

Maximising the Public Health Benefits of Green & Open Space

Urban green space: improving health and well being through life
course

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Health benefits of green and open space

- Increasing physical activity
- Reducing stress/promoting mental and emotional well being
- Facilitating social interaction



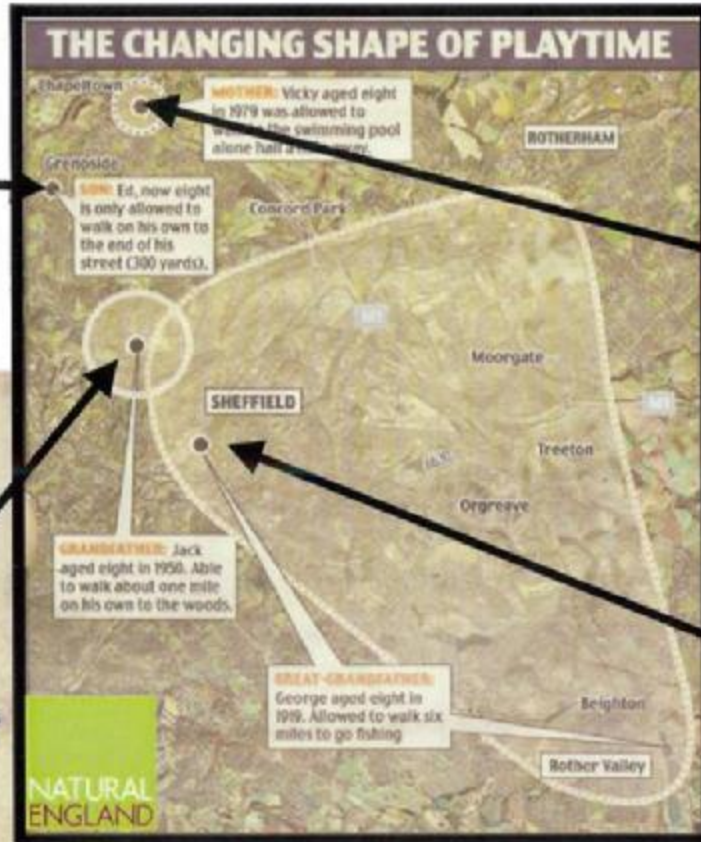
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Return to Victorian values?



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Changing shape of playtime



Ed's Great Grandfather, George
Is still walking

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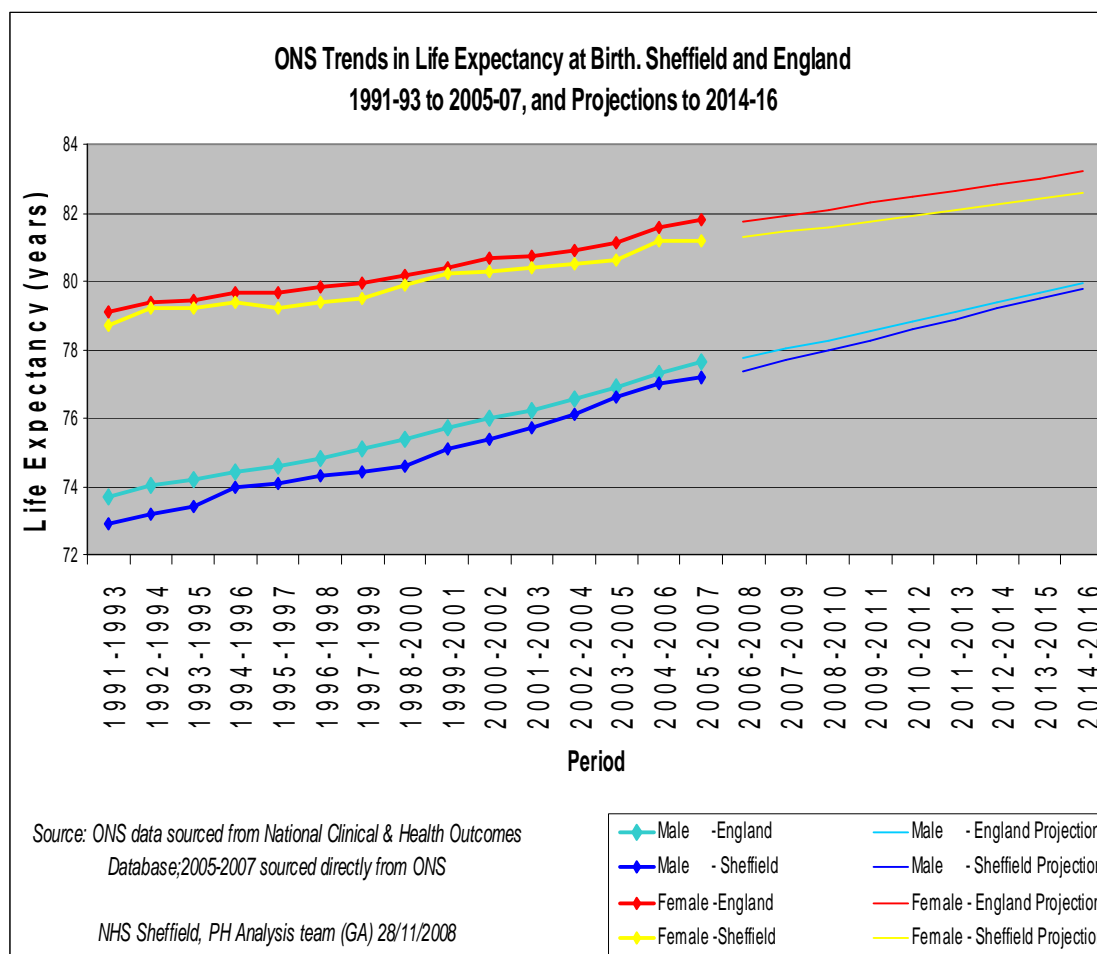


