

# Scotland's Outdoors - Our *natural* health service

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Scotland's outdoors

Our natural health service



Green Exercise: Contributing to a healthier Scotland

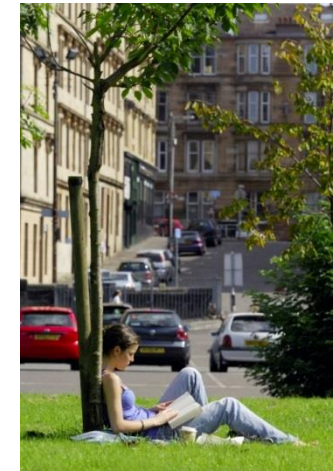


Scottish Natural Heritage  
Dualchas Nàdair na h-Alba  
All of nature for all of Scotland  
Nàdar air fad airson Alba air fad



## Key outdoor resources for realising health outcomes

- Places
- Paths
- Access rights
- Information
- Organisations



## Drivers towards shared action on health outcomes

- **Policy** direction (and evidence base)
- **Practice** – examples of good projects and programmes
- Establishment of the Green Exercise **Partnership** – FCS, SNH and NHS HS
- Development of a ***Natural health service action programme***

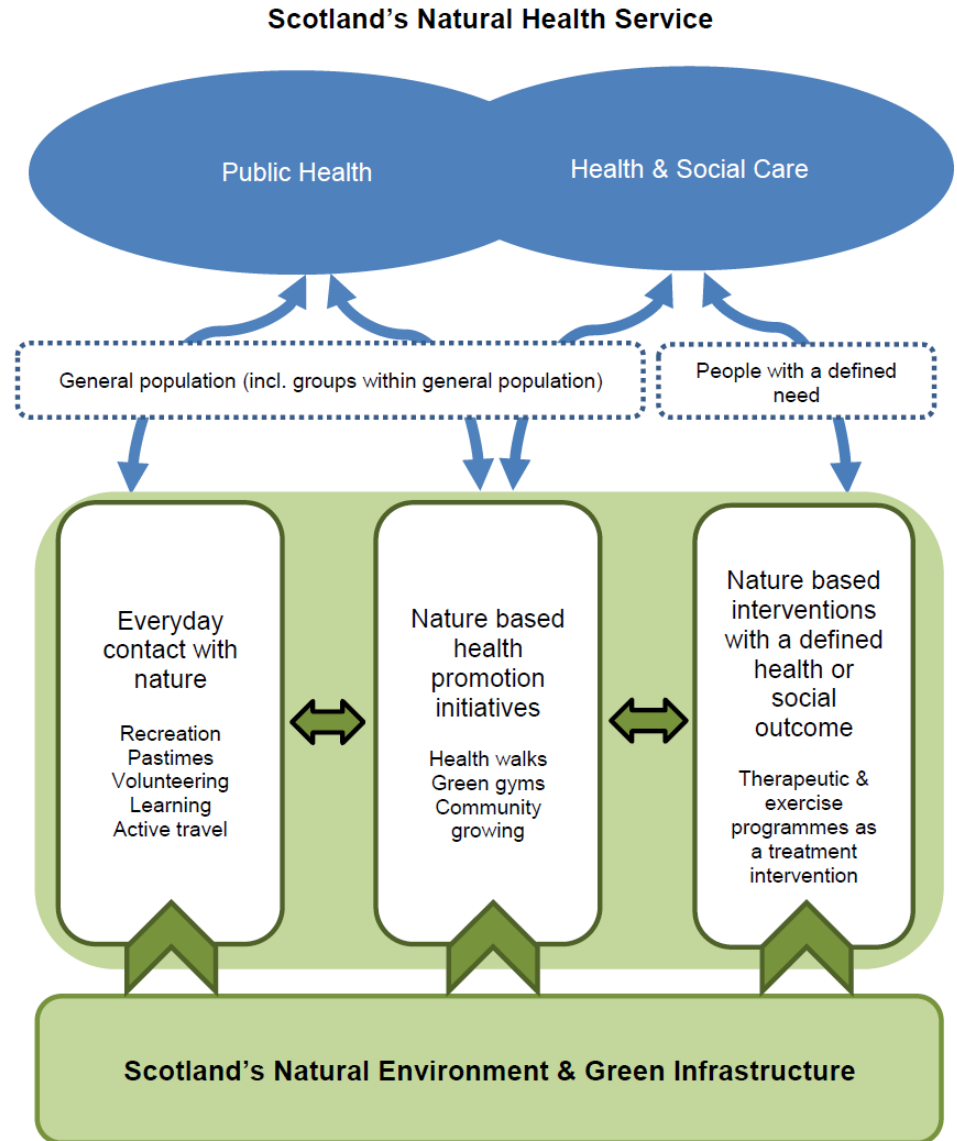


## Natural health service concept

Natural environment and associated green infrastructure - foundation & enabler.

