



Tees Valley Nature Partnership | 2020

# Natural Health & Wellbeing Reconnecting People & Nature

Why we need to do this and what can partnerships achieve

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Tees Valley Nature Partnership

RTPI North East Webinar 28-09-20  
Wellbeing, Health & Inclusive Planning





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- Be an effective *unified voice* to champion the Tees Valley's environment.
- Provide a strategic framework for local *environmental delivery*.
- Influence local plans, strategies and policies to *integrate the delivery of environmental benefits and services* alongside economic and social benefits. (In particular, through working closely with local authorities, Local Enterprise Partnerships (LEPs) and Health and Wellbeing Boards)

What are Local Nature Partnerships?





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More Nature for More People in Tees Valley





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## Theme 3 – Natural Health and Well-being

### Reconnecting People and Nature

**Help more people realise the health benefits of engaging with the natural environment**

#### *Objective 5: Further Involvement and Ownership*

Engage with local communities to ensure that their views are reflected in the activities and priorities of the Partnership, and that they understand the opportunities offered by the natural environment on their doorstep.

#### *Objective 6: Improve Health and Well-being*

Make positive contributions towards the health and well-being of local people by demonstrating the opportunities that better access to and use of the natural environment can provide.







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## The Why...



## Health inequalities

The gap in health outcomes between the rich and the poor has remained the same as in 1997 despite large investments in addressing health inequalities... Green space benefits the health of everyone and benefits the least well off the most.

- ✋ *In England the most deprived communities are 10 times less likely to live in the greenest areas.*
- ✋ *Income-related inequality in health is moderated by exposure to green spaces. Overall better health is related to access to green space regardless of socio-economic status.*
- ✋ *Older people live longer where there is more space for walking near their home, with nearby parks and tree lined streets*
- ✋ *Children's physical activity levels are increased when they live closer to parks, playgrounds, and recreation areas and are less likely to experience an increase BMI over time*

## Mental wellbeing

Regularly visiting attractive natural places and living near greenspace is associated with improved mental health

- ✋ *People who use the natural environment regularly are more likely to give positive assessments of their mental wellbeing and report higher levels of life satisfaction and happiness.*

- ✋ *There is a growing body of evidence that contact with the outdoors can reduce stress and symptoms of depression, enhance concentration and mood, enhance self esteem and reduce*

## Obesity and inactivity

The natural environment creates places for active lifestyle choices and physical challenges that have demonstrative effects in reducing obesity and associated risks of heart disease, stroke and diabetes.

- ✋ *People who have good access to green space are 24% more likely to be physically active*
- ✋ *Children able to play in natural green space gained 2.5 kilos less per year than children who did not have such opportunities*
- ✋ *For every £1 spent on establishing healthy walking schemes the NHS could save £7.18 in the cost of treating conditions such as heart disease, strokes and diabetes .*

## Cost effectiveness

Countryside and green spaces benefits the health of everyone and demonstrates cost effective health outcomes however the significance of having a good quality natural environment and accessible greenspace is often taken for granted.

- ✋ *Maintaining the UK's green spaces could deliver £30bn in health and welfare benefits each year. However, failing to do so would cost 20bn a year .*
- ✋ *If every household in England were provided with good access to quality greenspace it could save an estimated £2.1billion per year in health care costs.*

## Natural life support systems

The natural environment and greenspace provides life support systems that are vital for supporting healthy communities

- ✋ *Effective greenspace helps lower the risk of flooding*
- ✋ *Urban green spaces with trees can give localised cooling effects of between 1-2C*
- ✋ *Trees and vegetation reduce traffic noise by absorbing and deflecting sound*



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**BBC** Sign in News Sport Weather iPlayer Sounds

## NEWS

Home | Coronavirus | US Election | **UK** | World | Business | Politics | Tech | Science | Health

**UK** | England | N. Ireland | Scotland | Alba | Wales | Cymru | Local News

### Boris Johnson promises to protect 30% of UK's land by 2030

28 September 2020

f t e Share

An extra 400,000 hectares of English countryside will be protected to support the recovery of nature under plans to be announced by Boris Johnson.

The prime minister will make the commitment at a virtual United Nations event later.

He is joining a global pledge from 65 leaders to reverse losses in the natural world by the same date.

National parks, areas of outstanding natural beauty and other protected areas make up 26% of land in England.

Mr Johnson will promise that the government will increase the amount of protected land in the UK from 26% at present to 30% by 2030.

The environment is a devolved matter but the government has said it will work with Scotland, Wales and Northern Ireland, as well as landowners, to increase the amount of protected land across the UK.

The prime minister will sign the Leaders' Pledge for Nature, which includes commitments to prioritise a green recovery following the coronavirus pandemic, deliver ambitious biodiversity targets and increase financing for nature.

Mr Johnson will say countries must turn "words into action" and "agree ambitious goals and binding targets".

"We cannot afford dither and delay because biodiversity loss is happening today and it is happening at a frightening rate," he will say.

"Left unchecked, the consequences will be catastrophic for us all.