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Health inequalities in Sheffield

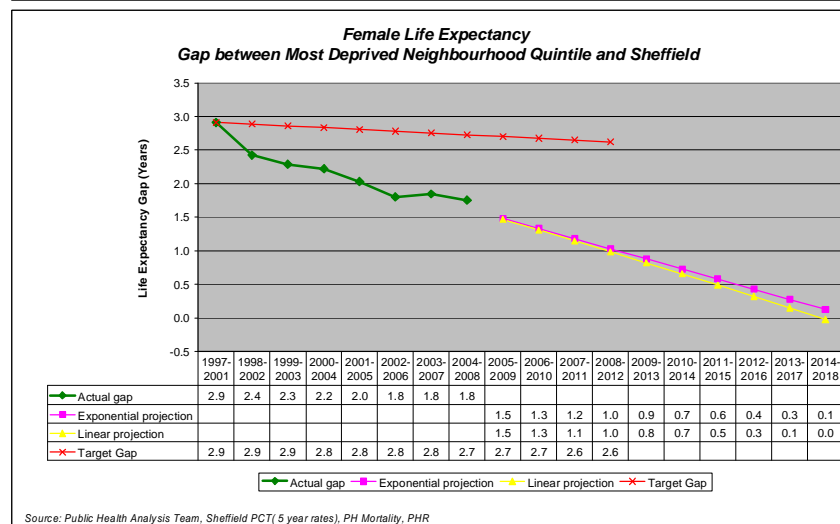
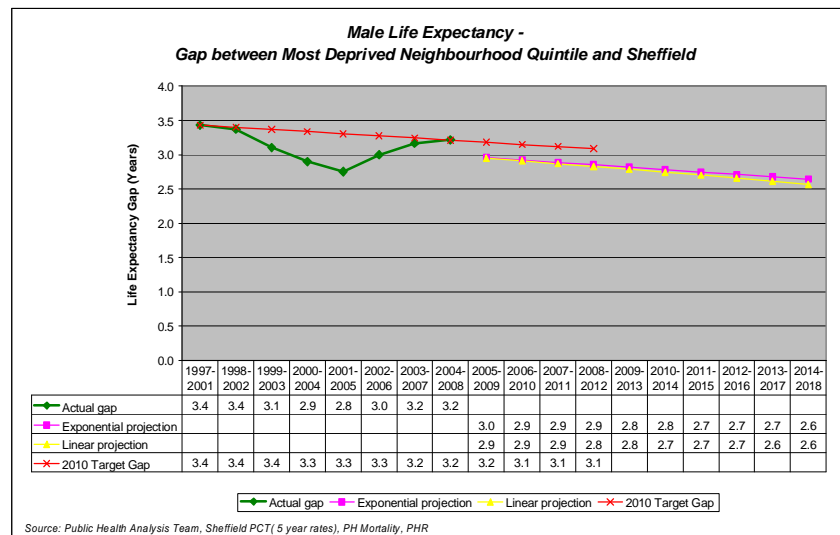
The health of the population is improving



