

URBAN OPEN SPACES

An urban open space is any open piece of land which is undeveloped and is accessible to the public. These areas provide important environmental, economic and public health benefits to the dwellers of the area.

STATS: URBAN OPEN SPACES IN MALE'

Urban open spaces of Male' including parking areas accounts **less than 11%** of the total land area of the Male' (excluding Hulhumale' and Vilimale').

“PEOPLE WHO ENGAGE IN REGULAR PHYSICAL ACTIVITY BENEFIT FROM REDUCED RISK OF CORONARY HEART DISEASE, HYPERTENSION, COLON CANCER, AND NON-INSULIN-DEPENDANT DIABETES; IMPROVED MAINTENANCE OF MUSCLE STRENGTH, JOINT STRUCTURE, AND JOINT FUNCTION; WEIGHT LOSS AND FAVOURABLE REDISTRIBUTION OF BODY FAT; IMPROVED PHYSICAL FUNCTIONING IN PERSONS SUFFERING FROM POOR HEALTH; AND HEALTHIER CARDIOVASCULAR, RESPIRATORY, AND ENDOCRINE SYSTEMS” U.S. SURGEON GENERAL, 1996. ”

“IT IS ALSO FOUND THAT PHYSICAL ACTIVITIES RELIEVES SYMPTOMS OF DEPRESSION AND ANXIETY, IMPROVES MOOD AND ENHANCES PSYCHOLOGICAL WELL-BEING.

“ACCESS TO PLACES FOR PHYSICAL ACTIVITY LED TO A 25.6% INCREASE IN THE PERCENTAGE OF PEOPLE EXERCISING ON THREE OR MORE DAYS PER WEEK. CENTER FOR DISEASE CONTROL AND PREVENTION. UNITED STATES.”



“A STUDY REVIEWED PATIENTS IN A PENNSYLVANIA HOSPITAL WHERE SOME SURGICAL PATIENTS HAD A VIEW OF A STAND OF TREES, WHILE OTHERS FACED A BRICK WALL. MEDICAL RECORDS SHOWED THAT PATIENTS WITH THE TREE VIEWS HAD SHORTER HOSPITALIZATIONS, LOWER REQUIREMENT FOR PAINKILLERS AND LOW NEGATIVE COMMENTS IN THE MEDICAL RECORDS COMPARED WITH THE PATIENTS WITH BRICK WALL VIEWS.”