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Our modern lifestyles often cause us to spend more time sitting behind a desk than being active outdoors. At the same time, our general health is deteriorating. The alarming rise in obesity, sedentary lifestyles and mental ill-health across the developed world has resulted in an urgent desire to understand how the environment, in particular the outdoor environment, influences health.

This book addresses the growing interest in salutogenic environments - landscapes that support healthy lifestyles and promote well-being – and the need for innovative methods to research them. Drawing on multidisciplinary approaches from environmental psychology, health sciences, urban design, landscape architecture and horticulture, it questions how future research can be better targeted to inform policy and practice in health promotion.

The contributing authors are international experts in researching landscape, health and the environment, drawn together by OPENspace directors who have a unique reputation in this area. This pioneering book is a valuable resource for postgraduate researchers and practitioners in both environmental and health studies.

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