

**Speaker name:**

Ulrika Karlsson Stigsdotter

**Affiliation:**

Senior researcher

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**Title of presentation:**

Relationship between distance to and use of green space, physical activity and health-related quality of life - Results from a Danish national representative survey (Parallel session 'Health')

**Brief CV:**

Associate Professor, Dr. Ulrika K. Stigsdotter received her graduate education at the Department of Landscape Planning Alnarp, Swedish University of Agricultural Sciences (SLU). Her undergraduate degrees are from SLU and Lund University.

Her research focus on the connection between man's health/well-being and the outdoor environment, which involves both the green structure in the city as well as small gardens at hospitals, schools, kindergartens and workplaces. The research has an applied perspective and is aimed at both scientists and practitioners/students. It presents design theories based on research results which address e.g. how healing gardens and urban open spaces can be designed and planned as city planning elements of importance to public health. In this way, they may be used by practitioners as tools to promote health through urban planning and design, i.e. evidence-based landscape architectural planning to promote health.

Stigsdotter is one of the landscape architects behind the Healing Garden at Alnarp Campus and the Solberga park for elderly people in Stockholm