

The role of public health  
professionals as advocates:  
*A case study of urban nature-based  
solutions*

Kathryn Bowen

IASS Fellow

Australian National University, University of Melbourne

# Local example: Clean Air & Urban Landscapes Hub



About CAUL Hub ▾ CAUL Hub People ▾ Research Projects ▾ Publications & Resources ▾ Get Involved ▾



**Environmentally sustainable cities are healthy and productive places.** The themes of CAUL Hub research include air quality, urban greening, transport futures and urban biodiversity.



Available online at [www.sciencedirect.com](http://www.sciencedirect.com)

ScienceDirect



## The public health benefits of green infrastructure: the potential of economic framing for enhanced decision-making

Kathryn J Bowen<sup>1</sup> and Yvonne Lynch<sup>2</sup>



Cities are growing rapidly resulting in changing land cover and reduced levels of green infrastructure globally. Climate change adaptation is now becoming a critical agenda item for cities. The potential for ecosystem-based climate adaptation using a green infrastructure approach is appealing for many cities but the business case for implementation has to be made more effectively. There is a substantial body of evidence that shows green infrastructure is significantly beneficial for human health and wellbeing and that it has many applications for climate adaptation. Despite this evidence, the linkage between green infrastructure benefits and improved health outcomes remains to be adequately quantified. There are limited studies from the international grey literature that indicate the potential and substantial economic health value of green infrastructure. Moreover, these studies use different methodological frameworks, making it difficult to systematically evaluate and compare the monetary estimates. The explicit lack of peer-reviewed studies specifically evaluating the economic health

is the need for a research gaps to drive the ecosystem-based sustainable urban

### Introduction

Although cities and urban settlements cover less than 1% of the planet's surface [1], they are the nexus of human activity accommodating 54% of the population and 70–90% of economic activity [2]. The percentage of the world's population living in urban areas is projected to increase from 54% in 2015 to 60% in 2030 and to 66% by 2050 [3]. Urban land cover is predicted to increase by 1.2 million square kilometres by 2030, nearly tripling global urban land area between 2000 and 2030 [4].

Most cities share similar characteristics that render their populations and assets particularly vulnerable to predicted climate change. This includes often being situated in close proximity to major water sources (rivers, seas, lakes), and having large transient populations.

Although research on climate change has been a prominent topic of focus for several decades, the likely impacts of climate change and risks for urban areas has received little attention until recently. Increasingly, it is recognized that cities are 'vital actors' in responding to climate change [5]. It is now acknowledged that cities have a critical role in leading urban climate adaptation, but that the ability to do this depends upon the competence and capability of local government and that there is limited evidence of adaptation being realised in practice at city scale [6].

If adaptation to climate change is likely to fail to local government with low levels of capability, then it is likely maladaptation will further compound city challenges. Maladaptation is defined by as 'action taken ostensibly to avoid or reduce vulnerability to climate change that impacts adversely on, or increases the vulnerability of other systems, sectors or social groups' [6].

Green infrastructure has been identified as an effective adaptation strategy for climate change [7,8] and is particularly relevant to urban areas. Green infrastructure is the 'interconnected network of green space that conserves natural ecosystem values and functions and provides associated benefits to human populations' [9]. It provides multiple benefits from an adaptation perspective including cooling, air quality and reduced flooding, and also provides multiple ecosystem services, which benefit human health and wellbeing [10], thereby increasing the livability of cities. Despite significant research on the multiple benefits provided by green infrastructure, it has

Health, Research  
University, Canberra,  
Anita Street,  
(rowen@ucl.ac.uk)

2017, 25:90–95  
habitat challenges  
Xing Zhao  
Habitat

at 2017

2017, 25:90–95

[www.sciencedirect.com](http://www.sciencedirect.com)

# Transformation of concrete channel - Melbourne



[Home](#) > [News and Events](#) > [Media Releases 2016](#) > [October 2016](#) > [Exciting partnership to transform Upper Stony Creek](#)

## Exciting partnership to transform Upper Stony Creek

- **Upper Stony Creek in Sunshine North to be transformed into vibrant community space with walking paths, wetlands and a revegetated creek bed**
- **\$12.97 million investment will rehabilitate a 1.2 kilometre section of Upper Stony Creek, focussed on the creek area between Furlong Road and Gilmour Road**
- **Works will commence in early 2017 and are expected to be complete mid-2018.**

Upper Stony Creek in Sunshine North will be rehabilitated with an urban forestry project set to create a haven for wildlife as well as a valuable public open space.

