

Public health – what it really demands on sustainability in landscape design and practice?

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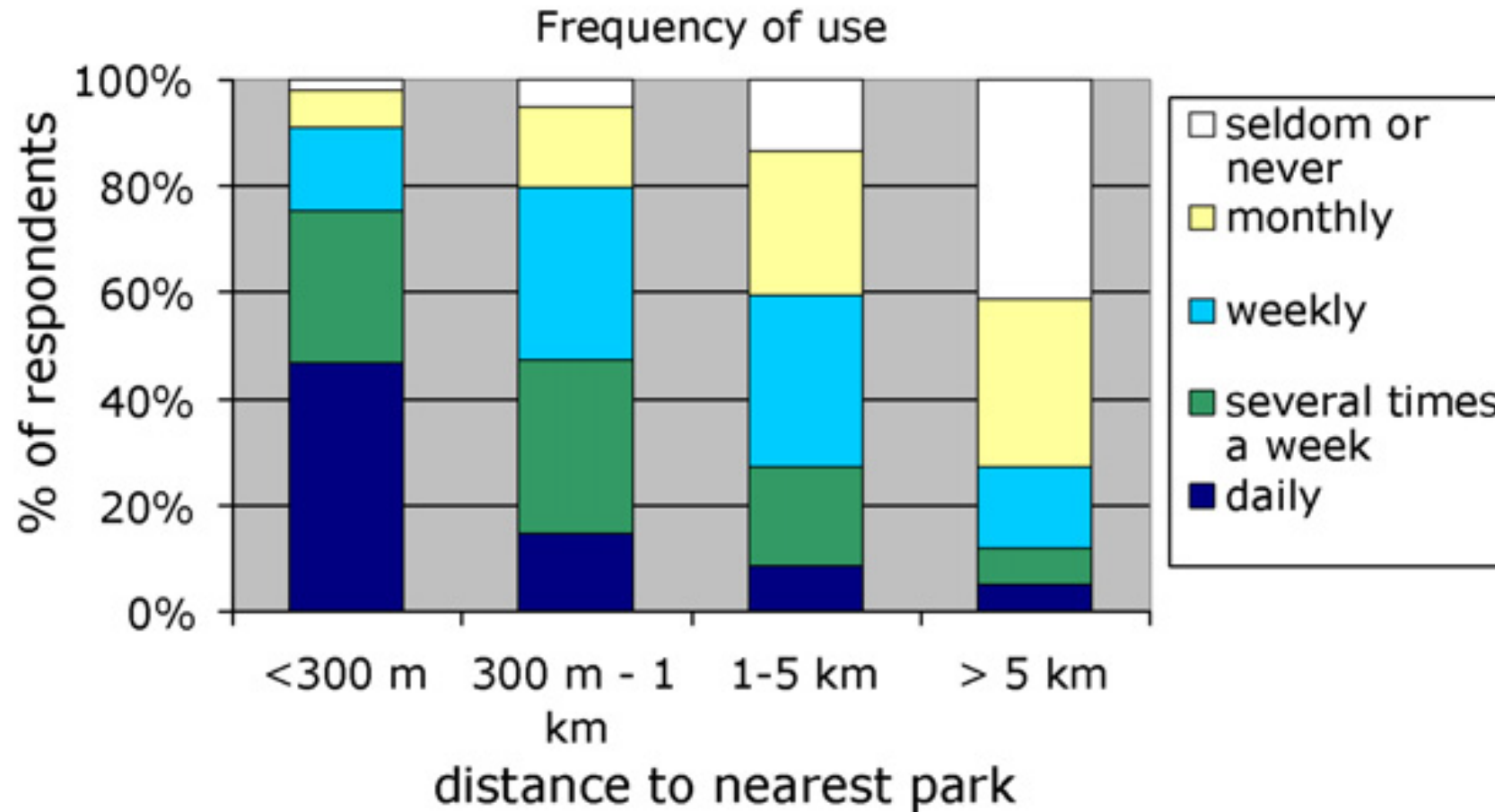
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Distance to the nearest park versus frequency of use



Self-estimated stress (Perceived Stress Scale PSS)

