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Title: Apartment Living, Green space and Well-being

Abstract:

The relationship between greenspace and health and well-being is well established. Most studies focus on access to greenspace; however, evidence suggests that viewing greenery can also positively impact wellbeing. In the context of increased urban densification, exposure to greenery can be limited, elevating the potential importance of the view. Various studies have developed measures to quantify human perceptions of greenery and examined associations with health, yet most fail to adequately capture green views from apartments or test empirical associations with well-being. To address these limitations, this project aims to develop a novel three-dimensional model to represent residents' apartment views and examine their impact on well-being. A systematic review will examine the green view and health literature, and methodological trends in human-centric green view indices. A Green Floor View Index (GFVI) will be developed for contemporary apartment buildings (n=172) from three metropolitan cities- Melbourne, Sydney, and Perth. The new exposure measures will be examined for associations with residents' well-being drawing on secondary survey data (n=1200 participants). Finally, a virtual environment will be created (Digital Twin modelling) for model calibration and scenario testing. By bridging these gaps, the study will contribute valuable insights to enhance urban planning and design strategies for creating healthier and more sustainable living environments.