



RECOMMENDATIONS FOR LEVERAGING BLUE SPACE FOR HEALTH

A BLUEPRINT FOR CHANGE

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CURRENT SITUATION



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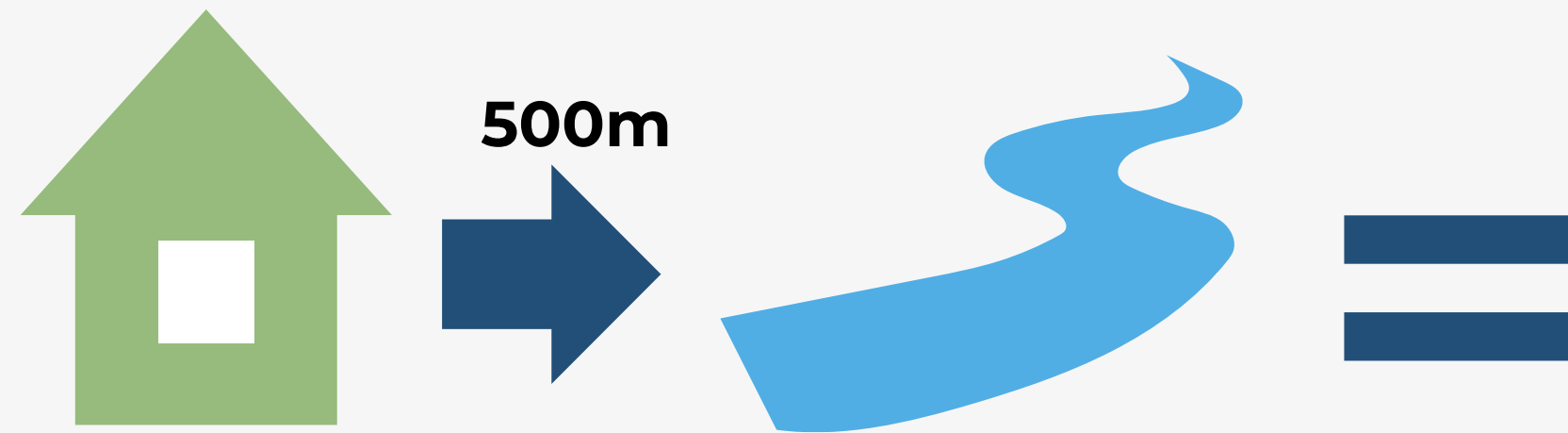


Blue & Green Wellbeing
Research Group



Net Zero - Scottish Water Sector

OUR RESEARCH



Lower risk of mortality

Higher self-reported general health

Higher self-reported mental health

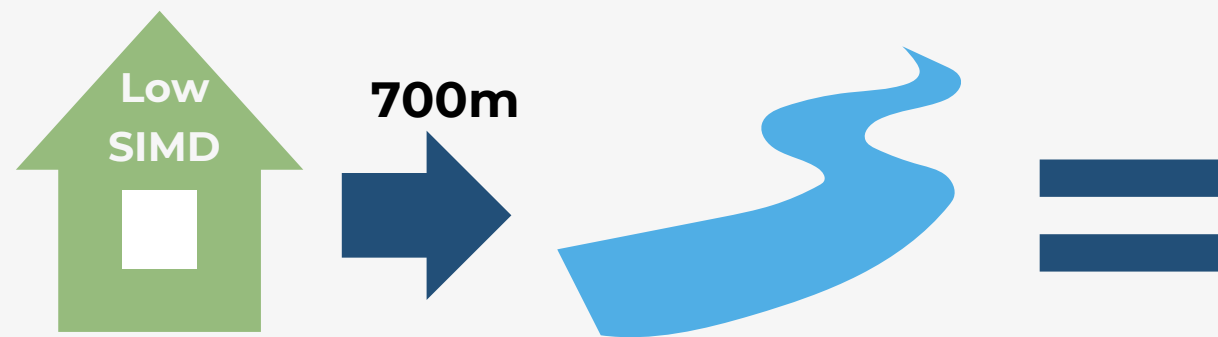
Decrease in BMI

Smith et al. 2021

OUR RESEARCH

A group of studies conducted with 17 years of NHS health data found that:

Living within 700m of a blue space in a **deprived community** leads to



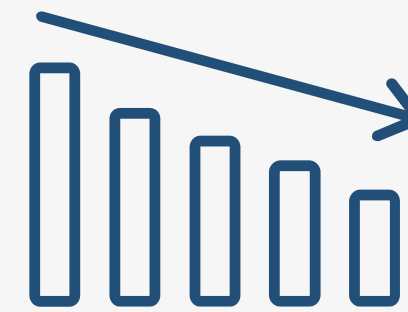
- 3% Annual reduction in mortality rate
- 10% Lower risk of obesity
- 12% Lower risk of diabetes
- 15% Lower risk of cardiovascular disease, stroke or hypertension.

