



Public Health
England

Natural Health and Wellbeing

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Your health is determined by:

what you do

who you are

where you live



The determinants of health and well-being in our neighbourhoods



Why place matters to health and wellbeing



Environments can:

- promote physical activity in everyday life (walking, cycling): can help maintain healthy weights
- facilitate easy access to healthy, affordable food
- promote connected neighbourhoods, cleaner air, economic development

Source: Improving the health of Londoners. Transport Action Plan. Transport for London. 2014



Key Evidence for Healthy Places

Built & natural environment

- Density and mix of land use
- Housing quality, supply and affordability
- Street layout and connectivity
- Active and public transport
- Open space, play space, green space and community space
- Access to public services, employment and other services
- Access to fresh food and alcohol
- Air quality and noise
- Extreme weather events and changing climate



Health

- Fitness, cardiovascular health and obesity
- Diabetes
- Cancer
- Safety
- Mental health
- Respiratory health
- Accidents and falls
- Wellbeing and community participation
- Premature mortality



UCL Institute of Health Equity: Improving access to green spaces (2014)

- There is significant and growing evidence on the physical and mental health benefits of green spaces. Research shows that access to green space is associated with better health outcomes and income-related inequality in health is less pronounced where people have access to green space
- Access to good quality green space is associated with a range of positive health outcomes including better self-rated health; lower body mass index scores, overweight and obesity levels; improved mental health and wellbeing and increased longevity in older people
- Rural areas by their very nature tend to have more green space; however, access to, and the quality of green space in rural areas is an important consideration



WHO: Urban green spaces and health – a review of evidence (2016)

- Urban green space has health benefits, particularly for economically deprived communities, children, pregnant women and senior citizens. It is essential that all populations have adequate access to green space, particularly for disadvantaged communities., the need for green space and its value for health and well-being is universal.
- There are many public health benefits (of urban green spaces) through diverse pathways, such as psychological relaxation and stress reduction, enhanced physical activity, and mitigation of exposure to air pollution, excessive heat, and noise as well as other harmful factors in the urban environment.