Minister for Regional Development Fiona Nash said the Australian Government is investing \$5.47 million toward the project through the *National Stronger Regions Fund*.

"I aim to help build the kinds of communities our children and grandchildren want to either stay in or come back to, and a natural setting along a rehabilitated creek helps do that," Minister Nash said.

# *Objectives of the workshop:*

To start  
the  
discussion  
on...

---

**How** can the lessons learned so far with USCT be transferred to future urban greening projects?

---

**What** constitutes the essential ingredients of an urban greening business case?

---

**What** has worked well and what might be done differently?

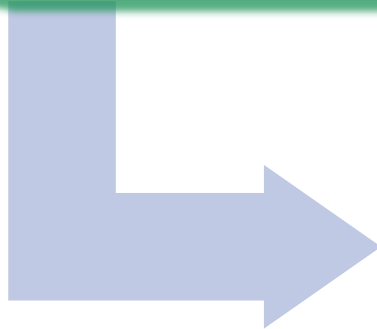
---



- What happened?
  - Why was USCT seen to be a good idea?
- Telling the story*



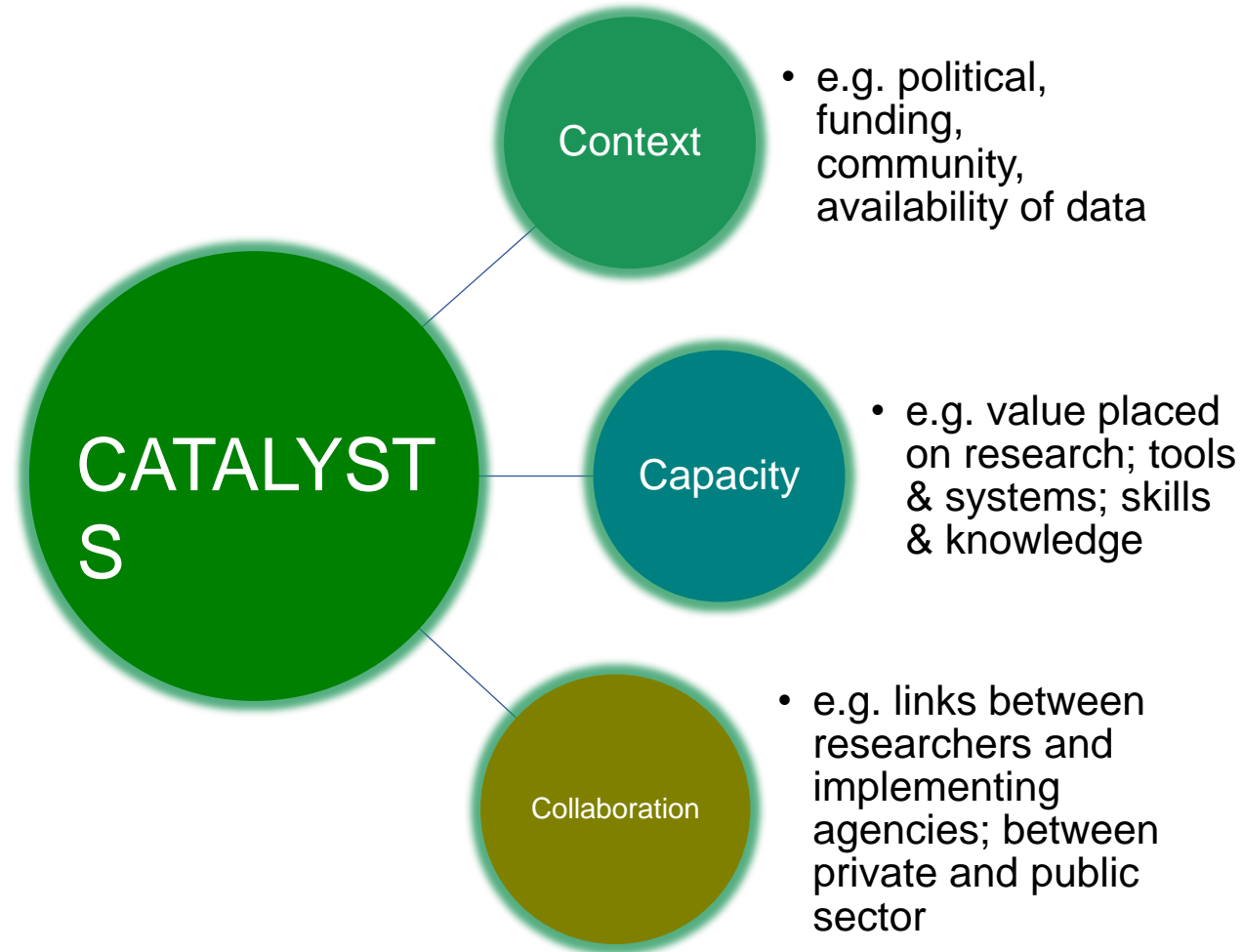
- What are the successes so far?

