

Course literature MP0008 Health Promoting Outdoor Environments

The course literature is divided in three parts:

- *Basic literature* for selective reading to get an orientation of theories, research and methods in the field and to start looking for a project.
- *Literature describing models and tools for conducting landscape analyses in people environment studies.* This literature includes references from the course LK0239 Landscape analysis in people environment studies.
- *Project specific literature*, i.e. intensive reading of literature originating from specific searches conducted by the students, with optional guidance from the library staff: <https://www.slu.se/en/subweb/library/contact-us/book-a-librarian/>

Most articles and book chapters are available in e-journals or e-books at SLU Library and others are available in Canvas. Note that all files provided are for personal use only, due to copyright restrictions. A few of the books are not provided as electronic resources but are available at SLU Library.

Access to online resources at the SLU Library

Many of the databases, e-journals and other online resources at the SLU Library are restricted by license agreements and can only be used within the university. VPN (Virtual private network) is a service that allows you to log in to the university's network from anywhere in the world and get access to the restricted resources. Everyone who is a student or employee at SLU can use the VPN function for making a safe connection between a computer outside SLU and the SLU network. To make it work you must have a user account in the Active Directory at SLU. Information on how to start using VPN is available on the following page: <https://internt.slu.se/en/support-services/administrative-support/it/IT-support/guider-manualer/vpn-anyconnect/> Information on how to activate your SLU user account is available here: <https://student.slu.se/en/study-support/it-support/support/new-student---start/>

Basic literature

The basic literature is intended for selective reading to get an orientation of theories, research and methods in the field and to start looking for a project.

Anthologies

Cooper Marcus, C., Barnes, M. (Eds.), 1999. *Healing Gardens: Therapeutic Benefits and Design Recommendations*. John Wiley & Sons, New York. Available at SLU Library.

Cooper Marcus, C. & Sachs, N., (Eds.), 2014. *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing gardens and Restorative outdoor spaces*. John Wiley & Sons Ltd. Available as e-book at SLU Library.

Ward Thompson, C., Travlou, P., 2007. *Open Space, People Space*. Taylor and Francis. Available at SLU Library.

Specific chapters and articles

Abdul Shukor, S., Stigsdotter, U. & Nilsson, K., 2012. A review of design recommendations for outdoor areas at healthcare facilities. *Journal of Therapeutic Horticulture*, vol 22(2), pp. 33-47. Available as e-journal at SLU Library.

Alerby, E., & Engström, Å., 2021. 'The pine tree, my good friend': The other as more-than-human. *Nursing Philosophy*, 22, e12366. <https://doi.org/10.1111/nup.12366>

Antonovsky, A., 1996. The salutogenic model as a theory to guide health promotion. *Health Promotion International*, 11(1), pp. 11-18. Available at: <http://heapro.oxfordjournals.org/content/11/1/11.full.pdf+html>

Barnes, M., Cooper Marcus, C., 1999. Design Philosophy. In: Cooper Marcus, C., Barnes, M., (Eds.), *Healing gardens: Therapeutic benefits and design recommendations*, John Wiley & Sons, New York, pp. 87-114. Available at SLU Library

Becker, C.M., Glascoff, M.A., Felts, W.M., 2010. Salutogenesis 30 Years Later: Where do we go from here? *International Electronic Journal of Health Education* 13, pp. 25-32. Available at: <http://files.eric.ed.gov/fulltext/EJ895721.pdf>

Björk, J., Albin, M., Grahn, P., Jacobsson, H., Ardö, J., Wadbro, J., Östergren, P-O., Skärbäck, E., 2008. Recreational values of the natural environment in relation to neighbourhood satisfaction, physical activity, obesity, and well-being. *Journal of Epidemiology and Community Health* vol 62: e2. Available at Canvas.