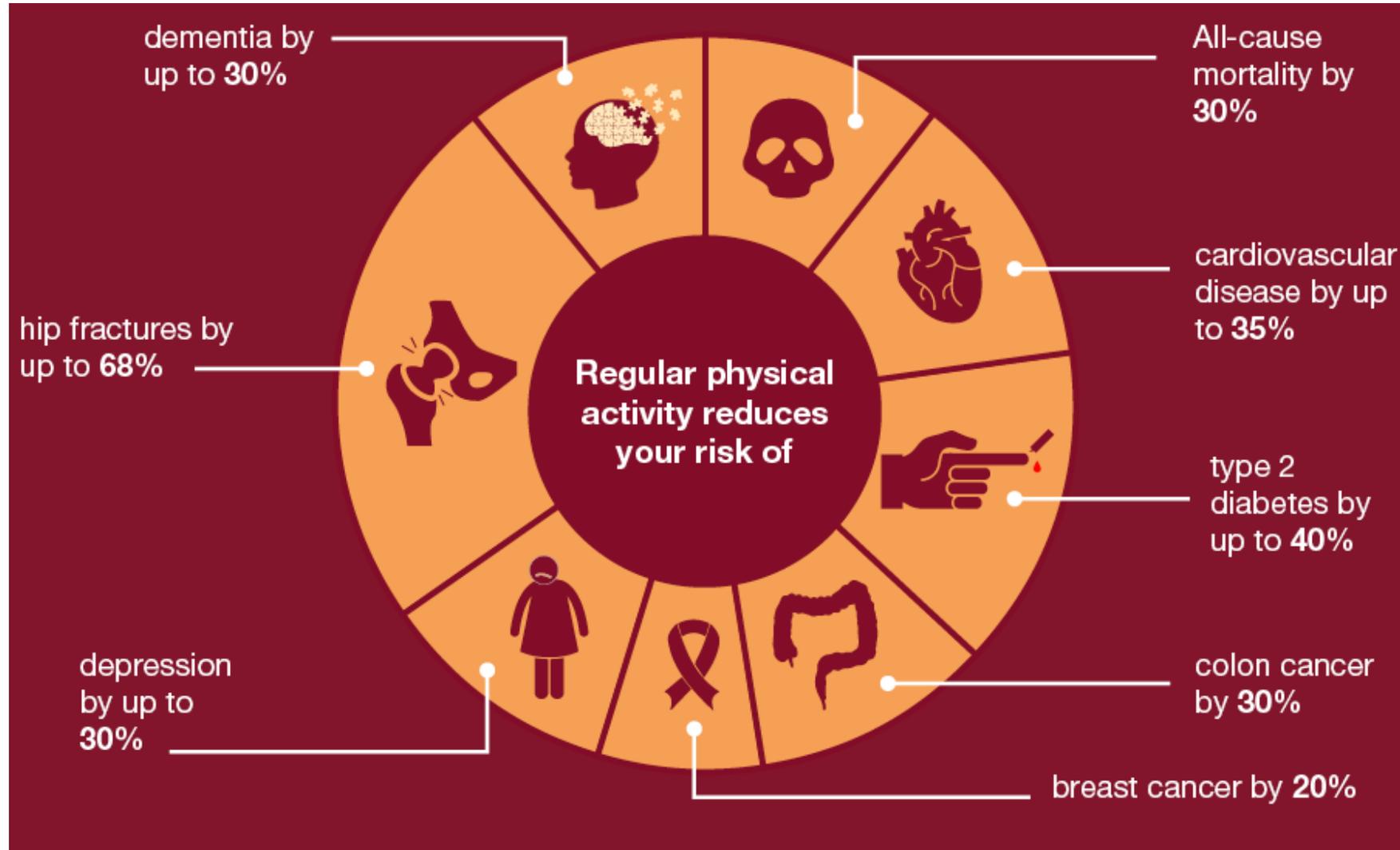


National Planning Practice Guidance (2014)

“A healthy community is a good place to grow up and grow old in. It is one which supports healthy behaviours and supports reductions in health inequalities. It should enhance the physical and mental health of the community and, where appropriate, encourage:

“active healthy lifestyles that are made easy through the pattern of development, good urban design, good access to local services and facilities; green open space and safe places for active play and food growing, and is accessible by walking and cycling and public transport.

“the creation of healthy living environments for people of all ages which supports social interaction. It meets the needs of children and young people to grow and develop, as well as being adaptable to the needs of an increasingly elderly population and those with dementia and other sensory or mobility impairments.”





Inactivity in adults

2.13ii - Percentage of physically active and inactive adults - inactive adults 2015 Proportion - %

Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	-	-	28.7	28.4	28.9
North East region	-	-	34.4	33.2	35.5
County Durham	-	-	33.2	29.2	37.1
Darlington	-	-	30.8	26.9	34.8
Gateshead	-	-	36.7	32.5	40.8
Hartlepool	-	-	35.3	31.2	39.3
Middlesbrough	-	-	34.7	30.6	38.8
Newcastle upon Tyne	-	-	34.2	30.2	38.3
North Tyneside	-	-	34.4	30.3	38.4
Northumberland	-	-	31.8	27.8	35.7
Redcar and Cleveland	-	-	36.4	32.2	40.5
South Tyneside	-	-	37.2	33.1	41.3
Stockton-on-Tees	-	-	33.6	29.6	37.7
Sunderland	-	-	37.0	32.9	41.2

Source: Active People Survey, Sport England



Natural environment and physical activity

- Evidence suggests that those living close to green spaces are more likely to engage in physical activity. Physical activity is associated with better health outcomes
- Exercising in green spaces versus indoors is also associated with better mental health and wellbeing. A systematic review looking at the health benefits of outdoor exercise in natural environments found evidence suggesting that engaging in physical activity in such settings is associated with additional benefits to mental wellbeing that are not seen with similar levels of indoor physical activity.

Coon JT, Boddy K, Stein K, Whear R, Barton J, Depledge MH. Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing than Physical Activity Indoors? A Systematic Review. *Environmental Science & Technology*. 2011;45(5):1761-72.