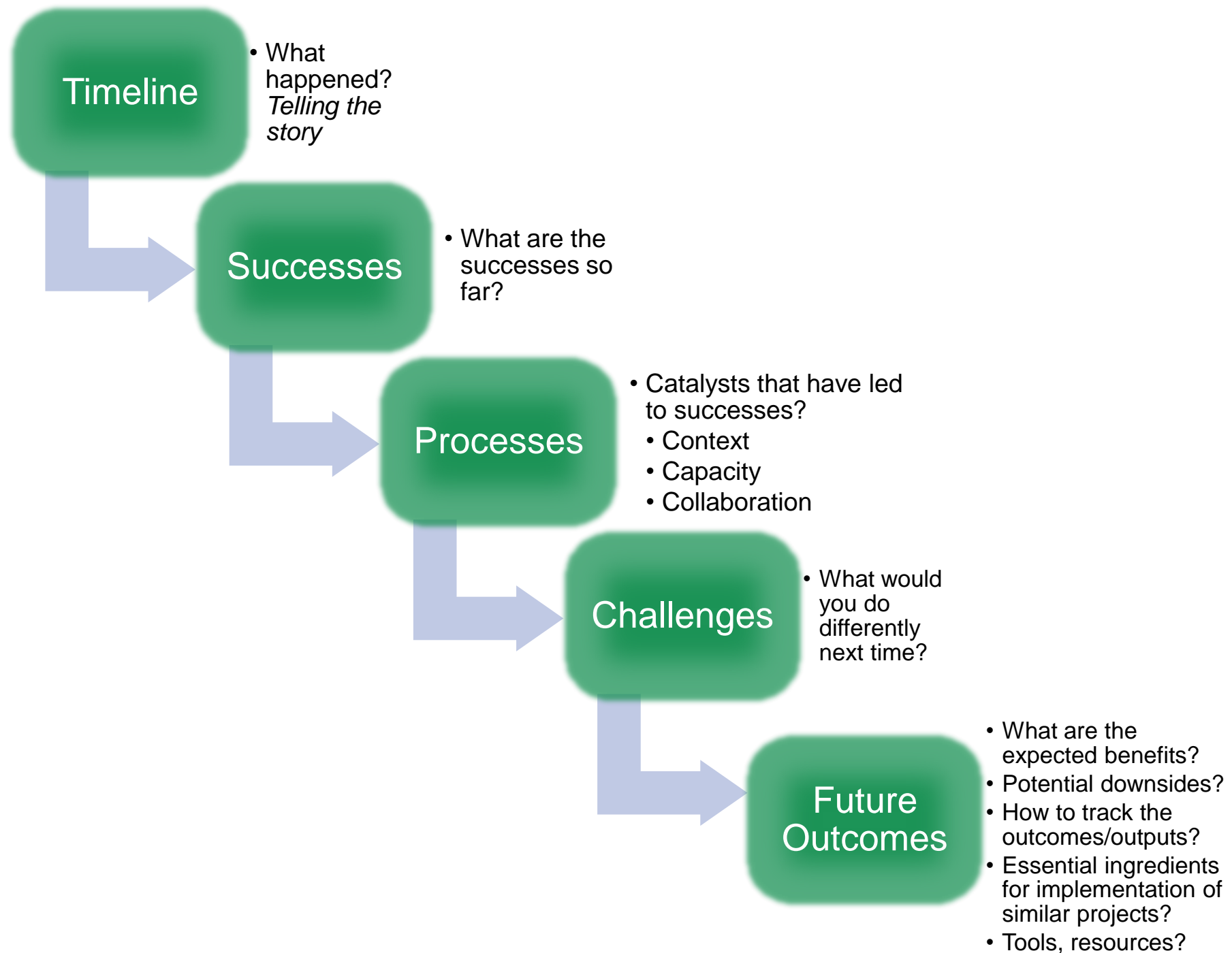


- Catalysts that have led to successes?
- Context
- Capacity
- Collaboration



# Processes





References

Adrian, H., Kurn, D., Bledz, S. & Harbord, L. (2015). Peak power and cooling energy savings of shade trees. *Energy and Buildings*, 2570-148.

Alcock, L., White, M., Wheeler, B., Fleming, L., & Depledge, M. (2014). Longitudinal effects on mental health of moving to greener and less green urban areas. *Environment Science & Technology*, 48, 1240-1255.

Amely, E., Davidson, P., Ferris, L., Lopez-Villaverde, M., Baccaglini, L., Alvarez, J., Alvarez-Pedrerol, M., Neuwirth-Huysen, M., and Sampedro, J. (2014). Green and blue spaces and behavioural development in Barcelona schoolchildren: The GREATH Project. *Environmental Health Perspectives*, 122(7), 151-158.

Bell, L., Wilson, L., and Liu, G. (2008). Neighbourhood greenness and 2 year changes in body mass index of children and youth. *American Journal of Preventive Medicine*, 15(6), 547-555.

Berman, M., Kross, E., Ryan, R., Akinci, M., Burson, A., Doherty, E., Kaplan, S., Shorrock, L., Gellish, L., and Janssen, L. (2012). Interacting with nature improves cognition and affect for individuals with depression. *Journal of Affective Disorders*, 140(3), 508-515.

Beyer, K., Kallert, A., Szabo, A., Beger, S., Muto, F., & Makela, K. (2014). Exposure to neighbourhood green space and mental health: evidence from the Survey of the Health of Wisconsin. *International Journal of Environmental Research and Public Health*, 11, 1463-1472.

Bowen, K.L., & Lynch, T. (2017). The public health benefits of green infrastructure: the potential of economic framing for enhanced decision-making. *Current Opinion in Environmental Sustainability*, 2530-35.

