

The Benefits of Green Spaces

Green spaces in urban environments reduce pollution.

- Green spaces can dampen noise pollution and reduce temperature pollution.

Green spaces can reduce flooding risk.

- Soil supporting plant life and simple structures has higher water retention than pavement, allowing greater rainfall to saturate the ground.

Green spaces encourage socializing with the community!

- Neighborhoods with more green spaces get along better than those without.
- Creating protected green spaces in disadvantaged neighborhoods increases feelings of connections within communities.

People who visit green spaces are less stressed.

- Those who report lower stress levels are 50% more likely to visit nearby green spaces multiple times a week.

People with less access to green spaces have higher rates of mental illness.

- Residents in areas with fewer green spaces had a 44% higher rate of anxiety disorders and 33% higher rate of depression than those with higher access to green spaces.

Spending time outdoors improves symptoms of mental illness.

- Individuals with major depressive disorder experienced improvements in memory and mood after a 20-minute nature walk.

What are green spaces?

Green spaces are outdoor areas that do not have large numbers of buildings. They are partly or completely covered in grass, trees, or other vegetation. Parks and community gardens are examples of green spaces.

Green spaces in Seattle!

Union Bay Natural Area



Washington Park Arboretum



Discovery Park



More info!

