



Plants to the Rescue

Healthy Environment, Healthy People.

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www.naturalengland.org.uk

What's your point of view?

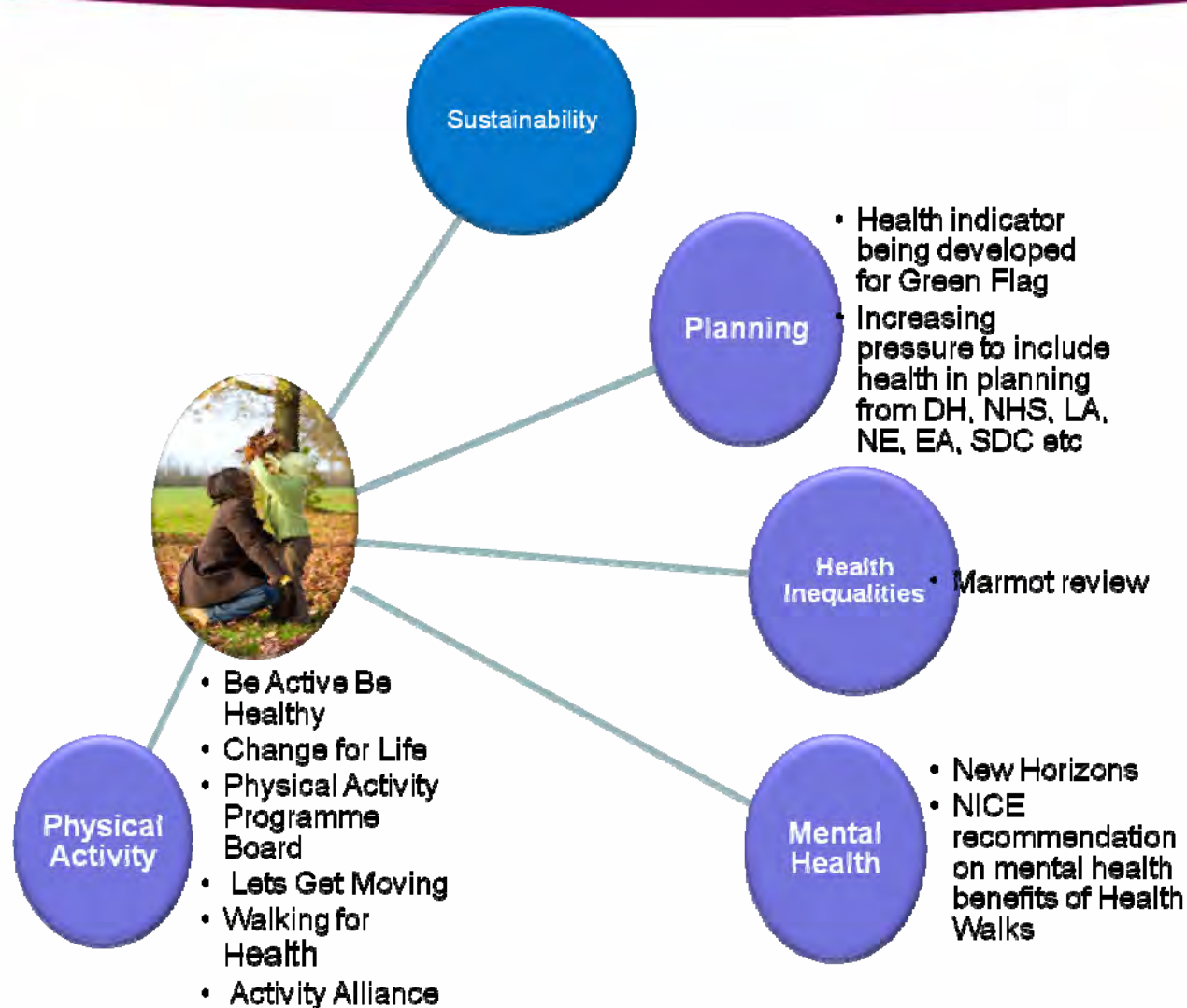


SCARY



HOME

Introduction and Context to Plants to the Rescue



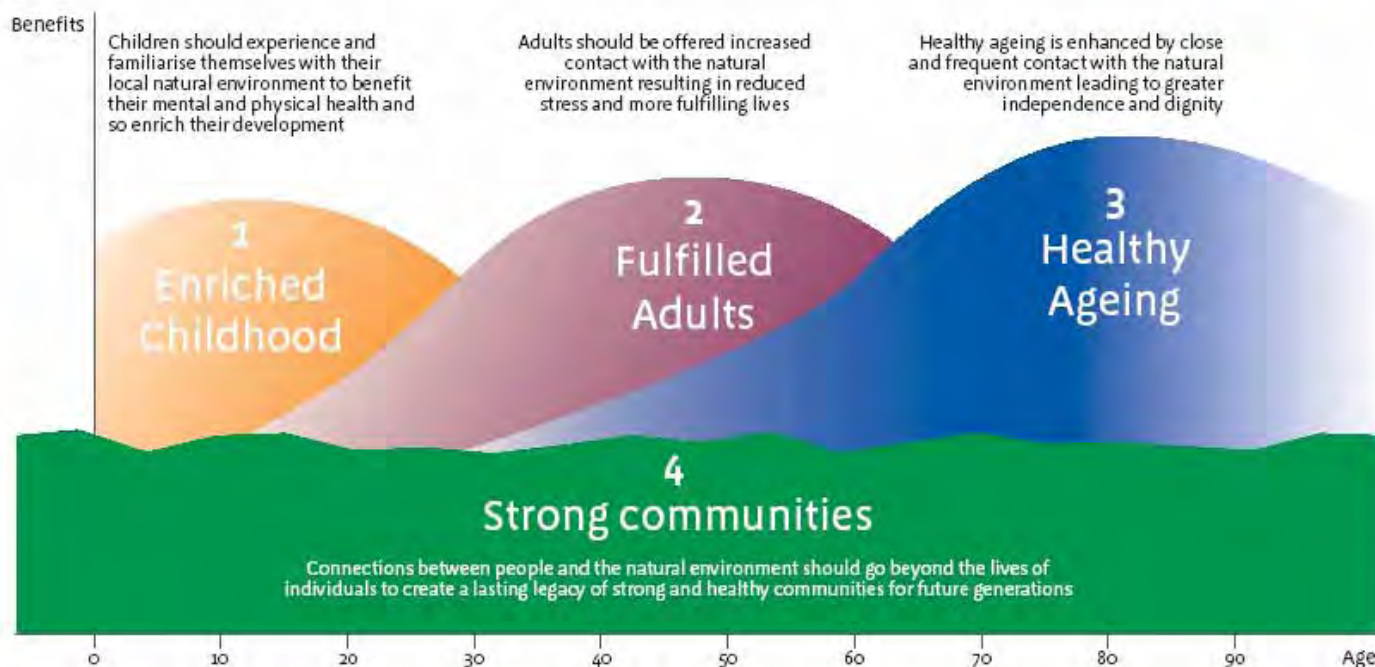
Natural England's health and well-being policy



