



Natural Choices

Clare Olver
The Mersey Forest

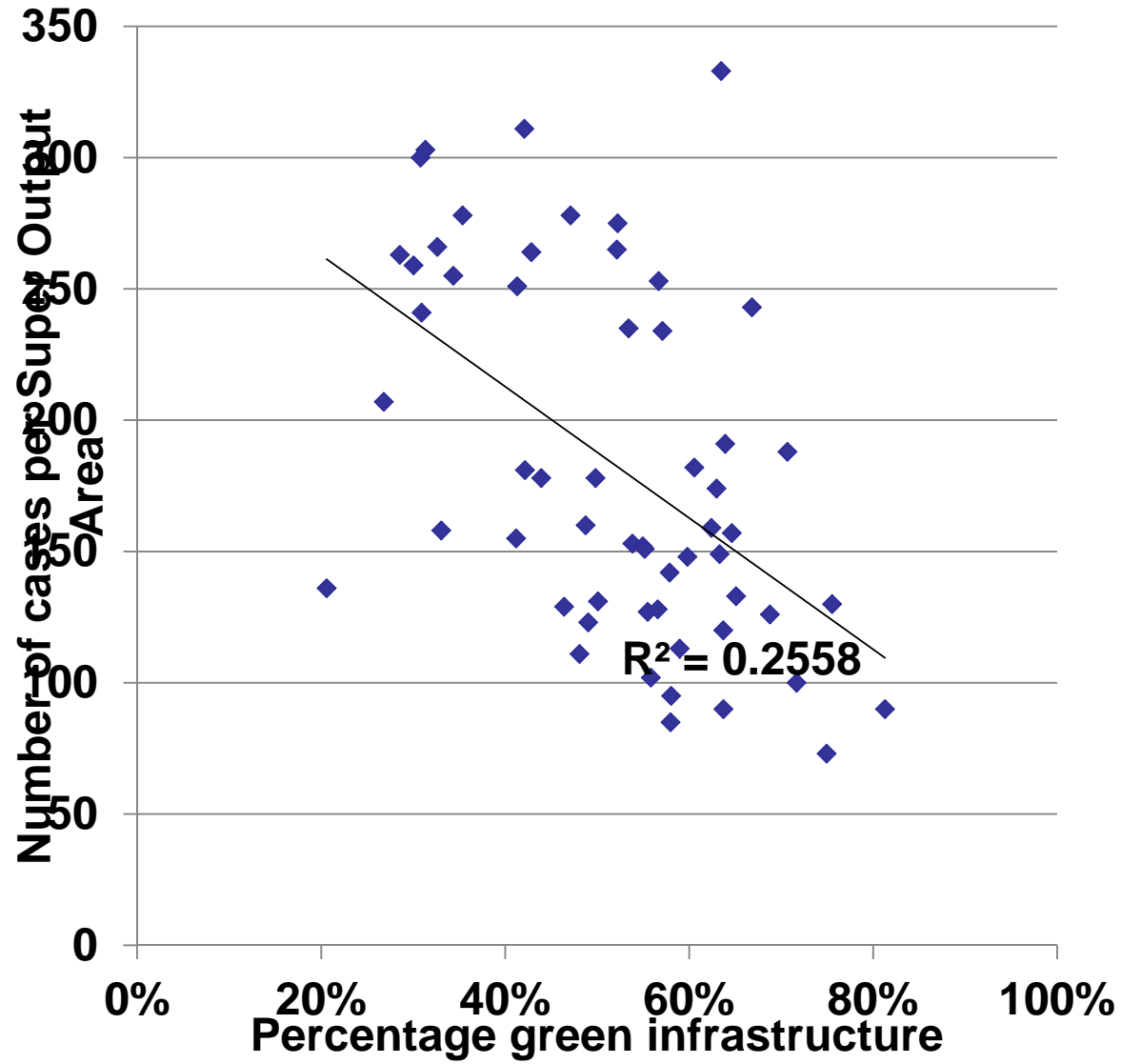
“A city providing natural choices for health”



- £308 000 funds available
- 38 successful projects being delivered
- Cost £2.41/person/week
- 18% increase in wellbeing
- 135 people paid to be run sessions or projects
- 870 volunteers

