

Deliverable D1.1

# **Framework of key indicators to assess and categorize different types of nature spaces and their impact for therapeutic indications**

# DOCUMENT CONTROL SHEET

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Version1	2023.11.10	LNEC and UG	Master document
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Version5	2024.01.26	LNEC	Final version

## DOCUMENT REVIEW

Reviewer	Date	Reviewer Short Organisation Name
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## ABBREVIATIONS

Abbreviation	Definition
<b>CO</b>	Carbon monoxide
<b>D</b>	Deliverable
<b>DF</b>	Demonstrator Fellows
<b>DSR</b>	Daylight and Solar Radiation
<b>ES</b>	Experimental Sites
<b>GIS</b>	Geographical Information System
<b>HWC</b>	Health, Well-being and Comfort
<b>IEQ</b>	Indoor Environment Quality in buildings
<b>NBS</b>	Nature-Based solutions
<b>NBT</b>	Nature-Based Therapies
<b>NO<sub>2</sub></b>	Nitrogen dioxide
<b>O<sub>3</sub></b>	Ozone
<b>OEQ</b>	Outdoor Environment Quality
<b>PM<sub>##</sub></b>	Particulate Matter that is smaller than ## microns
<b>SO<sub>2</sub></b>	Sulphur dioxide
<b>T</b>	Types of nature spaces (T1; T2; T3)
<b>TESSA</b>	Toolkit for Ecosystem Service Site-based Assessment
<b>WHO</b>	World Health Organisation
<b>WP</b>	Work Package

# Table of contents

<b>Executive Summary .....</b>	<b>9</b>
<b>1. Introduction.....</b>	<b>12</b>
1.1 Framework of Deliverable D1.1.....	12
1.2 NATURELAB definition of the three nature spaces contexts .....	15
<b>2. Objectives .....</b>	<b>18</b>
<b>3. Concepts and key notes from the state-of-the-art.....</b>	<b>20</b>
3.1 Key notes regarding green space characteristics and Cultural Ecosystem Services related to health and well-being.....	20
3.2 Key notes regarding sustainability and resilience of the sites and the population...	21
3.2.1 Water cycle.....	21
3.2.2 Solar Radiation .....	25
3.2.3 Air temperature .....	28
3.2.4 Air quality.....	29
3.2.5 Noise .....	31
<b>4. Green Space characteristics and Cultural Ecosystem Services related to health and well-being .....</b>	<b>36</b>
4.1 Spatial characteristics, design, and conditions.....	36
4.1.1 Size .....	36
4.1.2 Accessibility .....	36
4.1.3 Safety .....	37
4.1.4 Maintenance .....	38
4.2 Infrastructural characteristics .....	40
4.2.1 Facilities .....	40
4.2.2 Amenities.....	42
4.3 Natural features .....	44
4.3.1 Biodiversity .....	44
4.3.2 Aesthetics and Attractivity.....	46
4.3.3 Naturalness .....	47
4.3.4 Perceptual experience .....	47
4.4 Cultural Ecosystem Services .....	53
<b>5. Sustainability and resilience of sites and population .....</b>	<b>58</b>
5.1 Context .....	58
5.2 Climate and geophysical context .....	59
5.2.1 Water cycle.....	59
5.2.2 Solar radiation .....	64

5.2.3	Climate region .....	70
5.3	Air quality .....	74
5.4	Noise .....	78
<b>6.</b>	<b>Final remarks .....</b>	<b>83</b>
<b>7.</b>	<b>References .....</b>	<b>87</b>

