

Health and Wellbeing





Biophilia

Our innate connection with nature





Mental Health

Reduces cortisol levels

Reduces stress

Resilience and healing

Children
lowers risk of psychiatric disorders in later life

Increases feelings of happiness

Cognitive

Boosts creativity

Improves memory & problem solving skills

Heightens productivity

Physical Health

Improves immune function

Promotes healing

Lowers Heart rates and
blood pressure


Helps us live longer

Social Cohesion

Reduced crimes and aggressive behaviour

lights, camera,... and ACTION!





Bring quality green spaces to our projects

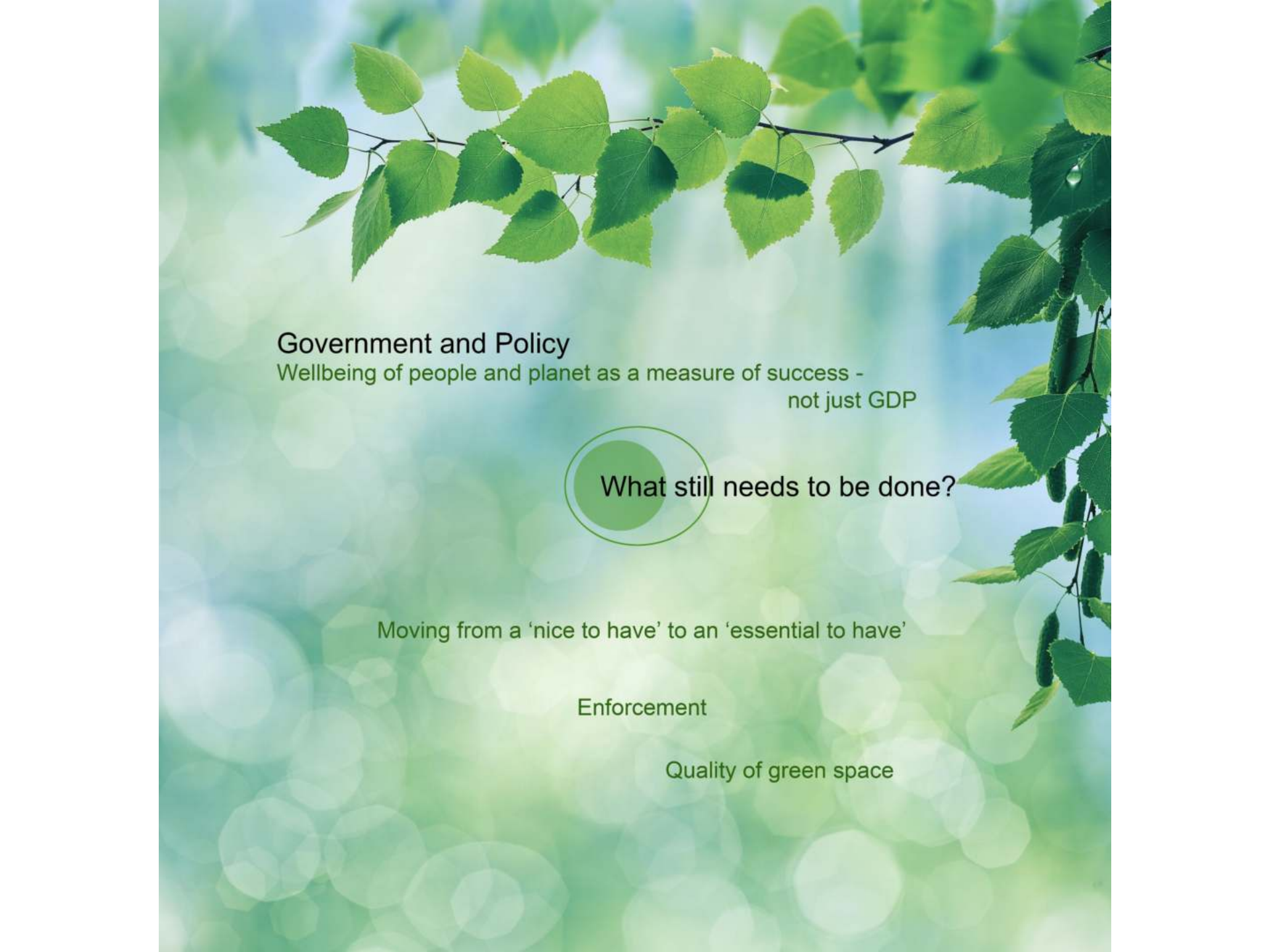
Factor in from the outset - not an 'add on'

What can we do?

Joined up thinking and working together

Embrace Biodiversity Net Gain standards

Contribute to and influence policy



Government and Policy

Wellbeing of people and planet as a measure of success -
not just GDP

What still needs to be done?

Moving from a 'nice to have' to an 'essential to have'

Enforcement

Quality of green space



Biodiversity

variety of habitat and plant species

What does quality look like?



Accessible

both physically and 'in 'relevance'

Where communities feel a sense of
ownership and pride



Soil is not a renewable resource

Soil underpins everything!

Soil is vital to our health and wellbeing

Soil is a vital ecosystem

Current construction practices
are a significant risk to our soil health

Scottish Soil Framework 2009





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Q&A