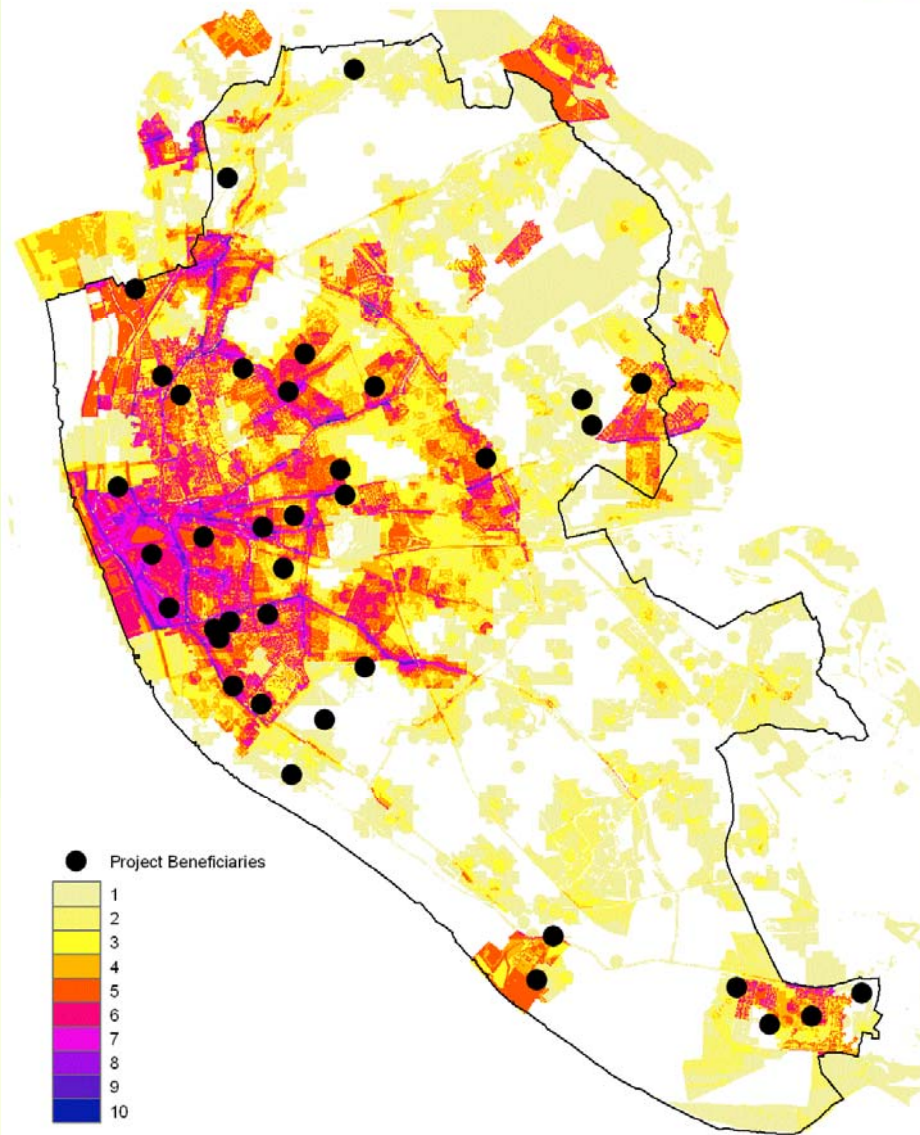
Risk	No.	Yearly Social Cost#	Weekly cost per person#
Youth Mental ill health (aged 5-15 yrs)	Approximately 850,000 young people in the UK have a mental health problem [54]	£160 million [55]	£3.62
Adult Mental Ill health	Approximately 13 million people have a mental illness each year [56, 57]	Health and social care costs: £21.3 billion Lost economic output: £30.3 billion Human suffering: £53.6 billion Total: 105.2 billion [58]	Health and social care costs: £31.50 Lost economic output: £44.80 Human suffering: £79.30 Total: £155.6
Antidepressant costs	46.7 million prescriptions for anti-depressants are dispensed each year [59]	£270.2 million [59]	£0.11 (per prescription, per week)
Alcohol /drug addiction	Approximately 2million people are addicted to alcohol and 500,000 people are addicted to drugs at any one time [60]	Alcohol addiction: £25.1 billion Drug addictions: £15 billion [61, 62]	Alcohol addiction: £241 Drug addiction: £577
Anti- social behaviour	Approximately 3.3 million cases of anti-social behaviour are recorded each year [63]	£3.4 billion [64]	£19.81
Physical Inactivity	Approximately 34.1 million people are physical inactive [7,66]	£8.3 billion [7]	£4.68
Obesity and risk factors	Approximately 13 million adults and 3.3 million young people are obese [56, 65]	£5.1 billion [66]	£6.02