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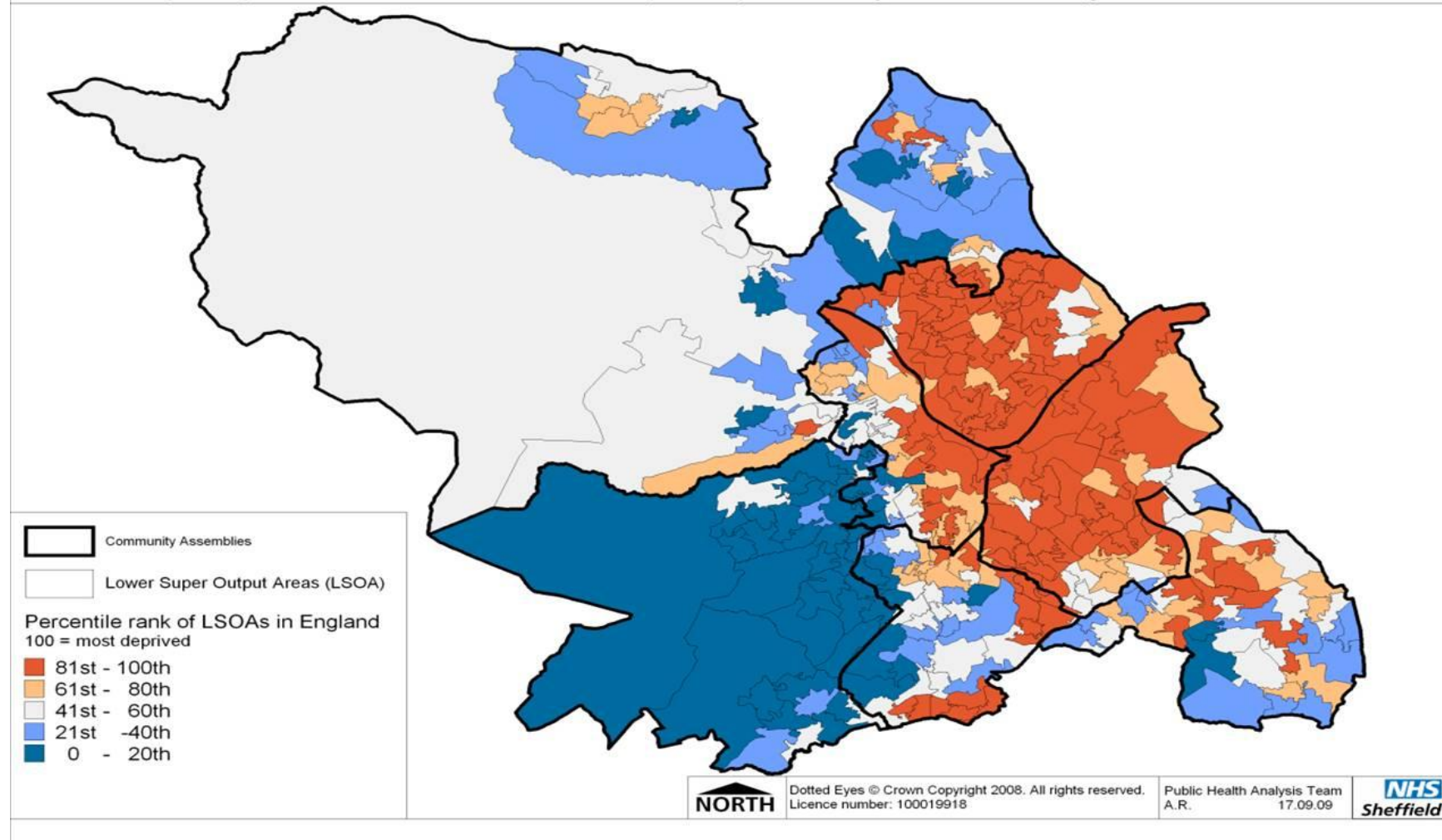
Health inequalities in Sheffield (cont)

.....but inequalities within the city persist and are widening for males



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Index of Multiple Deprivation 2007. Sheffield Lower Super Output Areas by value rank in England

