

REPORT OF PUBLIC HEALTH

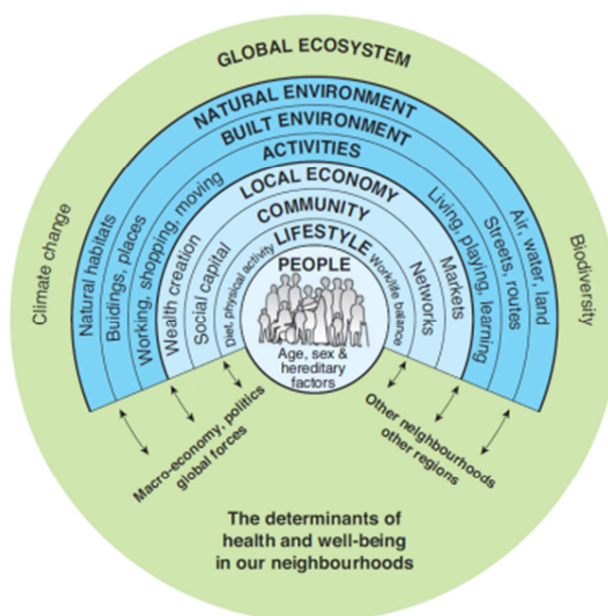
LOWLAND DERBYSHIRE & NOTTINGHAMSHIRE LOCAL NATURE PARTNERSHIP

Purpose of the Report

1. To raise awareness of the role of the natural environment in the promotion of good health and helping people to recover from illness.
2. To raise awareness of the role of health and care commissioners and providers in improving the natural environment for the benefit of the health of the population.
3. To explore how Public Health can work with Lowland Derbyshire & Nottinghamshire Local Nature Partnership to contribute to health and wellbeing in Nottinghamshire.

Information and Advice

4. Many influences affect people's health and wellbeing. Those which determine the health and wellbeing of communities and individuals range from climate change and the local environment to lifestyle factors such as diet, physical activity and hereditary factors.



Source: Barton and Grant (2006)

Does access to the natural environment improve health and wellbeing, prevent disease and help people recover from illness?

5. Green exercise is taken in an outdoors environment and may include activities such as walking, cycling, running, gardening and conservation. Activity can take place in green spaces near to where people live or further afield in the open countryside.
6. Green space offers a number of benefits to health: -
 - Research has shown that patient recovery rates improve even if they can only view trees from their hospital window.¹
 - It improves the quality of our living and working spaces, attracting business and investment and contributing to the local economy e.g. through improved air quality, noise and temperature regulation.
 - It provides employment in nature.
 - It reduces the impacts of extreme weather.
 - It provides attractive locations for walking and cycling.
 - It reduces healthcare costs.
 - Forests, peat bogs and saltmarsh can remove significant amounts of carbon from the atmosphere.
 - Trees and vegetation provide shelter from cold winds; cool the air in summer through shade and transpiration and reduce the risk of local flooding by helping water infiltrate the ground.
7. Experiencing nature in the outdoors can: -
 - Improve air quality²
 - Help tackle obesity and coronary heart disease
 - Encourage people to be more active
 - Help tackle mental health problems and restore people's ability to concentrate and reduce stress
 - Increase productivity
 - Through social interaction and access to the outdoors and nature, improve the quality of life of older people, including those living with dementia.³
8. There are many examples of good practice in Nottinghamshire e.g. Walking for Health, community food growing projects, Brook Farm in Nottinghamshire and the Eco Centre <http://www.eco-centre.org.uk/>
9. Drawing on previous costing approaches by the National Institute for Health and Clinical Excellence (NICE) and others, Natural England provides estimates of the value of the expanded Walking the Way to Health Initiative (WHI) programme for its duration and health value of universal provision of green space access.
10. The models gave the following illustrative estimates of value of the expanded WHI programme over the 3 year period:

¹ <http://nhsforest.org/evidence> accessed 18 August 2014

² <http://savinghumans.org/2013/07/10/cities-are-for-life-not-just-for-people/>

³ <http://publications.naturalengland.org.uk/publication/31045?category=127020>
<http://publications.naturalengland.org.uk/publication/6578292471627776?category=127020>
<http://www.nice.org.uk/guidance/PH8/chapter/Appendix-C-the-evidence>

PH 1.16 Utilisation of green space for health/exercise reasons

http://www.rspb.org.uk/Images/naturalthinking_tcm9-161856.pdf

- 2817 Quality Adjusted Life Years (QALY) delivered at a cost of £4008.98 per QALY.
 - Savings to the health service of £81,167,864 (based on life-cost averted).
 - A cost-benefit ratio of 1:7.18.
11. The values presented are illustrative estimates based on assumptive models. Available data is limited and this prevents all costs and benefits from being included in the calculations. If the data was available that allowed for the full financial costs to be considered across the range of delivery partners, it is still highly likely that the models would show WHI to be cost-effective, with substantial life-cost averted savings and a high cost benefit ratio.
12. Recent work has shown that where people have good perceived and/or actual access to green space they are 24% more like to physically active. If this effect was universal and the population of England was afforded equitable good access to green space it is estimated that the life-cost averted saving to the health service could be in the order of £2.1 billion per annum.⁴

Key Health issues in Nottinghamshire

Air quality

13. The Nottinghamshire Air Quality Strategy identifies the need to reduce air pollution by encouraging alternative travel modes and promoting sustainable development through the Local Transport Plan and development plan processes.⁵

Obesity and Coronary Heart Disease

14. Unhealthy diets combined with physical inactivity have contributed to an increase in excess weight. Nationally, almost a quarter of adults and a sixth of children under the age of 11 are obese. It is predicted that by 2050, 60% of adult men, 50% of adult women and 25% of children may be obese. Alongside this, overweight has become usual rather than unusual⁶
15. In Nottinghamshire, it is estimated that 24% of adults are obese. This is around 166,000 adults aged 16 and over. Obesity appears to be higher among the more deprived.
16. In reception year, over one in five children in Nottinghamshire are either overweight or obese. By Year 6, the rate is almost one in three, similar to the national figure. In local Year 6 aged children, the prevalence of obesity is significantly higher in boys than girls (19.6% and 15.5% respectively). Nationally, 20% of boys and 16.5% of girls are obese at this age.⁷

Physical Activity

⁴ Natural England Technical Information Note TIN055 An estimate of the economic and health value and cost effectiveness of the expanded WHI scheme 2009

⁵ North Nottinghamshire Local Transport Plan 2006-2011

<http://www.nottinghamshire.gov.uk/travelling/travel/plansstrategiesandtenders/local-transport-plan/>

⁶ Nottinghamshire County Council www.nottinghamshire.gov.uk/EasySiteWeb/GatewayLink.aspx?allid=343040 Accessed 18 August 2014

⁷ Nottinghamshire JSNA children September 2013

www.nottinghamshire.gov.uk/EasySiteWeb/GatewayLink.aspx?allid=258070 Accessed 18 August 2014

17. 21% of Nottinghamshire young people aged 11-18 years say they never play sport or do any physical activity. In Ashfield, this figure is 33%, the highest in the county (Tellus 4 Survey). Using the national proportions from the HSE (2008), it is estimated that approximately 30,000 (14,600 boys and 15,500 girls) of the 42,000 resident population in Nottingham City aged between 2-15 years are not meeting the recommended levels of physical activity.