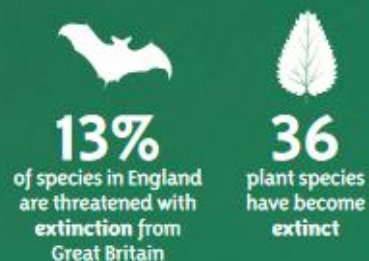
"Extinction is forever - so our action must be immediate."

PMs announcement today!





## ENGLAND'S BIODIVERSITY IS DECLINING



### SINCE 1970...

More species in England have seen their  
populations **decrease** than increase:

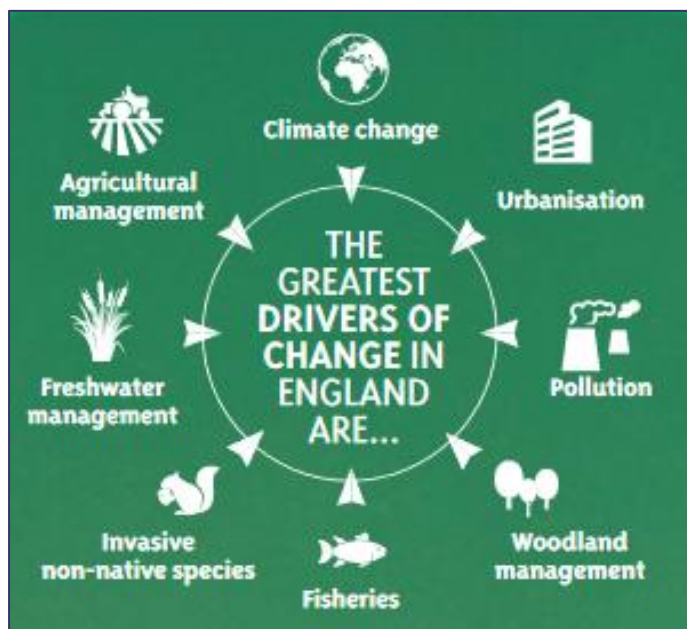


We have seen big changes in where  
England's wildlife is found:



## State of Nature Report 2019

[https://nbn.org.uk/  
stateofnature2019/](https://nbn.org.uk/stateofnature2019/)



### INVASIVE NON-NATIVE SPECIES



### WOODLAND MANAGEMENT



### URBANISATION



### POLLUTION

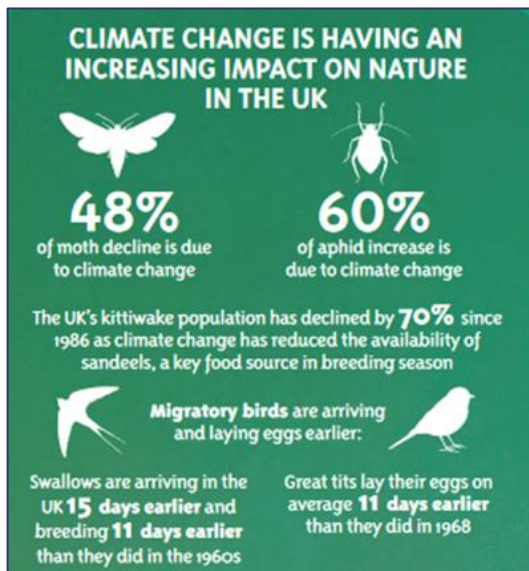






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Climate change  
is getting worse but it is  
no worse than we  
predicted'  
*Committee on Climate  
Change May 2020*



## There are many benefits of phasing out harmful emissions



### For the economy

New green industries with new jobs and export opportunities for the UK.



### For the individual

Quieter streets, cleaner air, less congestion.

Smarter cities and more comfortable homes.

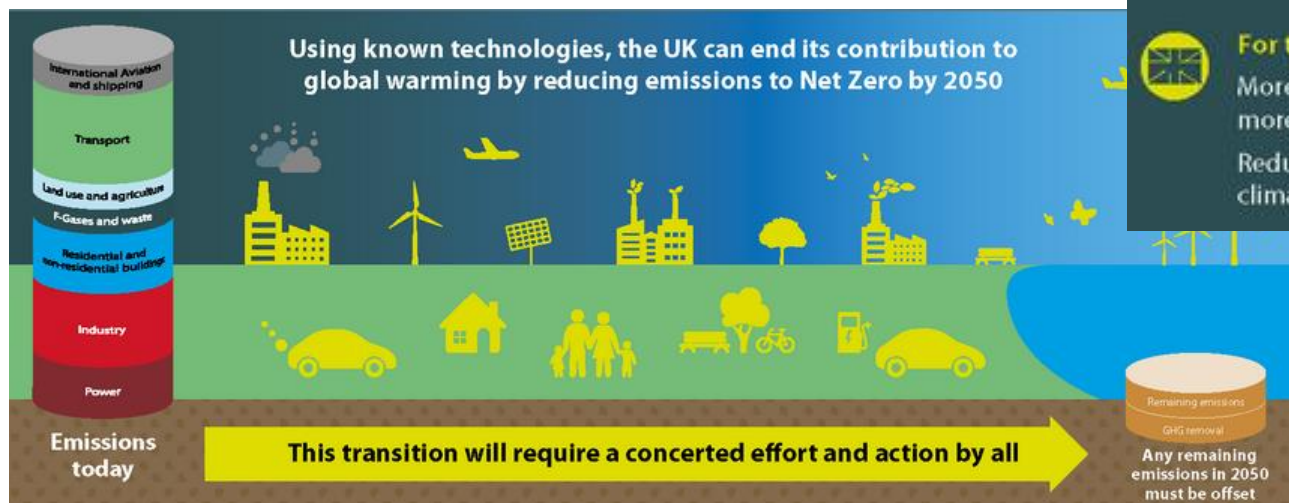
Healthier lifestyles, with more active travel and healthier diets.



