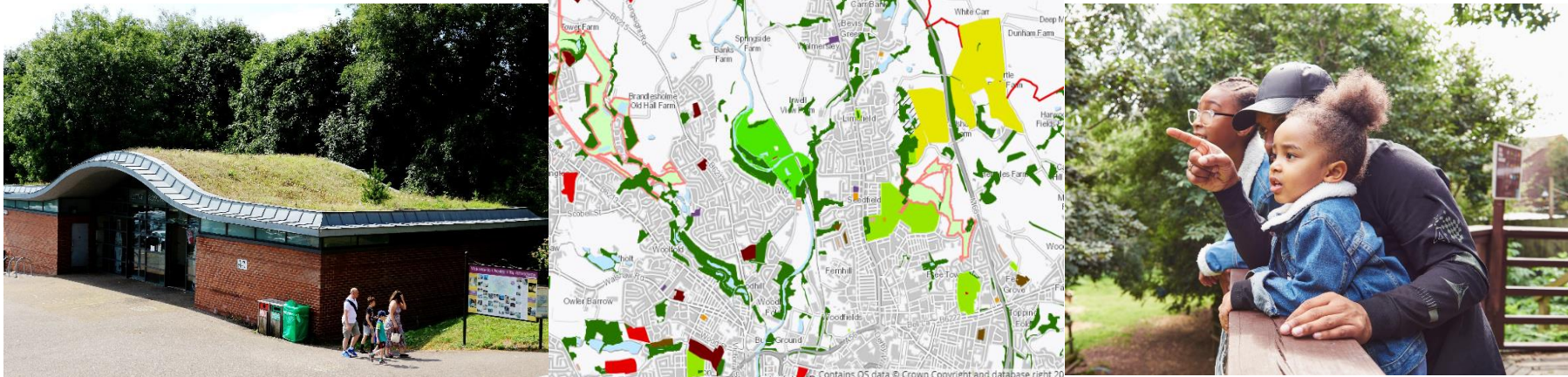
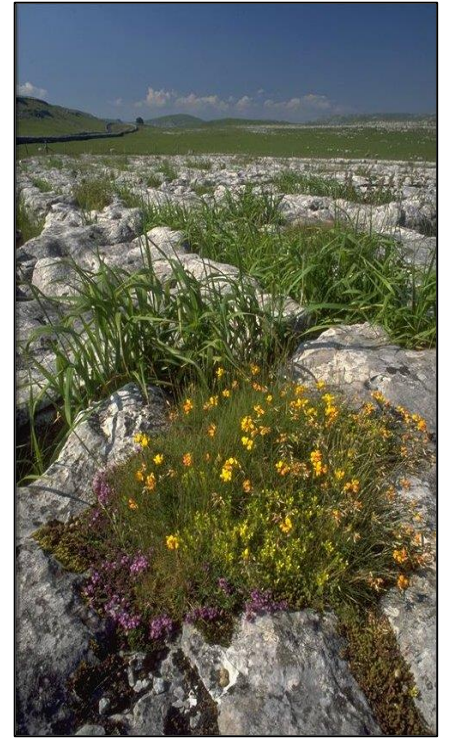
