

Additional information

References

¹ Example: <https://www.eco-compteur.com/en/application/parks-recreation/>

² <https://activelivingresearch.org/soparc-system-observing-play-and-recreation-communities>

8.31.4 Frequency of use of green and blue spaces

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Use frequency of green and blue spaces	Green Space Management Health and Wellbeing
Description and justification	This is an indicator of the frequency of visits to and time spent in different types of green and blue spaces, separately for spring-summer and autumn-winter. Previous studies have demonstrated that the use of green and blue spaces is an important measure of exposure to these spaces and could provide important benefits for health.
Definition	Self-reported time spent in green and blue spaces in hours per week, separately during summer and winter
Strengths and weaknesses	A strength of this indicator is that it obtains information on use of several different green and blue spaces and takes into account the season. However, a limitation is that it is prone to recall bias.
Measurement procedure and tool	The indicator is obtained using a survey which is taken by a sample of the general population. The survey includes a section which is adapted from questionnaires applied in previous studies of the health effects of exposure to natural environments. The indicator is obtained from the question "In a normal week during the last 12 months, on average, how many hours did you spend in the following green or blue spaces?" The answers are the number of hours, given separately for a week in spring-summer and a week in autumn-winter and for the following natural environments: parks/public gardens, woods/other natural green spaces, agricultural fields, and blue spaces. This survey is repeated before and after the implementations of NBS in order to observe a potential change in use of green and blue spaces.

Scale of measurement	General population in residential neighbourhoods
Data source	
Required data	Questionnaire data
Data input type	Continuous variables (i.e., number of hours of a normal week spent in green and blue spaces)
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 related to other indicators of exposure to green space
Connection with SDGs	<p>Good health and wellbeing: accumulating evidence demonstrates that increased green space exposure has been associated with better health and wellbeing. An increased use of green and blue spaces is likely to contribute to improved health and wellbeing.</p> <p>Sustainable cities and communities: The implementation of nature-based solutions and the increased use of these nature-based solutions contributes to sustainable cities and communities.</p>
Opportunities for participatory data collection	The questionnaires are self-reported and as such are reported by the citizens themselves.
Additional information	
References	<p>Nieuwenhuijsen, et al. (2014). Positive health effects of the natural outdoor environment in typical populations in different regions in Europe (PHENOTYPE): a study programme protocol. <i>BMJ Open</i>; 4, 4</p> <p>Grellier et al (2017) BlueHealth: a study programme protocol for mapping and quantifying the potential benefits to public health and wellbeing from Europe's blue spaces. <i>BMJ Open</i>. 2017 Jun 14; 7(6):e016188.</p>