Tieges et al. 2021



Living near blue space is a protective factor against the mental health risks caused by socio-economic deprivation by up to **6%**

Georgiou et al. 2022



The death rate in neighbouring communities has lowered since the canal was regenerated

Tieges et al. 2020

OUR RESEARCH

Research conducted with >200 people along the canals in North Glasgow found the canals to be therapeutic landscapes:



“definitely keeps you fit, it gets you out and about”



“you’ve got the calm you can switch off and just take in the nature”

“

“I suffer from depression and anxiety, and the canal is a good way of getting out the house. It’s a nice way of meeting people, they’re all friendly and chatty and it’s nice—it’s like being in the countryside”



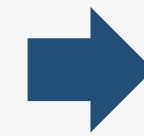
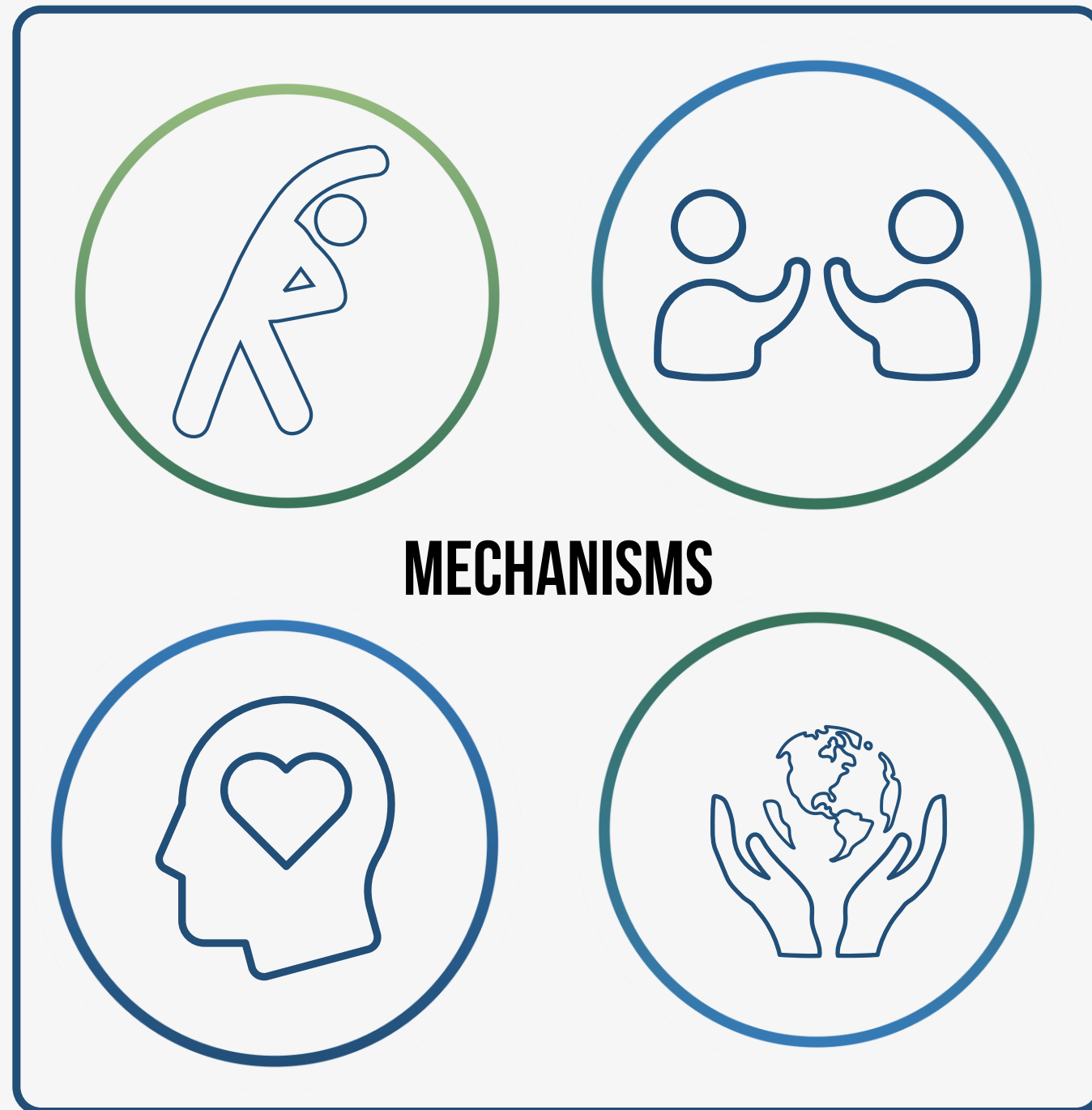
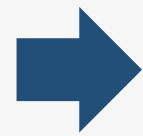
“

