Up to 12.3% (CI: 9.1% - 15.5%) increase in vitality

Better health and vitality when living near the coast in Belgium

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Background

Coastal areas would improve health by four mechanisms

- Less stress
- Social interactions
- Less pollution
- Physical activity

Methods

- Belgian Health Interview Survey (n = 60,939)
- Linear regression models

Results

- 4.6% (CI: 1.1% - 8.1%) local increase in subjective health
- Up to 12.3% (CI: 9.1% - 15.5%) increase in vitality

Conclusion

The use of large existing datasets resulted in new insights and revealed that living near the coast is associated with improved health and vitality. Further research is required to elucidate the mechanisms involved.

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