ANNEX 2

Natural England's Health & Wellbeing Policy

Contact with the natural environment helps create strong and healthy communities with more active and less stressed individuals



There are also two transition periods, at teenage and retirement, where people face specific challenges, so different approaches to promoting contact with the natural environment may be needed

Meet Julie



Meet Julie's dad



and Julie's grandmother

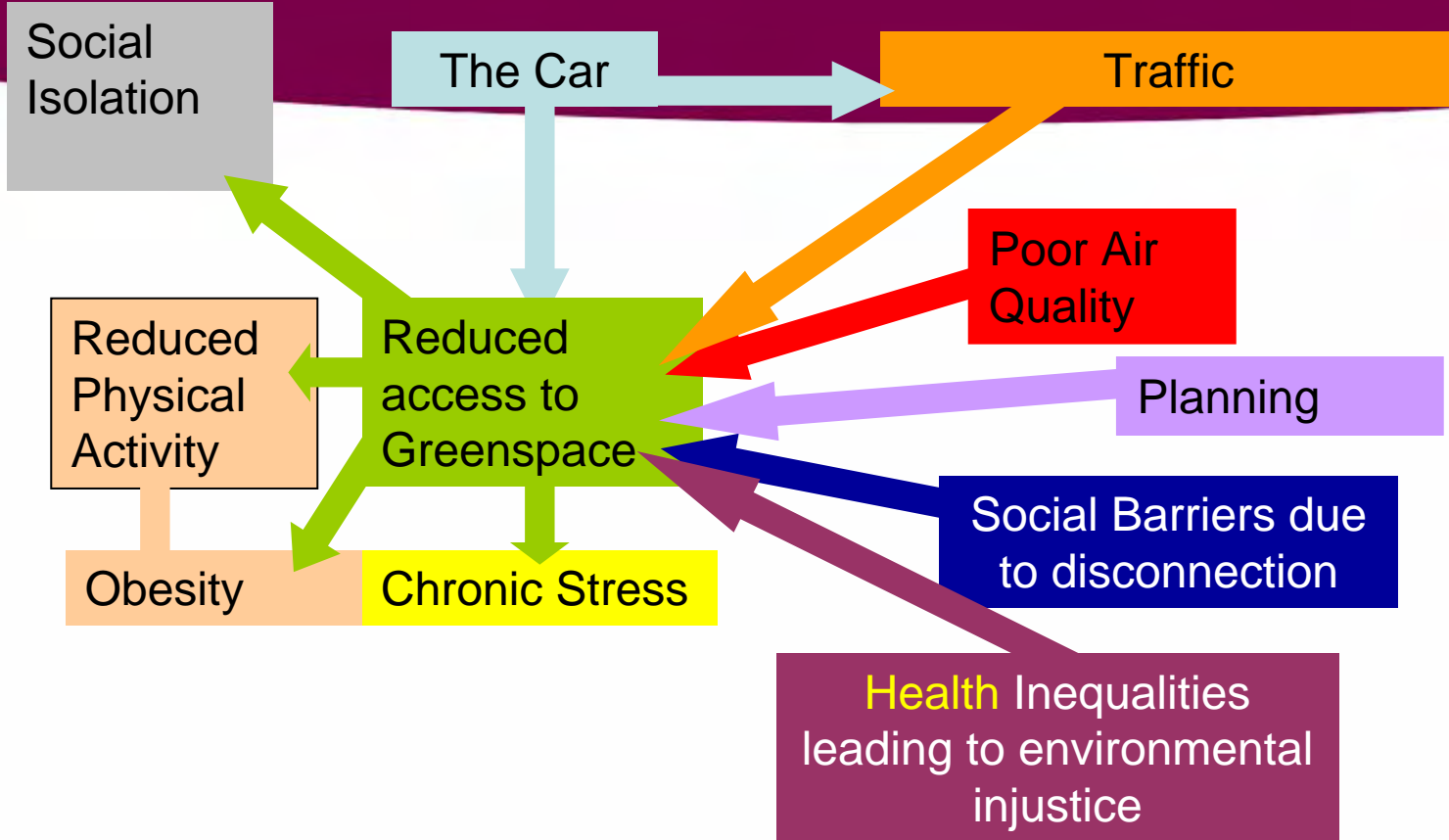