“natural artery...a bit like a lung”



PATHWAYS LINKING BLUE SPACE AND HEALTH

BLUE SPACE



HEALTH

H

OBJECTIVES

Urban blue spaces that support physical activity



Urban blue spaces that support social interaction



Urban blue spaces that support mental health and wellbeing



Urban blue space that support the environment



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OBJECTIVE 1

SUPPORT PHYSICAL ACTIVITY

1.

1

BUILD SUSTAINABLE, WELL MAINTAINED, FIT FOR PURPOSE INCLUSIVE INFRASTRUCTURE

1.

2

CREATE OPPORTUNITIES FOR PEOPLE TO BE ACTIVE IN, ON AND NEAR WATER

1.

3

BUILD CAPACITY IN LOCAL POPULATION TO USE BLUE SPACES FREELY, SAFELY AND RESPONSIBLY



OBJECTIVE 2

SUPPORT SOCIAL INTERACTION

2.
1 **BUILD INFRASTRUCTURE THAT INVITES SOCIAL INTERACTION, INCLUDING SPACES TO SIT AND SPACES WITH SHELTER FROM RAIN.**

2.
2 **CREATE OPPORTUNITIES FOR PEOPLE TO SOCIALISE AROUND WATER**

2.3
FOSTER A SENSE OF COMMUNITY AROUND BLUE SPACES



OBJECTIVE 3

SUPPORT MENTAL HEALTH AND WELLBEING

3.

BUILD INFRASTRUCTURE THAT SUPPORTS POSITIVE MENTAL HEALTH

1

3.

INCLUDE SPACE FOR STRUCTURED THERAPY

2

3.3

PROTECT AND PRESERVE BLUE SPACES TO ENABLE THEM AS THERAPEUTIC LANDSCAPES



OBJECTIVE 4

SUPPORT THE ENVIRONMENT

4.

1

ENSURE ANY INTERVENTIONS FOR HUMAN HEALTH SYNERGISTICALLY WORK FOR PLANETARY HEALTH

4.

