

# Can Spending Time in Parks, Woodlands and Beaches Improve Our Mental Health and Wellbeing?

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# Common Mental Health Disorders



£ 100 billion pa



Llywodraeth Cymru  
Welsh Government

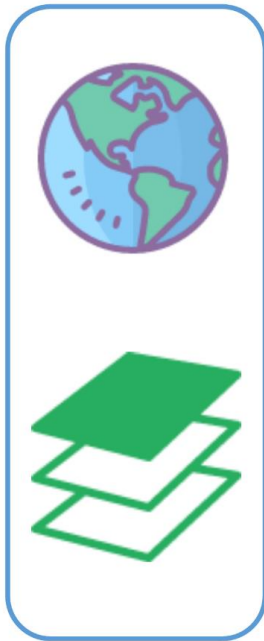


# Research Aims

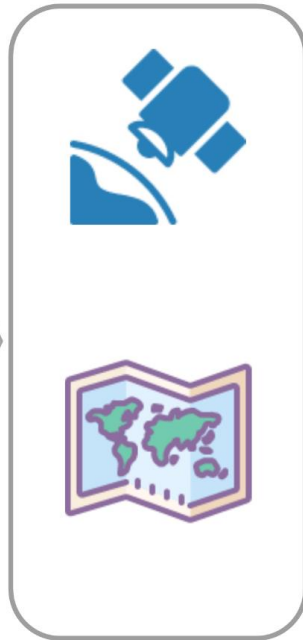
**We will examine whether changes in subjective wellbeing and risk of common mental health disorder are associated with longitudinal time varying exposure to and use of Green-Blue Spaces**

- 1. Create longitudinal, residential GBS exposure data for all homes in Wales**
- 2. Create longitudinal environment, health and demographic individual-level data linkages between survey and routine data**
- 3. Create an 11 year dynamic cohort**
- 4. Utilise the data-linked National Survey for Wales**
- 5. Translate results into policy recommendations for government**