Evidence linking Health and the Natural Environment

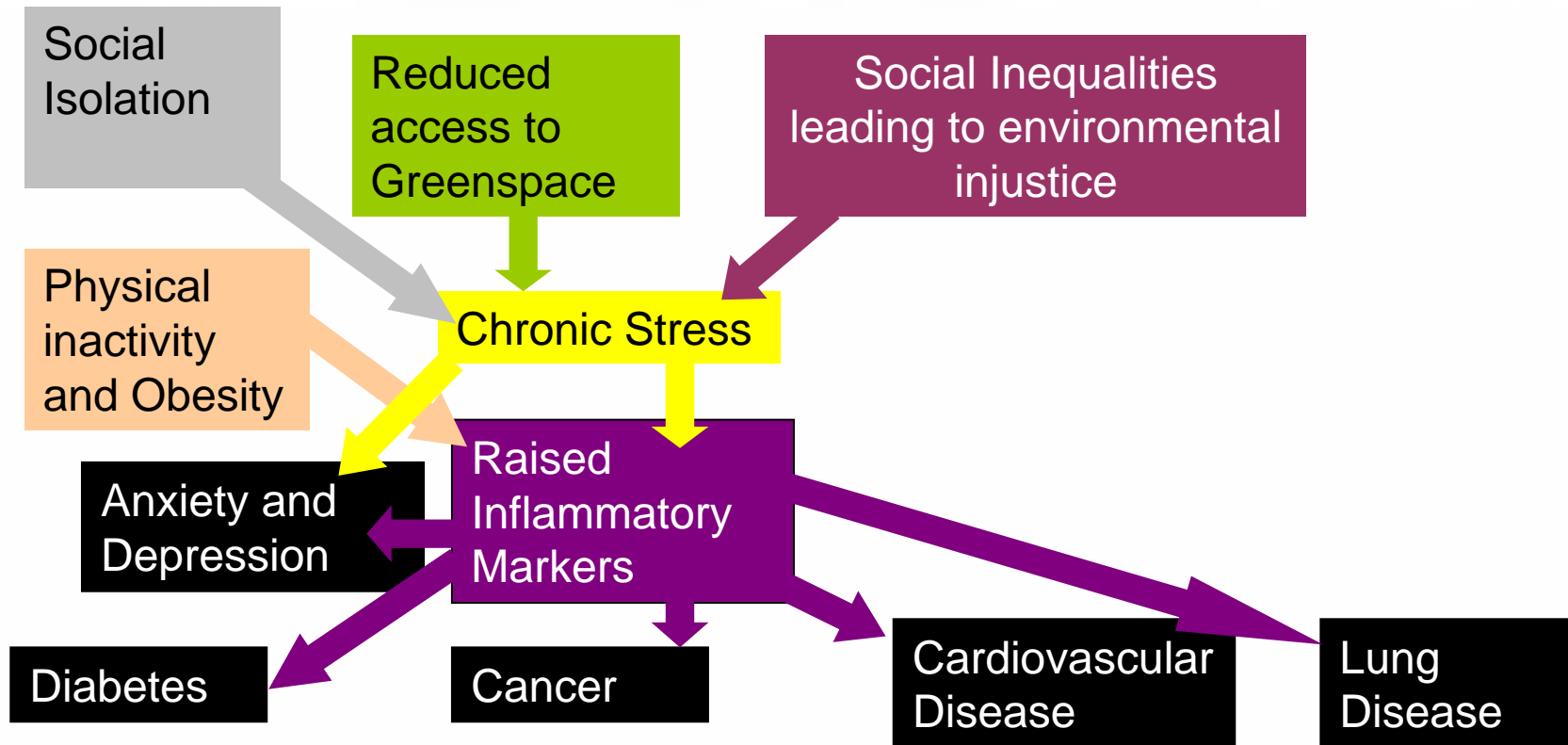


- The Natural Environment has three main affects on the Human:
 - Reduces Chronic Stress
 - Increases Physical activity
 - Strengthens Communities



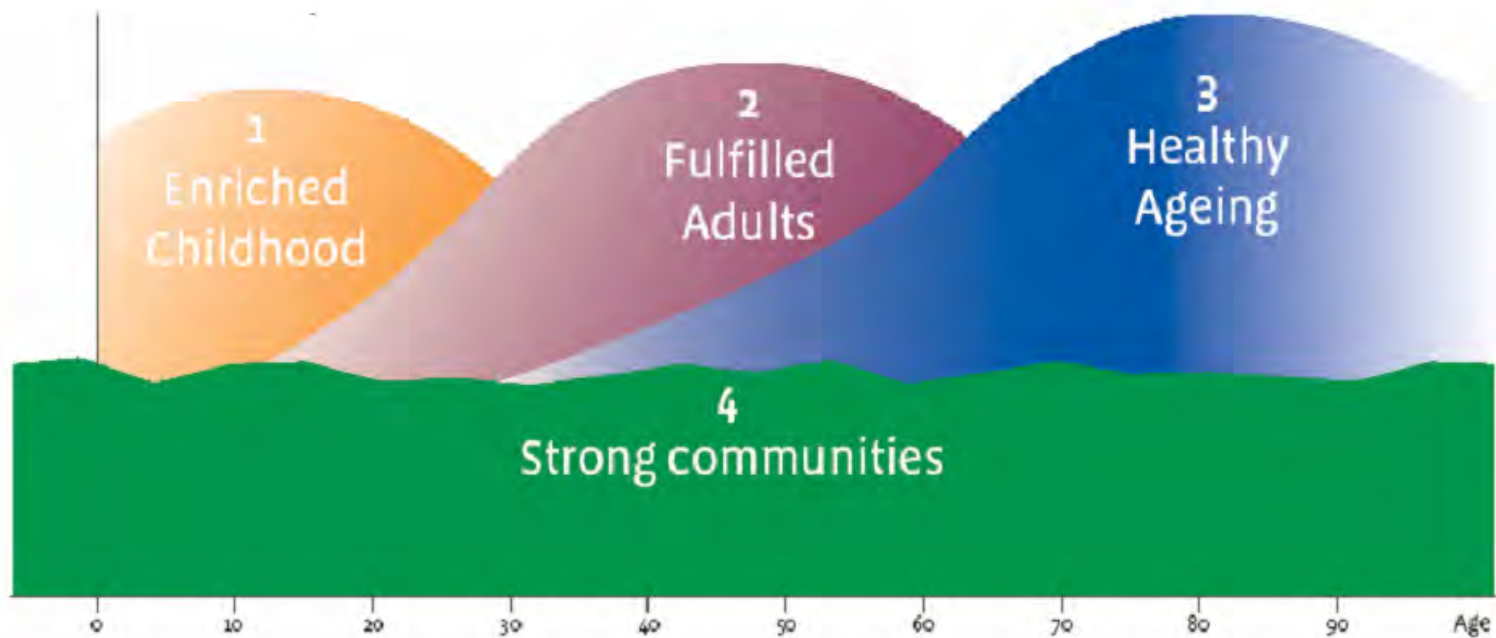


How Stress can be seen as a major public Health Problem



Natural England's Health & Wellbeing Policy

Contact with the natural environment helps create strong and healthy communities with more active and less stressed individuals