2

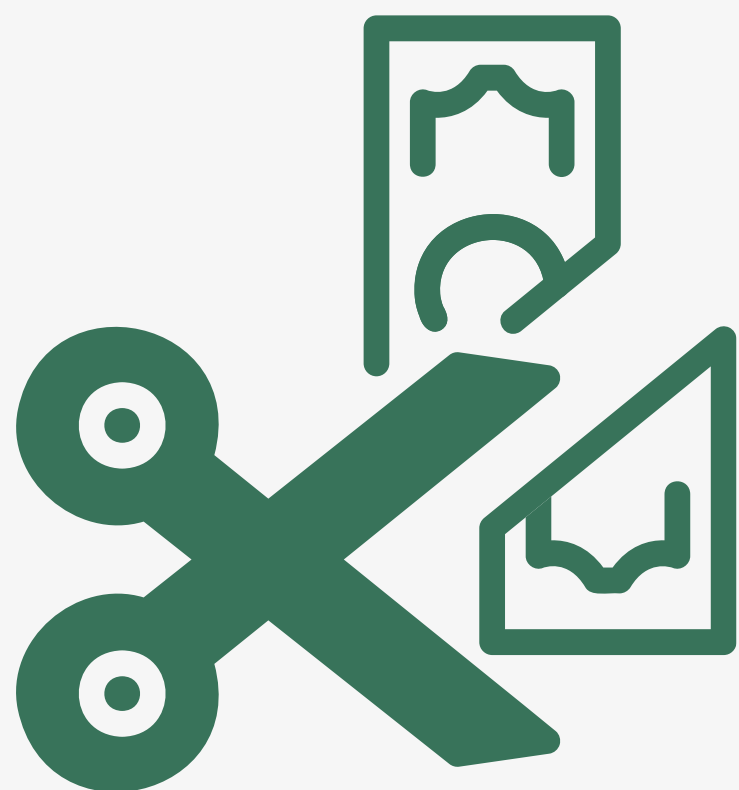
EMPLOY ECOSYSTEM SERVICES THAT PREVENT SPREAD OF DISEASE

4.3

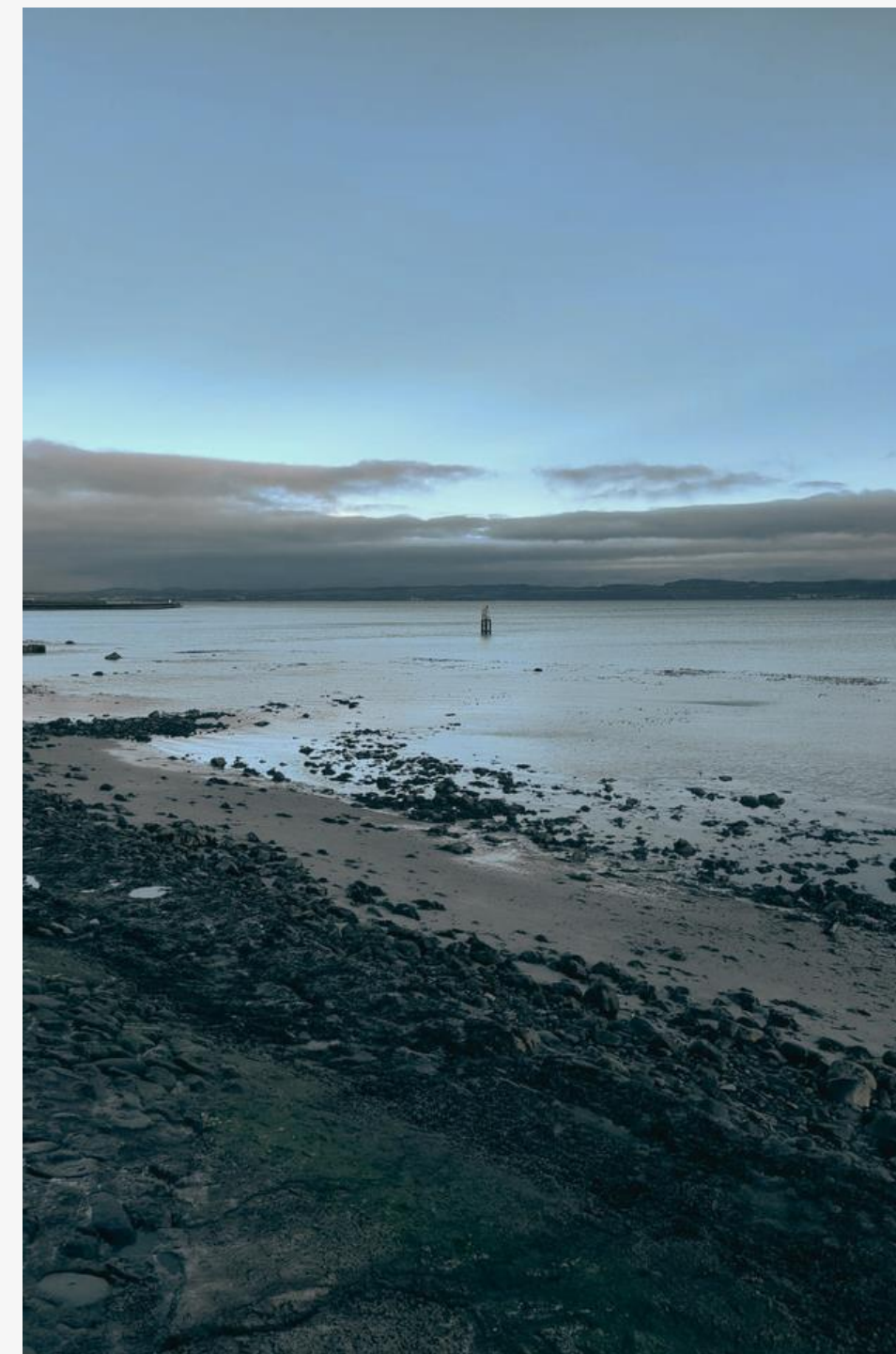
PROVIDE OPPORTUNITIES FOR ENVIRONMENTAL CONSERVATION AND HYDROCITIZENSHIP



RESOURCING THE ACTIONS



By bringing together different agendas, each funder can play a part in a wider suite of activity.



MONITORING AND EVALUATING THE ACTIONS

Before

AFTER





SUMMARY



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