

SUPPLEMENTARY FIGURES AND TABLES

Table 1. Construction of individual-level co-variates

Variable	Item	Response options	Categories as included in the manuscript
Age	How old are you?	Open	<ul style="list-style-type: none"> 18 to 34 years 34 to 64 years 65 years and older
Self-perceived minority group	Do you think you belong to a minority ethnic group in the UK?	<1> No <2> Yes <3> Don't know <4> Prefer not to answer	<ul style="list-style-type: none"> No (1) Yes / other (2, 3, 4)
Long-term relationship status	Which of the following best describes your marital status now?	<1> Prefer not to answer? <2> Neither of these; <3> Single, separated/divorced/civil union dissolved or widowed/civil partner died <4> Married, in a civil union, or living with your partner (cohabiting)?	<ul style="list-style-type: none"> No (1, 2, 3) Yes (4)
Children in household	How many children aged under 16 live in your house regularly as members of the household?	Open	<ul style="list-style-type: none"> None One or more
Work status	Which of these descriptions applies to what you have been doing for the last 7 days? Please select only one	<1> In paid work (or away temporarily) (employee, self-employed, working for your family business) <2> In education, (not paid for by employer) even if on vacation <3> Unemployed and actively looking for a job <4> Unemployed, wanting a job but not actively looking for a job <5> Permanently sick or disabled <6> Retired <7> Doing housework, looking after children, or other persons <8> Other <9> Don't know	<ul style="list-style-type: none"> In paid work (1) Not in paid work (2, 3, 4, 5, 6, 7, 8, and 9)
Household income	Which of the following describes your household's total annual income after tax and compulsory deductions, from all sources? If you don't know the exact figure, please give an estimate	<1> Less than £10,858 <2> £10,858 to under £14,548 <3> £14,548 to under £18,132 <4> £18,132 to under £21,715 <5> £21,715 to under £25,994 <6> £25,994 to under £30,754	<ul style="list-style-type: none"> Prefer not to answer Less than £14,548 More than £14,548

		<7> £30,754 to under £36,691 <8> £36,691 to under £44,714 <9> £44,714 to under £58,620 <10> £58,620 or more <11> Prefer not to answer	
Garden access	Which of the following best applies to you?	<1> I don't have access to a private garden or outdoor space <2> I have access to a private outdoor space, but not a garden (e.g. balcony, yard, patio area) <3> I have access to a private communal garden <4> I have access to a private garden	<ul style="list-style-type: none"> • No access to private garden or outdoor space (1,3) • Access to private garden or outdoor space (2, 4)
Dog ownership	Do you have a dog?	<1> No <2> Yes	<ul style="list-style-type: none"> • No • Yes
Physical activity	During the last 7 days, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?	Open question	<ul style="list-style-type: none"> • Less than 5 days/week • More than 5 days/week <p>Based on physical activity guidelines for adults (19 – 64 years) in the UK (Bull et al., 2010)</p>
Perceived general health	How is your health in general? Would you say it is:	<1> Very bad <2> Bad <3> Fair <4> Good <5> Very good	<ul style="list-style-type: none"> • Poor (1, 2) • Good (3,4,5)

