

Public health PhD candidate Chinonso Odebiatu from the University of Queensland analyzed data from nearly 280,000 people aged 37 to 73 in England, Scotland and Wales, recruited from 2006 to 2010.

A study published in the journal Science of The Total Environment found that having a personal garden in the area around the home is associated with a reduced risk of cancer, especially breast and uterine cancer.

Scientists noted that green spaces around the home provide people with opportunities to engage in physical activity, increase vitamin D levels and mitigate the effects of air pollution.