



### Supplementary File 3: Text citations of rationale for testing sex/gender differences and discussion of sex/gender results

Study	Rationale for testing sex/gender differences	Discussion of sex/gender results
<p><b>Björk et al. 2008</b> [27]</p>	<p><i>Introduction:</i></p> <p>“Motivated by previous research, (De Vries et al. 2003) we also investigated whether the positive effects were modified by gender and age.” page 1</p>	<p>“Recent research from the United Kingdom has suggested that sociopolitical, physical and economic features of the neighbourhood environment could be more beneficial for women’s than for men’s health (Stafford et al. 2005). In our study, the natural neighbourhood environment had a beneficial effect on vitality among women only. As women on average had a lower self-rated vitality than men, it can be argued that women may both have more need for and more benefit from restorative surroundings. It is also possible that women’s everyday lives are still more dependent on their close surroundings than men’s.” page 6</p>
<p><b>Dadvand et al. 2016</b> [28]</p>	<p><i>Introduction:</i></p> <p>“Moreover, these mediation roles might vary across strata of sex and age, but the available evidence on such a variation is non-existent.” page 161</p> <p>“As secondary aims, we also assessed relative contributions of aforementioned mediators to greenness exposure-SGH association and evaluated the variations in their mediating roles across strata of age and sex.” page 161</p>	<p>“We observed some indications that mental health status, social support, and physical activity as mediators might be more relevant for men. [...] To our knowledge, this study is the first to investigate a potential age and sex variation in mediation roles of mechanisms underlying health benefits of green spaces. It is therefore not possible to compare our findings with those of others. However, our observation is consistent with findings of previous studies showing how age and sex can affect use of green space (Lee and Maheswaran, 2011). [...] Also men have been reported to use green spaces more frequently and be more physically active in green spaces than women (Lee and Maheswaran, 2011). These findings are in line with our observed more consistent patterns of mediation for male participants [...]” page 166</p>
<p><b>Orban et al. 2017</b> [29]</p>	<p><i>Methods, statistical analysis:</i></p> <p>“To explore potentially differential effects in different population groups, we stratified the analysis on greenness and self-rated health by (i) sex, (ii) age (&lt;60/≥60 years), (iii) education level (≤13/&gt;13 years of formal education), (iv) physical activity (sports/no sports), and (v) city of residence.” page 162</p>	<p><i>not specified</i></p>

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<p><b>Reklaitienne et al. 2014</b> [30]</p>	<p><i>Aims:</i>                      “The purpose of this study was to evaluate the relationship between the proximity to the city park and park use, perceived general health and depressive symptoms; to evaluate whether there is an association between perceived general health and depressive symptoms and the time spent in green space; to assess whether the use of green spaces differs among men and women, after adjustment for sociodemographic and health-related variables.”                      page 670</p>	<p><i>not specified</i></p>
<p><b>Ruijsbroek et al. 2017</b> [31]</p>	<p><i>Abstract:</i>                      “It has been suggested that certain residents, such as those with a low socioeconomic status, the elderly, and women, may benefit more from the presence of neighbourhood green space than others. We tested this hypothesis for age, gender, educational level, and employment status in four European cities.” page 1</p> <p><i>Introduction:</i>                      “Several studies reported a stronger, positive relationship between green space and health for specific population groups, such as children, older people, housewives, and people with a lower socioeconomic status (SES) [De Vries et al. 2003; Astell-Burt et al. 2013; Mitchell et al. 2008; Maas et al. 2006, Dadvand et al. 2014].” page 2</p> <p>“As stated, the evidence for the beneficial health impacts of green space for specific population groups is not consistent. The results do not consistently pinpoint the same population groups as those that profit the most and they are inconsistent with regard to different health outcomes. Studies from the United Kingdom, for example, reported that more green space was associated with lower rates of cardiovascular and respiratory diseases in men, but not in women [Richardson and Mitchell 2010]. Moreover, the presence of more green space was associated with better mental health for men at any age, but only for older women [Astell-Burt et al. 2014]. In the Netherlands, associations between neighbourhood green space and health among housewives and the elderly were found for self-reported health symptoms, but not for general and mental health [De Vries et al. 2003].” page 2</p>	<p>“We found no evidence that the association between neighbourhood green space and health was different for men and women, although this has been reported in previous studies [De Vries et al. 2003, Astell-Burt et al. 2013, Richardson and Mitchell 2010, Astell-Burt et al. 2014], and for other neighbourhood characteristics [Stafford et al. 2005]. We, and others, hypothesized that women are more exposed to neighbourhood green space since they are often the primary caregivers who supervise the children and work part-time more often than men do. They are therefore likely to spend more time in the direct living environment. It has been suggested that because the social roles that are typically fulfilled by women are more locally orientated, women’s health is more strongly related to the characteristics of the neighbourhood (including green space availability) than men’s health [Stafford et al. 2005]. In Doetinchem and Stoke-on-Trent, women worked full-time less often than men did, but we found no differential effect for gender in these cities. It has also been argued that the health benefits of green space for women are more closely associated with subjective green quality indicators than is the case for men [Richardson and Mitchell, 2010]. Our results regarding both the quantity and quality measures of green space do not support this hypothesis. Nor did we find evidence that the perception of neighbourhood green space is more important for women’s health and objective measures of green space than for the health of men.” page 13</p>

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<p><b>Stronegger et al. 2010 [32]</b></p>	<p><i>Methods, data analysis:</i>                      “All regression analyses were performed separately for men and women, and corrected for age, SES, number of children in the household, and foreigner status. Furthermore, we tested for effect modification between these variables and the extracted factors.” page 738</p>	<p><i>not specified</i></p>
<p><b>Triguero-Mas et al. 2015 [33]</b></p>	<p><i>Introduction:</i>                      “There is some evidence suggesting that the associations between natural outdoor environments and health might be stronger for low socioeconomic statuses (SES) (Mitchell and Popham, 2007; De Vries et al., 2003; Mitchell and Popham, 2008; Dadvand et al., 2014), and might vary by gender (Tamosiunas et al., 2014; Reklaitiene et al., 2014; Astell-Burt et al., 2014; Richardson and Mitchell, 2010) and degree of urbanization (Mitchell and Popham, 2007; De Vries et al., 2003). But these differences are still not well-established.” page 36</p> <p>“The overarching aim of this study was to evaluate the association between natural outdoor environments (separately for green and blue spaces) and health (general and mental). We also investigated whether this association was modified by the degree of urbanization, gender or socioeconomic status and mediated by physical activity or social support.” page 36</p>	<p>“When stratified by gender and degree of urbanization, there was a tendency for slightly stronger associations between green spaces and health for women and those living in non-densely populated areas, but this was not statistical significant. The small differences we found by gender are consistent with previous findings that have suggested that women use green spaces more because they are more likely to take care of older people and children than men (Tamosiunas et al., 2014). However, some other studies have found that green spaces are more used and more beneficial for males (Richardson and Mitchell, 2010).” page 39</p>