More evidence that green is good for us

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Depression has been named the main cause of disability worldwide according to the World Health Organisation. We've known for some time that nature and plants inside your environment help to alleviate stress in all its forms (see Margaret Burchett study).

Recent research undertaken at Exeter University by their medical school has looked at how living in a 'green' area as opposed to an urban one can have positive effects.

Their study led by Dr Ian Alcock studied a group 1,000 participants over five years. Their mental health was assessed for two years while they lived in urban areas and then for three years after they moved to greener areas.

Moving to the greener areas showed an immediate improvement in their mental health and it maintained this level for the whole of the three years during which the study continued.

A similar projects was conducted several years ago in Michigan some years ago by Prof Nancy Wells who found that children whose mental development is improved when they grow up in greener areas.

Dr Alcock sees the outcome of his study useful for town planning and urban projects as including parks and other green areas in urban locations will benefit everyone.

You can watch him talking about the research in the video here.

Once again nature shows that the effects of biophilia make a great difference to us.

Study reported from Human Spaces.