Bowler, D.E., Basinger, A.L., Knight, T.M., & Pullin, A.S. (2008). Urban greening to cool towns and cities: a systematic review of the empirical evidence. *Landscape and Urban Planning*, 87(4) 85.

Cohen-Green, H., Tarkenton, F., & Duncan, G. (2015). Access to green space, physical activity, and mental health: a twin study. *Journal of Epidemiology and Community Health*, 69, 521-529.

Coley, R., Sullivan, M., & Rao, E. (2017). Where does Community Grow? The social created by nature in urban public housing. *Environment and Behavior*, 79(4), 468-482.

Coomes, E., Jones, A., & Hillman, M. (2010). The relationship of physical activity and overweight to objectively measured green space accessibility and use. *Social Science and Medicine*, 70, 66-82.

Coutts, C., & Hahn, M. (2015). Green infrastructure, ecosystem services, and human health. *International Journal of Environmental Research and Public Health*, 12(9)84-918.

Dong, L., Arino, K.G., Pierskalla, C., & McNeil, J. (2010). Linking urban forests and urban tourism: a case of Savannah, Georgia. *Urban Analysis*, 15, 57-88.

Ely, M., & Pittman, S. (2014). Green Infrastructure: Life supports for human habitats: The compelling evidence for incorporating nature into urban environments. A review of research and literature prepared for the Green Infrastructure Project Briefing: Gardens of South Australia. Department of Environment, Water and Natural Resources.

Faber-Taylor, A., and Rao, E. (2010). Children with attention deficits concentrate better after walk in the park. *Journal of Attention Disorders*, 17(5), 402-408.

