

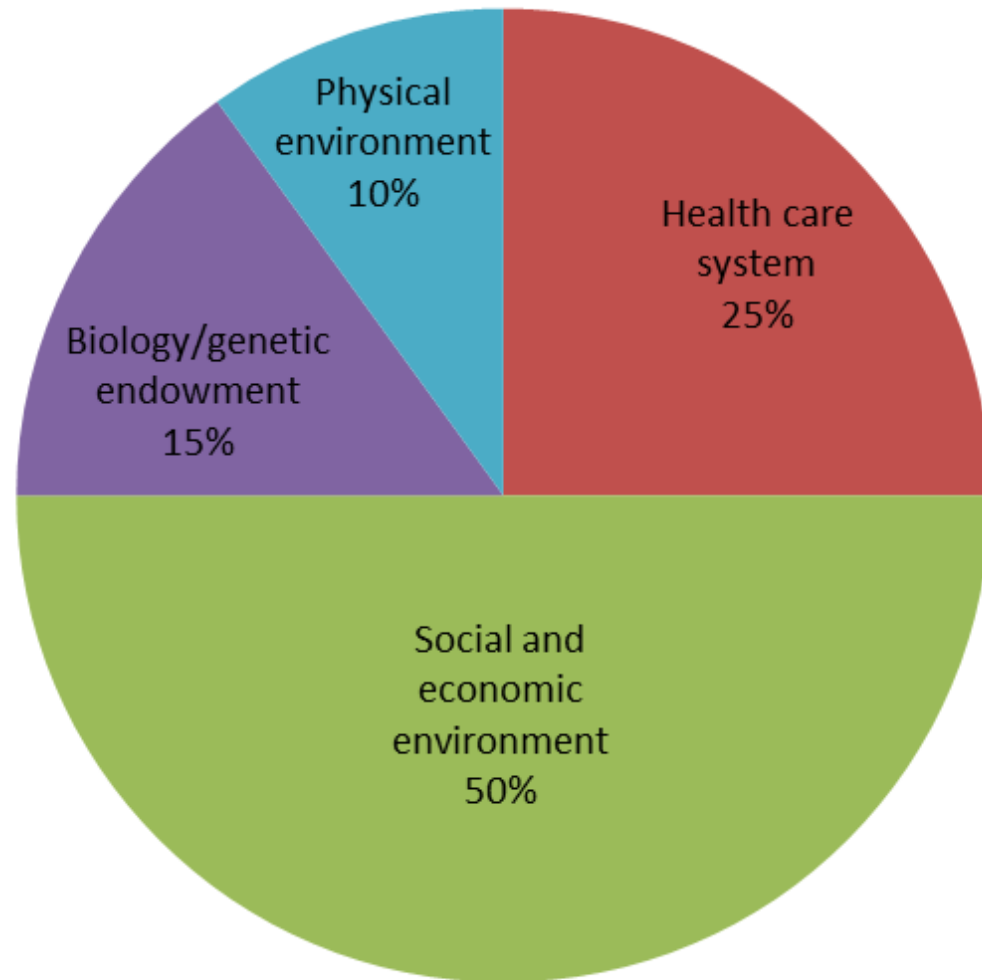
Creating the Right Environments for Health in Slough