### For the country

More biodiversity, cleaner water, more green space to enjoy.

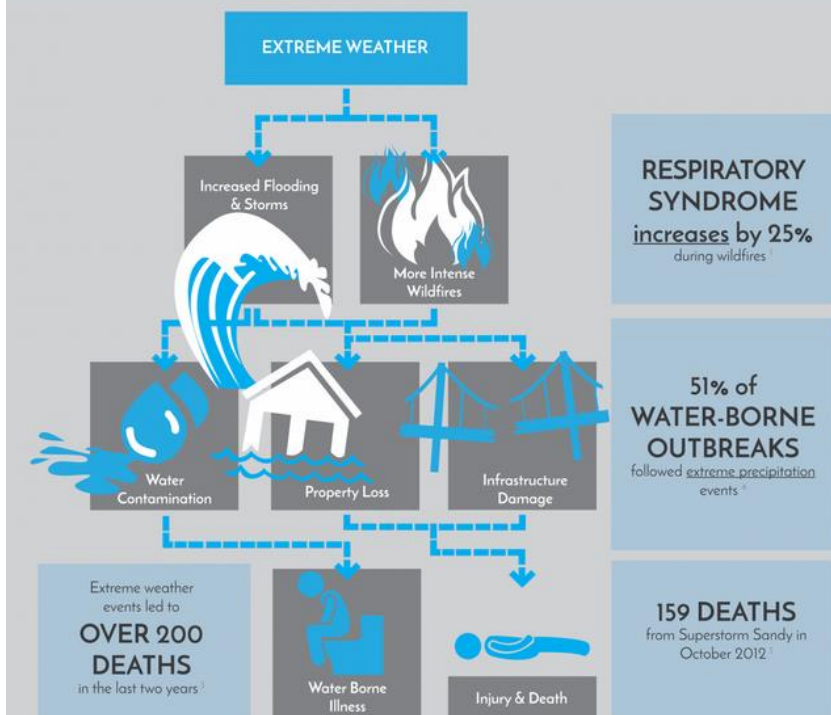
Reduced global warming, avoiding climate damages like flooding.



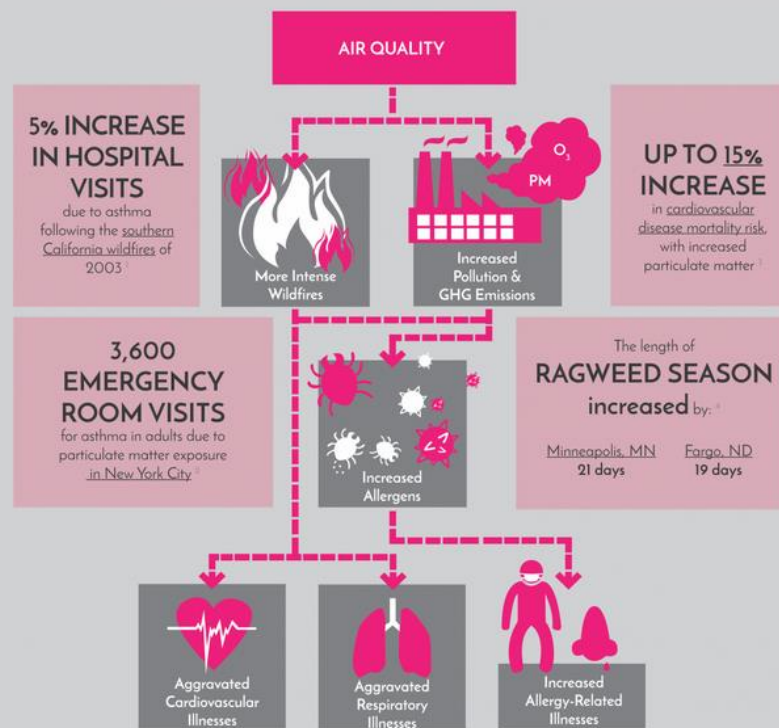
<https://www.theccc.org.uk/>



## HOW CLIMATE CHANGE AFFECTS YOUR HEALTH



## HOW CLIMATE CHANGE AFFECTS YOUR HEALTH



1. <http://climateactionnetwork.org/press-releases/2013/04/01/130401-01>  
2. <http://www.epa.gov/epa/press-releases/2013/04/01/130401-01>  
3. <http://www.nytimes.com/2013/04/01/health/asthma-emergency-room-visits-increase.html>  
4. <http://www.aphis.usda.gov/press-releases/2013/04/01/130401-01>

climatenexus

APHA  
AMERICAN PUBLIC HEALTH ASSOCIATION  
FOR THE PEOPLE'S HEALTH

1. <http://climateactionnetwork.org/press-releases/2013/04/01/130401-01>  
2. <http://www.epa.gov/epa/press-releases/2013/04/01/130401-01>  
3. <http://www.nytimes.com/2013/04/01/health/asthma-emergency-room-visits-increase.html>  
4. <http://www.aphis.usda.gov/press-releases/2013/04/01/130401-01>