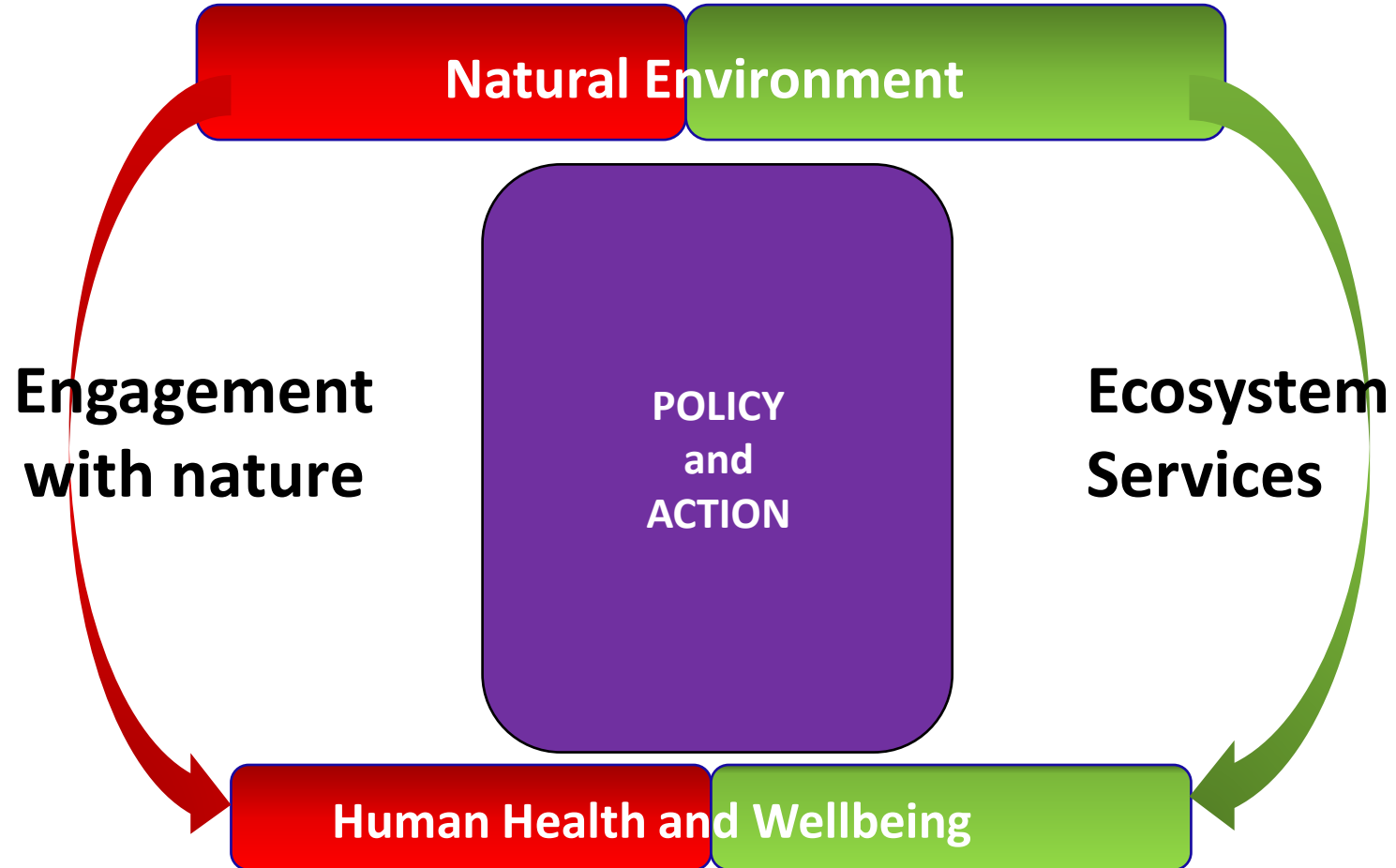