Mental health and disability

18. One in four people will encounter mental health problems at some stage of life. Positive experiences throughout the life course from early years to old age promote good mental health. There is also growing evidence that improving mental wellbeing increases the resilience of individuals and groups, and produces a wide range of benefits across society.⁸ In Nottinghamshire 20% of the population have a disability. This is slightly higher than the average in England of 18%. A growing body of evidence identifies that people with a disability, long term condition or who are workless are more likely to suffer from poor mental health.¹⁰ People with Learning Disabilities die younger and have poorer health than the general population.¹¹

Work

19. The better people feel at work, the greater their contribution and the higher their personal performance and the performance of their organisation. Addressing workplace health and wellbeing effectively will improve health outcomes for staff, reducing sickness absence, staff turnover, 'presenteeism' (attending work when unwell) and improving performance. In 2011/12, 27 million work days were lost through long term sickness (over 20 weeks), of which 22.7 million were linked to work related ill health. Helping people back into work where they have been out of work due to mental ill health can assist in some cases with recovery. Employers have an important role to play both in supporting citizens already in work and in demonstrating a willingness to provide employment for people who have been out of work due to identified health conditions.

Ageing population

20. Overall, the age structure of Nottinghamshire is slightly older than the national average, with 19% of the population aged 65+ in 2011 compared with 17% in England. Our population is predicted to continue to age and over the next seven years and is expected to increase by 12% to 177,400 by 2020. Older people are more likely to experience disability and limiting long-term illnesses. More older people in Nottinghamshire are anticipated to live alone (increasing by 14% between 2014 and 2020).¹² Dementia is one of the main causes of disability in later life. The number of people with dementia is rising as the population ages. For example, the prevalence of dementia is expected to rise across Nottinghamshire by 88% between 2010 and 2030, with an estimated 18,400 people affected due to the ageing

⁸ Kim-Cohen J, Caspi A, Moffitt T et al. (2003) Prior juvenile diagnoses in adults with mental disorder. Archives of General Psychiatry 60: 709–717; Kessler R, Berglund P, Demler o et al. (2005) Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the national comorbidity survey Replication. Archives of General Psychiatry 62: 593–602.

⁹ Department of Health. 2011. No Health Without Mental Health.

¹⁰ Nottingham City Joint Health & Wellbeing Strategy 2013-16

¹¹ Nottinghamshire Health and Wellbeing strategy priorities 2014-16 page 6

¹² <http://www.nottinghaminsight.org.uk/insight/jsna/county-jsna-home.aspx>

population. The rate of increase for Nottinghamshire is expected to be higher than for the East Midlands. Currently it is estimated that only about 40% of people with dementia are diagnosed and treated by their GP ¹³

The role of health and care commissioners and providers in improving the natural environment for the benefit of the health of the population.

21. The health of patients, staff and local communities can be dramatically improved by providing opportunities to exercise outdoors and access green spaces including woodlands but less than 10% of the population have access to local woodland within 500m of their home. ¹⁴
22. NHS staff, patients and the local community all have key roles to play in increasing green space. There is a wealth of information about how this can be done. Nationally the NHS Forest project has information on their website for commissioners and providers: <http://nhsforest.org/get-involved>. The East Midlands NHS Sustainable Development Network trialled 3 NHS Forest projects as part of the East Midlands NHS Carbon Reduction Project and help and advice is available through the Public Health Manager with the lead for Sustainable Development.

Examples of good practice

23. Birmingham NHS Foundation Trust: NHS Forest sites were identified across the combined Mental Health and Acute Trusts working collaboratively with mental health and physical disability. Site 1 was planted with 20 fruit trees as a community orchard. Other phases include providing:
- raised beds for community use
 - six bee hives
 - regenerated woodland and additional woodland planting
 - bluebell and snowdrop planting
 - a poppy meadow for the centenary of the First World War
 - a reminiscence garden for elderly care.

<http://nhsforest.org/university-hospitals-birmingham-nhs-foundation-trust>

24. Nottingham University Hospitals Trust achieving Gold status in the Food Catering Mark; - the first NHS hospital to achieve the Soil Association's Gold Food for Life Catering Mark for serving fresh, healthy meals – made with local, seasonal and organic ingredients. This ensures staff, patients and visitors at Nottingham City Hospital and Queen's Medical Centre have a guarantee that the food they are eating is prepared with fresh ingredients, free from harmful additives and trans fats and which meet high standards of traceability, freshness and provenance. It provides an independently audited framework for the hospital and ensures at least 15% of total ingredient spend is on organic ingredients, and that menus make use of ingredients produced locally and in the UK.
25. This will ensure a reduction in the use of chemicals in pesticides and fertilizers on the land, leading to an increase in bio-diversity and illustrates the potential for health services to impact on nature.