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APHA  
AMERICAN PUBLIC HEALTH ASSOCIATION  
FOR THE PEOPLE'S HEALTH

<https://www.climaterealityproject.org/>

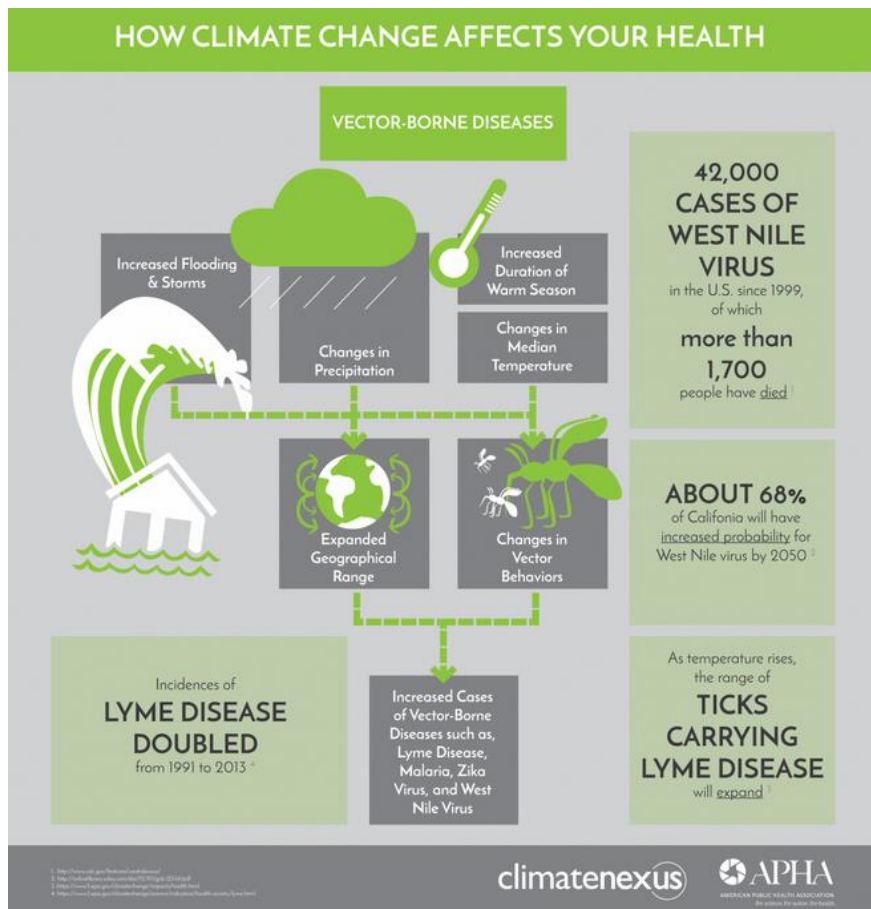
USA examples here  
apply in the UK too...

