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## **Social Benefits: Improved Physical and Mental Health**

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Large urban centers provide little access to open green space. There is no doubt that green space is an attractive feature for the general population, most noted by the popularity of the Lake Simcoe and Muskoka regions in Ontario. Green roofs can be considered a viable green space that would otherwise not be available. In addition, they provide space for recreation or social interaction.

Surveys of building tenants with green roofs in Toronto have suggested that green roofs act as a natural escape (Cohnstaedt, Shields & MacDonald 2003) and provides relief to daily stresses and cramped urban conditions (Bass et al., 2004). In general, people have better mental health (Banting et al., 2005). As a result, people with access to garden space are sick less and recover quicker from surgery (Ulrich, 1984).