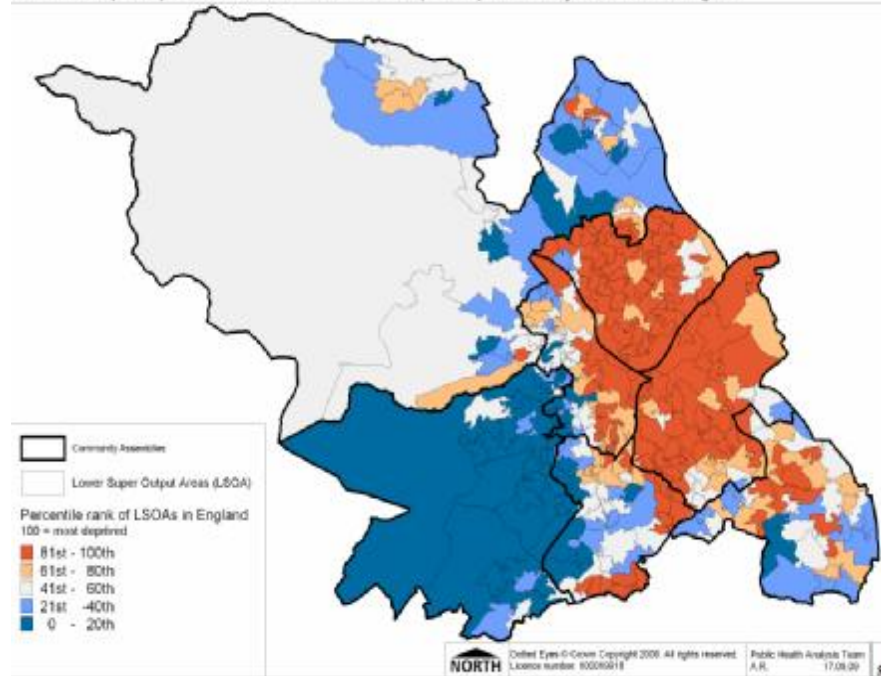


Sheffield: A tale of two cities

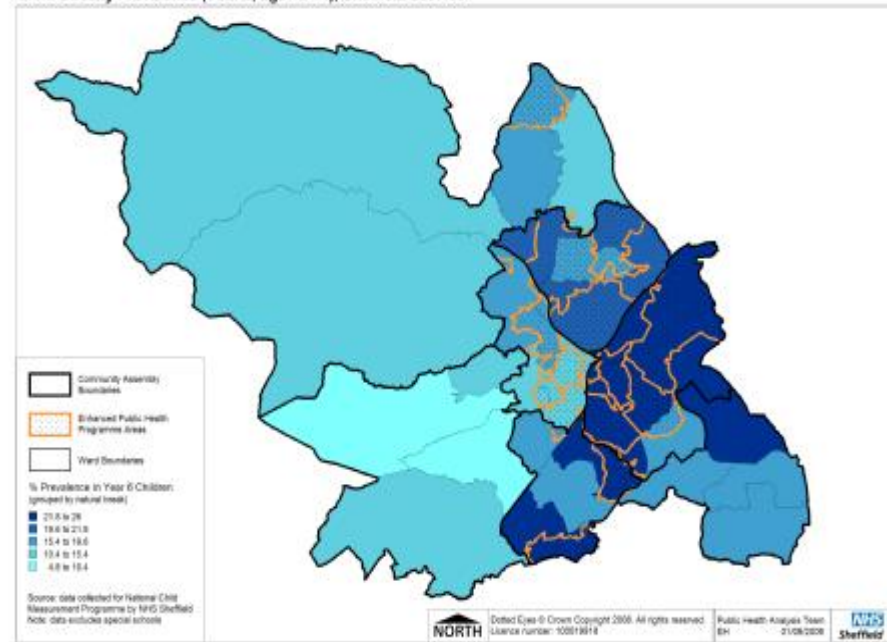
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Childhood obesity

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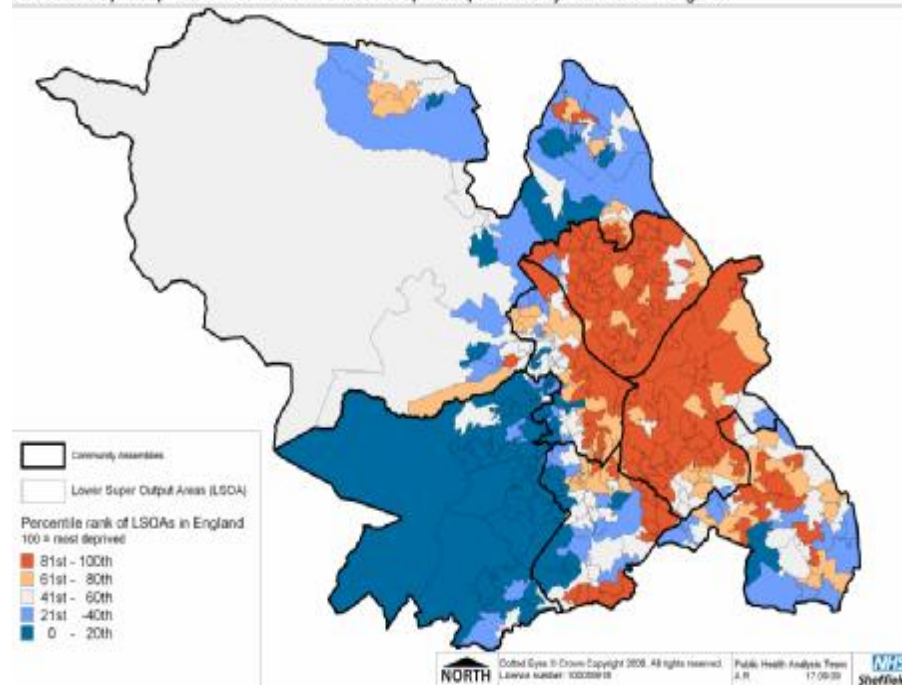
Child Obesity Prevalence (Year 6, age 10-11), Sheffield 2007/08



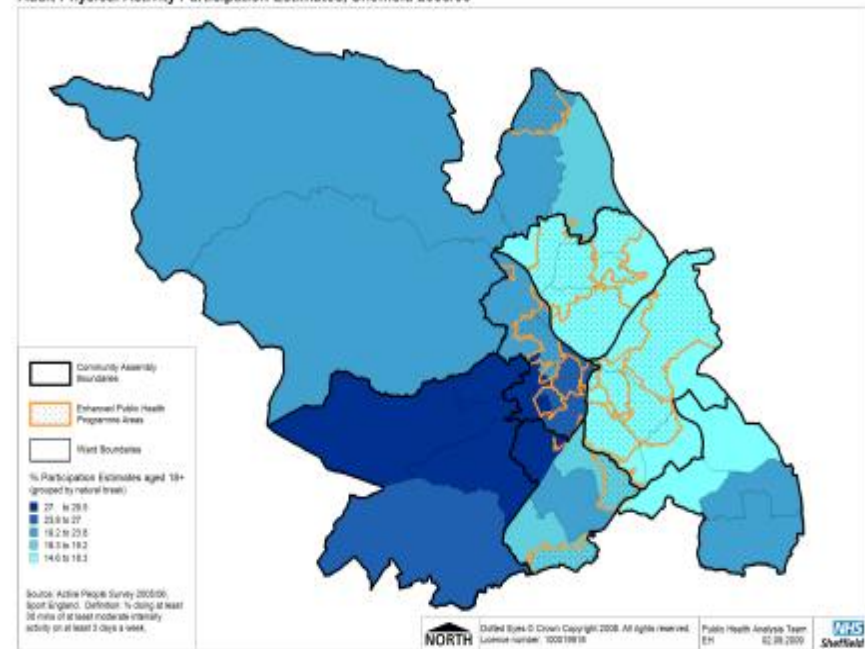
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Participation in physical activity

