Living near green space boosts teenagers' mental health, study finds
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According to previous research, that may be because older teens and seniors are more likely to stay within their neighborhoods and have a stronger response to their local environment. Meng said that because teens' brains are still developing, the finding that teens benefit more from being near green space is significant.

"The study suggests that older adults and teens seem to respond well mentally to nearby 'doses' of plants and trees," said Ying-Ying Meng, co-director of the center's Chronic Disease Program and a co-author of the study.

Pan Wang, the study's lead author and a former statistician at the center, said city and neighborhood planners should be aware that greater numbers of trees and more park space can support the health of teens and seniors in their communities. She added that residents can also contribute by planting trees on their own property.

"Making a neighborhood greener and healthier is a mission that involves everybody," she said.


Provided by University of California, Los Angeles