Realising the health benefits of these assets is dependent on:

- sustaining a high quality and accessible resource
- increasing the number of people who regularly participate in green exercise; and
- greater connectivity between the environment and health sectors



## ***Our Natural Health Service* action programme - workstreams**

<b>1. Evidence and Research</b>	- Evidence base and Evaluation Framework for the Natural Health Service
<b>2. Information and Digital</b>	- Better web-based information on opportunities to be active outdoors
<b>3. Green Exercise</b>	- Quality and resilience of green exercise programmes - Develop and promote green exercise programmes more effectively to the health sector - Establish a national Green Exercise Network - Develop key information resources and training on green exercise for health practitioners and green exercise providers
<b>4. Communications</b>	- Development of information and promotion resources to raise awareness of and support the uptake of the Natural Health Service

***Our Natural health service action programme - workstreams***

<b>5.Green Infrastructure health and well-being <u>intervention</u></b>	Develop a series of targeted intervention projects to raise levels of physical activity close to areas of greenspace improved as part of the <u>ERDF Green Infrastructure programme</u>
<b>6.National Health Service Greenspace <u>intervention</u></b>	<u>4 pilot Greenspace for Health partnerships</u> to manage and promote use of the outdoor estate; and develop advice, good practice and training on use of the NHS estate
<b>7.Local Green Health Partnership <u>intervention</u></b>	Establish a <u>series of local Green Health Partnerships</u> to connect health and environment sectors and add value through co-ordinated local development and promotion of green exercise opportunities

# Local Green Health Partnerships

- Audit of green exercise assets
- Targeted investment in green infrastructure and green exercise programmes
- Information and training for GPs, clinicians and other health practitioners.
- A range of information products: digital; information panels, maps, DVD and walking leaflets.
- Better integration into other health, physical activity programmes and initiatives (e.g. social prescribing programmes, active travel, sports hubs etc.)
- Co-ordination of nature-based promotion / interventions matched to health priorities



**Green Exercise in Dundee**

One small step to feeling better!

- Visit a park - Take a stroll -
- Countryside Ranger events -
- Join a walking group -
- Get on a bike - Get more adventurous -

[www.dundee.gov.uk/greenexercise](http://www.dundee.gov.uk/greenexercise)

**No internet? No problem...**

Dundee City Council Access Officer - 01382 434000  
 Dundee Healthy Living Initiative - 01382 435824  
 Dundee Volunteer Centre - 01382 305705  
 Countryside Ranger Service - 01382 431848  
 Ancrum Outdoor Centre - 01382 435911

Dundee CHANGING FUTURE  
 Scottish Natural Heritage

**Active Promotion**

Munros 55  
 Ski Centres 3  
 Corbetts 26  
 Mountain Bike Centres 3  
 Outdoor Activity Centres 9  
 Community Path Leaflets 16  
 Ranger Services: Welcome and be outdoors! and enter the Outdoors 12

**Welcome to the Natural Health Service**  
 On your marks. Get set... GO...  
 ...Lots get active Cairngorms

**Why Exercise...**  
 It's medically proven that people who do regular physical activity have:  
 - 30% lower risk of early death  
 - up to a 35% lower risk of coronary heart disease and stroke  
 - up to 50% lower risk of type 2 diabetes  
 - up to 20% lower risk of breast cancer  
 - up to 30% lower risk of depression  
 - up to 30% lower risk of dementia

**Recommended physical activity levels**  
 Children (5-11): 180 mins every day  
 Youths (12-17): 60 mins every day  
 Adults (18+): 150 mins every week

**Active promotion to date**  
 4,026 Health Walks Delivered (COAT)  
 From April 2011 - March 2015

**16 Communities with path leaflets:**  
 Aviemore, Boat of Garten, Glen Clova, Laggan, Atholl, Carbridge, Glen Eak, Nethybridge, Ballater, Dalwhinnie, Grantown-on-Spey, Strathdon, Braemar, Dulnain Bridge, Kingussie, Tomaroul

**Tread Lightly in the Park: Responsible access campaign**  
 Also produced promotional boards, maps, flags and banners.

over 8,000 leaflets



## What does success look like?

- **Greater public awareness** of the benefits & opportunities for contact with nature as part of everyday lives.
- An **increase in the number of people being active** through contact with the nature.
- **Greater awareness in health professionals** of the contribution of nature-based health promotion and interventions to physical and mental health and well-being.
- Public Health and Health & Social Care sectors routinely embracing **nature-based health promotion and interventions** across the full range of relevant programmes for prevention, treatment and care.
- Increased **commissioning of, and stable funding** for, nature-based health promotion programmes and interventions by health and social care partnerships.
- Role of nature-based health promotion and interventions mainstreamed in **the planning and use of the public estate.**





## Next Steps for the *Natural health service*

- Develop national and local partnerships to support workstream activity
- Secure more funding
- Preparation of communication messages and briefing material
- Turn ambition into action!



**Thank You!**

[www.snh.gov.uk/land-and-sea/managing-recreation-and-access/healthier-scotland](http://www.snh.gov.uk/land-and-sea/managing-recreation-and-access/healthier-scotland)



## 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