# GIS Model



GIS represents the world as a series of spatially referenced data layers

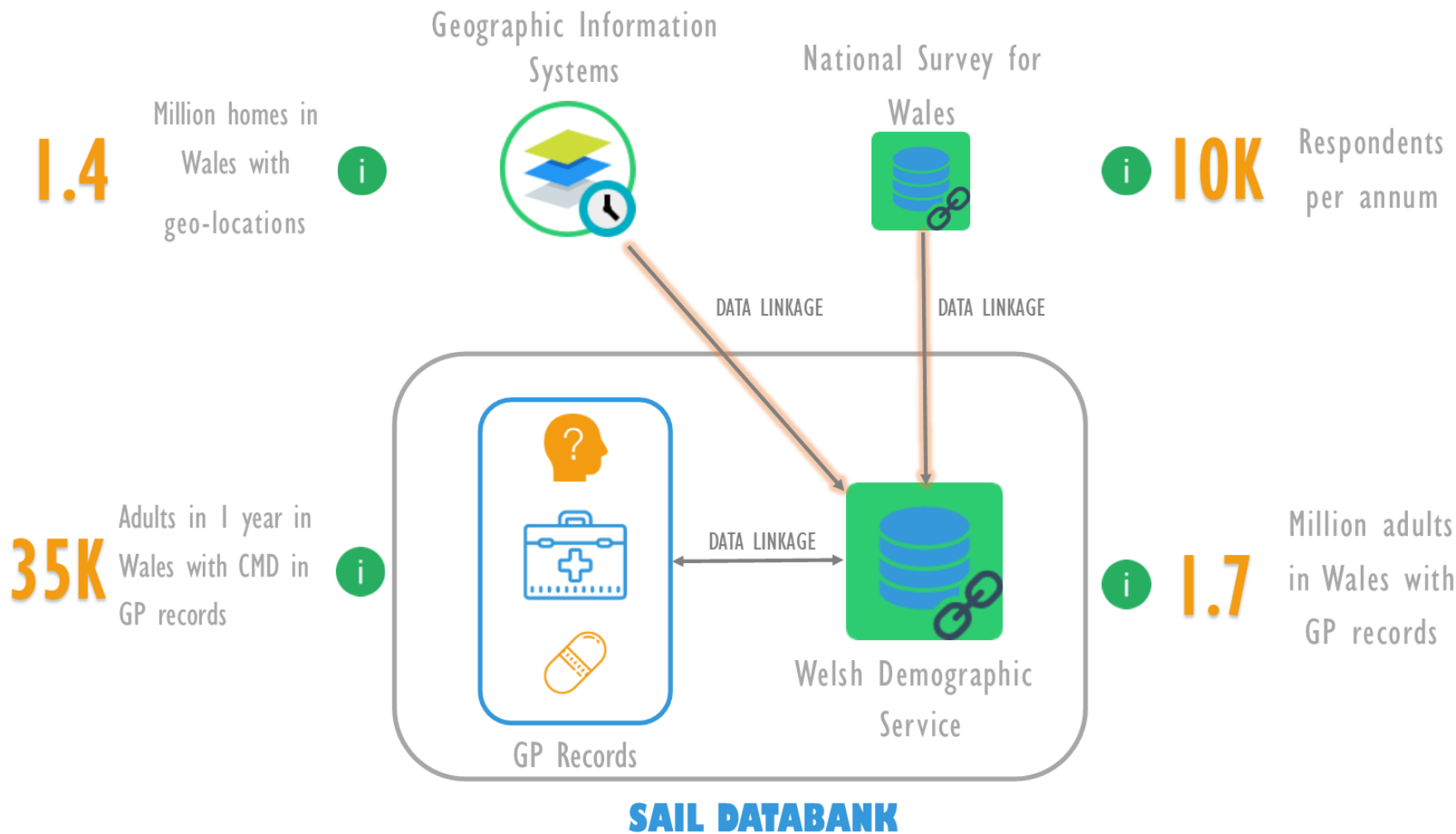


This project will use data from satellites and digital maps produced by Ordnance Survey and local authorities

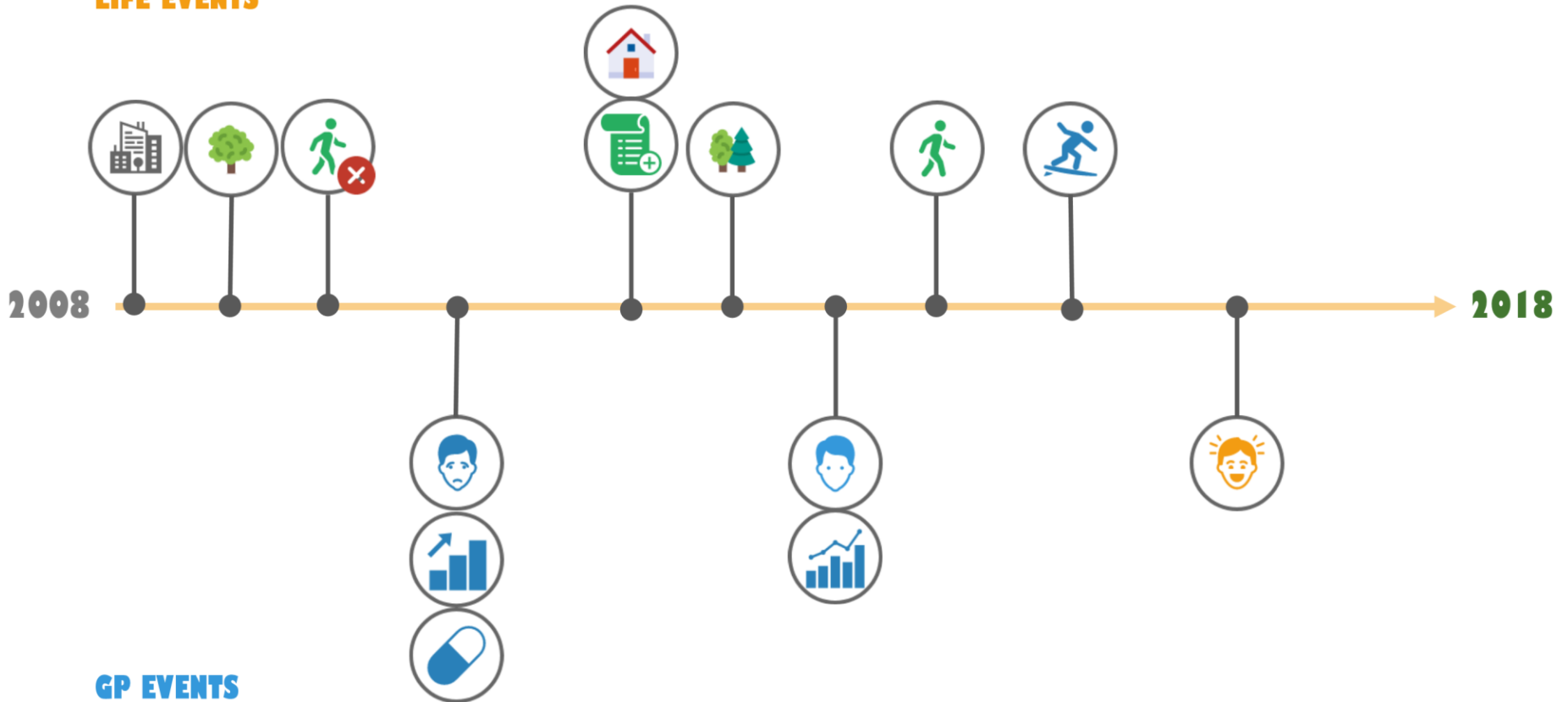


The data layers in the GIS will hold information on green and blue space location, type, quality and size. We will combine this with data on roads, footpaths and household locations to model how people could access the natural environment

# Data Linkage



## LIFE EVENTS



# Non Academic Partners



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Naturiol  
Cymru  
Natural  
Resources  
Wales**



City and County of Swansea  
Dinas a Sir Abertawe



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