How Health Policy and Strategy fit in with National Indicators



Indirect Effects

Health Inequalities

Mental Health

Physical Activity

Obesity

Social Cohesion

Direct Effects

Temperature Extremes

Shelter: UV, noise, wind

Carbon Offset

Air Quality



The Natural Health Service

- **Reduction in Health Inequalities**
- Increased physical activity
- Reduced levels of Obesity
- Improved mental Health
- Stronger communities
- Direct protection from harmful environmental factors.

Health Inequalities

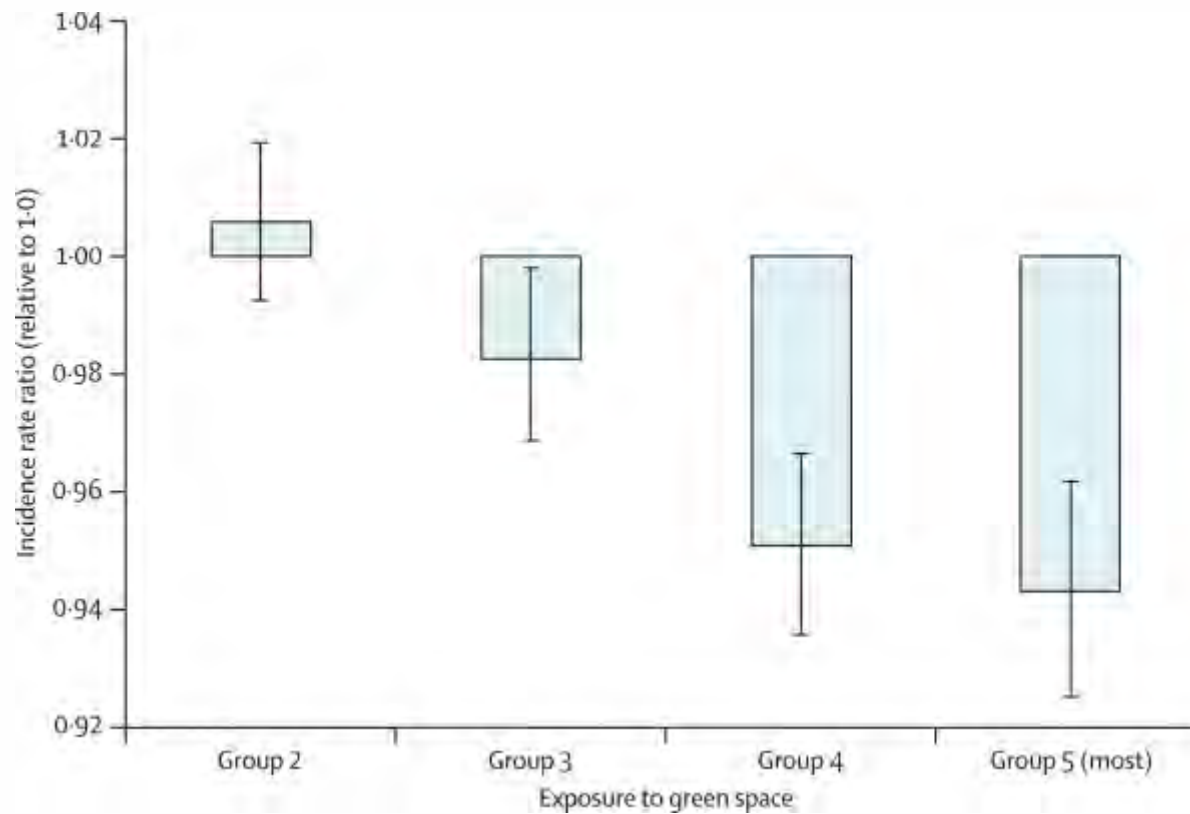


- **PSA 18:** To promote better health and wellbeing for all which includes targets to narrow the gap in life expectancy between the poorest areas and the national average.
- The government's target is to reduce the difference in life expectancy between Spearhead regions and the average by 10% by 2010.
- **NI 120:** All-age all cause mortality rate**
- **NI 121/122:** Mortality rate from all circulatory diseases and all cancers at ages under 75**
- **NI 137:** Healthy life expectancy at age 65*



Mortality in groups of exposure to green space, relative to group 1 (least exposure to green space)

Mitchell R Popham F; Effect of exposure to natural environment on health inequalities: an observational population study *The Lancet*, [Volume 372, Issue 9650](#), Pages 1655 - 1660, 8 November 2008





