Data collection frequency	Twice; once before the implementation of the nature-based solutions and once after.
Level of expertise required	Low
Synergies with other indicators	This indicator is linked to physical activity.
Connection with SDGs	Good health and wellbeing: if the implementation of NBS is associated with an increase in physical activity, NBS contribute to improved health and wellbeing.
Opportunities for participatory data collection	The questionnaires are self-reported and as such are reported by the citizens themselves.
Additional information	
References	Lee, Macfarlane, Lam & Stewart. 2011. Validity of the international physical activity questionnaire short form (IPAQ-SF): A systematic review. International Journal of Behavioral Nutrition and Physical activity. 8,115.

22.2 Observed physical activity level within NBS

Project Name: proGIreg (Grant Agreement no. 776528)

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Observed physical activity level within NBS	**Health and Wellbeing**
Description and justification	An indicator of the total physical activity that takes place in a NBS, obtained by direct observation of activity in the NBS. This is an important indicator of the potential benefits obtained from a NBS, as implementing a new NBS or improving an existing NBS is hypothesized to increase the use and activity that takes place in the NBS.
Definition	Observed weekly physical activity in the NBS (% over three levels of physical activity [sedentary, walking, or vigorous])
Strengths and weaknesses	A strength is that the indicator is objective and provides an estimate of the physical activity that take place specifically in the NBS. Moreover, it disentangles different types of activity/use of these spaces (e.g., walking, jogging/running, cycling, etc.) that occur in NBS. This observation tool has been widely used to assess physical activity in parks, playgrounds, and other relevant environments. A potential weakness is that the

	observations take place in one week, and by chance, this week may not be representative of the physical activity that generally takes place in the NBS.
Measurement procedure and tool	System of Observing Play and Recreation in Communities (SOPARC) uses direct observation to estimate the number of visitors and provides an assessment of the visitors' physical activity levels. Trained observers go to the NBS site to observe and count the number of users, and type of activity that they are doing at the site (e.g., sedentary, walking, or very active). These observations are systematic and periodic; measurements are taken in specific periods of time (morning, lunchtime, afternoon, and evening) and specific days (within one week; two weekdays and two weekend-days). This procedure is repeated twice; once before the NBS is implemented and once after the NBS is implemented.
Scale of measurement	NBS level
Data source	
Required data	SOPARC observation and summary forms
Data input type	Continuous variables
Data collection frequency	Twice (once before and once after the implementation of the NBS), except if the site is not accessible before the implementation of the NBS (in that case, just once, only after the implementation)
Level of expertise required	Low
Synergies with other indicators	This indicator is linked to physical activity indicators.
Connection with SDGs	Good health and wellbeing: if the implementation of NBS is associated with an increase in physical activity, NBS contribute to improved health and wellbeing.
Opportunities for participatory data collection	The tool could be implemented by ordinary citizens after a short formal training.
Additional information	
References	McKenzie, Cohen, Sehgal, Williamson, Golinelli, (2006). System for Observing Play and Recreation in Communities (SOPARC): Reliability and Feasibility Measures. J. Phys. Act. Health 3 Suppl 1, S208-S222.