

HAVE YOU SEEN THE GREEN?

PROMOTING ACCESSIBLE GREEN SPACES TO ENHANCE HEALTH AND WELL-BEING IN JAKOBSBERG

PICTURES FROM JAKOBSBERG



ACTIVATING GREEN SPACES

In order to promote human well-being and inclusion of all, it is essential to improve accessibility by activating urban green spaces through addressing urban challenges of limited access to green space, noise pollution and urban barriers.

HEALTH BENEFITS OF GREEN SPACE

Include mental and physical benefits such as increase of social interaction, stress reduction, cognitive and emotional growth, promotion of physical activity and reduction of blood pressure.

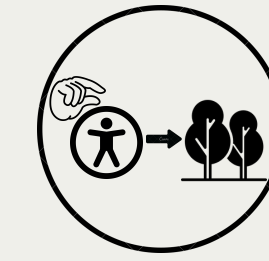
CURRENT SITUATION



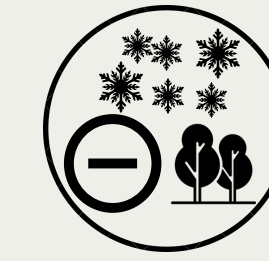
CHALLENGES TO ACCESSIBILITY



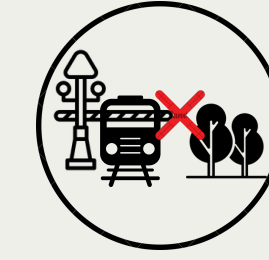
Limited green space



Limited accessibility



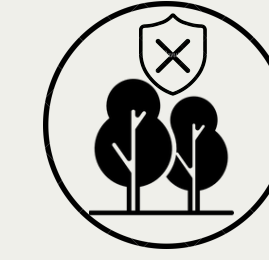
Seasonal accessibility



Barriers to access



Noise pollution



Low biodiversity

DEFINITION: ACCESSIBLE GREEN SPACE

Green space that is characterized by proximity, visible entrances, physical and a sense of inclusion, diverse greenery and activities, and that is free from excessive levels of noise pollution.

VOICES OF JAKOBSBERG

Jakobsberg is being densified too fast!



Man, 26-45 yrs

Kvarnbacken doesn't feel safe anymore!



Woman, 46-64 yrs

More green space is desired, let it grow for the butterflies and bumblebees.



Woman, 65+ yrs

INSPIRATIONAL PHOTOS



PROPOSED STRATEGY

Selection of short-term strategies for improving accessibility to green spaces in central Jakobsberg, Järfälla municipality.



Information Signs

Provide information about accessible paths and possible activities in parks and other green spaces



Year-around Activities

Adding activities to green spaces that could be enjoyed all year, such as barbeques, multi-sports areas and sheltered seating areas.



Reduce Private Areas

Private green spaces offer a feeling of privacy for the residents but it excludes other people from accessing these green spaces.



Speed Limit

Lowering the speed on all roads in central Jakobsberg, to reduce noise pollution.

