

URBAN GREEN SPACES: UNDERSTANDING THEIR IMPACTS AND EFFECTIVENESS ON HUMAN WELL-BEING AND HEALTH

Session: A, Breakout Room #6

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Urban areas are currently facing increasing rapid population growth and, as a result, resources are becoming limited. The effects of climate change are also worsening. Adding green spaces — a type of green infrastructure — in these urban areas can help mitigate the effects of climate change and can also benefit human physical, mental, and social health. This study has two purposes: (1) to examine the relationship between green spaces, human well-being/health, and the environment and (2) to increase awareness about the importance of having green spaces — in particular, having easy access — in urban areas. To do this, I conducted an online survey as well as interviews to collect opinions on green space and its impacts on health and the environment. A literature review was also done to examine the relationship between green space, human well-being/health, and the environment. From the data collected, results show that green spaces have a positive impact on human well-being and the environment and can help mitigate the effects of urbanization. However, there are factors that should be taken into consideration by policymakers such as accessibility, quality, and that green spaces should be distributed in all communities regardless of socioeconomic status. Green spaces, or green infrastructure in general, should be prioritized in urban areas and action should be taken by every level of government in order to ameliorate the issue of climate change.