

Public and Green Spaces

The evidence of the multiple benefits of public and green spaces in human health is present in Khazar University in such studies as Environmental and Biotechnology, Ecology and Evolutionary Biology, Environmental Economics and Policy, Environmental problems of Azerbaijan, etc.

There are some opportunities:

- The benefits of physical activity increase when individuals realize it in green spaces.
- Some studies identify lower heart rates in participants that walk in green areas, comparing top participants that walk next to buildings.
- The mass migration events related to the environment and how these historical migrations affect traditional life in small villages, human-nature relations, and their future existence. It is shown that the population decrease in a number of mountain villages of Azerbaijan caused not only the existence of these villages, but also the loss of very valuable natural knowledge.
- Several associations were established between exposure to green spaces and the cognitive or developmental function of individuals.
- The decrease of depression symptoms could be related with the increase in quantity and quality of green spaces.
- Green areas also have the potential to improve environmental health, and several studies present evidence in this area.
- An appropriate trees species choice could improve the phytoremediation of air pollutants, minimizing their impact on human health.
- The important role of green spaces in climate change impacts mitigation is widely discuss by many researchers namely (Abbasov, etc., 2022).

The multiple functions of public and green spaces affect positively many dimensions of cities'. According to World Health Organization report "Urban green spaces: a brief for action"(World Health Organization 2017a), green spaces functions could be divided into opportunities and benefits: opportunities are related to the possibility to develop new neighborhoods and residential areas, to promote biodiversity and gardening projects, and, also, to regenerate urban areas, namely, those of the most deprived communities; the benefits are inked to public and environmental health, namely, the improvement of air and water quality, the reduction of noise pollution, and the mitigation of climate hazards, i.e., heat waves and floods. Besides this, public green spaces play an important role in the promotion of well-being to all at all ages, enabling physical activities, reducing stress symptoms (associated with the urban way of life), reinforcing social cohesion and social network, and, most importantly, to reduce mortality rate

Access

According to WHO (World Health Organization 2019), should be ensured access to public green spaces due to its capability to reduce health inequalities, improve well-being, and assist in treatment of mental illness.

Cities, as the predominant model of social organization in contemporaneity, are unequal spaces in resources distribution. Within the cities there exist socioeconomic clusters that contribute to inequalities reproduction, namely, in the access to public and green spaces with quality and in quantity. This unequal situation is related with the concept of environmental justice which refers to a fair distribution of environmental benefits and burdens. The provision of green space needs to be based on the principle of equity, ensuring public access for all regardless of an individual's residential location, socioeconomic background,

Public and green spaces relevance is widely discussed in the academic field, and it is assumed as a tool to health and well-being promotion, especially in urban environment

Establishing a contact point with nature through the construction or requalification of public and green spaces is a step to regenerate the surrounding ecosystems, contributing to citizen's quality of life.