- Evans, J. & Jones, P., 2011. The walking interview: Methodology, mobility and place. *Applied Geography* 31(2), 849-858. Available at: <https://www.research.manchester.ac.uk/portal/files/20468122/POST-PEER-REVIEW-PUBLISHERS.PDF>
- Hamilton, K., 2003. The four levels of evidence-based practice. *Healthcare Design e Publ.*, 3, pp. 18-26. Available at: <http://www.healthcaredesignmagazine.com/architecture/four-levels-evidence-based-practice/>
- Hartig, T., Mitchell, R., de Vries, S., & Frumkin, H., 2014. Nature and Health. *Annual Review of Public Health*, Vol. 35, pp. 207 -228. Available at Canvas.
- Hay, G.J. & Castilla, G., 2006. Object Based Image Analysis, Strengths, weaknesses, opportunities, and threats (SWOTs). From OBIA 2006 International Archives of Photogrammetry, Remote sensing, and Spatial Information Sciences. Available at Canvas. (Note that this article is included because of the SWOT analysis description)
- Johansson, Rolf., 2007. On case study methodology. *Open House International* 32 (3), pp. 48–54. Available at Canvas.
- Kaplan, S., & Berman, M., 2010. Directed attention as a common resource for executive functioning and self-regulation. *Perspectives in Psychological Science* 5 (1), pp. 43-57. Available at Canvas.
- Ottosson, J., 2001. The Importance of Nature in Coping with a Crisis: A photographic essay. *Landscape Research* 26(2), pp. 165-172. Available as e-journal at SLU Library.
- Ottosson, J., Grahn, P., 2008. The role of natural settings in crisis rehabilitation: how does the level of crisis influence the response to experiences of nature with regard to measures of rehabilitation? *Landscape Research* 33(1), pp. 51-70. Available as e-journal at SLU Library.
- Plambech, T., & Konijnendijk, C., 2015. The impact of nature on creativity: A study among Danish creative professionals. *Urban Forestry & Urban Greening* 14(2), pp. 255–263. Available at <https://doi.org/10.1016/j.ufug.2015.02.006> and as e-journal at SLU Library.
- Sanders, E., Stappers, P., 2008. Co-creation and the new landscapes of design. *CoDesign: International Journal of CoCreation in Design and the Arts* 4 (1), pp. 5-18. Available at: <http://studiolab.ide.tudelft.nl/manila/gems/contextmapping/PreprintDraft.pdf>
- Stigsdotter, U., 2014. Nacadia healing forest garden, Hoersholm Arboretum, Copenhagen, Denmark. In: Cooper Marcus, C., Sachs, N., (Eds.), *Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces*. John Wiley & Sons Ltd, pp. 198-205. Available as e-book at SLU Library.
- Stigsdotter, U., Ekholm, O., Schipperijn, J., Toftager, M., Kamper-Jørgensen, F. & Randrup, T., 2010. Health promoting outdoor environments—associations between green space, and health, health-related quality of life and stress based on a Danish national representative survey. *Scandinavian Journal of Public Health*, 38(4), pp. 411–417. Available at Canvas.
- ten Brink P., Mutafoglu K., Schweitzer J-P., Kettunen M., Twigger-Ross C., Baker J., Kuipers Y., Emonts M., Tyrväinen L., Hujala T., & Ojala A., 2016. The Health and Social Benefits of Nature and Biodiversity Protection. A report for the European Commission (ENV.B.3/ETU/2014/0039), Institute for European Environmental Policy, London/Brussels. Available at: <https://ec.europa.eu/environment/nature/biodiversity/intro/docs/Health%20and%20Social%20Benefits%20of%20Nature%20-%20Final%20Report%20Main%20sent.pdf>
- Ulrich, R. S., 1984. View through a window may influence recovery from surgery. *Science*, 224, pp. 420-421. Available at: https://pdfs.semanticscholar.org/43df/b42bc2f7b212eb288d2e7be289d251f15bfd.pdf?_ga=2.125731978.1682070352.1605695241-1903156019.1605541692
- Ulrich, R., 2006. Evidence-based healthcare architecture. *The Lancet*, 368, pp. 38-39. Available at: <http://www.thelancet.com/pdfs/journals/lancet/PIIS0140673606699212.pdf>
- Ulrich, R., Zimring, C., Zhu, X., DuBose, J., Seo, H., Choi, Y., Quan, X., Joseph, A., 2008. A Review of the Research Literature on Evidence-Based Healthcare Design, Healthcare Leadership White Paper Series 5, Georgia Tech College of Architecture and The Center for Health Design. Available at: https://www.healthdesign.org/sites/default/files/LitReviewWP_FINAL.pdf
- van Teijlingen E., Hundley, V., 2001. The importance of pilot studies. *Social Research Update* 35, Department of Sociology, University of Surrey. Available at: <http://sru.soc.surrey.ac.uk/SRU35.pdf>
- Vischer, J., Zeisel, J. (Eds.), 2008. Bridging the gap between research and design. *WorldHealth Des.* (July), 57–61. Available at Canvas.