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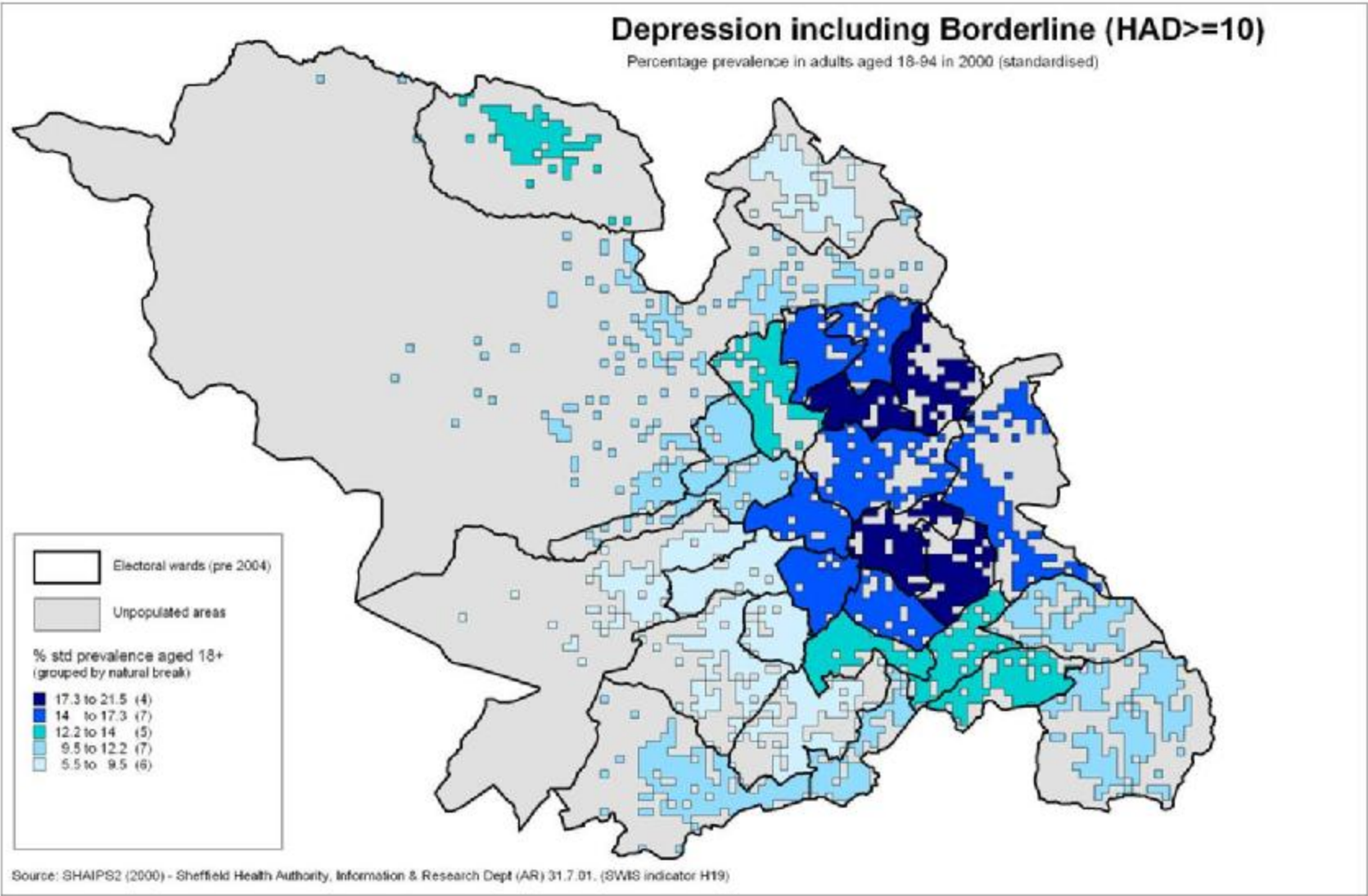