 **COMMUNITY  
FUND**

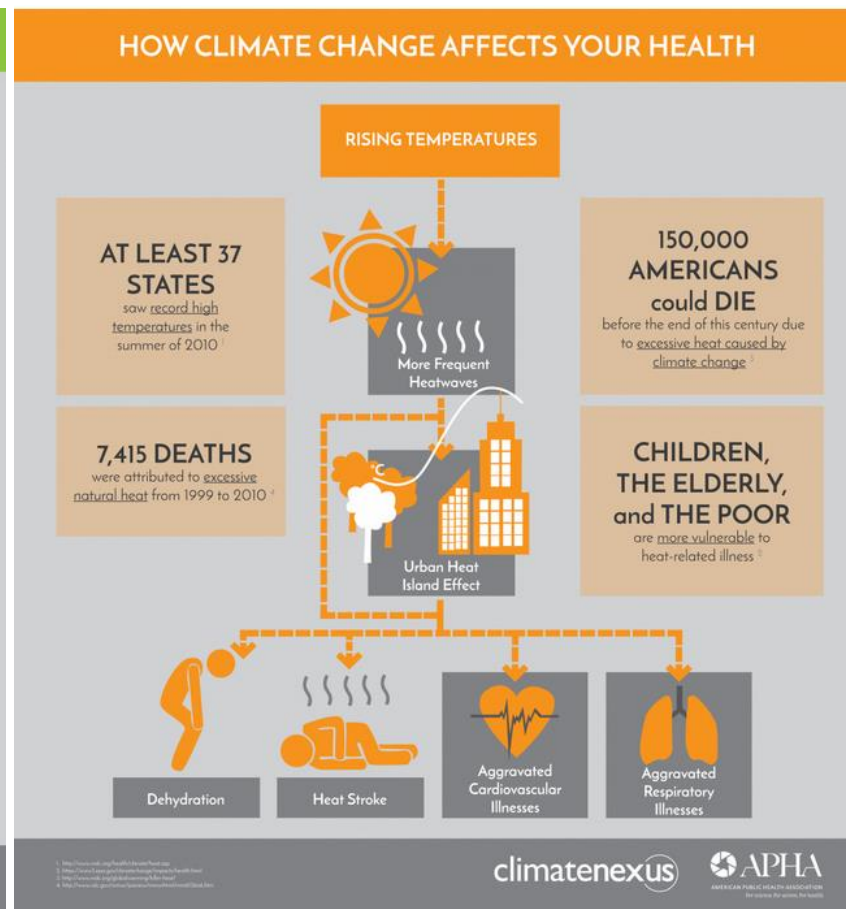


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## HOW CLIMATE CHANGE AFFECTS YOUR HEALTH



## HOW CLIMATE CHANGE AFFECTS YOUR HEALTH



<https://www.climaterealityproject.org/>

USA examples here  
apply in the UK too...





## We are facing multiple 'crises'

- Climate emergency
- Mass extinction & biodiversity collapse
- Obesity & inactivity 'epidemic'
- Economic catastrophe
- Mental health plight across the whole life course
- ... Not to mention a global pandemic!



**Never let a good  
crisis go to waste.**

Winston Churchill



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**To heal ourselves and the earth we need to heal our relationship with nature – like any relationship this means spending quality time together!**

*Rachel Murtagh*

The evidence: <https://www.derby.ac.uk/research/centres-groups/nature-connectedness-research-group/>



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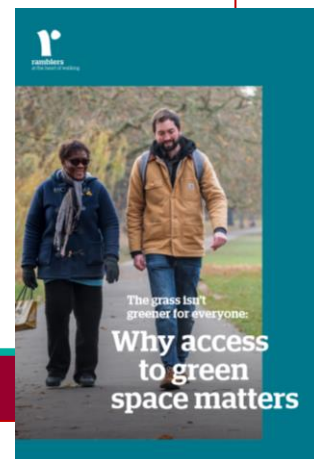
Protecting and improving the nation's health

**Spatial Planning for Health**  
An evidence resource for planning and designing healthier places



**Technical Report to the 2009 - 2019 surveys**

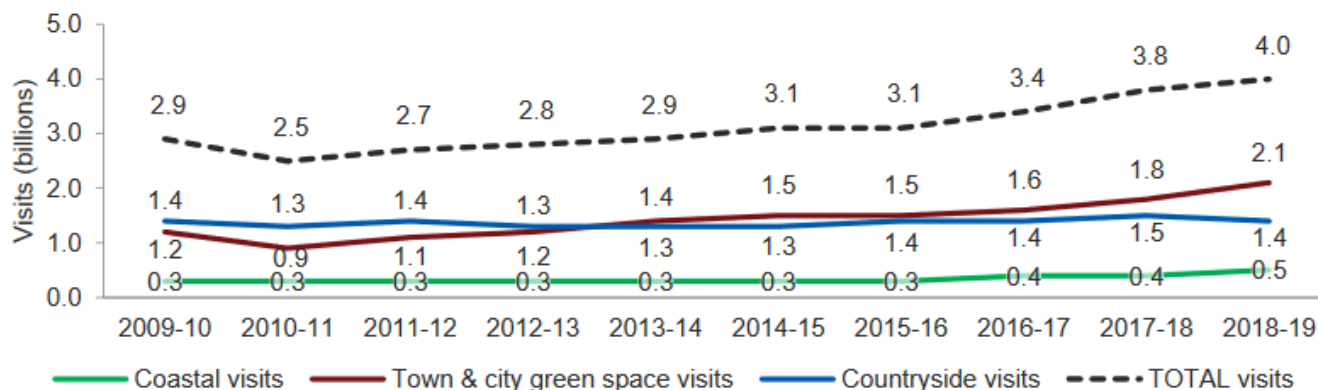
www.naturalengland.org.uk  
Natural England Joint Report NECR277  
ISBN 978-1-79354-546-9  
Published 3<sup>rd</sup> September 2019



Mounting evidence...

