fund Programme 2007 to 2013 and European Social Fund Convergence Programme for Cornwall and the Isles of Scilly.

The Department for Communities and Local Government is the managing authority for the European Regional Development Fund Programme, which is one of the funds established by the European Commission to help local areas stimulate their economic development by investing in projects which will support local businesses and create jobs. For more information visit www.communities.gov.uk/erdf

European Social Fund Division, part of the Department of Work and Pensions, is the managing authority for the European Social Fund (ESF) Convergence, which is one of the funds established by the European Commission to help local areas stimulate their economic development. ESF Convergence invests in the economic regeneration of Cornwall & Isles of Scilly, investing in people, their jobs and skills. For more information visit <http://www.dwp.gov.uk/esf/> and <http://www.cornwallworks.org.uk/>

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