

Innovative Approaches to Researching Landscape and Health

Open Space: People Space 2

Edited by Catharine Ward Thompson, Peter Aspinall & Simon Bell

Our modern lifestyles often cause us to spend more time sitting behind a desk than being active outdoors. At the same time, our general health is deteriorating. The alarming rise in obesity, sedentary lifestyles and mental ill-health across the developed world has resulted in an urgent desire to understand how the environment, in particular the outdoor environment, influences health.

This book addresses the growing interest in salutogenic environments - landscapes that support healthy lifestyles and promote well-being – and the need for innovative methods to research them. Drawing on multidisciplinary approaches from environmental psychology, health sciences, urban design, landscape architecture and horticulture, it questions how future research can be better targeted to inform policy and practice in health promotion.

The contributing authors are international experts in researching landscape, health and the environment, drawn together by OPENspace directors who have a unique reputation in this area. This pioneering book is a valuable resource for postgraduate researchers and practitioners in both environmental and health studies.

Selected Contents: Introduction **Part 1: Affordances in the Landscape: a theoretical approach** 1. Affordances and the Perception of Landscape: an inquiry into environmental perception and aesthetics 2. Using Behaviour Mapping to Investigate Healthy Outdoor Environments for Children and Families: conceptual framework, procedures, and applications **Part 2: Evidence on the Relationship between Landscape and Health** 3. Nearby Nature and Human Health: looking at mechanisms and their implications 4. Active Landscapes: the methodological challenges in developing the evidence on urban environments and physical activity 5. Using Affordances as a Health-Promoting Tool in a Therapeutic Garden **Part 3: Different perspectives on Methodology** 6. Opening Space for Project Pursuit: affordance, restoration and chills 7. On Environmental Preference: applying conjoint analysis to visiting parks and buying houses **Part 4: Applications in Practice: spatial structure, landscape design and landscape use** 8. Feeling Good and Feeling Safe in the Landscape: a 'syntactic' approach 9. Landscape Quality and Quality of Life **Part 5: Conclusions** 10. Challenges for Research in Landscape and Health

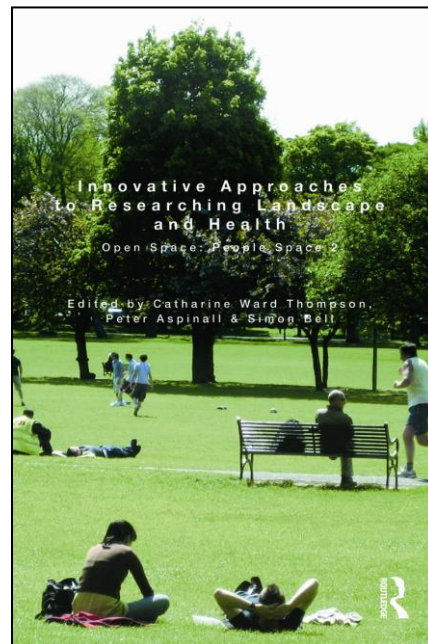
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