Background

Stress in the city is rising with population densification a major contributory factor.

- Stress is linked with heart disease, obesity, diabetes, cancer & dementia.
- Depression is the second biggest cause of disability worldwide.
- Psychotic illness rising two-fold in the city (Nature 2012)
- UK has highest rate of days ‘off sick’ for depression in Europe (26%) (IDEA 2012).

Methods

Applied Stress Research
- Stress levels – as indicated by cortisol – are lower in urban areas with more green space, 2008-13, Scottish Gov.
- Mapping stress points in the city using mobile EEG (Electroencephalography), 2013-16, EPSRC funded grant.
- Longitudinal mapping of stress and visits to improved urban woodlands in deprived urban Scottish communities 2012-15, NIHR funded grant.

Impact

- Walking in green space adopted as a mental health intervention in Scotland.
- Accessible local play is becoming a statutory requirement in Scotland.
- Accessible green space in cities is under close scrutiny by WHO; Green Health team invited to advise on