Adult Physical Activity Participation Estimates, Sheffield 2005/06



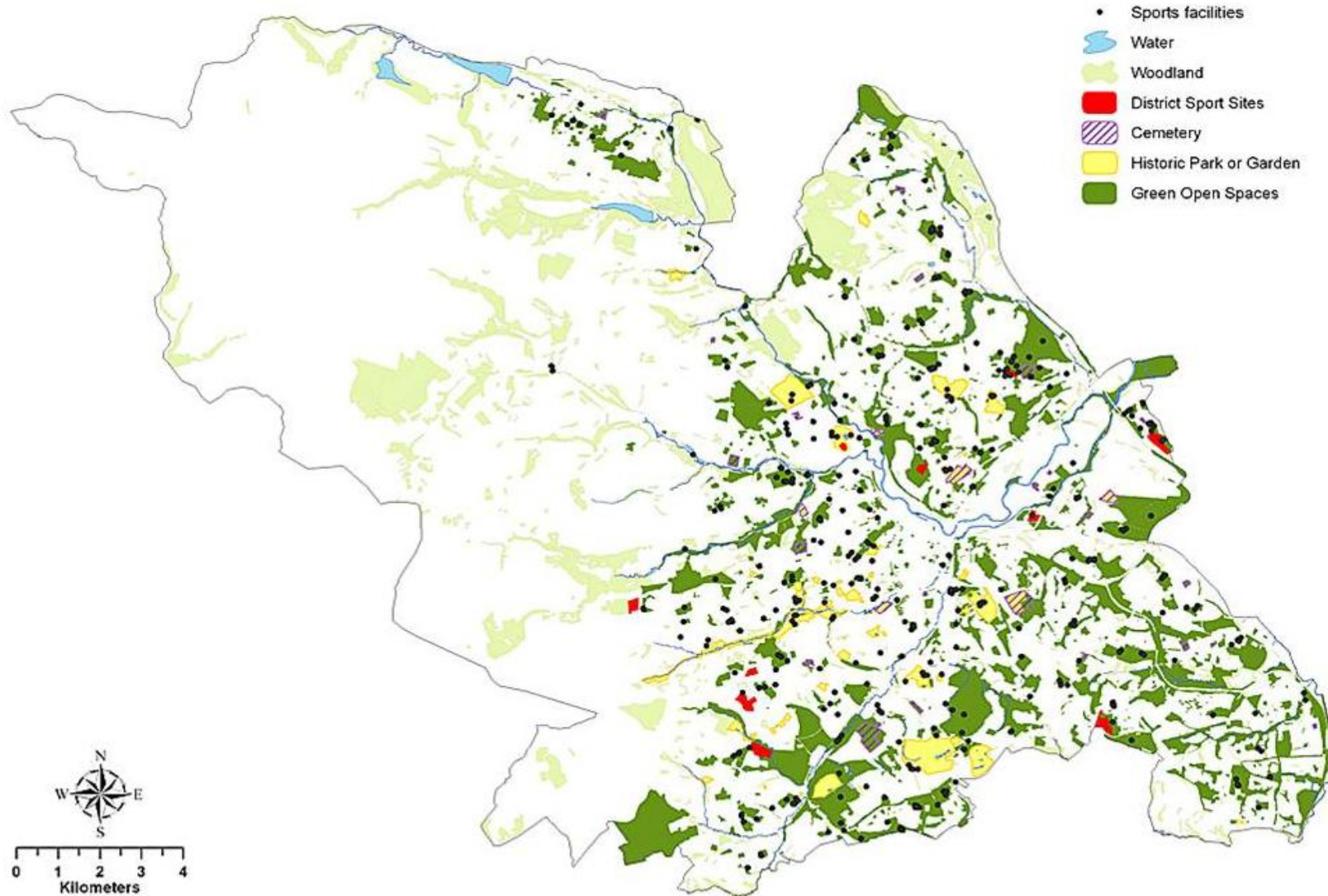
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Mental health



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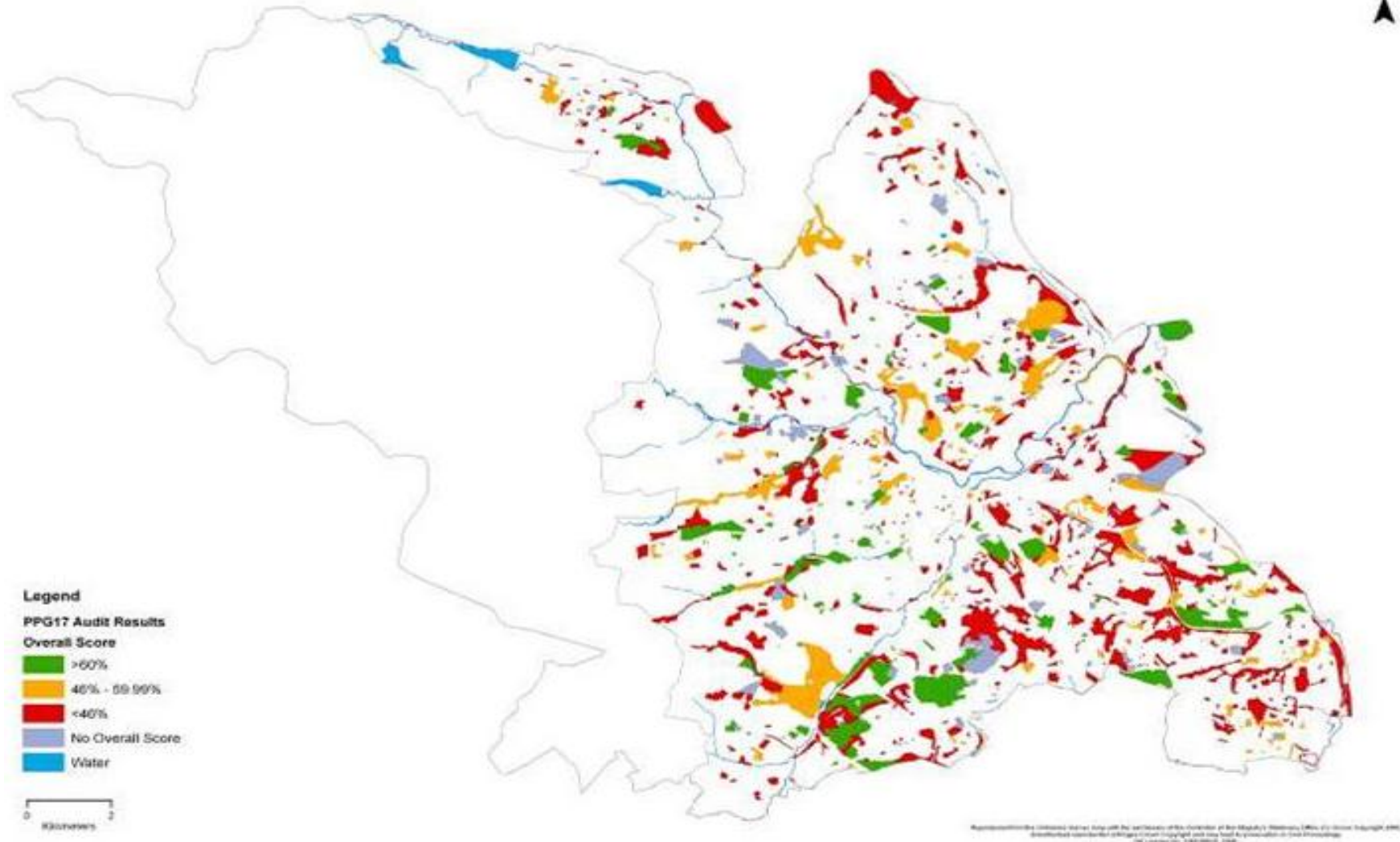
Sheffield's great outdoors....