The Natural Health Service

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Physical Activity

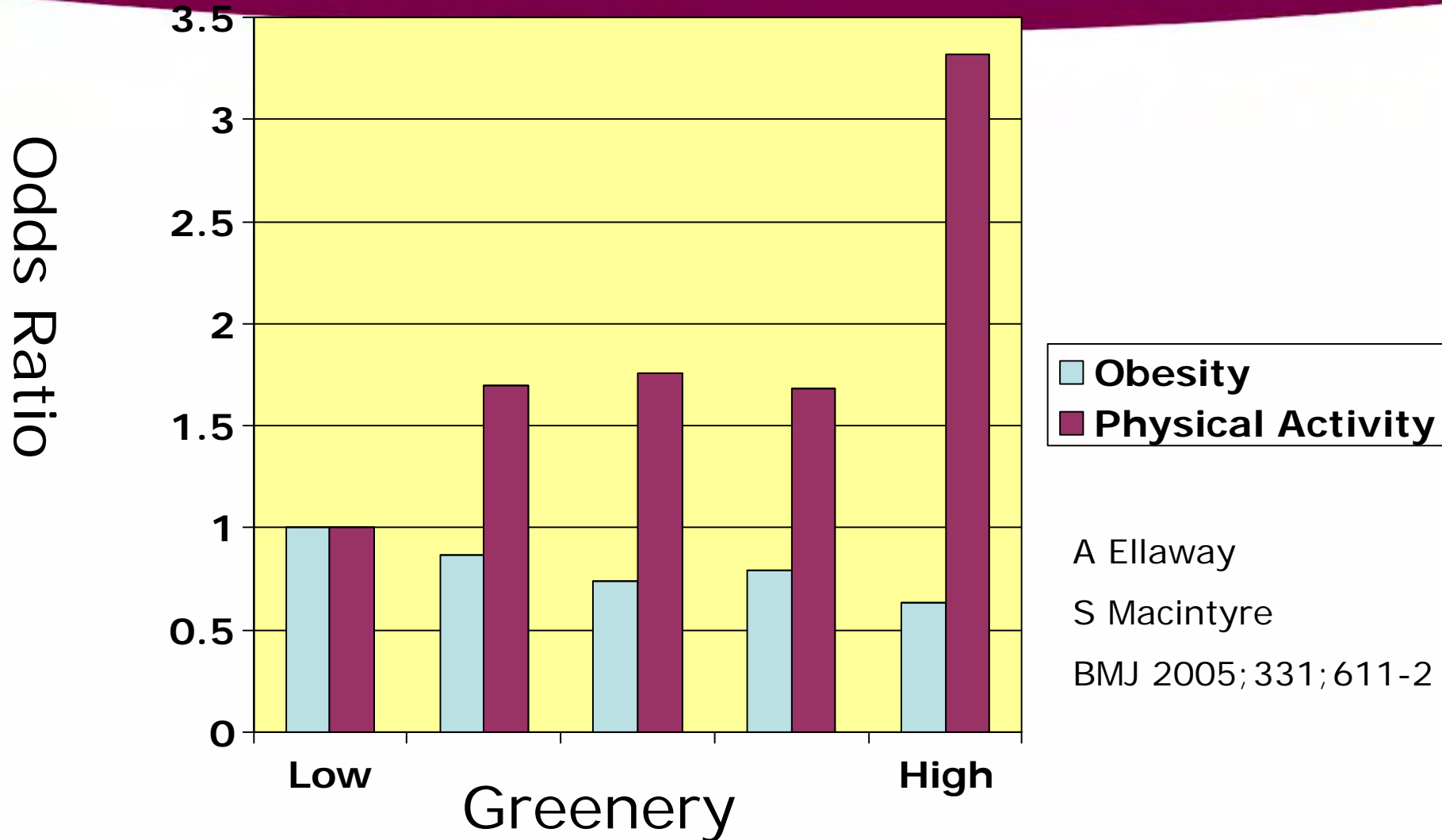


1. Only 40% of men and 28% of women reach 30 X 5 target of Physical Activity.
2. Physical Inactivity Costs the NHS £1.8 Billion
3. Inactivity Costs Leeds PCT £10,189,600
4. **NI 8:** Adult participation in sport and active recreation
5. **NI 110:** Young people's participation in positive activities



Is greenery associated with obesity?

N = 6919



A Ellaway

S Macintyre

BMJ 2005;331;611-2



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Obesity

1. In the UK rates have tripled in the past 20 years.
2. By 2050 60% of population and 1 in 4 under 16 year olds will be obese.
3. Total cost of obesity to society will be £45 billion by 2020.
4. **NI 55/56:** Obesity in primary school age children in Reception and year 6**.



Obesity and Green Space



New research from US

- Children in poor areas were less obese and put on less weight in areas of accessible Green Space compared to those in less green areas.
- This equates to lower weight of approximately 1.6kg for girls aged 4 years (2kg for boys) and 5.1kg for girls aged 16yrs (5.9kg for boys). REF Bell et al 2008

BRISTOL

- Research commissioned by Natural England. Places where there is objectively measured good access to urban green spaces is associated with higher use, higher physical activity levels, and a lower likelihood of being overweight or obese (40% lower) REF Hillsden et al 2009



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Mental Illness



1. 1 in 5 under 16yr olds have a mental disorder
2. By 2020 the WHO claims that depression will be the second most prevalent cause of ill health
3. The total cost to the economy is £75 billion