MENTAL HEALTH



A City Providing Natural Choices for Health

Number of needs unfulfilled



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Rotunda



Friends of Everton Park



Friends of Mill and Alder Wood





Zoe's Place

YMCA



The Haven Project



"This keeps me fit by shifting things, bending down picking things up, using the brush and doing a lot of lifting"

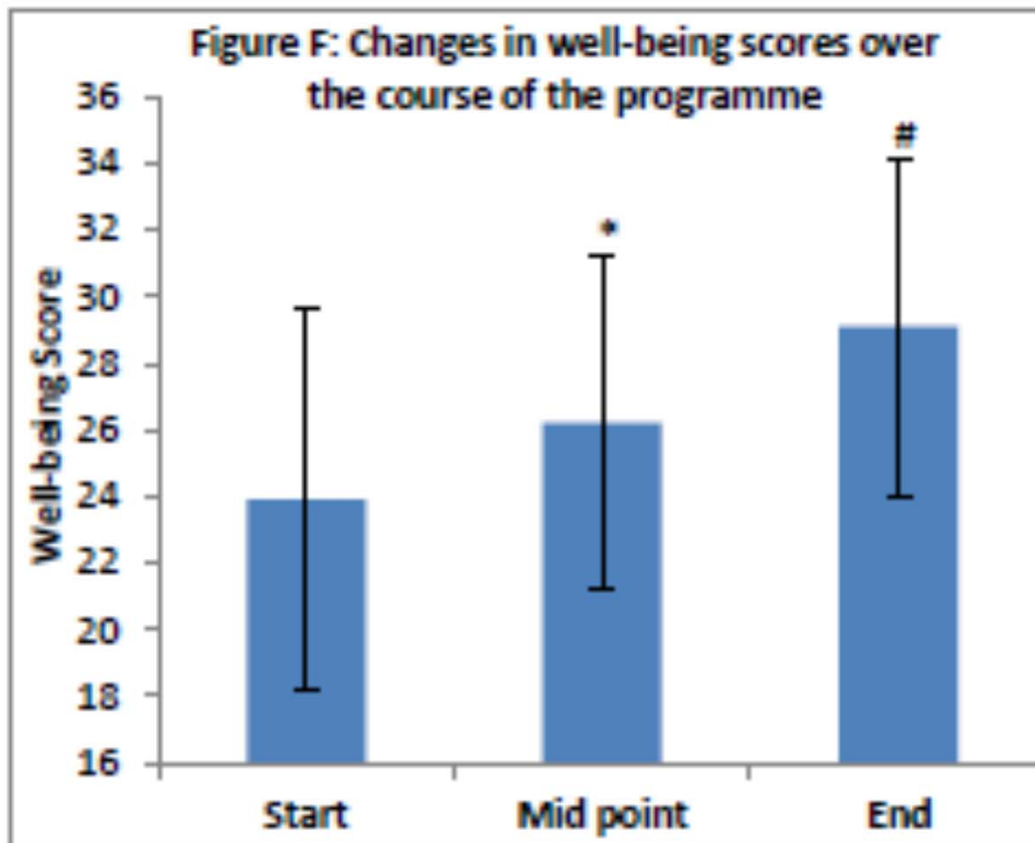
"People regard this as their own 'gym', labouring and sweating to their hearts content"

"When I was cutting the trunks out of the soil and the roots it was quite hard and it kind of got my anger out".

"Each week there was at least 3 hours of physical activity; this meets the weekly recommendation..."

"Many of the young people felt that as a result of this project they now choose to spend more time outside being active"





(*indicates a significant difference between start and mid point scores ($P < 0.01$), # indicates a significant difference between start and end, and start and mid point scores ($P < 0.001$)).

