



Natural Choices

Clare Olver
The Mersey Forest



People who live furthest from public parks 27% more likely to be overweight or obese.

Children able to play in natural green space gained 2.5 kg less per year than children who did not have such opportunities.

Natural England

What can green infrastructure do?

Increase physical activity

Improve air quality

Opportunities for growing food locally

Improve mental health

Social cohesion

Adaptation to climate change

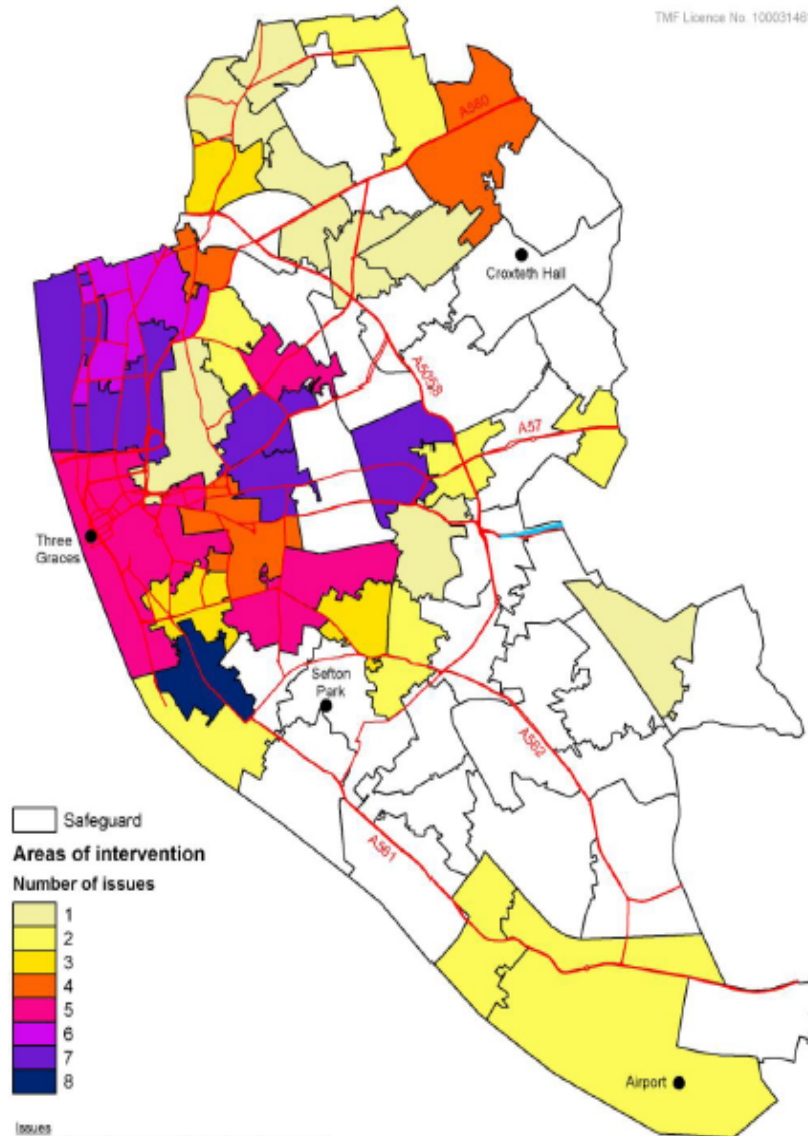
Reduce symptoms ADHD...

So what can we do?



A City Providing Natural Choices for Health

Reproduction from the Ordnance Survey mapping with permission of Her Majesty's Stationary Office © Crown Copyright. Unauthorised reproduction infringes the Crown Copyright and may lead to prosecution or civil proceedings.
TMF Licence No. 100031461 (2010)



- Issues**
- Super Output Areas with >10% derelict and vacant land
 - Super Output Areas with <50% green infrastructure cover and hospitalised prevalence of mental health conditions >200
 - Super Output Areas with >10% greatest need for trapping air pollutants cover, <5% of which is fulfilled
 - Super Output Areas with <40% recreation functionality cover and hospitalised incidence coronary heart disease >150
 - Super Output Areas with <40% recreation functionality cover and >20% population is obese
 - Super Output Areas with <40% recreation functionality cover and hospitalised prevalence of diabetes >300
 - Super Output Areas with <50% green infrastructure cover and 2 or more hospitals or health centres
 - Super Output Areas with <5% green travel route functionality cover that intersect Growth Point wards, HMR areas or Housing SPD Fringe Areas

POOR HEALTH
+
LOW LEVELS OF GI FUNCTION
=
NEED FOR ACTION

20
20

Decade of
Health &
Wellbeing



THE MERSEY
FOREST
more from trees

Natural Choices for **Health** and **Wellbeing**

Grants of up to £7,500 to support projects in Liverpool that can clearly show that they are both...