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Green & open space quality audit

(Source: SCC 2008)



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Health & green space: local initiatives

- Health walks & referral for exercise
- Healthy gardening and growing
- Changing 4 life programme: tackling obesity

Health walks & referral for exercise



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Healthy gardening & food growing



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Sheffield – let's Change4Life

- A breast feeding friendly city
- Parents as positive role models
- Schools at the heart of healthy communities
- Living neighbourhoods
- Healthy green & open spaces
- Change 4 Life - social marketing
- Community health champions
- Cross sector innovation – business broker, healthy urban planning



Some research challenges

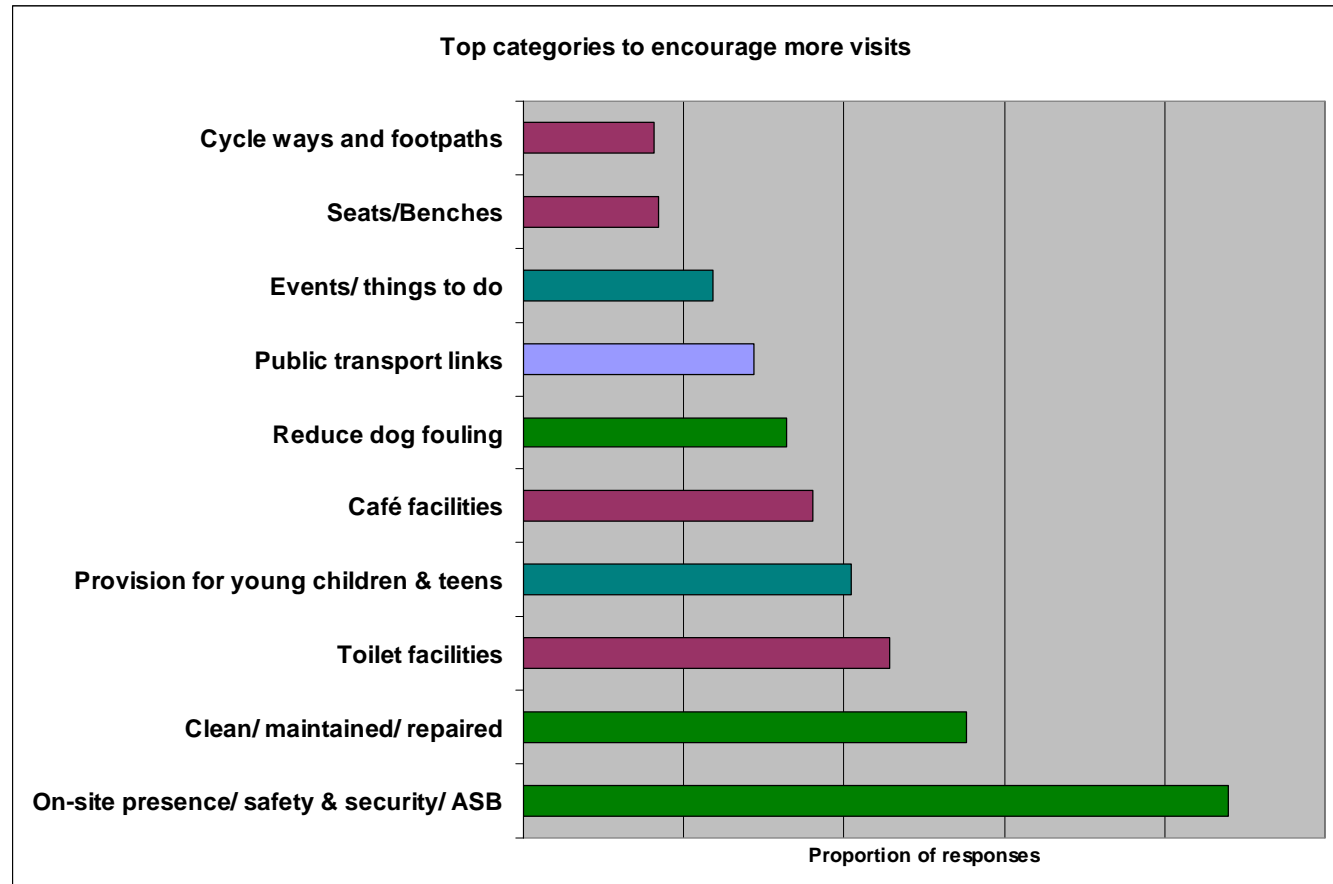
- How to maximise the potential of green and open spaces to reduce health inequalities
- How to quantify the cost effectiveness of green and open space in delivering health benefits
- Supporting and evaluating innovation -

Green space & health inequalities: 'deprivation amplification'?

