

Healthier with a green garden

Gardens with a lot of greenery seem to have a big influence on the health and welfare of the residents. That is one of the conclusions of a study by Wageningen Environmental Research and the Netherlands Institute for Health Services Research (NIVEL). The research team studied the association between having your own garden and suffering various conditions. They found that a stroke or brain haemorrhage was 15 per cent less frequent among people with gardens. Having a lot of greenery in the garden had an additional effect on health. 'The strength of the relationships we found is striking,' says project leader Sjerp de Vries.

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