- helping to improve health and wellbeing and
- making use of the natural environment to help deliver the project



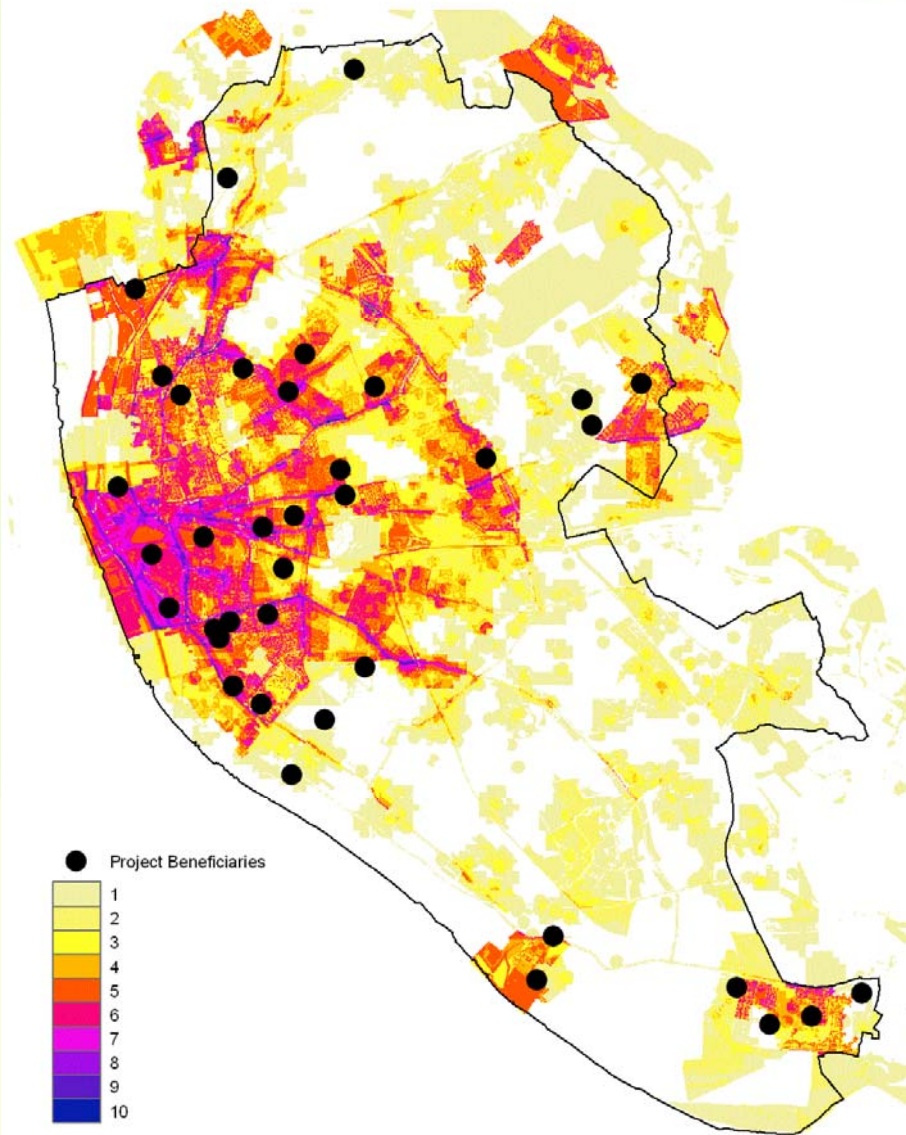
Natural choices for health



- £300k available
- 122 Expressions of Interest
- 38 successful projects

A City Providing Natural Choices for Health

Number of needs unfulfilled



Reproduction from the Ordnance Survey mapping with permission of Her Majesty's Stationery Office © Crown Copyright.
Unauthorised reproduction infringes the Crown Copyright and may lead to prosecution or civil proceedings.
TMF Licence No. 100031461 (2010)