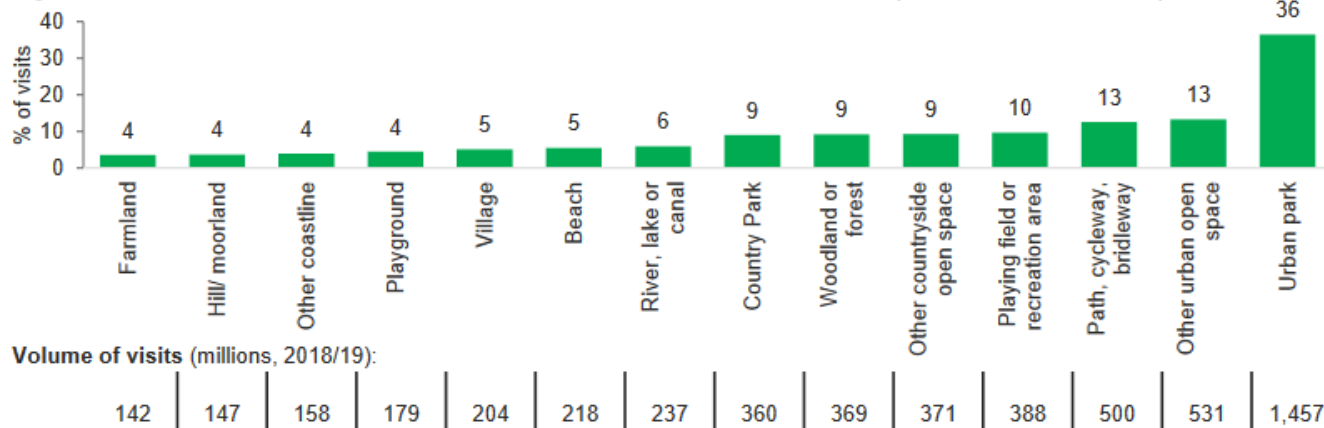


**Figure 2** Estimated annual visits to natural environment, total and by type of place visited (Billions, 2009/10 to 2018/19)



Visits to the  
natural  
environment

**Figure 4** Places included on visits to the natural environment (% of visits 2018/19)



Monitor of Engagement  
with the Natural Environment –  
The national survey on people  
and the natural environment

Headline report 2019:  
Analysis of latest results (March 2018 to  
February 2019) and ten years of the survey  
from 2009 to 2019

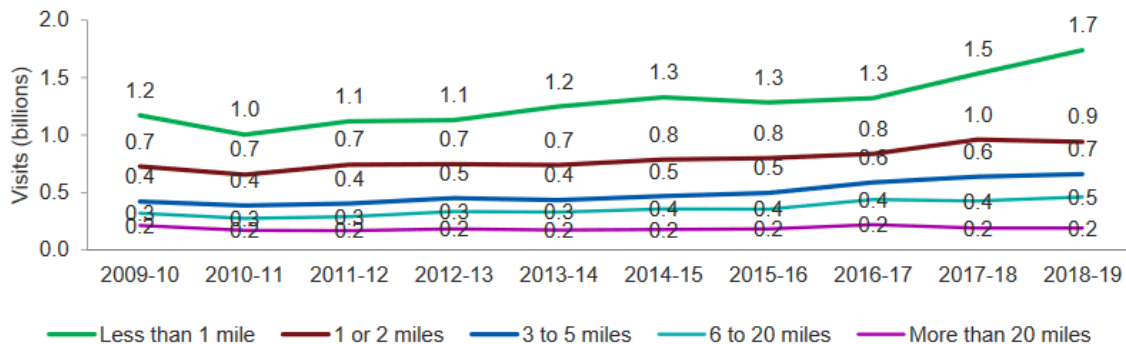
September 2019

For further information see:  
<https://www.gov.uk/government/collections/monitor-of-engagement-with-the-natural-environment-survey-purposes-and-results>



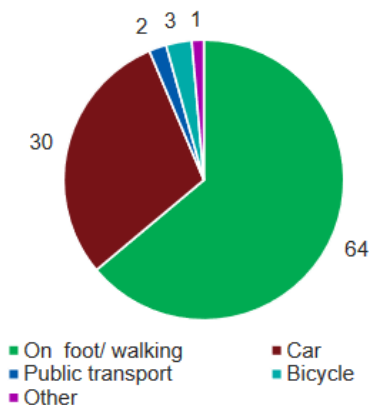
**COMMUNITY  
FUND**

**Figure 10 Visits to natural environment by distance** (Billions, 2009/10 to 2018/19)

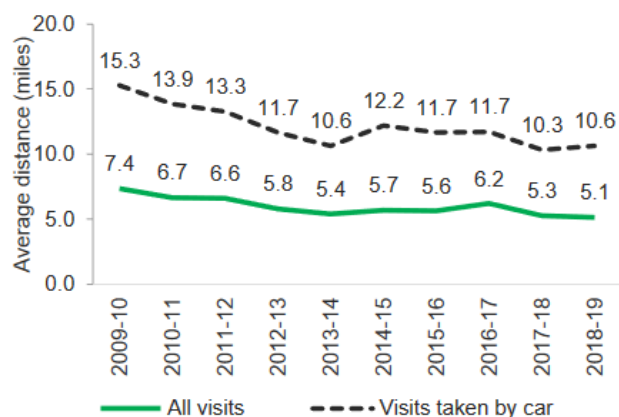


Green spaces close to home

**Figure 11 Percentage of visits to natural environment by transport mode** (% of visits taken to natural environment 2018/19)



**Figure 12 Average distance travelled on visits – total and those taken by car average distance in miles , 2009/10 to 2018/19)**



Q11 What form of transport did you use on this journey?

Q8 Approximately how far, in miles, did you travel to reach this place?  
By that I mean the one way distance from where you set off to the place visited.

