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| **Green Space as a determinant of health and wellbeing in Costa Rica’s Metropolitan Area** |
| **Background** To be healthy individuals require a healthy environment where nature meets their needs. It is the interaction between environmental, social, biological and economic factors as well as access to health services that determine how healthy an individual is. In a healthy community the total environment must be supportive of health development (WHO 1996).  **Methods** This paper analyses the availability of green space and its access for the population of Costa Rica’s Great Metropolitan Area (GAM) as a health determinant. This article is based on the "One Health" approach, which recognizes that human health, animal health and the health of ecosystems are interconnected.  **Results**  -Costa Rica has an international green image but its inhabitants don’t have access to public green space to benefit their health-Over 80% of the parks of the GAM have little green space and are not suitable for engaging in physical activity-The lack of usable green space is compromising the life style of the GAM population  **Discussion** Costa Rica is a middle income country with a green country brand where 5.4% of GDP is generated by tourism and 80% of tourism is nature tourism (World Travel Tourism Council, 2017). Currently, 52.7% of the national population lives in the Greater Metropolitan Area, which represents 3.8% of the national territory (Observatorio Urbano, 2016).This concentration of population has caused changes in the use of land to meet housing needs and economic growth (infrastructure, roads, industry) which have negatively impacted the natural world and the ecosystems in GAM.  The GAM went from a rural world to an urban world in a very short period. During that expansion, nature was not considered as a key element for the health and well-being of the population. Today's result is a chaotic city, with not accessible green surroundings, traffic jams and enequity. Costa Ricans do not have access to green spaces near their place of residence. Various investigations found residential green spaces are beneficial for health and establish that the benefits of contact with green spaces or exposure to residential green spaces are visible on general health (Dadvand et all 2016), mental health (de Vries el al, 2013), obesity (Ellaway et al 2005), behavioral development in childhood (Amolly et al 2014) and mortality (Donovan et al 2013).  **Keywords :** green space, cities, health promotion |