Greenspaces, Health and Wellbeing

Jane Houghton, Senior Adviser, Natural England



How are human health and wellbeing and nature related?

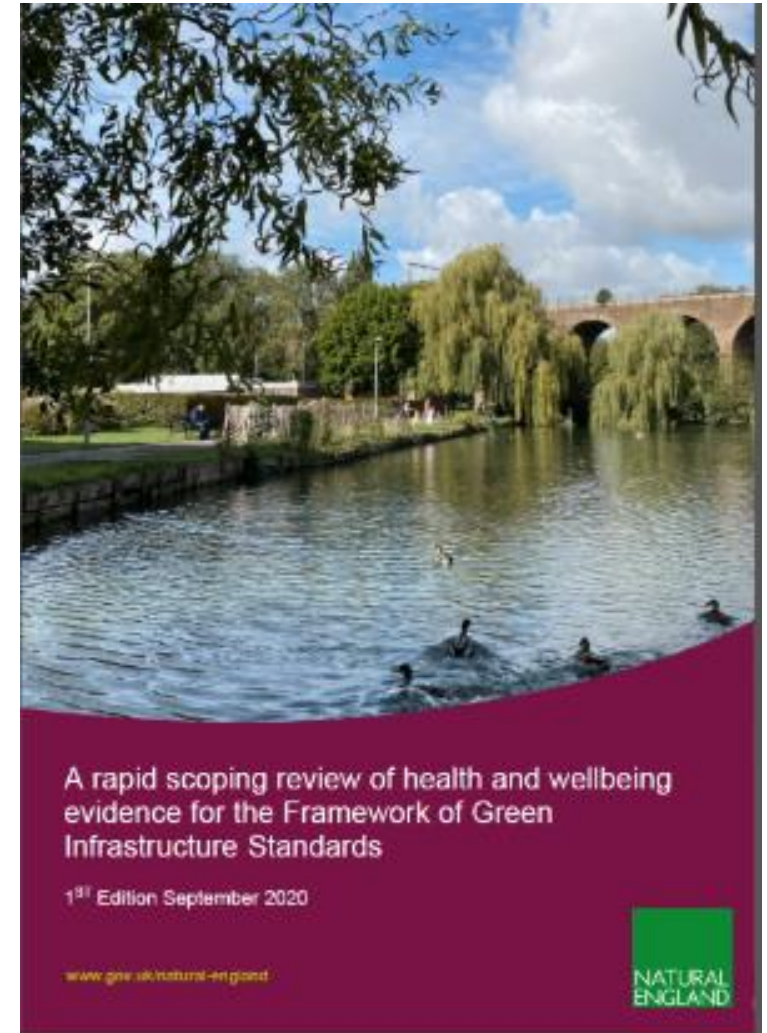


Wellbeing Benefits of GI - Review of Evidence



Active and passive health and wellbeing benefits of GI

- Green infrastructure has a positive influence on population and individual level health and wellbeing
- more frequent exposure to green infrastructure has a positive influence on mortality rates, certain types of morbidity, mental health, quality of life, and is associated with less stark inequalities in health.
- It is likely that GI influences health and wellbeing through direct and 'active' pathways and through indirect or 'passive' pathways



Nature connection

- its role in health and wellbeing benefits of GI

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Nature close to home



Most people's experiences with nature are **close to home**, with people making more use of nature on their doorstep. The numbers of visits to **urban greenspaces** almost **doubled** in the last 10 years.

Distance travelled on visits to the natural environment

Over 2 in 3 nature visits are taken within 2 miles of home

(Proportion of all visits taken to the natural environment)



< 1 mile
44%

1 or more miles
24%

3 to 5 miles
17%

6+ miles
16%



Urban greenspace is important for children



The natural places children spend time in

(% of children under 16, places visited in last month)