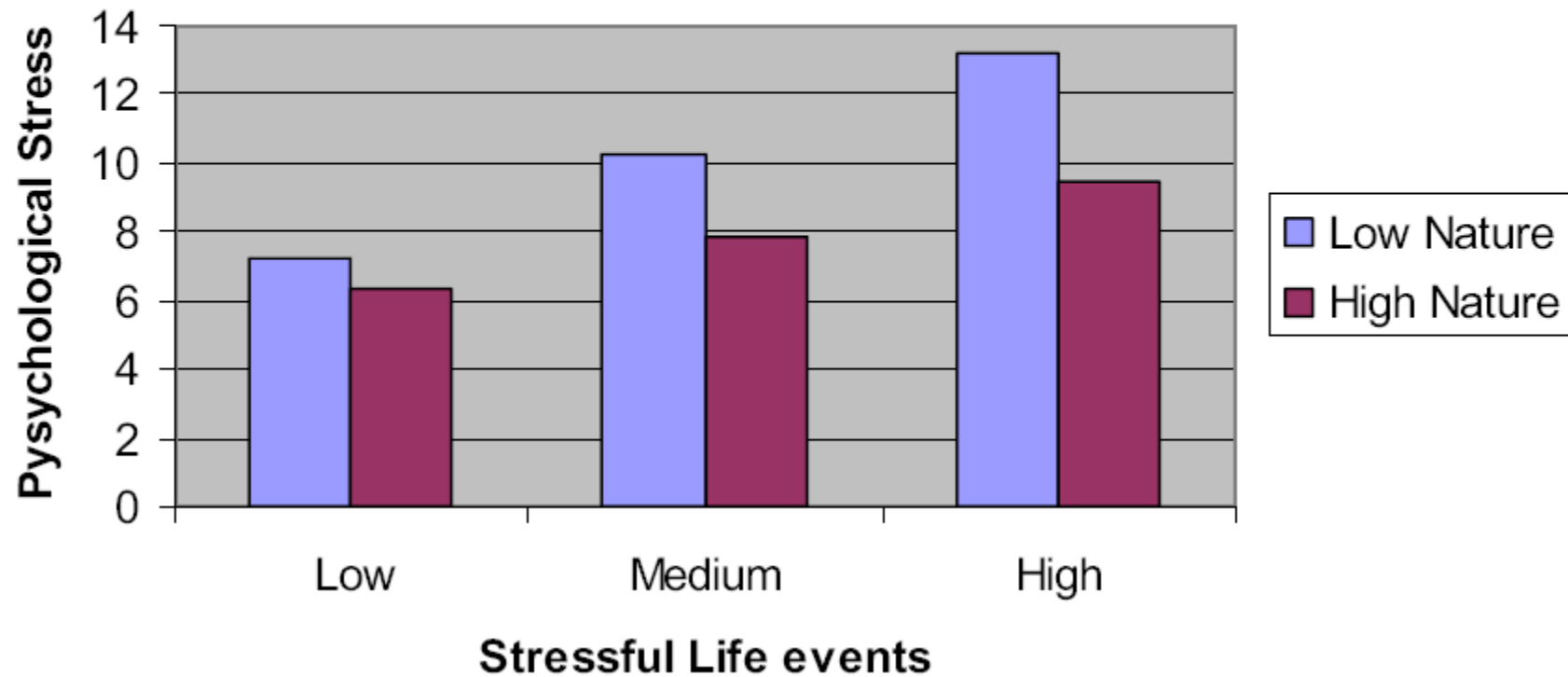




How surrounding vegetation help children cope with stress

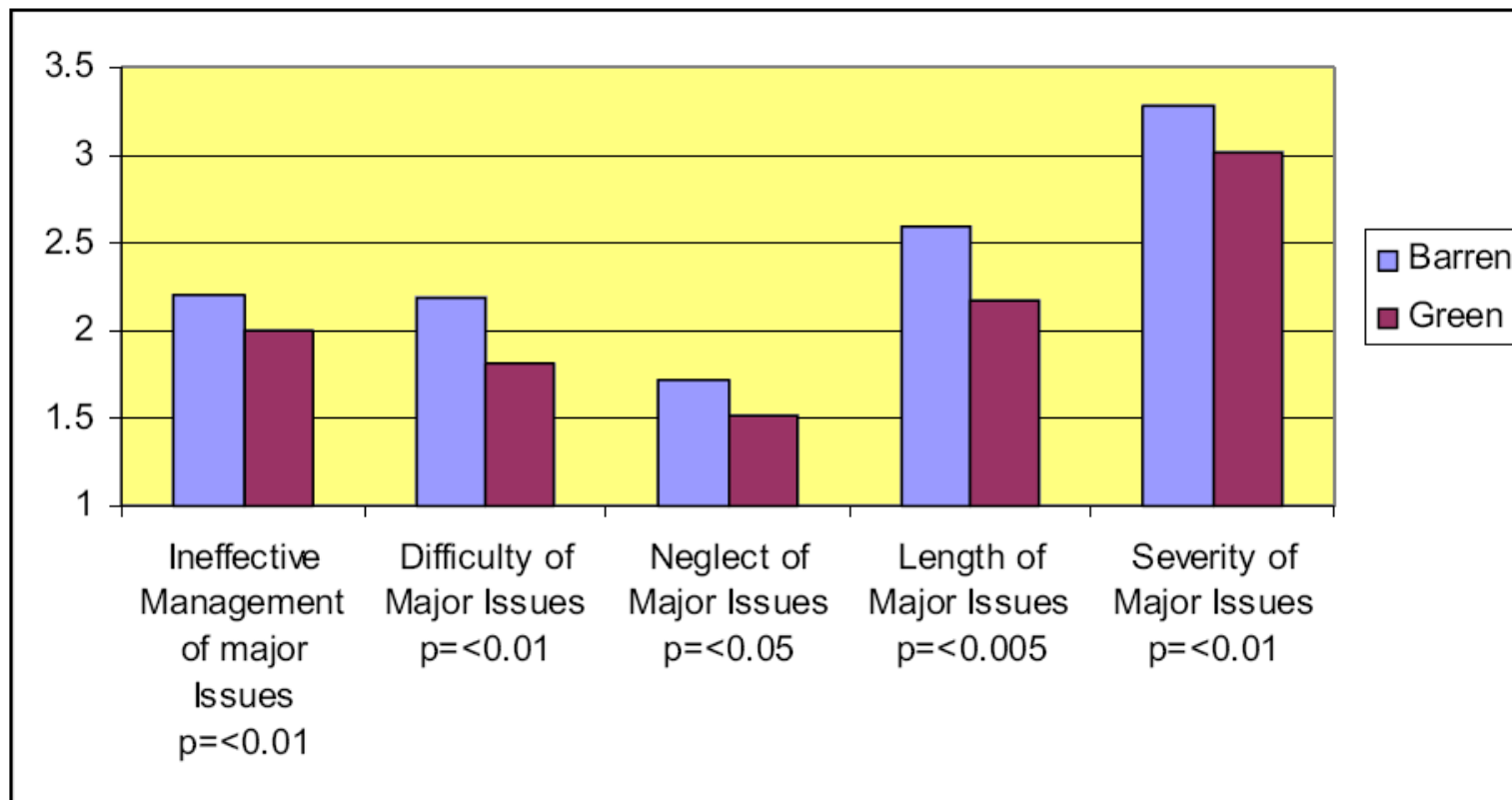


Nature moderates effects of stressful life events on psychological distress ($p < 0.05$).