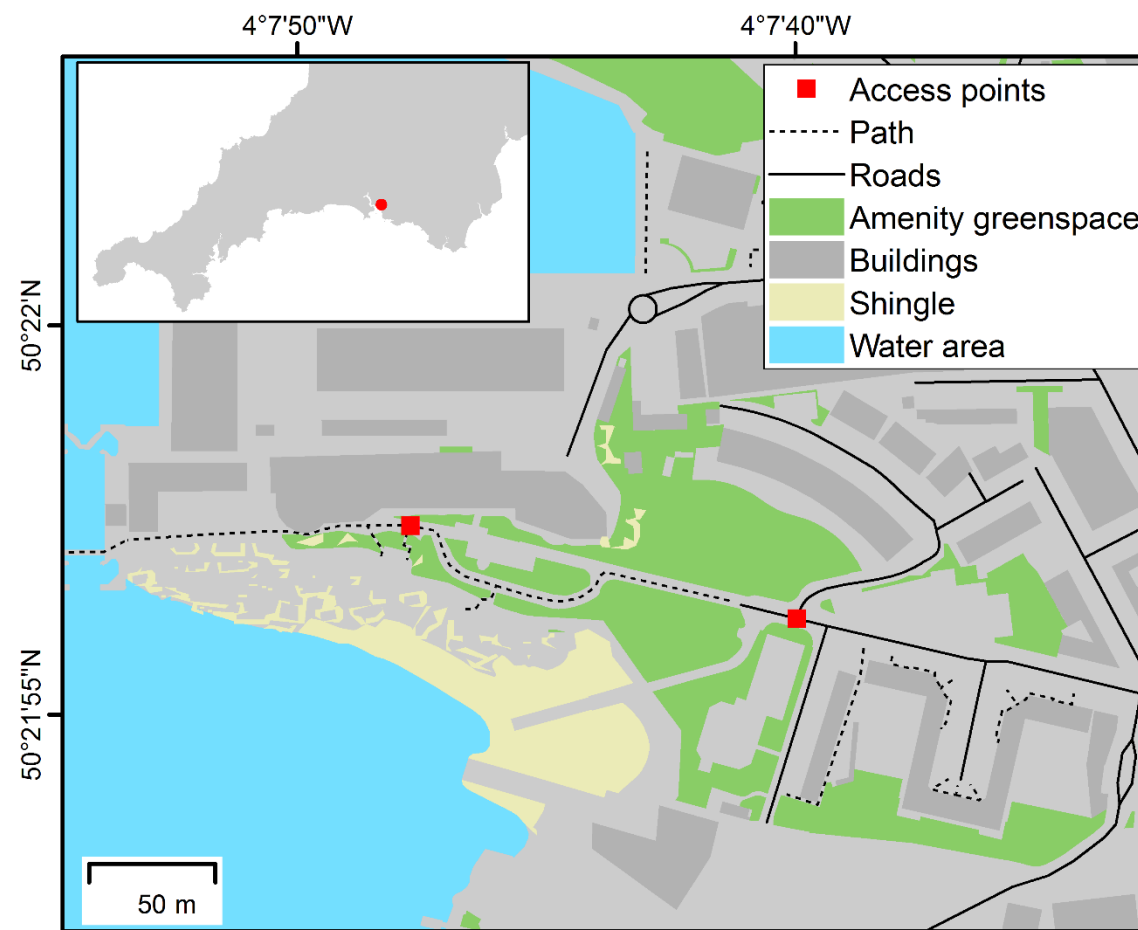


Figure 1. Map of Teats hill and the two access points, which were used to measure residential proximity

Table 2. Results of unadjusted and adjusted linear regression analyses - in which respondents with missing data were excluded - on the association between the urban blue acupuncture intervention (pre-test vs. post-test) and positive well-being and life satisfaction in the total Teats Hill study sample, and stratified by who visited Teats Hill at least once and those who did not visit Teats Hill in the previous four weeks.

		Total sample			At least one visit			No visits		
		B	95% CI	n / R ²	B	95% CI	n / R ²	B	95% CI	n / R ²
Positive well-being										
Unadjusted model	Pre-test (ref)									
	Post-test	5.44	2.08 - 8.80**	542 / 0.02	6.09	1.48 - 10.69*	315 / 0.02	5.34	0.70 - 9.97*	226 / 0.02
Model 2	Pre-test (ref)									
	Post-test	7.54	4.26 - 10.82***	542 / 0.25	8.27	3.79 - 12.74***	315 / 0.28	6.18	1.25 - 11.11*	226 / 0.20
Model 3	Pre-test (ref)									
	Post-test	7.42	4.18 - 10.67***	542 / 0.28	7.58	3.07 - 12.09**	315 / 0.29	6.19	1.25 - 11.13*	226 / 0.26
Life satisfaction										
Unadjusted model	Pre-test (ref)									
	Post-test	0.24	-0.06 - 0.54	557 / 0.01	0.18	-0.23 - 0.58	325 / 0.002	0.36	-0.08 - 0.79	231 / 0.01
Model 2	Pre-test (ref)									
	Post-test	0.41	0.12 - 0.70**	557 / 0.23	0.33	-0.06 - 0.71	325 / 0.28	0.55	0.10 - 1.010*	231 / 0.22
Model 3	Pre-test (ref)									
	Post-test	0.40	0.11 - 0.70**	557 / 0.23	0.32	-0.07 - 0.71	325 / 0.28	0.54	0.08 - 1.01*	231 / 0.24

B = unstandardized regression coefficient, CI = Confidence Interval, * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$, Model 2 is adjusted for demographic and socio-economic controls (i.e. gender, age, ethnicity, long-term relationship status, children, work status, household income, accessibility garden or outdoor space, dog ownership, and general health), Model 3 is adjusted for demographic and socio-economic and environmental controls (i.e. recruitment method and residential proximity).

Table 3. Results of unadjusted and adjusted linear regression analyses on the association between the urban blue acupuncture intervention (pre-test vs. post-test) and positive well-being and life satisfaction in the total Teats Hill study sample, and stratified by recruitment method

		Doorstep method			Neighbourhood method		
		B	95% CI	n / R ²	B	95% CI	n / R ²
Positive well-being							
Unadjusted model	Pre-test (ref)						
	Post-test	5.75	0.95 – 10.55*	290 / 0.02	6.63	2.66 – 10.60**	320 / 0.03
Adjusted model	Pre-test (ref)	9.92	5.48 – 14.36***	278 / 0.31	3.83	-2.26 – 9.92	264 / 0.22
	Post-test						
Life satisfaction							
Unadjusted model	Pre-test (ref)						
	Post-test	0.05	-0.38 – 0.48	299 / 0.00	0.37	0.02 – 0.73*	327 / 0.01
Adjusted model	Pre-test (ref)						
	Post-test	0.24	-0.18 – 0.66	287 / 0.24	0.43	-0.10 – 0.96	270 / 0.23

B = unstandardized regression coefficient, CI = Confidence Interval, * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$, the adjusted model is adjusted for demographic and socio-economic and environmental controls (i.e. gender, age, ethnicity, long-term relationship status, children, work status, household income, accessibility garden or outdoor space, dog ownership, general health, and residential proximity).