17%

Coastal



36%

Countryside



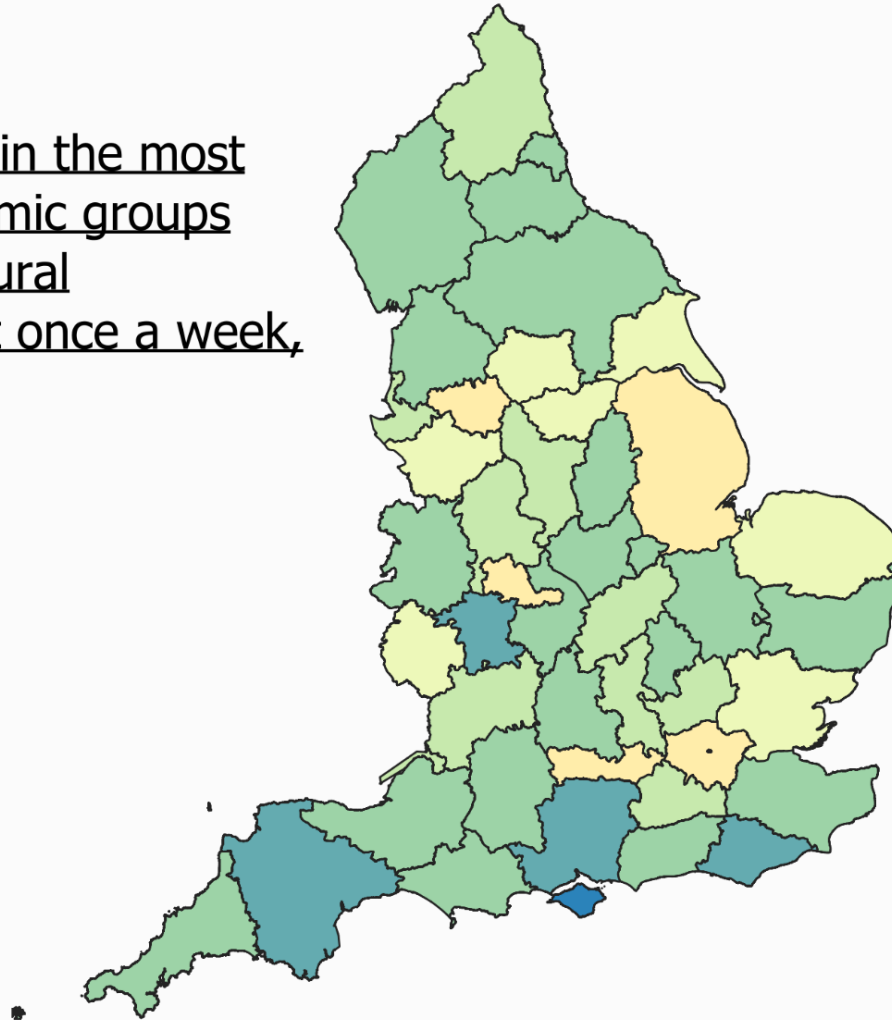
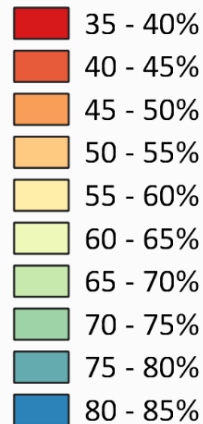
72%

Urban greenspaces



Is everyone visiting nature more?

