



1 PLAN AND DESIGN

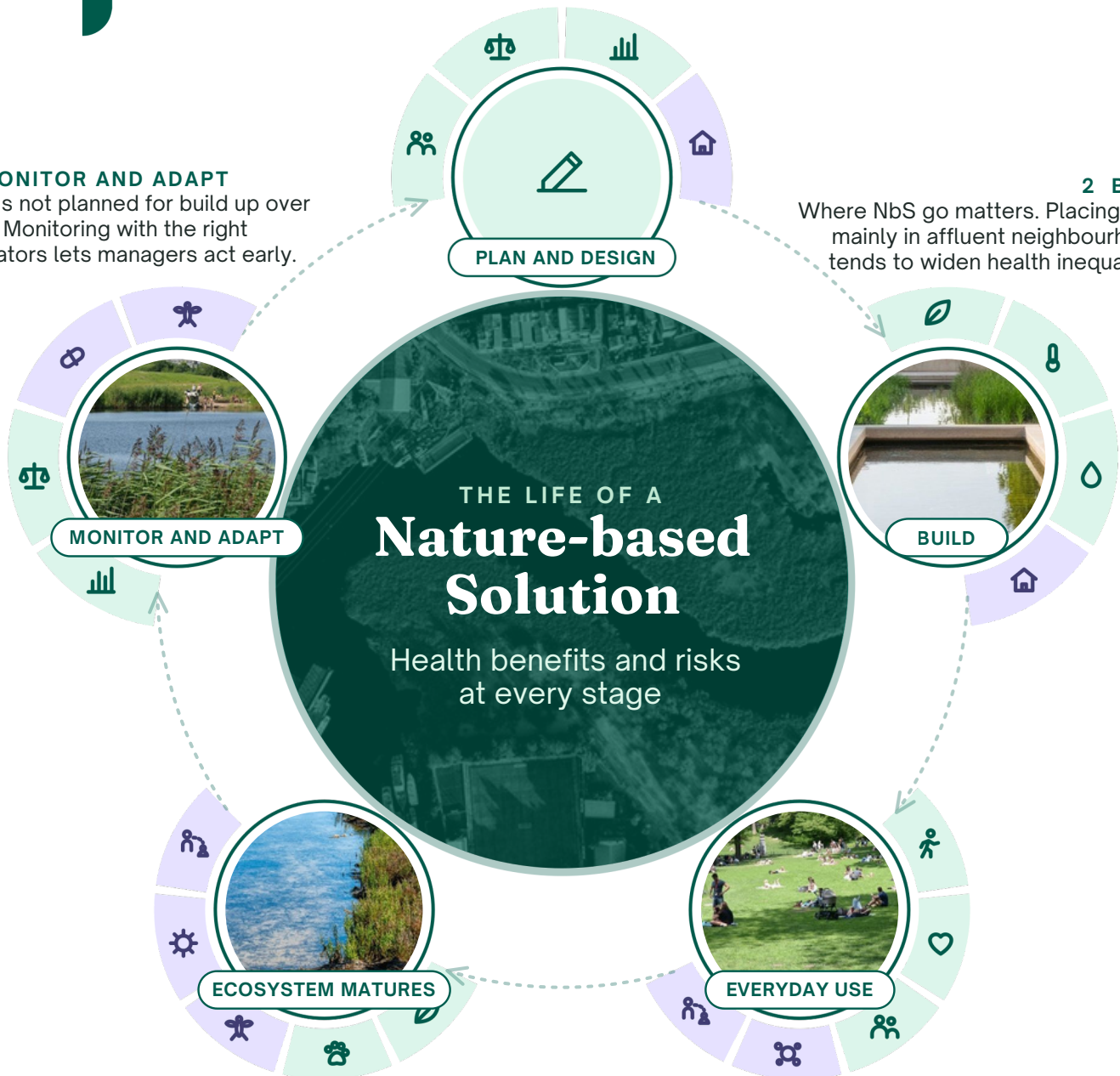
Health belongs at the start. Almost every NbS affects the community around it, yet most planners have no health background, so outcomes go unmeasured.

5 MONITOR AND ADAPT

Harms not planned for build up over time. Monitoring with the right indicators lets managers act early.

2 BUILD

Where NbS go matters. Placing them mainly in affluent neighbourhoods tends to widen health inequalities.



4 ECOSYSTEM MATURES

As ecosystems grow, so can mosquitoes, ticks, pollen and new contact with wildlife. Evidence on these harms is still scarce.

3 EVERYDAY USE

Most evidence is for mental health, heart disease and mortality: green space supports activity, social contact and cooler, quieter streets.

HEALTH BENEFITS

Physical and mental health	Physical activity
Social contact	Cooler streets
Cleaner air and water	Biodiversity
Fair access	Evidence and monitoring

HEALTH RISKS

Gentrification and exclusion	Pollen and allergens
Contact with wildlife	Mosquitoes and ticks
Pathogens in soil and water	Drug-resistant bacteria