## People on low incomes are less likely to have access to green space

less likely to live within a 5-minute walk of a green space



less likely to live somewhere where the streets are green, with lots of trees and plants



less likely to report good walking routes where they live



<https://www.ramblers.org.uk/get-involved/campaign-with-us/why-access-to-green-space-matters.aspx>

- ‘evidence that *improvement* to air quality, prioritisation of neighbourhood tree planting, and provision of open and green spaces, was *associated with increased* physical activity, increased environmental cooling, and improved general physical health outcomes’
- ‘*provision* of infrastructure to support walking and cycling ...was *associated with increased* physical activity and improved social engagement among older adults.’
- ‘Even after accounting for other changes in individuals’ lives (such as income, employment and marital status), people reported *higher life satisfaction* and lower symptoms of anxiety and depression *in those years when they lived in greener urban areas.*’

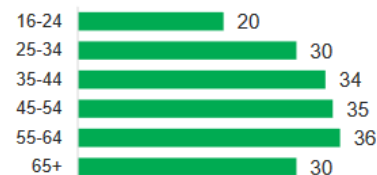
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/729727/spatial\\_planning\\_for\\_health.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf)



## Equality of access to local green space

**Figure 9** Local greenspaces are 'within easy walking distance' Strongly Agree responses (% of adults, 2018/19)

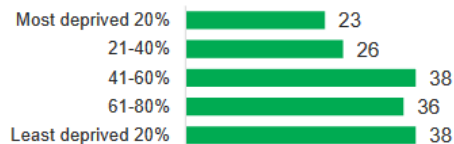
### By age



### By ethnicity



### By Index of Multiple Deprivation



### By ONS Rural – Urban classification

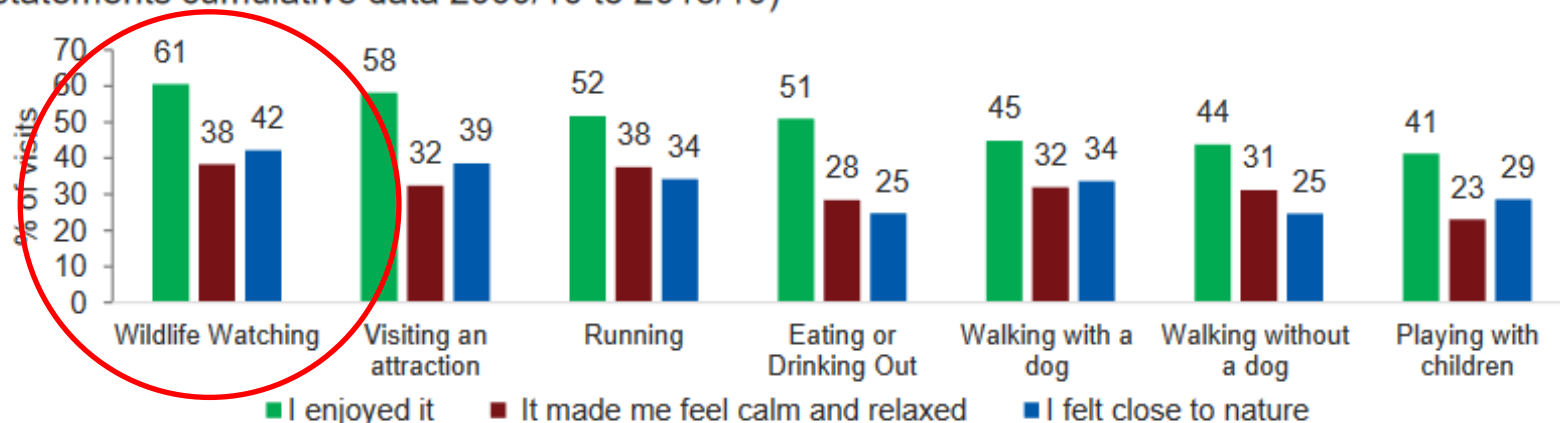


### 9. People who identify as being from a black, Asian or minority ethnic background are less likely to have good access to green space

Our survey found that people who identify as being from a black, Asian or minority ethnic<sup>23</sup> background are:

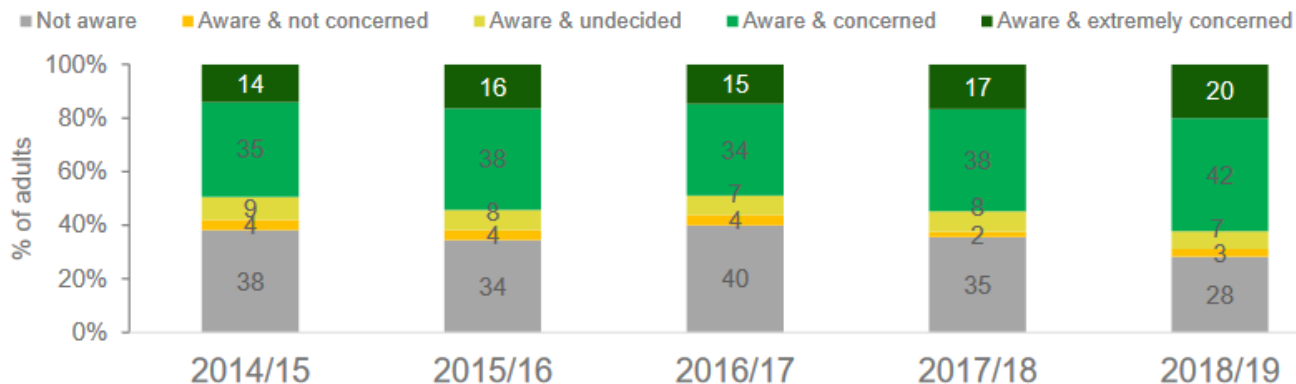


**Figure 15 Positive visit outcomes by activities undertaken** (% of visits 'strongly agree' with statements cumulative data 2009/10 to 2018/19)