Surrounding natural vegetation and the ability of single mothers to cope with major life issues¹⁴³.

Kuo F (2001) Coping with Poverty: Impacts of environment and attention in the inner city.
 Environment and Behavior, Vol 33 No 1 January 2001.

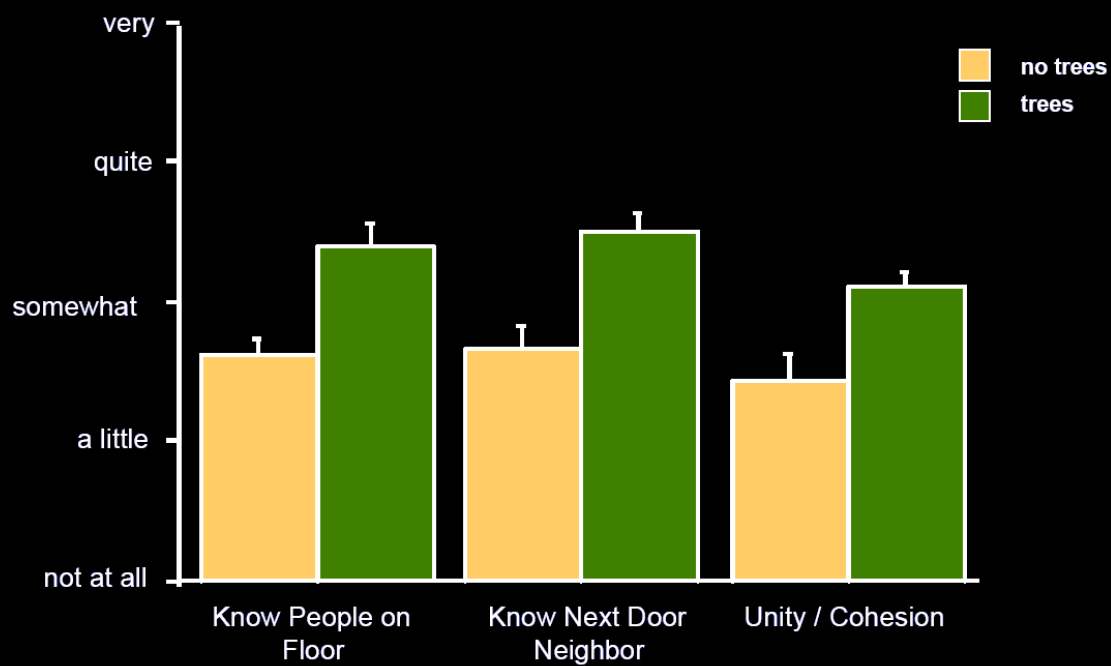




The Natural Health Service

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Strength of community





The Natural Health Service

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Human Benefits of Green Space



Indirect Effects

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Our Natural Health Service

The role of the natural environment
in maintaining healthy lives

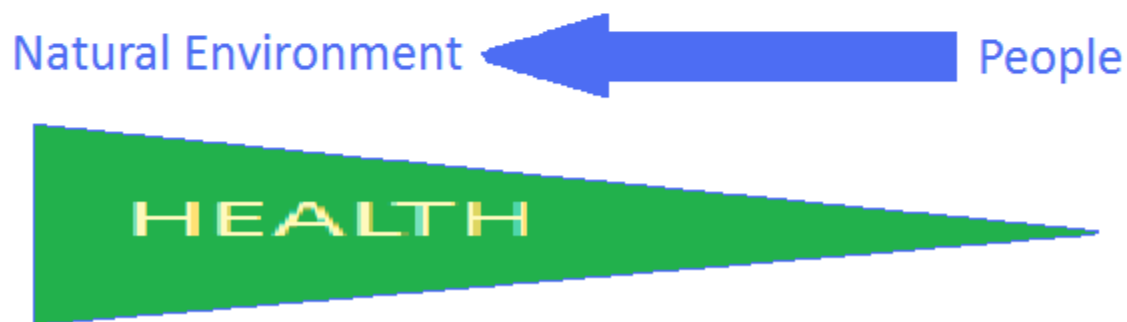
www.naturalengland.org.uk



High Level Aim and Messages



- Green Infrastructure
- ANGST
- Planning
- Coastal access
- NHS Forest



- WfH
- Green Exercise
- NHS Alliance
- 1 million children
- Blue Gym
- Green Gym
- HLS

Increasing High Quality Greenspace



- NHS Forest: NE and FC. Aim to plant 1.3 million trees (one for each NHS employee) in and around hospitals, health centres and local communities over next 3 years.
- Adding Health Check for Green Flag award
- Promotion of ANGST standards
- Promotion of Olympic Park as a health resource.



A white square with a green border containing the text "walking the way to health" in green lowercase letters.

walking
the way
to health

A green square with the text "NATURAL ENGLAND" in white uppercase letters.

NATURAL
ENGLAND

- National Health Walk Scheme to promote community-based led health walks.
- Over 2000 walks with over 30,000 people each week.
- Over 537 schemes now active throughout UK.
- Free training and insurance for volunteer walk leaders.
- ‘Graduate’ activity embedding contact with Natural Environment
- All areas eligible but deprived areas/health inequalities have greater priority.
- Joint working and funding with DH to quadruple capacity over next 3 years.

NICE Guidance on Walking



- offer a range of walking schemes of low to moderate intensity with a choice of local routes to suit different abilities.
- Ensure that walking schemes:
 - are organised and led by trained workers or ‘Walking the way to health initiative’ volunteer walk leaders from the local community who have been trained in first aid and in creating suitable walking routes

Evaluation



- Help NICE to have the right evaluation data
- Using a unique single item question for physical activity
- Up to 27th Feb 312 Schemes, 2604 walks, 19482 Walkers, 96762 walk hours.