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## Index of figures

Figure 1. Main components of the indoor/outdoor environment.....	27
Figure 2. Factors affecting the quality of the luminous environment (performance, ambience and comfort) and main properties of light(ing) (Adapted from Dolnikova and Katunsky, 2019).....	27
Figure 3. Indoor/Outdoor environmental factors influencing Human Health.....	28
Figure 4. Maps with the 24-h mean observations of NO <sub>2</sub> and PM <sub>10</sub> in the built-up area of Lahore (Pakistan). Concentrations are given in micrograms per cubic meter (µg/m <sup>3</sup> ). ....	30
Figure 5. Conceptual model of soundscapes: relationship between the seven general concepts ..	32
Figure 6. Circumplex model of soundscape perception (ISO, 2019).....	33
Figure 7. Schematic representation of the associations between positive soundscapes and positive health effects (area highlighted in blue, Alleta et al. 2018) .....	34
Figure 8. Examples of facilities and amenities in urban parks .....	40
Figure 9. NATURELAB context and pillars to support global benefits of NBS for nature and human-being: relation to Work Packages (WPs) and to Sustainable Development Goals (SDG).....	59
Figure 10. Methodology to be used in the characterisation of the Daylight and Solar Radiation (DSR) components of the outdoor environment in the context of the NATURELAB project.....	65
Figure 11. Schematic of a possible methodology for DSR outdoor monitoring .....	66
Figure 12. Schematic illustration of the monitoring type as a function of extent and detail (in space and time) and some of the parameters to be measured/evaluated .....	67
Figure 13. Qualitative assessment of sound source identification (source ISO/TS 12913-2) .....	78
Figure 14. Qualitative assessment of the surrounding sound environment (source ISO/TS 12913-2) .....	78
Figure 15. Qualitative assessment of the appropriateness of the surrounding sound environment (source ISO/TS 12913-2) .....	79
Figure 16. NATURELAB framework of proposed domains and dimensions to be assessed in the scope of the characterization of different types of nature spaces .....	83

## Index of tables

Table 1. Characteristics of the NATURELAB Experimental Sites .....	14
Table 2. Categories of nature spaces in NATURELAB.....	16
Table 3. Synthesis of resilience assessment frameworks for climate change (adapted from Cardoso et al. 2020).....	22
Table 4. List of spatial, design, and maintenance-related on-site characteristics that are related to health and well-being .....	39
Table 5. Indicators related to infrastructural on-site characteristics related to health and well-being .....	43
Table 6. Indicators related to natural on-site characteristics related to health and well-being .....	49
Table 7. Indicators related to Cultural Ecosystem Services.....	55
Table 8. Indicators related to sustainable and climate resilient water management.....	61
Table 9. Indicators related to the assessment of exterior Daylight and Solar Radiation (DSR) .....	69
Table 10. Indicators related to the climate context .....	73
Table 11. Ambient air quality standards based on WHO (2021) .....	74
Table 12. Indicators of environmental sustainability and risks .....	77
Table 13. Main quantitative indicators for the characterization of acoustic environment.....	80
Table 14. Indicators related sound perception.....	81





## Executive Summary

Deliverable D1.1 provides a framework of key indicators of green space characteristics that have a high potential to be relevant regarding their impact on health and well-being. These indicators comprise the characteristics of a nature site, and its context, including the variables that can impact health and well-being, and also the requests that ensure people can have comfort and their basic needs attended to. Moreover, NATURELAB's holistic strategy seeks to offer also indicators that go beyond health and well-being, enhancing the resilience of the sites and the population therefore boosting communities' sustainability.

Since the topic of this document is wide, the work was done by a comprehensive team of experts. All authors used for this work their know-how and previous experience. This framework of scientific and practical background was supported with literature review, in order to ensure using state-of-the art knowledge and the integration of health, well-being, and sustainability and resilience of communities (Chapter 3).

There is evidence showing positive associations between green spaces and health and well-being outcomes. Despite this, there has been little research into which components of green spaces benefit people's well-being and health, and how they can be categorized. To address this gap, a proposal of key indicators of natural and infrastructural characteristics that have a high potential to be relevant for health and well-being is presented in Chapter 4. The following four categories of indicators are proposed: Spatial characteristics, design, and conditions; Infrastructural characteristics; Natural characteristics and Cultural Ecosystem Services.

The interconnectedness of health and well-being with sustainability best practices is explored by Chapter's 5 key indicators. Sustainable sites should promote cleaner air and water, reducing exposure to pollutants and to poor environmental conditions. Moreover, green and blue spaces and sustainable communities have been linked to improved mental health. Access to nature, greenery, biodiversity and well-maintained environments can reduce stress, anxiety, and depression while enhancing overall well-being. Reducing environmental hazards and ensuring water management strategies are pathways to increase biodiversity, greenness, mitigate and adapt to extreme precipitation and temperature that are connected to climate changes, thus contributing to sustainable, inclusive and resilient living spaces and communities. The indicators related to the sustainability and resilience of the sites and the population are divided in three categories: (i) climate and geophysical context which include the management of water cycle, solar radiation and climate region; (ii) air quality and (iii) noise.

D1.1 is a thorough and comprehensive report. The indicators will be applied, tested and validated at all Experimental Sites (ES) through T1.2. During this implementation, a clearer awareness of the intrinsic value of each indicator, the easiness and effectiveness of measuring or establishing it, as well as the need of monitoring and updating each indicator will be recognised, allowing the development of future outcomes and deliverables under WP1.

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