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How green are European cities? Green space key to well-being – but access varies

High-quality green and blue spaces in cities, like parks, allotments, riverbanks, and coastlines, are crucial for health and well-being, for the elderly, children and people on low incomes. However, a European Environment Agency (EEA) briefing, published on 1 February 2022 (last modified on 4 March 2022), shows that access is not equal. **Access to public green and blue spaces** differs across Europe, according to the EEA briefing 'Who benefits from nature in cities? Social inequalities in access to urban green and blue spaces across Europe'. The study found that cities in the north and west of Europe tend to have more green space than cities in southern and eastern Europe. The assessment looks at **socio-economic and demographic inequalities** in access to green and blue spaces in European cities. It also includes examples of green spaces that were designed to meet the needs of vulnerable and disadvantaged social groups.

The potential for green spaces to **boost our health and well-being** is increasingly recognised, both in science and policy. Accessible green areas are especially important for children, the elderly, and people with lower incomes, many of whom have limited opportunities for contact with nature. People use their local green spaces for physical exercise and social interactions, for relaxation and mental restoration. **Benefits** range from reduced risks of obesity in children, to better cardiovascular health and lower rates of depression in adults. Parks, trees, and other green areas improve air quality, reduce noise, moderate temperatures during hot periods, and boost biodiversity in city landscapes.

Read more at: <https://www.eea.europa.eu/highlights/how-green-are-european-cities>



Centre of Creative Services of Eastern Latvia.

<https://www.rere.lv/en/news-/green-roof-unique-solution-with-high-added-value/>