¹³ Nottinghamshire Health and Wellbeing strategy priorities 2014-16 page 7

¹⁴ <http://nhsforest.org/evidence>

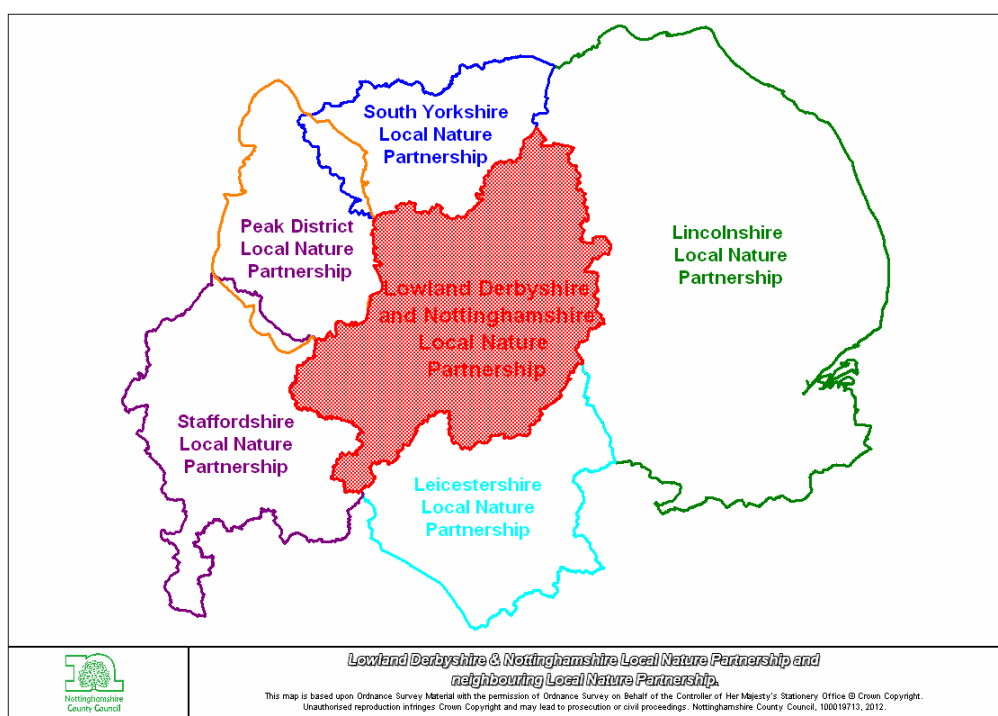
The Lowland Derbyshire & Nottinghamshire Local Nature Partnership

26. In 2010 the new Coalition Government made a commitment to establish 50 Local Nature Partnerships across England. The Lowland Derbyshire and Nottinghamshire Local Nature Partnership covers the county of Nottinghamshire and those areas of Derbyshire (outside the Peak District) covered by the Lowland Derbyshire Biodiversity Partnership. This area is entirely within the boundary of the Derbyshire and Nottinghamshire Local Enterprise Partnership (D2N2 LEP). A map showing the area covered by the Lowland Derbyshire and Nottinghamshire Local Nature Partnership is included at Figure 1 below.

27. The main purposes of the Local Nature Partnerships are to; -

- embed the value of the natural environment in local decision making
- promote sustainable land use and management
- promote the greening of economic growth
- advise on strategic planning matters
- enhance the quality of life, health and well-being of citizens.

Figure 1: A map showing the area covered by the Lowland Derbyshire and Nottinghamshire Local Nature Partnership



28. The health strategy for the Lowland Derbyshire & Nottinghamshire Local Nature Partnership is at development stage. It will promote the potential health benefits of accessing the natural environment. Specifically to: -

- influence developers and planners to take account of the health benefits of the natural environment when planning developments

- encourage decision makers to allocate resources to improving the natural environment including health service commissioners and providers for the benefit of the health of the population
- promote the potential for health services to increase the natural environment within the estate
- identify opportunities for research into the benefits of green space on mental health
- help businesses, communities and individuals to create and enjoy the benefits of a better natural environment.

