

SINGAPORE

NParks to quantify the benefits of greenery with research studies

Two research studies will be done in collaboration with National University of Singapore and Khoo Teck Puat Hospital Singapore, says Minister for National Development Khaw Boon Wan.

POSTED: 21 May 2015 14:20 UPDATED: 22 May 2015 09:52

PHOTOS



NParks has set out to ensure that 80 per cent of homes in Singapore are within a 10-minute walk from a park. (Photo: MND's WordPress site)

CAPTION



SINGAPORE: NParks is embarking on two research studies to better understand and quantify greenery's benefits, said Minister for National Development Khaw Boon Wan on Thursday (May 21).

In a [blog post](#), Mr Khaw said that the research is done in collaboration with National University of Singapore (NUS) and Khoo Teck Puat Hospital Singapore (KTPH).

The two research studies in particular are park prescription, which will examine the positive effects of physical activity in parks with clinical research; and horticultural therapy, which will investigate the effects of parks and gardening on the mental health of the elderly.

Mr Khaw also emphasised that NPark has set out to ensure that 80 per cent of homes in Singapore are within a 10-minute walk from a park because "green spaces promote physical and mental well-being", and that this will be raised to 90 per cent by 2030.

"Mr Lee Kuan Yew greened up Singapore as he felt strongly that 'a blighted urban landscape, a concrete jungle destroys the human spirit. We need the greenery of nature to lift our spirits'," said Mr Khaw.

- CNA/ct