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Scottish Natural Heritage
Dualchas Nàdair na h-Alba

All of nature for all of Scotland
Nàdar air fad airson Alba air fad

Background

Common health issues:

- **Physical inactivity – heart disease, diabetes, obesity**
- **Mental health problems - depression, dementia**
- **Health inequalities – minority groups, low-income**
- **Costs of healthcare**
 - **Scotland £91 mill/year**



Get active outdoors

More physical activity and contact with nature will contribute to a healthier Scotland

feel more energetic
reduce risk of heart disease and diabetes

healthy eating
reduce stress and anxiety

learn new skills
aid recovery

Growing evidence linking environment & public health - being active outdoors & in contact with nature

- Physical activity
- Mental health & well-being
- Individuals – all life-stages
- Communities

Gladwell et al 2013

<http://www.hphpcentral.com/articles-research>



www.hutton.ac.uk/research/projects/green-health



FACULTY OF
PUBLIC HEALTH

www.fph.org.uk/uploads/bs_great_outdoors.pdf

A Dose of Nature

www.nhsforest.org/sites/default/files/Dose_of_Nature_evidence_report_0.pdf

Green Exercise – the wonder drug?



- walking and relaxation
- recreation and sport
- outdoor learning and play
- practical conservation
- gardening
- active travel



- Prevention
- Treatment
- Recovery
- Care / management



Policy Framework in Scotland

National Performance Framework

- Increasing people's use of the outdoors
- Increasing physical activity
- Increasing active travel



National Policies & initiatives

Let's Make Scotland More Active

Mental Health Strategy

Obesity Route Map

National Walking Strategy

Good Places, Better Health

Equally Well

Healthy Working Lives

Education Strategy

Biodiversity Strategy



National Health Service - Policy & statutory responsibilities

A sustainable development strategy for NHS Scotland

Good Corporate Citizenship

Health Promoting Health Service

Quality Strategy

Chief Executive Letters and Performance Management targets

Biodiversity and carbon reduction targets

Scottish Natural Heritage



Variations in strong agreement for several statements by place of residence. Typically higher amongst those:

- Living in rural areas
- Living outside of the 15% most deprived areas in Scotland

Benefits gained from outdoor visits (agree strongly) – SPANS 2013/4

All who visited the outdoors in the last 4 weeks (1,155)



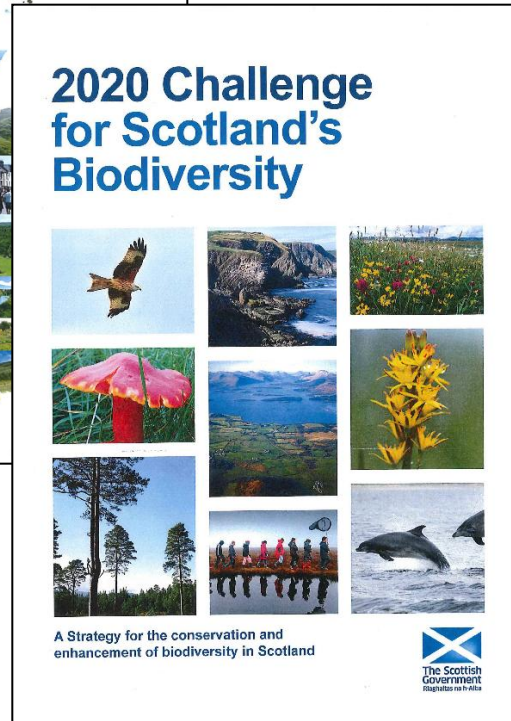
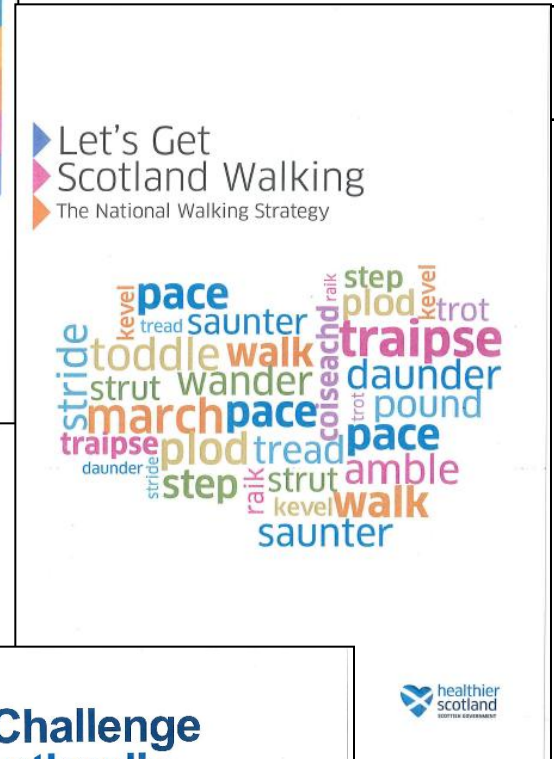
Current focus

3 new national drivers:

- Physical Activity Implementation Plan
- National Walking Strategy
- National Planning Framework 3

2020 Biodiversity Strategy

- **Natural** Health Service



Influencing Policy & Practice

Scottish Natural Heritage

- towards a **Natural** health service



Scottish Natural Heritage
All of nature for all of Scotland

Green Exercise Partnership

- better strategic working



Local Partnerships



Conclusions

Green Health – environment as the key ingredient –

- **Cross-sector understanding**
- **Accessible greenspace**
- **Public attitudes**
- **Health sector culture**
- **Resourcing**





www.europarc.org/what-we-do/health-and-protected

www.snh.gov.uk — green exercise

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HEALTH AND PROTECTED AREAS



Promoting 'Green Health' in Scotland

Encouraging greater use of the natural environment for better health and quality of life in Scotland.



Green Health
ACROSS ALL OF SCOTLAND

Summary

Scotland has a poor record when it comes to public health, but in recent years has developed a policy framework embracing the natural environment and the health sector in order to change the status quo.

The Green Exercise Partnership brings together a range of actors so that a National Health Service can complement the National Health Service.

Nature and the environment are increasingly promoted as a health resource and progress in a number of health indicators is being made.

Outcomes

Linking the Environment and Health sectors through establishment of a Green Exercise Partnership and having policy into practice:

- Increased profile of the benefits of Green exercise in the Health and Environment sectors
- Demonstration project showing how to maximise the health-promoting potential of environmental assets surrounding healthcare settings

MORE INFORMATION ABOUT THE PROJECT

Scotland's health record is poor, often being described as the sick man of Europe, but over recent years a strong policy framework which recognises the value of the environment in public health has been developed.

*The Scottish Government's key mechanism to steer and monitor delivery of its outcomes-based approach is its **National Performance Framework**. This has established five Strategic Objectives e.g. a Healthier Scotland a Greener Scotland, and a set of National Outcomes which guide central and local government planning.*

National Performance Indicators are used to monitor performance, and for Delivering a Healthier Scotland, indicators include: increase people's use of Scotland's outdoors; increase physical activity and increase the proportion of journeys to work made by public or active transport.