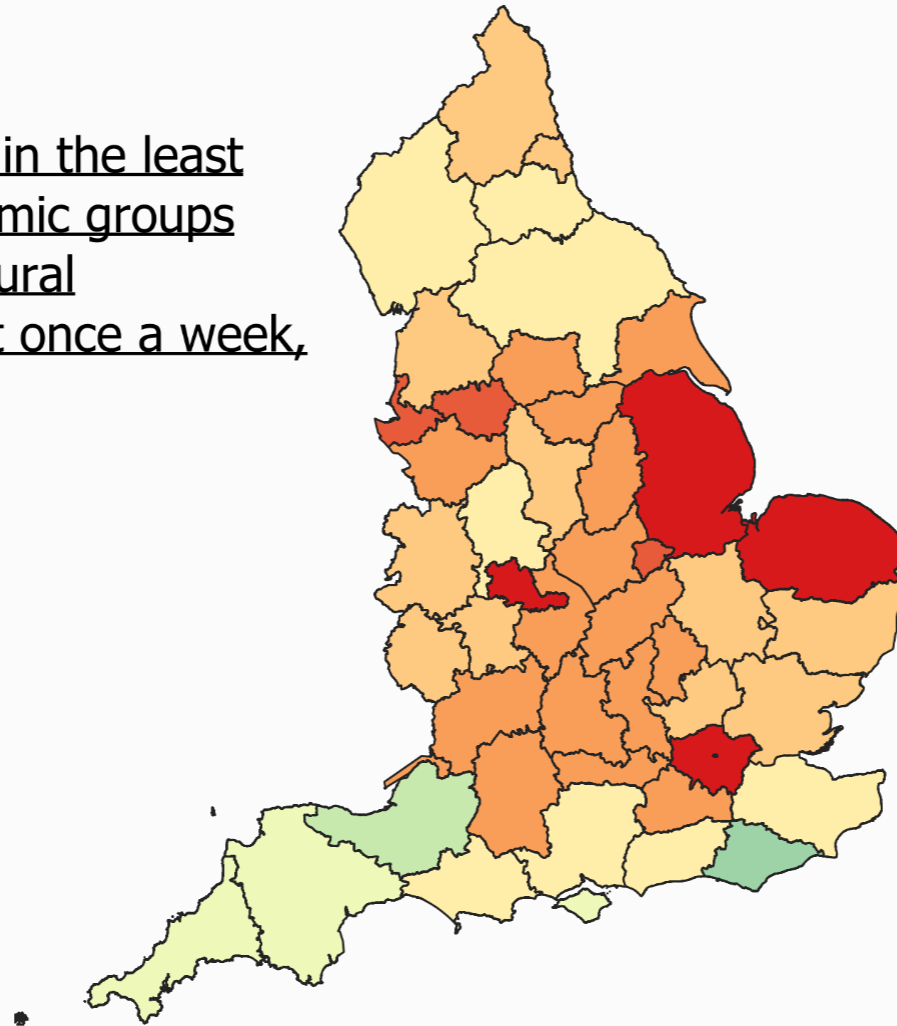
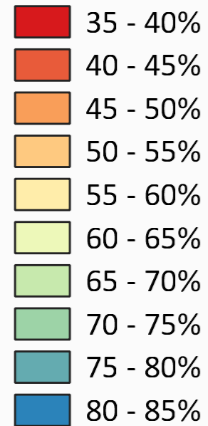
Proportion of adults in the most affluent socio-economic groups (AB) visiting the natural environment at least once a week, by English county.



- Isle of Wight (82%)
- Devon (78%)
- Worcestershire (77%)
- Hampshire (77%)
- East Sussex (76%)
- Somerset (75%)
- Durham (75%)
- Wiltshire (75%)
- Oxfordshire (74%)
- West Sussex (74%)

Is everyone visiting nature more?

Proportion of adults in the least affluent socio-economic groups (DE) visiting the natural environment at least once a week, by English county.



- West Midlands (36%)
- Lincolnshire (38%)
- Norfolk (38%)
- Outer London (38%)
- Inner London (39%)
- Rutland (42%)
- Merseyside (45%)
- Greater Manchester (45%)
- Leicestershire (46%)
- Cheshire (46%)

What's the evidence telling us?



Green Infrastructure Standards Health and Wellbeing Evidence Review highlights the importance of creating:

- greener living environments with a variety of types and sizes of greenspaces, affording different benefits;
- publically accessible and private greenspace
- green routes and connectivity
- better quality and well-maintained greenspace
- GI close to home, work and education
- Social interventions



