

**Summary of green space research within Bradford:**  
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The following evidence has been collated over a four year period from communities living in Bradford, with a particular focus on the BD3, BD4 and BD5 areas. We have conducted extensive fieldwork including large scale population surveys using the Born in Bradford cohort (a total of 12,500 mothers, and 13,500 children), bespoke qualitative data collection with families living within multi-ethnic areas across Bradford (over 40 interviews and focus groups), quality assessments of green space using the standardised tool Natural Environment Scoring Tool (over 40 local green spaces audited). Key findings are summarised below.

**Green space and health:**

The links between green spaces and health are well established.

- In Bradford green spaces has been linked:
  - healthier birth weights[1]
  - reduced risk of depression in pregnant women[2]
  - better mental wellbeing in children aged 4[3]
- The impact of green space tends to be stronger within more deprived groups,[1, 2] indicating that interventions which aim to improve quality and / or use of green space in more deprived areas may reduce health inequalities.

**Green space provision and use in Bradford:**

In Bradford, our research has shown there is inequity in provision of and use of green spaces across Bradford,

- South Asian families tend to have less green spaces in their local environment,[1, 2] and what there is tends to be of poorer quality.[4]
- South Asian families are less satisfied with their local green spaces than White British Families. [3]
- South Asian children spend less time playing in green spaces that White British children.[3]

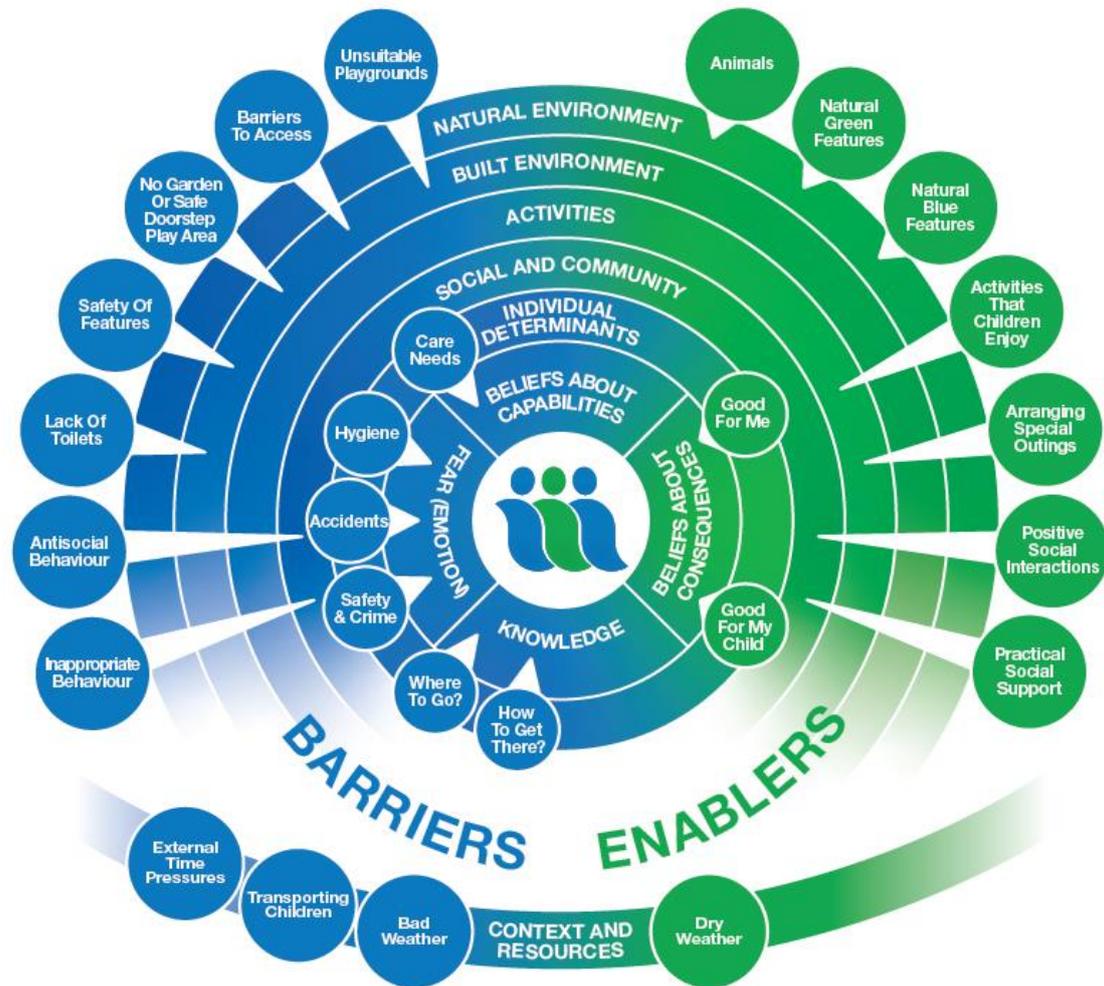
**Satisfaction with green space:**

- Satisfaction with local green spaces is important for explaining positive health outcomes; in Bradford study we found that 4 year old children had greater levels of mental wellbeing when their parents were satisfied with their local green spaces.[3]
- Satisfaction with local green spaces is dependent on both structural features[5] of the park and the wider social context[6], including the behaviour of other groups who are using the park.
- Park characteristics with the greatest impact on satisfaction were:
  - High levels of amenities within the park (e.g. seating, litter bins, shelters, picnic tables, drinking fountains public toilets)
  - Low evidence of anti-social behaviour (e.g. vandalism, littering, dog mess).[5]
- Interpersonal influences on satisfaction with parks included anti-social behaviour (negative influence), and how much parks are used by other community groups (positive influence).[6]

**Barriers to green space use:**

- Both individual and structural factors influence whether families with young children use local green spaces.[7]

- Different factors influence whether green spaces are used everyday (where proximity to home is important) or for special trips and outings.
- Key barriers and enablers of green space are outlined in Figure 1.



**Figure 1. Barriers and enabler to green space use amongst low income, multi-ethnic families**

**Interventions to improve green space to encourage use[8]:**

- There is evidence to suggest that improving the quality of local green spaces can increase use of these spaces. Successful interventions tend to include multiple components including making changes to physical environments (e.g. refurbishment), introducing prompts or cues to encourage use of the refurbished areas (e.g. signage, walking trails) combined with group activities to encourage their use. Successful interventions also tend to include local communities in co-designing local spaces.

**RECOMMENDATIONS FOR IMPROVEMENTS BASED ON EVIDENCE**

- That structural interventions to improve local green spaces focus on making spaces safe and attractive for families with young children to visit
- That a sustained set of targeted communications and activities are implemented which aim to encourage families to use their local green spaces. These should focus on addressing the key barriers identified above, and should also include:
  - Providing families with information on where local green space are, how to get to them, and what relevant activities can be engaged in with young children in these spaces

- Leading and / or facilitating community events in local green spaces to encourage social support and increase community ownership of local green spaces
- That consideration is given as to how all interventions will impact on, or be impacted by crime and anti-social behaviour and how interventions will impact on the needs of our different park user groups, including young people (adolescents and young adults).
- That interventions and activities are co-produced with members of the local community in order to ensure acceptability and that key barriers as identified above are addressed.

## REFERENCES

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