

# UCD Eco-Health Project



Client: University College Dublin  
Stage: Research

The Eco-Health project is part of an EPA funded project that aims to provide an evidence base for understanding the health benefits from high-quality green space within an ecosystem approach framework. The research addresses the concepts of health-promoting environments and 'green infrastructure' as a means to inform policy and practice for enhancing ecosystem benefits across urban and rural space and to develop recommendations and guidelines to enhance health promoting environments.

The project involved developing an evidence base through identifying three case study areas where the interactions and behaviour of local citizens in green space use would be examined. This involved conducting household surveys in each of the areas and holding 'pop-up events' in the three case study areas of Tallaght Town Centre, Banagher, Co. Offaly and Ballybeg/Kilbarry, Waterford. The workshops consisted of a number of interactive tasks that studied peoples' perceptions of various planning and design interventions proposed in the case study areas.

Ait Urbanism + Landscape worked in collaboration with the research team in University College Dublin to develop a strategy and structure for the pop-up events. A comprehensive range of graphic outputs were developed that were used as the primary resource and means of visual communication throughout the workshop tasks. The findings from these workshops were analysed and used as an evidence base for the project. A key output of the project was a 'How-To' Guide for the co-design of health and well-being promoting green spaces. A final report was published detailing in-depth overall findings of the project and conclusions reached. The report can be accessed at the following weblink: <http://www.epa.ie/researchandeducation/research/researchpublications/researchreports/research328.html>

