

# Green and blue space



**Green space is any natural space that contains trees, grass or any other green vegetation. Blue space is any natural space that contains water, like rivers, lakes, and the sea.**

Exposure has multiple benefits, specifically **improving mental and cognitive health** and **increasing physical activity**, but also environmental benefits like **reducing air pollution, noise** and **city temperature** (1)



We asked members of our Healthy Ageing Advisory Group\* what they thought...

*“When you’re out there walking, you feel a sense of freedom”*

*“Outdoors is free, that’s the best part of it”*

Our stakeholders said...

**Access to green and blue space is fundamental for people being able to grow and age well**



A better understanding of the link between cognitive health and urban green and blue spaces can allow us to make better evidence-based decisions about the space in which we live

**Access to, and use of, good quality green and blue space can have a positive impact on our health as we age**



**SPACE**

SUPPORTIVE ENVIRONMENTS FOR  
PHYSICAL & SOCIAL ACTIVITY,  
HEALTHY AGEING & COGNITIVE HEALTH



[qub.ac.uk/sites/space](http://qub.ac.uk/sites/space)

1) World Health Organisation, Regional Office for Europe., Urban Green Spaces and Health (2016)

\*Members of the public representing older persons who helped shape our research and ensured we considered their lived experiences, insights and opinions

This work was supported by UK Research and Innovation [ES/V016075/1]

Healthy Ageing Challenge  
Social, Behavioural and  
Design Research



Economic  
and Social  
Research Council