Wellbeing scores of those involved improved by 18% from start to finish

A greater proportion of participants had a 'high' well-being score by the end of the programme, whilst fewer had a 'low' well-being score.

Public Health Outcomes Framework

OUTCOMES

Vision: To improve and protect the nation's health and wellbeing, and improve the health of the poorest fastest

Outcome 1: Increased healthy life expectancy

Taking account of the health quality as well as the length of life

(Note: This measure uses a self-reported health assessment, applied to life expectancy.)

Outcome 2: Reduced differences in life expectancy and healthy life expectancy between communities

Through greater improvements in more disadvantaged communities

(Note: These two measures would work as a package covering both morbidity and mortality, addressing within-area differences and between area differences)

DOMAINS

DOMAIN 1:

Improving the wider determinants of health

Objective: Improvements against wider factors that affect health and wellbeing, and health inequalities

Indicators }
Indicators }
Indicators } Across the life course

DOMAIN 2:

Health improvement

Objective: People are helped to live healthy lifestyles, make healthy choices and reduce health inequalities

Indicators }
Indicators }
Indicators } Across the life course

DOMAIN 3:

Health protection

Objective: The population's health is protected from major incidents and other threats, while reducing health inequalities

Indicators }
Indicators }
Indicators } Across the life course

DOMAIN 4:

Healthcare public health and preventing premature mortality

Objective: Reduced numbers of people living with preventable ill health and people dying prematurely, while reducing the gap between communities

Indicators }
Indicators }
Indicators } Across the life course



Natural Health Service



The **Natural Health Service** provides a single contact point to well-developed services in the natural environment, proven to tackle a range of health and wellbeing issues.

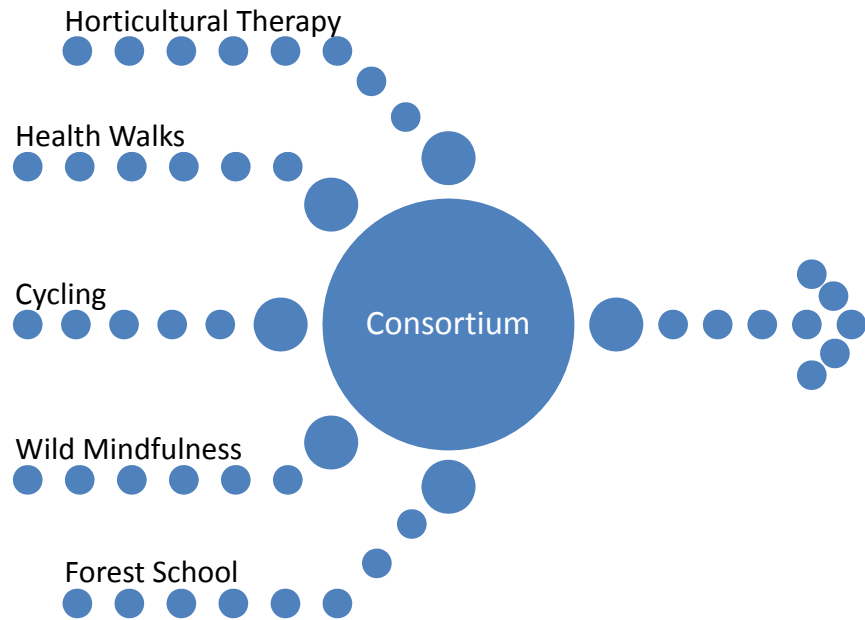
"Green spaces and natural environments provide a break from our busy lives - a great place to get some fresh air, reduce stress, exercise or play - a place to go and relax."

The Natural Health Service is a new way of linking people, their health and wellbeing and the natural environment through coordinated management with many partners and health focused organisations.

Halton Natural Health Service

The Natural Health Service in Halton, Merseyside, will offer fifteen free services from early September to just before Christmas this December, taking advantage of the area's wealth of green spaces and natural places.

www.naturalhealthservice.org.uk



MR. COMMISSIONER

by Seven Hundred



Looking ahead

- Over the next 20 years, the number of people in the population aged over 85 will double.
- It has been suggested that depression may be the major cause of disability globally by 2020.
- health service that spends 5% of GDP and has historically had annual inflation of around 7.4% against a long term UK average of 5.4%.



Thank You



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FOREST**
more from trees