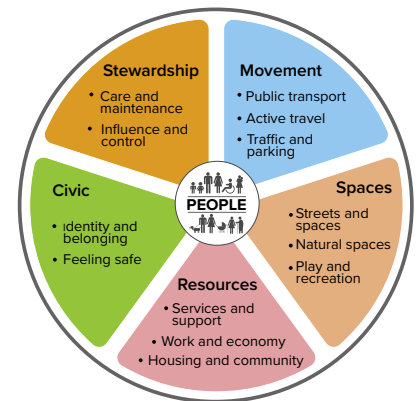


Spaces: Natural Spaces



Natural spaces can have a positive impact on people when everyone can:

- Access good-quality natural spaces that support biodiversity and are well-connected, well-designed, safe and maintained, providing multiple functions and amenities to meet the varying needs of different population groups.
- Be protected from environmental hazards including air/water/soil pollution or the risk of flooding.
- Access community food growing opportunities and prime quality agricultural land is protected.



This is why it is one of Scotland's Place and Wellbeing Outcomes.

The evidence tells us:



Natural spaces can impact on health through increased physical activity, improved social connectedness and reduced stress.



Quality of spaces is closely related to how well designed, safe, clean and well maintained the green or blue spaces are perceived to be.



Natural spaces can help maintain a healthy immune system.



Natural spaces can provide mental health benefits.



The quality of local greenspaces varies between areas, with more deprived areas having poorer quality local greenspaces.



People from deprived areas, people with long term health conditions or disabilities and ethnic minorities are less likely to visit natural spaces.



There is growing evidence on the links between blue space and health, similar to the links with greenspace.



The type, size, quantity, quality, accessibility and proximity of natural spaces influences whether spaces are used.



Increasing natural spaces can provide environmental benefits, including improvements to air and noise quality, encouraging biodiversity and wildlife.



Natural spaces can be good for helping to soak up rain and to mitigate against floods, whereas replacing greenspace with hard landscaping can increase the risk of flooding.

Briefings for all of the other Place and Wellbeing Outcomes can be found on the [Improvement Service website](#).

Source

1. [Evidence Behind Place Standard Tool and Place and Wellbeing Outcomes](#)

Visit the [website](#) for more information on the Place and Wellbeing Outcomes. Follow us on X (@place4wellbeing) to keep up to date with our latest news and place-based resources.