Barriers to access





PHE Briefing and Evidence Reviews

Public Health England
Protecting and improving the nation's health

Everybody active, every day
What works – the evidence

Public Health England
Protecting and improving the nation's health

Everybody active, every day
An evidence-based approach to physical activity

Public Health England
UCL Institute of Health Equity

Local action on health inequalities:
Improving access to green spaces

Healthy people, healthy places briefing
Obesity and the environment:
regulating the growth of fast food outlets

Public Health England
tcpa

planning healthy-weight environments –
a TCPA reuniting health

Active Design
Planning for health and wellbeing through sport and physical activity

October 2015

Supported by
Public Health England

SPORT ENGLAND

Public Health England
Protecting and improving the nation's health

Working Together to Promote Active Travel
A briefing for local authorities

Public Health England
Local Government Association

Healthy people, healthy places briefing
Obesity and the environment:
increasing physical activity and active travel

November 2013

Public Health England
tcpa

planning healthier places –
report from the reuniting health with planning project

Andrew Ross, with Michael Chang



PHE Healthy Places: Join our Stakeholders

1. To sign up to our monthly current awareness update email
Healthypeople.healthyplaces@phe.gov.uk
2. Visit the LGA sponsored knowledge hub and become a member of the Healthy People Healthy Places discussion group.



Knowledgehub

Search everything

Home Groups People Library Blogs Events Jobs Services Help Showcase My Networks Andre Pinto

LACEF The Local Authority Civil Enforcement Forum 29.09.16 | THE ST JOHNS HOTEL, SOLIHULL

FREE TO ATTEND for LACEF members REGISTER HERE LIMITED SPACE AVAILABLE

K Healthy People Healthy Places **80 members** Leave the group

Started: Jan 2014
 Lead organisation: Public Health England
 Facilitators: Carl Petrokofsky, Gill Leng, Andre Pinto, Jacy McGaw-Cesaire

Public Health England's (PHE) Healthy Places programme, set up in 2013, works in partnership with local and national partners on a wide range of activities related to 'place'.

Where we live, work and play has a big impact on our health and wellbeing. The programme supports the development of healthy places.

Please note that the any information or activity posted via this Forum do not necessarily represent the view, or have the endorsement of PHE, unless expressly identified as such.

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<https://khub.net/group/healthypeoplehealthyplaces>

Public Health England

Protecting and improving the nation's health

Healthy Places

The Healthy Places programme was set up in 2013 in recognition of the fact that where we live (and the homes we live in) has a big impact on our health and wellbeing. The programme has been designed to support the development of healthy places and homes with the aim of ensuring that health inequalities are considered and addressed when planning, developing and improving the built environment and in enabling people to have a place they can call 'home'. The programme works in partnership with local and national partners on a wide range of activities and is a hub for Public Health England's (PHE) activities on 'place'. Shown below are the programme's achievements to date.

1. Providing systems leadership and advocacy
 PHE is providing system leadership and high-level engagement with other government departments and national stakeholder organisations.

Cross-departmental

- DCLG Planning Sounding Board, DH, Defra, DECC, DIT, BIS

Collaborations

- NICE, NHS England
- National Parks England
- Greater London Authority
- "Improving health through the home" memorandum partnership
- Homelessness and inclusion health round table partnership

Within PHE

- Internal specialist advice and peer support

2. Building skills and capacity
 Give confidence to local teams by providing a set of tools, training and learning events.

Webinars

- Planning, housing, transport, heatwaves

PHE publications gateway number: 2016131



Realising the benefits

Open space provides a platform for community activities, social interaction, physical activity and recreation, as well as reducing social isolation, improving community cohesion and positively affecting the wider determinants of health



Links to further information

PHE and UCL Institute of Health Equity Evidence Review 8 (2014) Local action on health inequalities: Improving access to green spaces:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/357411/Review8_Green_spaces_health_inequalities.pdf

Public Health England (2014) Everybody active, every day

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/374914/Framework_13.pdf

Recreational physical activity in natural environments and implications for health: A population based cross-sectional study in England. [White MP¹](#), [Elliott LR²](#), [Taylor T³](#), [Wheeler BW⁴](#), [Spencer A⁵](#), [Bone A⁶](#), [Depledge MH⁷](#), [Fleming LE⁸](#).

<https://www.ncbi.nlm.nih.gov/pubmed/27658650>

Bowler, D, Buyung-Ali, L., Knight, T, Pullin, A, (2010). A systematic review of evidence for the added benefits to health of exposure to natural environments. *BMC PublicHealth*10, 456.

Green Space and Health – Houses of Parliament POSTnote 538 October 2016

<http://researchbriefings.files.parliament.uk/documents/POST-PN-0538/POST-PN-0538.pdf>

Urban green spaces and health. Copenhagen: WHO Regional Office for Europe (2016)

http://www.euro.who.int/_data/assets/pdf_file/0005/321971/Urban-green-spaces-and-health-review-evidence.pdf?ua=1



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Thank you

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