

The Green Zone

NEWSLETTER

Parks: 'Health, Economics and Equitable Access'

Welcome to the Green Zone

The first of the quarterly NZPLF newsletters. But, in reality this isn't so much a newsletter, but more of a national and global update on **'all things that parks impact on and all things that assist parks'**.

Biophilia, urban design, global concepts of provision metrics, the economic benefits of parks and landscape architecture will feature throughout 2024!



So, what's so healthy about parks and green-space anyway?

The provision of 'open-space' comes in many variations, open grass to walkways to traditional rose-gardens, has had its genesis in what is now called public health. The links between 'nature' and public health manifests itself most recently in the area of 'biophilia', and the importance of what you do as parks leaders and the health and well being of your communities is very linked.

Dr. Neil De Wet, a Public Health physician and Medical Officer of Health, started researching the links between biophilic design in urban areas and public health in 2019, and has carried on this important mahi since then. [Click here](#) to take a look. And just to show that great research is not always time-bound in its applicability, Te Whatu Ora produced a report in 2010 [Click here to read](#): Healthy Open Spaces, an impact assessment.



The Economic Benefits of Parks

The crucial subject of the economic benefits (and therefore impact) of parks locally, domestically and nationally, affect our mahi every single day, yet in the Aotearoa/New Zealand context are not well understood (or argued for!).

Check this awesome report below.

[The Health and Benefits of Parks and their Economic Impact.](#)

If you are linked-in to LinkedIn then Biophilic Design has a great source of data to prove your internal arguments (sorry, business cases) for more resources '[Discover the financial sense of biophilic design](#)'



Image: <https://cdnsm5->

hosted.civicle.com/UserFiles/Servers/Server_16227954/File/Departments/PPD/LandResources/Plans/pln-chapter4april2020.pdf

The importance of taking a multi-disciplinary approach to parks and green-spaces planning

The Nature of Cities is an NGO originally out of New York, but now a global network of professionals from a multitude of disciplines looking at the nature of cities and the nature in cities.

There is an underlying focus on equity of access to parks and green spaces in urban settings. The role of parks leaders in facilitating the nature of and the nature in cities, towns and villages cannot be overstated. Tying the health benefits and the economic benefits above together and involving academics, planners, health professionals, artists, poets, ecologists, landscape architects and their respective catchment communities, all increases the impact of the parks mahi (and the collective influence!). The bubble below shows the various disciplines involved in the 2022 online festival programme (2500 participants and 24 languages). Maybe the PLF collaboration with Lincoln University and the Masters programme is a good start for developing a cohesive multi-disciplinary approach to parks and green space development in Aotearoa.





Parks Leaders Forum Rabbit Hole

Click on a title below to dive down the rabbit hole!

The Rabbit Hole is a space where readers can take a deep dive 'down the rabbit hole', exploring some areas of interest to the Parks Leaders Forum and its members. If there are any areas of interest to you, remember to share with PLF Convenor at convenor@plf.org.nz any links you want your colleagues to fall down.

[The Just Cities Essays](#) – looking at equity and justice through provision of parks and nature

[Nature, racism and the impacts of colonisation in equitable access:](#)

[Project for Public Spaces](#) - In keeping with using a multi-disciplinary approach theme, these excellent people bring public spaces to life by planning and designing them with the people who use them every day – including parks and open-spaces

[People, Cities, Nature, looks at restoring indigenous nature in urban environments](#)

They do a cool job at it as well!

For those of you on [LinkedIn](#), Green cities and mental health links (helping with your LTP budget justification discussions

[Investing in Equitable Parks Systems – Urban Institute, 2019](#). Whilst from an American perspective, this document is very useful for our context as well, in discussing alternative funding and resourcing initiatives for parks development