Fang, C.F., & Ling, D.L. (2010). Investigation of the noise reduction provided by tree belts. *Landscape and Urban Planning*, 92(3)7-89.

Fjeld, T., Wiersma, B., Sandvik, L., Riss, S., & Levy, T. (1998). The effect of indoor foliage plants on health and discomfort symptoms among office workers. *Indoor Built Environment*, 7, 204-209.

Graham-Coxson, I. (2010). Gardens that Care: Planning outdoor environments for people with dementia. *Monash's Australia, South Australia*. Australia. Accessed at: [http://dementia.org.au/about/resources/101796\\_NZJA\\_GardenCup\\_01.pdf](http://dementia.org.au/about/resources/101796_NZJA_GardenCup_01.pdf).

Groenewegen, P., Dondevis, A., Dobbie, A., Kerkhoven, L., Andriess, S., Urdaniz, L., & Neuwirth-Huysen, M. (2015). Surrounding greenness, proximity to city parks, and pregnancy outcomes in Kuznetsov cohort study. *International Journal of Hygiene and Environmental Health*, 238(3), 358-365.

Hansen, R., Hug, S., and Seeland, K. (2010). Restoration and stress relief through physical activities in forests and parks. *Urban Forests Urban Greening*, 5, 213-225.

Hartig, R., & Wells, B. (2000). Measuring the economic value of a city park system: The Trust for Public Land, United States of America.

Hytack, R., Davies, H., Frank, L., Van Loon, L., Gehring, U., Tamburic, L., & Bauer, M. (2014). Residential greenness and birth outcomes: evaluating the influence of spatially correlated built-environment factors. *Environmental Health Perspectives*, 122(10), 1015-1021.

Ives, C.D., Landini, E., Threlkeld, C.S., Wu, K., Shashihara, D.F., Garand, G.E., Bakken, S.A., Filler, R.A., Munn, L., Rasmussen, L., Rowe, R., Valentini, L., & Kendall, D. (2016). Cities as hotspots for threatened species. *Global Ecology and Biogeography*, 25, 117-126.

Kaplan, R. (1985). The role of nature in the context of the workplace. *Landscape and Urban Planning*, 15, 205-208.

Kingsley, J., & Townsend, M. (2006). 'Dig in' to social capital: community gardens as mechanisms for growing urban social connectedness. *Urban Policy Research*, 24, 525-557.

KPMG (2012). Green healthy and productive: The economics of ecosystems and biodiversity (TEEB) 2: Green space and health. The Netherlands.

Krusey, M.E., & Nelson, K.G. (2012). Civic ecology: a pathway for earth stewardship in cities. *Frontiers in Ecology and the Environment*, 10, 267-271.

Kuo, F., & Faber-Taylor, A. (2014). A potential natural treatment for attention deficit/hyperactivity disorder: Evidence from a national study. *American Journal of Public Health*, 104(10), 1580-1586.

Laurent, A., Wu, J., Li, L., & Miles, C. (2015). Green spaces and pregnancy outcomes in Southern California. *Health and Place*, 34, 100-105.

Lahn, K.J., Pearson-Mills, C.J., & Goodwin-Giles, J. (1996). Indoor plants may improve worker productivity and reduce stress in a windowless environment. *Journal of Environmental Hygiene*, 74, 97-100.

Mao, L., van Dillen, S.M.E., Verheij, R. A., and Graafland, P. (2010). Social contacts as a possible mechanism behind the relation between green space and health. *Health and Place*, 15, 585-595.

Matsukawa, K. (2010). Student Performance and high school landscapes examining the links. *Landscape and Urban Planning*, 97, 175-182.

Mourato, S., Atkinson, G., Collins, M., Gibbons, L., MacKenzie, G., & Reynolds, G. (2010). Economic analysis of cultural services. Department of Geography, London School of Economics and Political Science, London, United Kingdom.

McPherson, E.E. (1994). Cooling urban heat islands with sustainable landscapes. In: Pielke, R.A., Rothermel, R.A., and Mulla, P.S., eds. *The Ecological City: Preserving and Restoring Urban Biodiversity* 1st ed. Amherst MA: University of Massachusetts Press, 19-71.

