CLSA Approved Project

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Project Title
Does residential proximity to natural environments impact the mental health and well-being of participants of the Canadian Longitudinal Study on Aging?

Project Summary
Natural features within built environments, including green spaces and views of open water, have the potential to mitigate the adverse effects and stresses of urban living. The goal of this study is to describe the association among Canadian adults between residential exposure to natural environments and indicators of positive well-being (i.e., satisfaction with life, absence of depression and sleep disorders). We will use data describing the presence of green vegetation from both an aerial view and from the street view, along with a dataset of water features, around each participant's residential postal code, as estimates of exposure to natural environments. Our results will identify whether older Canadians living in areas with more green and natural spaces around their homes also have better levels of well-being. Our analyses will also take into account factors such as age, sex, income, and evidence of clinical depression, season of sampling, retirement status and social support.

Keywords
Mental health, Residential proximity, Built environment, Canadian Longitudinal Study on Aging