<http://publications.naturalengland.org.uk/publication/4799558023643136>

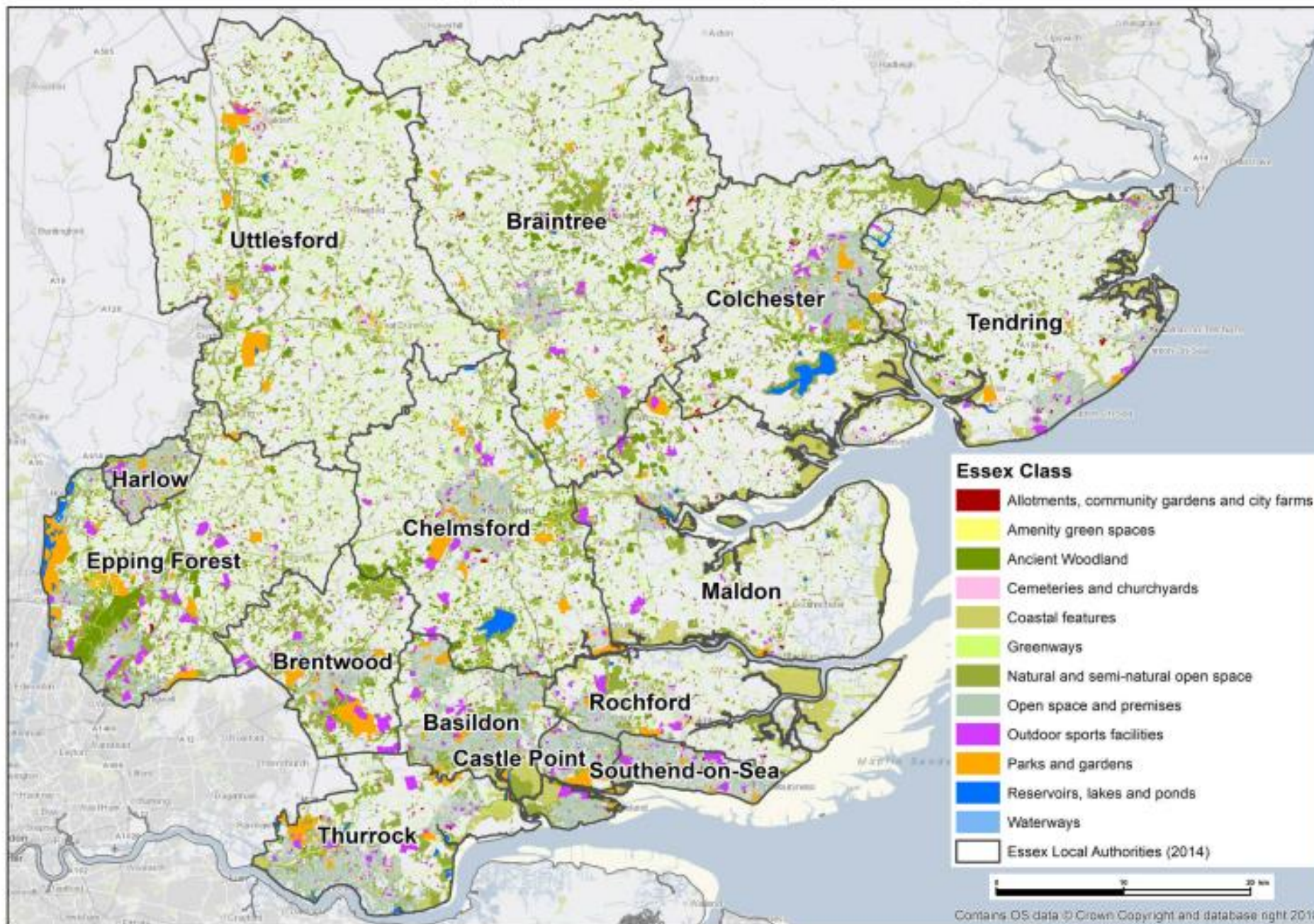
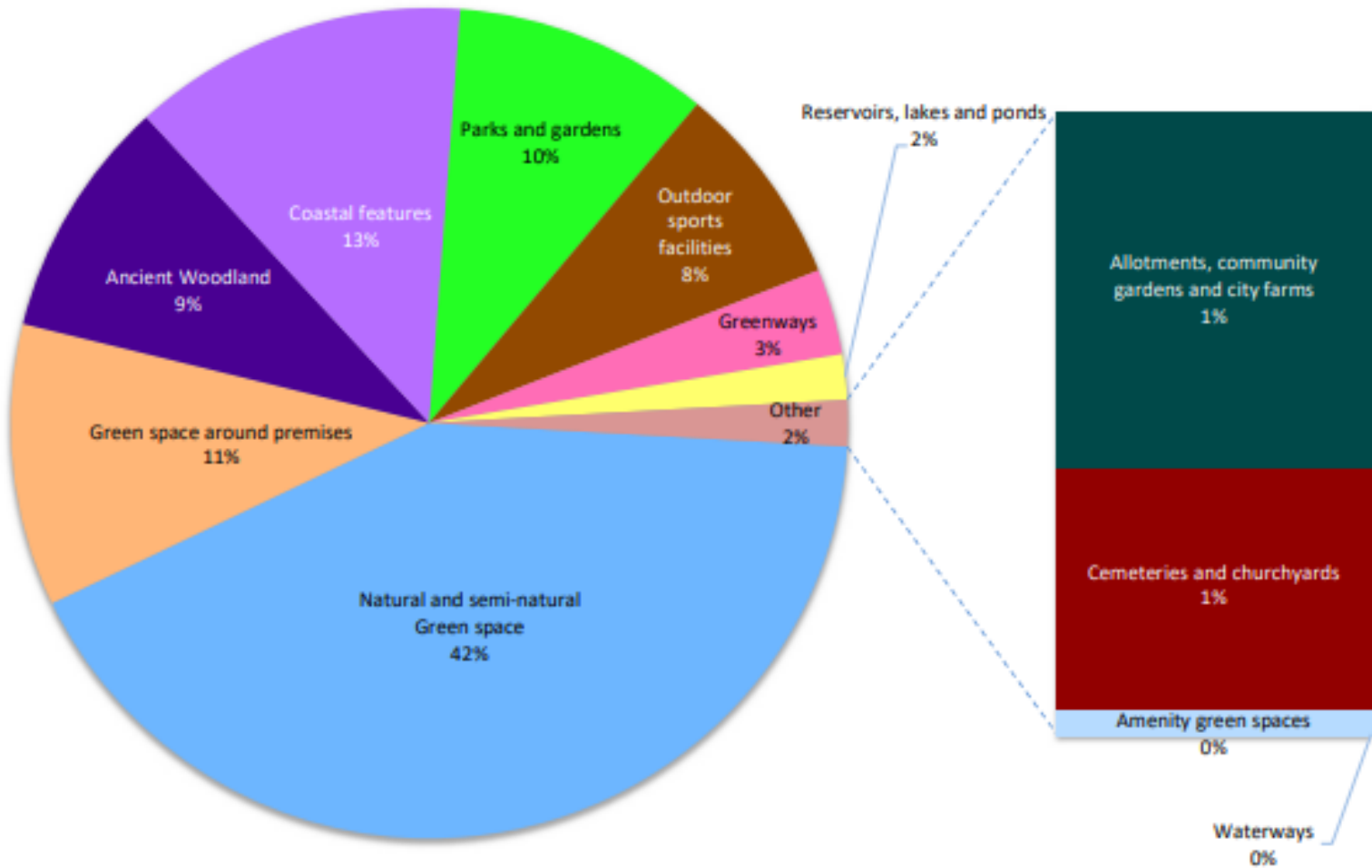