Nelson, T., & Hansen, R. (2017). Do green areas affect health? Results from a Danish Survey on the use of green areas and health indicators. *Health and Place*, 43(4), 439-450.

Newell, D.J., Crane, D.E. (2002). Carbon storage and sequestration by urban trees in the USA. *Environmental Pollution*, 116, 389-398.

Newell, D.J., Crane, D.E., and Shaver, J.C. (2006). Air pollution removal by urban trees and shrubs in the United States. *Urban Forestry and Urban Greening*, 1, 59-70.

Newell, D.J., Hasegawa, S., Reddy, A., & Greenfield, E. (2014). Tree and forest effects on air quality and human health in the United States. *Environmental Pollution*, 187(10-12), 101-110.

Nutrient, D., Pearson, A., Kingham, S. (2015). An ecological study investigating the association between access to urban green space and mental health. *Public Health*, 127, 1005-1011.

Park, S.H., & Mathison, R.A. (2009). Ornamental indoor plants in hospital rooms enhanced health outcomes of patients recovering from surgery. *Journal Alternative Complementary Medicine*, 15, 975-980.

Paulick, S., & Dalmay, E. (2010a). Assessing the environmental performance of land cover types for urban planning. *Landscape and Urban Planning*, 92, 7-18.

Paulick, S., & Dalmay, E. (2010b). GIS assessment of Munich's urban forest structure for urban planning. *Journal of Urban Planning*, 26, 113-146.

Plant, L. (2006). Brisbane: Beautiful one day, perfect the rest - is there room for improvement? *TEEBNET Proceedings of the 17th National Street Tree Symposium*, 17th and 18th September 2006, Adelaide SA.

Rao, E., Thompson, C., Aspinall, P., Brown, M., Duff, E., Miller, D., Mitchell, R., & Dow, A. (2015). Green Space and stress: evidence from cortisol measures in deprived urban communities. *International Journal of Environmental Research and Public Health*, 12, 4006-4021.

Stam, R., & Cohen, D. (2014). Proximity to urban parks and mental health. *Journal of Mental Health Policy & Economics*, 17, 39-44.

Taylor, M.S., Wheeler, B.W., White, M.P., Economou, T., & Osborne, R.J. (2015). Research note: Urban street tree density and antidepressant prescription rates - A cross-sectional study in London, UK. *Landscape and Urban Planning*, 136, 134-139.

Thompson, C., Rao, E., Aspinall, P., Mitchell, R., Dow, A., & Miller, A. (2017). More green Space is linked to less stress in deprived communities: evidence from salivary cortisol patterns. *Landscape and Urban Planning*, 165, 271-279.

Ulrich, R.L. (1984). View through a window may influence recovery from surgery. *Science*, 224, 470-471.

Ulrich, R., Simons, R., Losli, R., Rortis, E., Miles, M., & Johnson, M. (1991). Stress recovery during exposure to natural and urban environments. *Journal of Environmental Psychology*, 11(2)17-285.

Uzzell, D., Pei, E., & Bader, D. (2012). Place identification, social cohesion, and environmental sustainability. *Journal of Environment & Behavior*, 44, 26-51.

Wachter, S.M., & Gillen, K.C. (2006). Public investment strategies: How they matter in neighbourhoods in Philadelphia. Working Paper, The Wharton School, University of Pennsylvania.

West, K.L., & Robbins, A.S. (2015). Metro Nature, environmental, health, and economic value. *Environmental Health Perspectives*, 123, 990-998.

Benefits of greening ENVIRONMENTAL

Benefits of greening SOCIAL / HEALTH

Benefits of greening ECONOMIC

TE & TOURISM VALUE

**30% higher home value in leafy streets in the same suburb**

A research study also found neighbourhood commercial corridors in 'excellent' condition, including a green streetscape were correlated with a 23% not rise in home values within 400m of a green corridor and 11% rise within 800m



sitive Urban Design

**Flood control can be more effective and manageable**

ONSUMPTION BENEFITS



rgy savings heat loss

HEALTH BENEFITS

**AUD \$3.6 billion (£2 billion) saving per annum**

Achieved from making changes in natural and green space that results in just a 1% decrease in sedentary behaviour in the UK