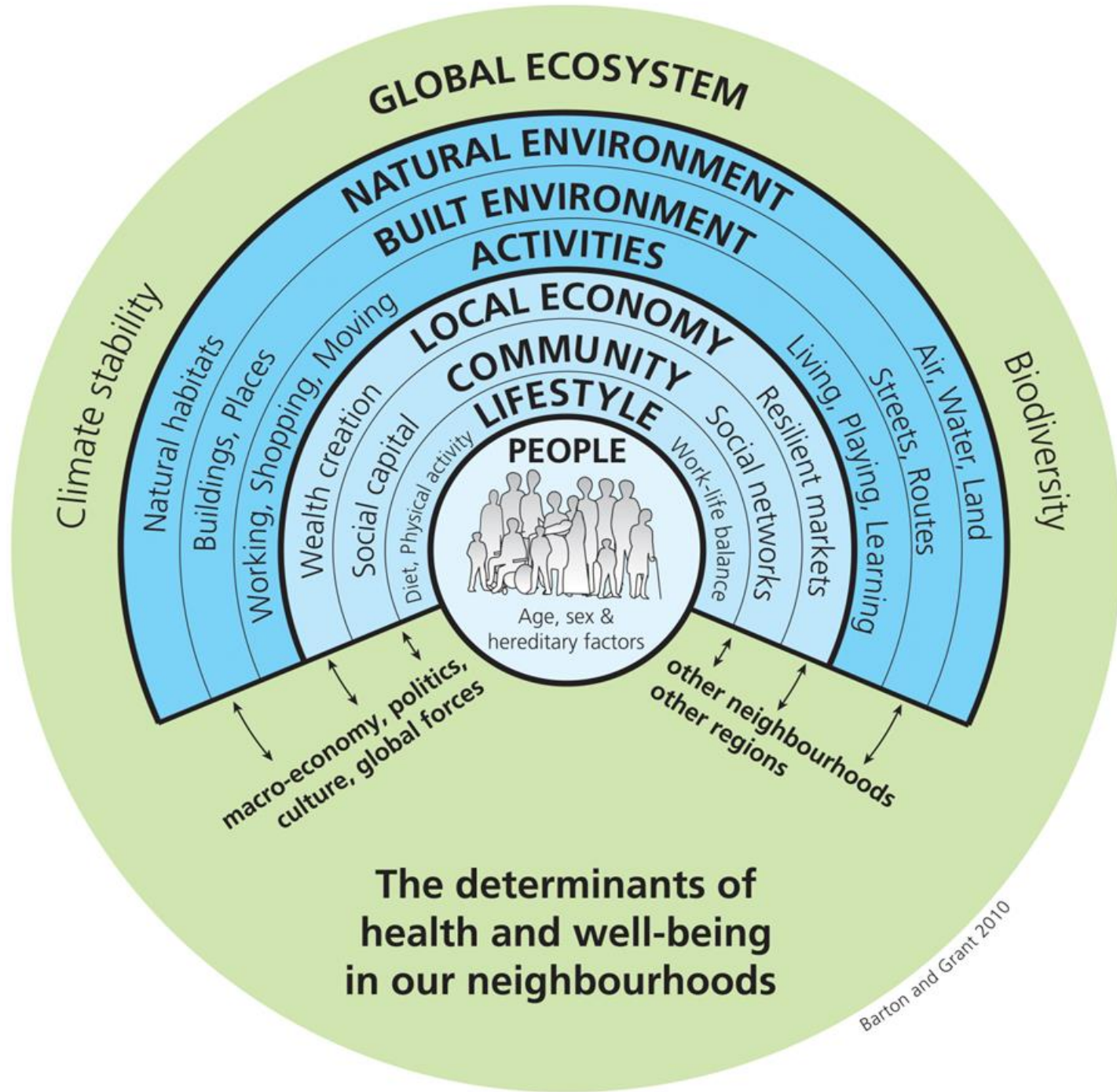
Darrell Gale FFPH

Acting Strategic Director of Public Health for Berkshire



Estimated impact of determinants on health status of population





The determinants of health and well-being in our neighbourhoods

Barton and Grant 2010

Health Benefits of Greenspace

- Stress reduction
- Spending time in nature can have restorative effects through relaxation.
- Improved environmental quality
- Green spaces are more likely to be biologically diverse, and contribute to improving air quality and reducing the effect of heat concentration in cities.
- Greater social cohesion
- Areas of natural environment are places that people can socialise and congregate, places of pride in the community and as a result improve the cohesion of neighbourhoods.
- Increased physical activity
- Green spaces are appealing to visit, and typically need to be walked, cycled or played in to appreciate them.

In the news

- Parks save the NHS about £111m a year
- People would need to spend £974 each year to achieve the same level of life satisfaction they get from parks
- 95% of park professionals say they are concerned about lack of investment
- 16% of people believe their local park is under threat of being built on

UK parks boost quality of life by £34bn

7 May 2018

f t m Share



Parks and green spaces generate health benefits that would cost more than £34bn if they did not exist, research by Fields in Trust has suggested.

Recommendations

1. Local authorities and other agencies should continue to encourage community initiatives that make the most of natural space available, with the aim of improving mental health, increasing physical activity and strengthening communities.
2. Existing green space should be improved and any new developments should include quality green spaces and be designed with active transport in mind.



Recommendations Contd.

3. Planning guidance for new developments should specifically consider the use of green and blue space to improve the health and wellbeing of residents and others using the space.
4. Public health / Local Authority should foster new relationships with organisations aiming to improve the natural environment and its use.









For Discussion?

- Is too much park focus is on beautification, not enough about multi-functionality and facility management?
- Should more local authority effort could go on getting more people into the spaces, less on 'bling'?
- If we used what we spend on bling on investment in management, could we achieve a lot more in value for money terms than we do at present?

Conclusion

Green spaces can define the quality of places people live....itself a factor in things like mental health and sense of well-being.

Whatever they contain, their most redeeming feature can be their mere existence.