Figure 4: Types of green space (both publicly accessible and non-accessible space) in Greater Essex

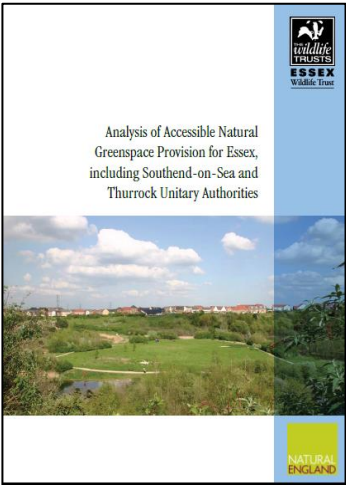


- Natural and semi-natural Green space
- Green space around premises
- Ancient Woodland
- Coastal features
- Parks and gardens
- Outdoor sports facilities
- Greenways
- Reservoirs, lakes and ponds
- Allotments, community gardens and city farms
- Cemeteries and churchyards
- Amenity green spaces
- Waterways

Accessible Natural Green Space Standards

Table 4. Average percentage of total population within ANGSt Buffers in rural, urban and semi-urban LSOAs.

Buffer	Name of criterion	Size distance criteria	Average Percentage of total population covered by buffer (%)		
			Rural	Semi-Urban	Urban
200m	Doorstep Greenspace	At least 0.5 ha of accessible greenspace within 200 m	11.56	18.65	36.32
300m	Local Greenspace	At least 2 ha of accessible greenspace within 300 m	11.24	11.26	27.51
1k	Local Greenspace	At least 10 ha of accessible greenspace within 1 km	21.97	24.66	54.31
2k	Wider neighbourhood	At least 20ha of accessible greenspace within 2 km	34.01	38.31	70.87
5k	District	100 ha of accessible greenspace within 5 km	39.29	43.25	62.68
10k	Sub-regional	500 ha of accessible greenspace within 10 km	27.48	27.21	31.52



- 29%** of households within Essex have access to a site of at least 2 hectares within 300 metres
- 68%** of households within Essex have access to a site of at least 20 hectares within 2 kilometres
- 72%** of households within Essex have access to a site of at least 100 hectares within 5 kilometres
- 19%** of households within Essex have access to a site of at least 500 hectares within 10 kilometres
- 7%** of households within Essex have all of their ANGSt requirements met
- 14%** of households within Essex have none of their ANGSt requirements met

Essex Local Nature Partnership Targets

Access to High Quality Natural Green Infrastructure by 2030



Access to High Quality Natural Green Infrastructure by 2030

In **Essex** everyone, wherever they live, has

- a) access to high quality nature-rich green spaces for enjoyment and health and wellbeing, within easy walking distance (200-300 metres), and
- b) access to large scale nature-rich green spaces, landscapes, coast and the marine environment.

AND

1 in 4 people taking action for wildlife by 2030



What are we doing in Essex?

- Essex GI Strategy - priorities – e.g. enhancing existing greenspaces
- Essex GI Standards
- Health Impact Assessments
- Green Social Prescribing
- Addressing inequalities in access provision; Access for All
- Encouraging and welcoming people who don't normally visit greenspaces
- Engaging communities in greenspace governance,
- Managing sensitive greenspaces to avoid recreational disturbance
- Opportunities: Local Nature Recovery Strategies & SEEPark & Local Nature Reserves



Green Social Prescribing

Preventing and tackling mental ill health through green social prescribing

£5.77m Shared Outcome Fund project to examine how to scale-up green social prescribing services in England.

5-7 test and learn sites (pilots) led by NHS England working closely with Natural England and Public Health England



Investment in Green Infrastructure



- Public AND private AND third sectors can work together
 - New financial mechanisms are emerging through new legislation: net gain, ELMs, Green Recovery funds
 - Desire to invest in nature to reduce business risk has never been stronger- and new reporting standards for climate related financial disclosures adds pressure
 - Aligning good economics with environmental outcomes – doing the right things pays off
 - Green finance can help perception of environment move from liability to asset
- Biodiversity Net Gain Environmental Land Management (ELM)
 - Green recovery challenge fund
 - Natural Environment Investment Readiness Fund
 - Nature for Climate Fund
 - Levelling Up Fund
 - Future High Streets Fund
 - Towns Fund
 - City and Growth Deals
 - Strength in Places Fund
 - Active Travel Fund
 - Highways England Environment Designated funds

Where Next?

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What do we need to achieve a quantum shift in how our society harnesses green spaces to improve health and wellbeing?

- Systemic change
- Evidence-based
- Regulatory
- Policy
- Programme
- Build on existing models
- Standards and targets
- Quality of place