A city providing natural choices for health

3,274 participants

100 partners

84 events

1,159 workshops

867 volunteers

135 employed



Friends of Everton Park



Friends of Mill and Alder Wood





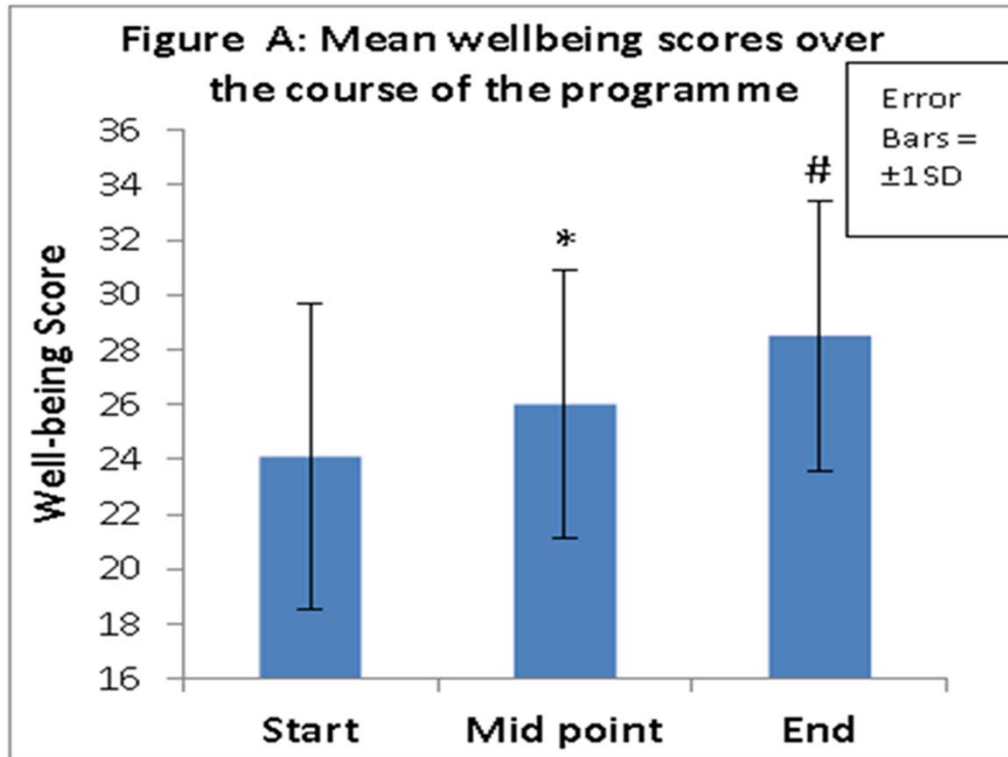
Zoe's Place

YMCA



The Haven Project





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

Wellbeing scores improved by 18%

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.

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

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.

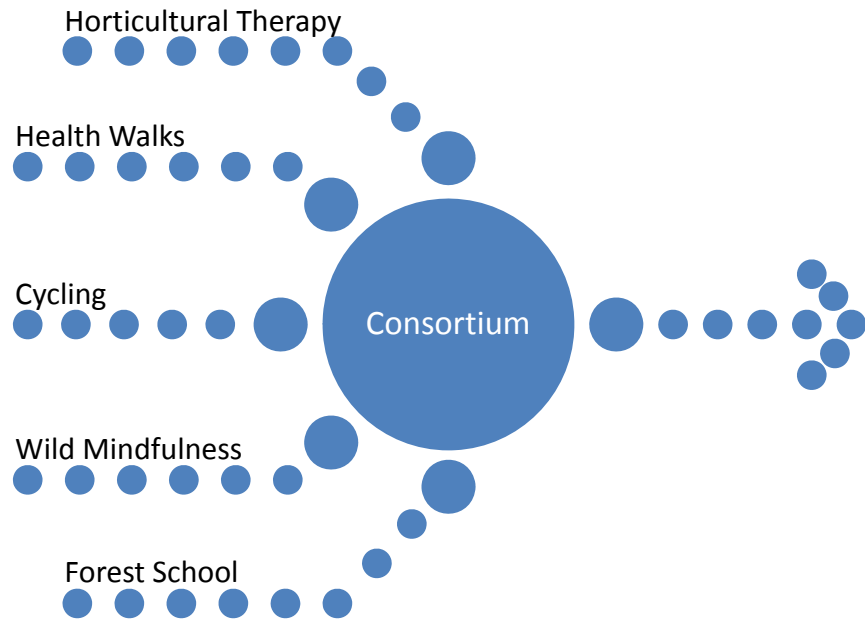
"Green spaces and natural environments provide a break from our busy lives - a great place to get some fresh air, reduce stress, exercise or play - a place to go and relax."

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.



Thank You



**THE MERSEY
FOREST**
more from trees