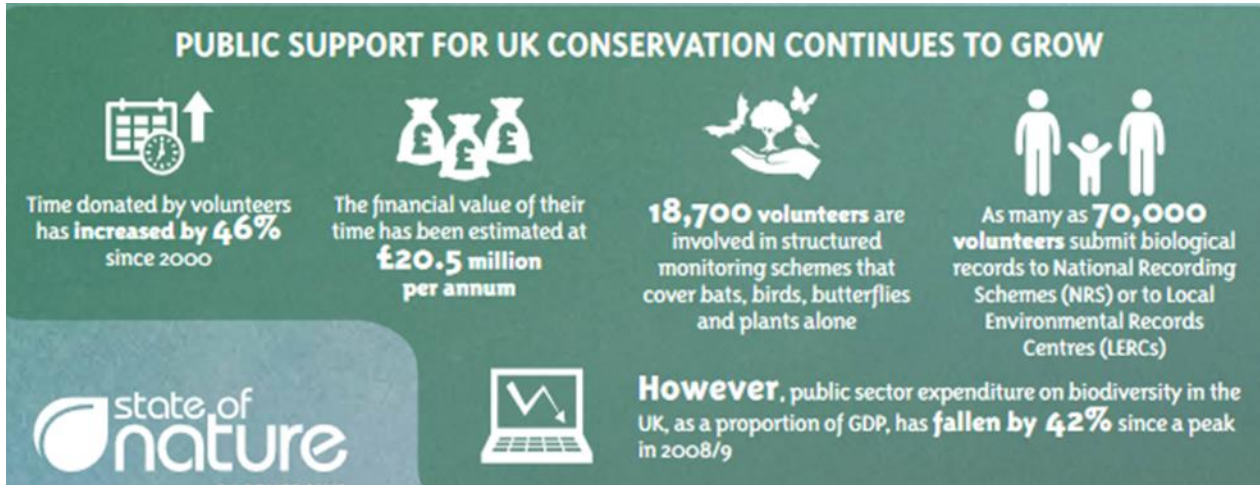
E1 Thinking of this visit, how much do you agree or disagree with the following statements?

**Figure 28 Awareness and concern at Biodiversity loss** (% of adults 2014/15 to 2018/19)





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## State of Nature Report 2019

<https://nbn.org.uk/stateofnature2019/>



“...the physical aspect of doing things which are going to benefit future generations is really a great feeling, and so is the feeling I get when I take my grandchildren to nature reserves where they can see what I’ve done and enjoy it.”

Tees Valley Wildlife Trust  
‘Life Skills’ volunteer 2017





## Why do planners need to work in partnership?

- Changing national policy & legislative environment:
  - [The UK Environment Bill](#) – ‘innovative fund mechanisms’
  - [Biodiversity net gain](#)
  - [Nature Recovery Strategies](#)
  - Growing public concern
  - [25 Year Environment Plan](#) – ‘As we build more homes, preserving and creating green spaces in towns is more important than ever’



## Local Nature Partnership Case-study: Greater Manchester

**£1bn - total annual benefit**



**£9bn – total value of avoided healthcare costs (over 60 yrs)**

-  Preventing **370** hospital admissions, avoiding **1,200** life year's lost
-  Approx. **44,000** buildings receive noise mitigation
-  **135,000** people meet their physical activity guidelines, giving over **4,600** QALYs





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### **£30 million boost to help unlock land for new homes**

New government funding will help kick-start the building of thousands of new homes by transforming surplus public sector land. The government is investing £360 million in **Mayoral Combined Authority areas** through its £400 million Brownfield Fund. This will deliver 26,000 new homes while protecting greenfield sites.

<https://www.gov.uk/government/news/30-million-boost-to-help-unlock-land-for-new-homes>

**The government will invest £3.9 million** in the first-of-its-kind project to set up an online 'nitrate trading' auction platform. Through this, housing developers will buy credits to create new habitats such as meadows, woodlands and wetlands - which will prevent harmful levels of nitrates from new housing from reaching the Solent's rare wildlife and habitats. This will also provide more outside spaces as part of government ambitions for a green, nature-based recovery from coronavirus.

<https://www.gov.uk/government/news/wildlife-protection-plan-to-unlock-hampshire-housebuilding>





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I DON'T WANT TO  
PROTECT THE  
ENVIRONMENT,  
I WANT TO CREATE A  
WORLD WHERE THE  
ENVIRONMENT DOESN'T  
NEED PROTECTING.

Rachel Murtagh

Partnership Manager, Tees Valley Nature Partnership

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