Outdoor Health Questionnaire (OHQ) Walking the way to Health

ID Number:

Name of Scheme:



A. Participant Details

4. In the **past week**, on how many days have you accumulated **at least 30 minutes** of moderate intensity physical activity such as brisk walking, cycling, sport, exercise, and active recreation? (Do not include physical activity that may be part of your job or usual role activities.)

0

1

2

3

4

5

6

7

The Blue Gym

- Led by The Peninsula Medical School supported by Natural England Environment Agency DH, and National Marine Aquarium.
- Helps individual projects that use marine and inland water to promote health to engage with PCTs and LAs.
- Has strong environmental drive
- www.bluegym.org.uk



Physical Activity Care Pathway



- Work to include physical activity in the QOF.
- Link natural environment through physical activity to obesity, diabetes, mental health and inequalities





Tower Hamlets Healthy Walkers Group

The group organises walks ranging from ½ to two miles on relatively flat terrain, visiting places around Mudchute Park, Victoria Park and the Thames Valley Pathway. All walks are wheelchair and pushchair accessible. For more information see www.whi.org.uk or contact Suzanne Mee, Healthy Lifestyle Manager on 020 7364 3143 or email suzanne.mee@towerhamlets.gov.uk



ter Road
ity events and
s courts

Mast House Terrace Play Area

A small grassland area with play facilities.
Facilities include: wheel park



Mudchute Park by Matthew Fifth

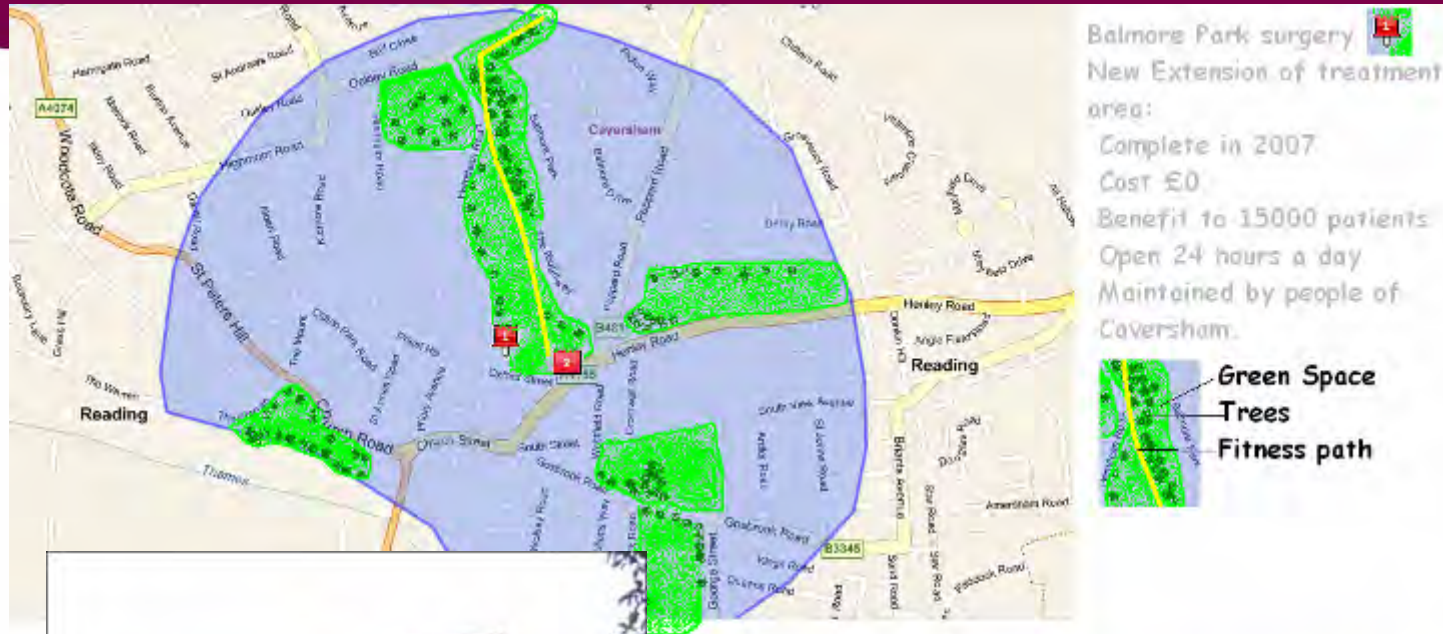


Mudchute Farm by Paul Clark

For more information on park facilities or to find out how you can get involved in your local park 'friends of' group, visit www.towerhamlets.gov.uk or pick up the East End Life newspaper.



Every GP practice to plan their Natural Extension. Natural England / NHS Alliance





HEALTH WALKS

All practices have access to an accredited WHI scheme. This may require more walks to be developed. Joanne will help you match the capacity over the next few months.



800 METRE GP PRACTICE ZONE

Practices could pilot an 800 metre marked route and zone around the practice. This can be used to time patients walking 1600 metres as a surrogate marker of fitness but also to encourage people to walk not drive in this zone.



TWINNING WITH A GREEN SPACE

The Carlisle commissioning group could work with the local authority and other land owners to twin with a local green space. This will be promoted as a health resource with NHS signs in the space. This could be used for meeting place of health walks, green gyms etc.



OUTDOOR ACTIVITIES

The local authority works alongside Natural England and Partners to list all outdoor exercise opportunities. This is added to the more traditional leisure centre, sport and gym opportunities.



MAP

Patients are handed a very local map which is also displayed as a poster in the practice. It will show all opportunities for physical activity such as measured walks, NHS adopted green spaces, an 800 metre walking zone around the practice and contact details of all schemes that offer physical activity.



MOTIVATION

For the commissioning group to fund a nurse, health trainer or pharmacist with motivational training who works with the referred patient to help them find the most appropriate way to become active using local opportunities. Outdoor activities such as health walks would be offered with indoor opportunities.

We have a choice

