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How urban green spaces relate to health and well-being

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Document Version

Publisher's PDF, also known as Version of record

Publication date:

2017

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Zhang, Y. (2017). *How urban green spaces relate to health and well-being: The interplay between green space attachment, perceived quality and affordance*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen.

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Propositions belonging to the PhD thesis

How Urban Green Spaces Relate to Health and Well-being

The interplay between green space attachment, perceived quality and affordance

Yang Zhang

1. The relevance of green space for health and well-being suggests the provision of green spaces in cities can be an important liveability approach. (Several Chapters)
2. In addition to being a physical-geographical object, urban green space sets a stage for emotional and physical interactions and dependencies between people and green spaces. (Several Chapters)
3. Green space attachment is an underexposed pathway underlying the relationship between urban green space and health. (Chapter 3)
4. Policy makers and planners need to consider the quality of green spaces in addition to setting standards for the amount of green spaces. (Chapter 3 and Chapter 4)
5. Studying green space attachment contributes to more fine-grained policies for neighborhood. (Chapter 5)
6. Learning without thought is labor lost; thought without learning is perilous (Confucius, 551 BC-479 BC).
7. Doing a PhD is not a “9 to 5” job, either your body or your thinking is travelling.
8. Referring to the internalization objective of the university, please start with the canteen menu.
9. Green cities can be expected when urbanists are given the green light to use their green fingers.