'It may also be that the presence or absence of resources is less important than their **quality, social meaning or local perceptions of their accessibility and relevance**'

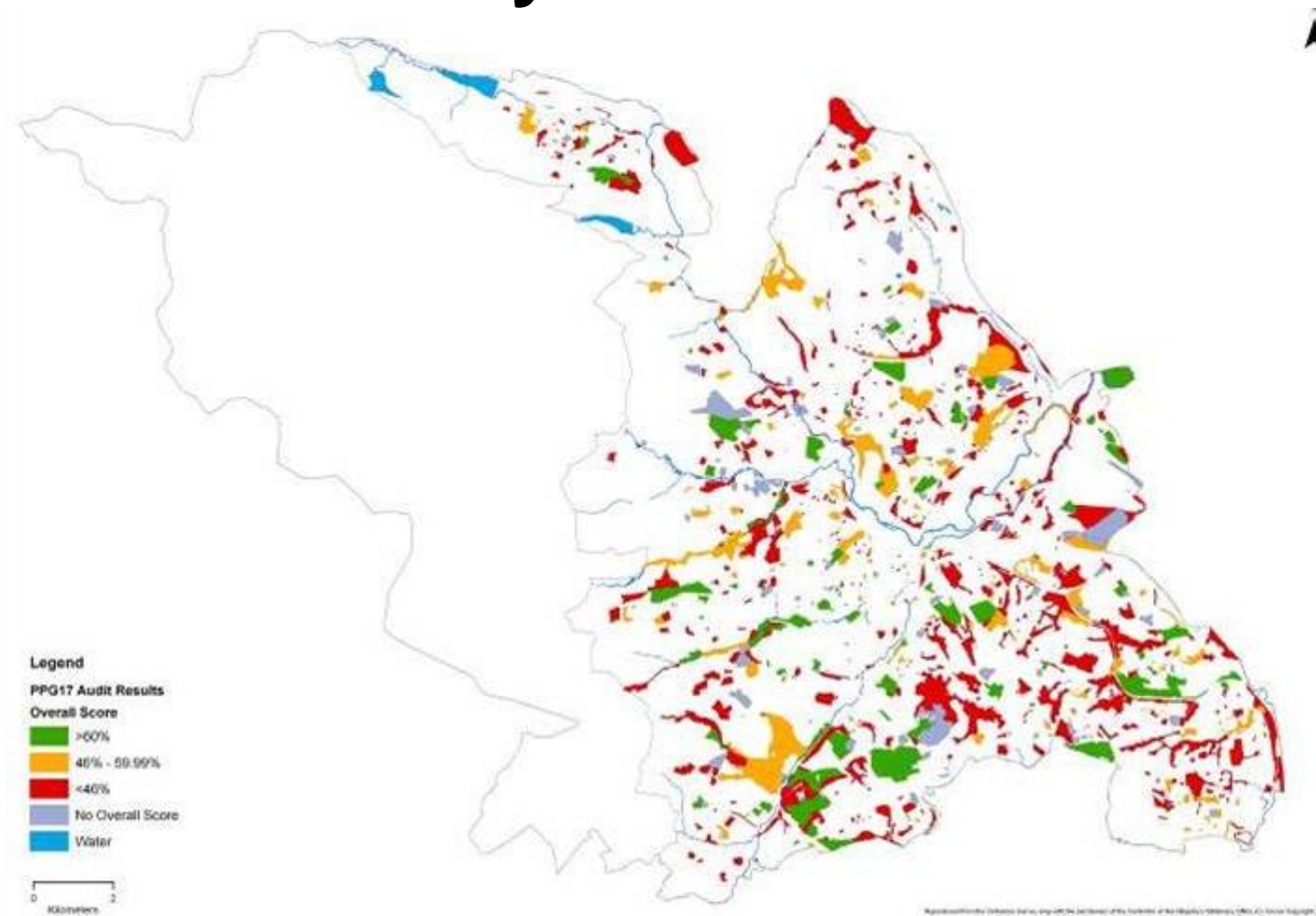
MacIntyre et al 2007

Opposite: Green and open space survey SCC (2008)



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Quality audit results



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Quantifying the health benefits

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Quantifying the health benefits

- Who benefits? - age, gender, ethnicity, disability, postcode
- Valuing the health impact: cost per Quality Adjusted Life Year, annualised life cost averted (savings to health service)
- Evidence base exists for valuing cost effectiveness of increasing physical activity
- Cost effectiveness evidence base less developed for interventions wrt reducing stress, promoting mental well being, reducing social isolation

Supporting & evaluating innovation

- Intergenerational approaches
- Animated green spaces
- Connectivity
- Distinctiveness
- Historical & cultural heritage



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