Membership of Lowland Derbyshire & Nottinghamshire Local Nature Partnership

29. Membership comprises:

- **Private sector:** Toyota UK (chair), National Farmers Union, Center Parcs, David Wilson Homes, Lafarge Tarmac, Water industry
- **Local government and health:** Derbyshire County Council, Nottinghamshire Health & Wellbeing Board, Nottingham and Nottinghamshire Health & Sustainable Development
- **Voluntary/Environmental sector:** Derbyshire Wildlife Trust / East Midlands Biodiversity Partnership, Nottinghamshire Wildlife Trust, RSPB, Rural Community Action Nottinghamshire
- **Public Bodies:** Natural England, National Forest, Derby University
- The Board is supported by its employee, Rosy Carter, and by officers of the two County Councils and staff of Toyota. For more information see: <http://www.derbyshirebiodiversity.org.uk/lnp/index.php>

How can Public Health work with Lowland Derbyshire & Nottinghamshire Local Nature Partnership to contribute to health and wellbeing in Nottinghamshire?

30. The LNP can contribute knowledge and expertise about the natural environment that will help to identify areas for joint work. The LNP is keen to work with Public Health and Health & Wellbeing Boards to:

- implement healthy living and access to green space and countryside.
- Highlight the importance of natural areas, active lifestyles and active transport in preventative health.
- Deliver landscape scale projects on behalf of LEPs (e.g. Regional Growth Fund and EU Structural Investment Funds) or on their own account through LNP partner organisations.
- Contribute to strategic land use planning processes and early interventions with businesses and developers to map and develop opportunities for enhancing biodiversity and greenspace at major development sites
- Influence policy and strategies to achieve better health and improved environment
- Stimulate new projects and services that are based on sustainable, environmentally friendly growth
- Reduce costs of services and improving outcomes.

31. Create a 'natural health service' for Derbyshire and Nottinghamshire delivering:

- NHS Forest initiatives
- increased physical activity e.g. walking for health groups for care homes;
- tools to help GP practices to 'pull' people into healthier living rather than
- push/prescribe outdoor activity; green gym opportunities through setting up of more site based Friends Groups to build capacity to enhance biodiversity

- mitigation of climate change impacts on health.

Reasons for Recommendations

32. To improve health and wellbeing at a time of austerity

Statutory and Policy Implications

33. This report has been compiled after consideration of implications in respect of crime and disorder, finance, human resources, human rights, the NHS Constitution (Public Health only), the public sector equality duty, safeguarding of children and vulnerable adults, service users, sustainability and the environment and ways of working and where such implications are material they are described below.

Financial Implications

34. This work will contribute to an improvement in health and wellbeing through intelligent use of natural resources.

Human Resources Implications

35. Existing staff training through awareness raising sessions.

Human Rights Implications

36. Currently residents in care homes are regularly deprived of access to fresh air due to risk averse procedures by care home staff. This work could help to address this issue.

Implications for Service Users

37. Service Users will benefit through improved health and wellbeing.

Implications for Sustainability and the Environment

38. Sustainability and the Environment will improve as a result.

Ways of Working Implications

39. Training and awareness raising for staff will help to improve the natural environment and health and wellbeing

RECOMMENDATIONS

The Public Health Committee is asked to:

- 1) Support the development of joint working between the LNP, Public Health and the Nottinghamshire Health and Wellbeing Board.

- 2) Support the mapping of existing health and wellbeing work with the natural environment and best practice / gaps
- 3) Develop ways of complementing and enhancing outcomes by working together.
- 4) Develop project proposals based on key areas of priority where resources allow.

Helen Ross and Councillor Martin Suthers

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Background Papers and Published Documents

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

- None

Electoral Divisions and Members Affected

- All