Wolf, K. L., Measells, M. K., Grado, S. C., & Robbins, A. S. T., 2015. Economic values of metro nature health benefits: A life course approach. *Urban Forestry & Urban Greening*, 14(3), 694–701. <https://doi.org/10.1016/J.UFUG.2015.06.009>

Models and tools for landscape analysis

Literature describing models and tools for conducting landscape analyses in people environment studies. This literature includes references from the course LK0239 Landscape analysis in people environment studies.

Bengtsson, A., 2015. From experiences of the outdoors to the design of healthcare environments. Doctoral Thesis No. 66. Acta Universitatis Agriculturae Sueciae. Swedish University of Agricultural Science, pp. 21-26, available at: <http://pub.epsilon.slu.se/12192/>

Bengtsson, A., Grahn, P., 2014. Outdoor environments in healthcare settings: A quality evaluation tool for use in designing healthcare gardens, *Urban Forestry and Urban Greening* 13(4), pp. 878-891. Available as e-journal at SLU Library

Gehl, J., 2007. Public spaces for a changing public life. In: Ward Thompson, C., Travlou, P. (Eds.), *Open Space, People Space*. Taylor and Francis, pp. 3-9. Available at SLU Library.

Grahn P., Stigsdotter U., Berggren-Barring A-M., 2005. A planning model for designing sustainable and healthy cities. The importance of people's need of recreational environments in an urban context. Post-conference proceedings, NAEP, Alexandria. Available at Canvas.

Grahn, P., Tenggart Ivarsson, C., Stigsdotter, U., Bengtsson, I-L., 2010. Using affordances as a health promoting tool in a therapeutic garden. In: Ward Thompson, C., Aspinall, P., Bell, S., (Eds.), *Innovative Approaches to Researching Landscape and Health: Open Space: People Space 2*, Routledge, New York, pp. 116-154. Available at Canvas.

Grahn, P., Stigsdotter, U., 2010. The relation between perceived sensory dimensions of urban green space and stress restoration. *Landscape and Urban Planning* 94(3-4), pp. 264-275. Available as e-journal at SLU Library.

Hajrasouliha, A., Ewing, R., 2016. Campus Does Matter. The Relationship of Student Retention and Degree Attainment to Campus Design. *Planning for Higher Education* 44(3), pp. 1-17, available at: <http://works.bepress.com/hajrasouliha/4/>

Heylighen, A., Van der Linden, V., Van Steenwinkel, I., 2016. Ten questions concerning inclusive design of the built environment. *Building and Environment* (2016). Available at: <https://www.sciencedirect.com/science/article/pii/S0360132316305005>

Kaplan, R., Kaplan, S., 1989. *The Experience of Nature*. Cambridge University Press, Cambridge, MA. Available at SLU Library.

Küller, R., 1991. Environmental assessment from a neuropsychological perspective. In: Gärling, T., Evans, G., (Eds.), *Environment, Cognition and Action: An Integrated Approach*. New York, Oxford University Press, pp. 111–147. Available as e-book at SLU Library.

Kyttä, M. 2004. The extent of children's independent mobility and the number of actualized affordances as criteria for child-friendly environments. *Journal of Environmental Psychology*. 24(2). 179-198. Available as e-journal at SLU Library.

Lynch, K., 1960. *The Image of the City*. Cambridge, London, The M.I.T. Press. Available at SLU Library and Canvas.

Mårtensson, F. 2013. Guiding environmental dimensions for outdoor play. *SMT* 90(4), pp. 658-665. Available at: <http://socialmedicinsktdskrift.se/index.php/smt/article/view/1047/849>

Swedish Legislation, 2004. Accessibility and usability in public spaces BFS 2004:15 - ALM 1. National Board of Housing, Building and Planning. Available at: https://www.boverket.se/globalassets/publikationer/dokument/2008/alm1_english.pdf

Tveit, M., Ode, Å., Fry, G., 2006. Key concepts in a framework for analysing visual landscape character. *Landscape Research*, 31, pp. 229-255. Available as e-journal at SLU Library.

Ulrich, R., 1999. Effects of gardens in health outcomes: Theory and research. In C.Cooper Marcus and M. Barnes (Eds.), *Healing Gardens*. New York:John Wiley & Sons, pp. 27-86. Available at SLU Library.

Project specific literature

Intensive reading of literature originating from project specific searches conducted by the students individually, with possibility to book guidance from the library staff: <https://www.slu.se/en/subweb/library/contact-us/book-a-librarian/>