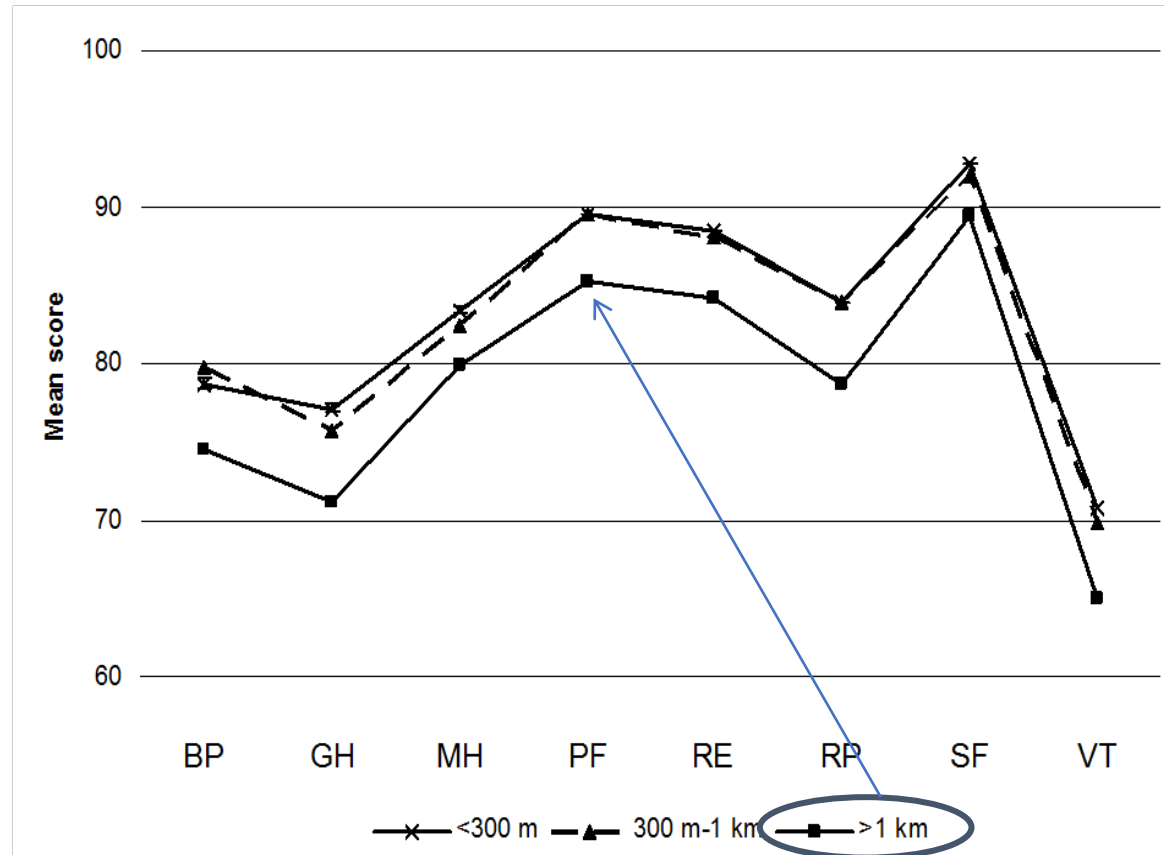
- **Number of visits to green space and relevance of**
- **distance to stress**
- The longer the distance is from the respondents' home to the nearest green space the more stressed they are.
- The more often Danes visit green space the less stressed they are.

	Mean (SD)	n
Total	11.0 (5.93)	10,250
Gender*		
Men	10.2 (5.68)	4802
Women	11.7 (6.05)	5448
Age*		
16–24y	12.0 (6.11)	886
25–44y	11.1 (5.93)	3520
45–64y	10.8 (5.81)	4058
65+ y	10.9 (6.06)	1786
Combined school and vocational education*		
<10y	12.7 (6.20)	1218
10–12 y	11.5 (6.03)	2756
≥13 y	10.5 (5.74)	5999
Distance to green space or natural areas*		
<300 m	10.8 (5.84)	6931
300 m–1 km	11.1 (6.00)	2630
>1 km	12.3 (6.36)	602
Frequency of visits to green spaces or natural areas*		
Daily	10.5 (5.70)	4446
Several times a week	10.7 (5.84)	3023
Weekly	11.7 (6.02)	1850
Monthly/seldom or never	12.8 (6.65)	810

n = number of respondents.

*p < 0.05.

Health and health-related quality of life



BP: Bodily Pain; GH: General Health; MH: Mental Health; PF: Physical Functioning; RE: Role Emotional; RP: Role Physical; SF: Social Functioning.

Danes who live more than 1 kilometer away from the nearest green space have poorer health and health-related quality of life than respondents who live closer than 1 kilometer from green spaces, as respondents who live more than 1 kilometer from green spaces have lower mean scores on all eight subscales than respondents who live closer.