



Public Health
England

Protecting and improving the nation's health

Green places for health: the evidence

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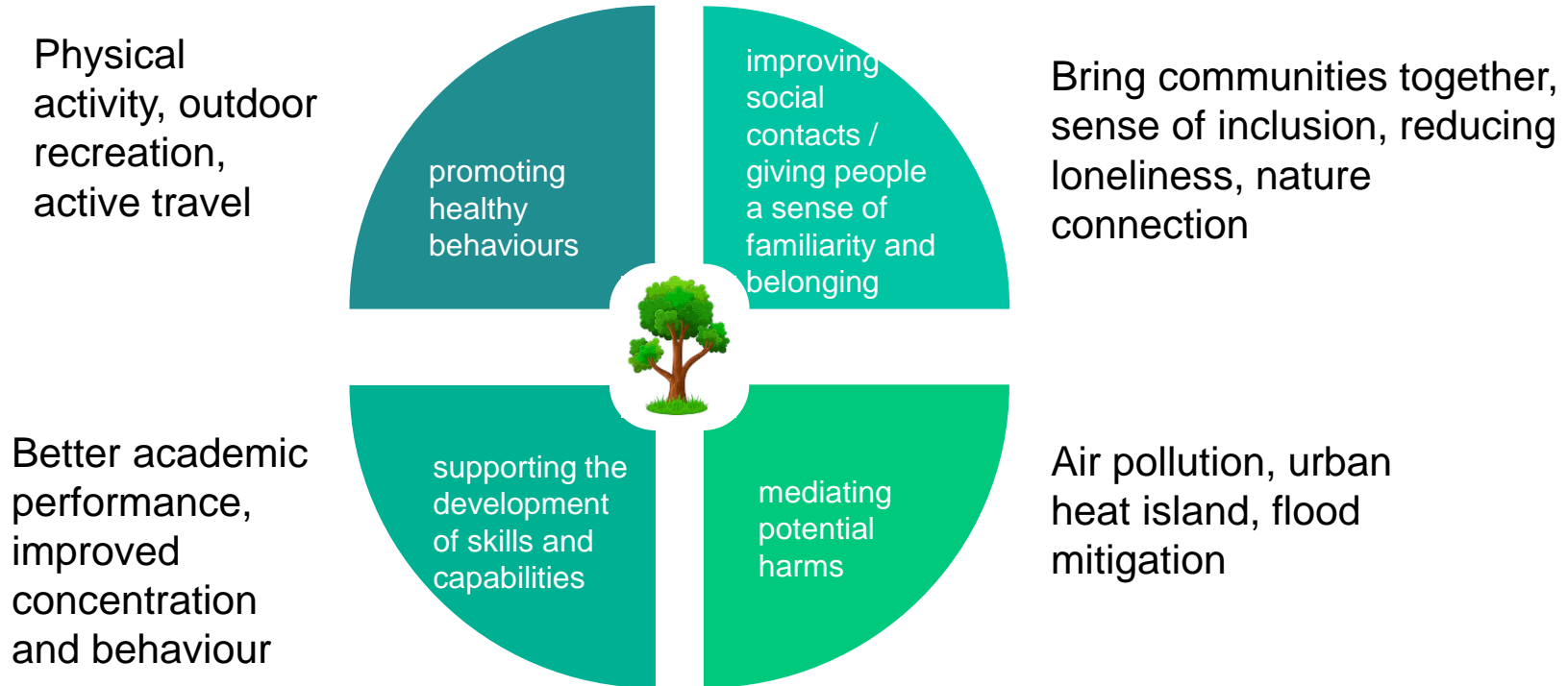
What keeps us healthy?



“A job, home and a friend are the things that matter most to our health”

- Duncan Selbie, PHE Chief Exec

Access to greenspace/green infrastructure



What can greenspace do for us: physical health

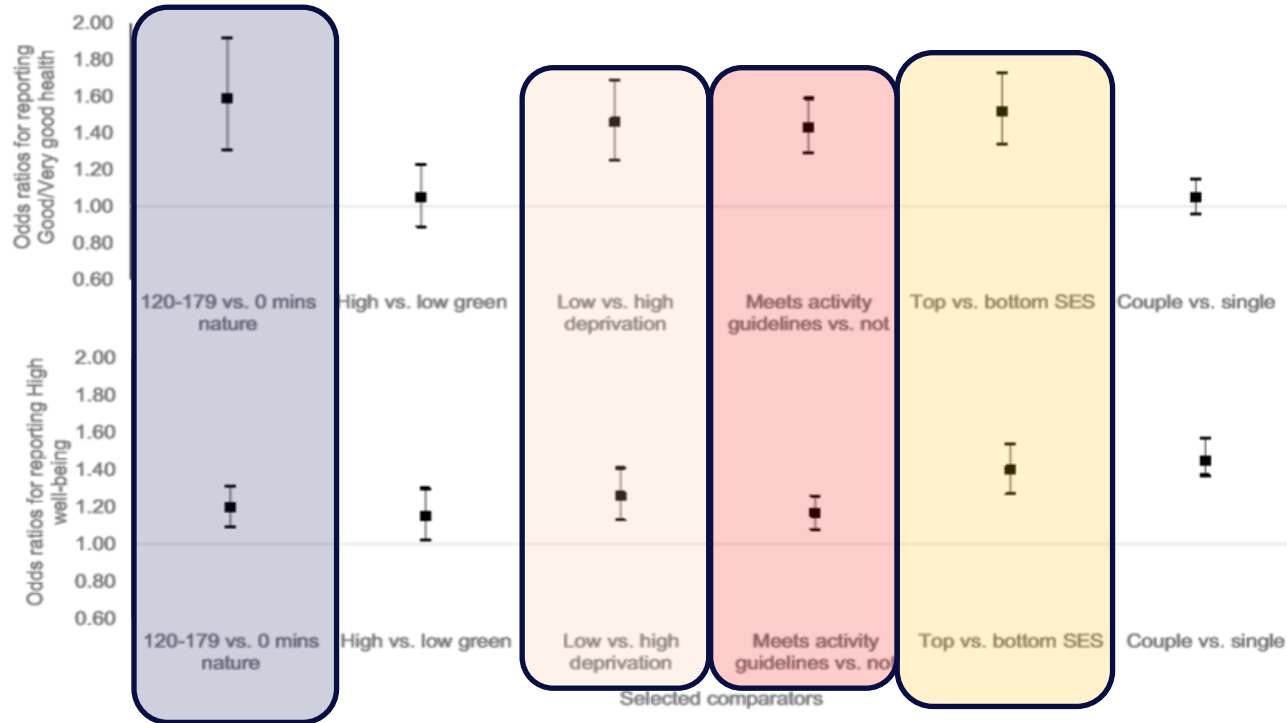
- improved HDL (good) cholesterol
- better birth weights
- reduced mortality
- reduced stress hormones
- more likely to meet physical activity guidelines
- better self-assessed general health
- more likely to maintain a healthier weight
- lower heart rate and heart rate variability
- lower diastolic blood pressure
- healthier immune system
- reduced incidence T2 diabetes



What greenspace can do for us: mental health

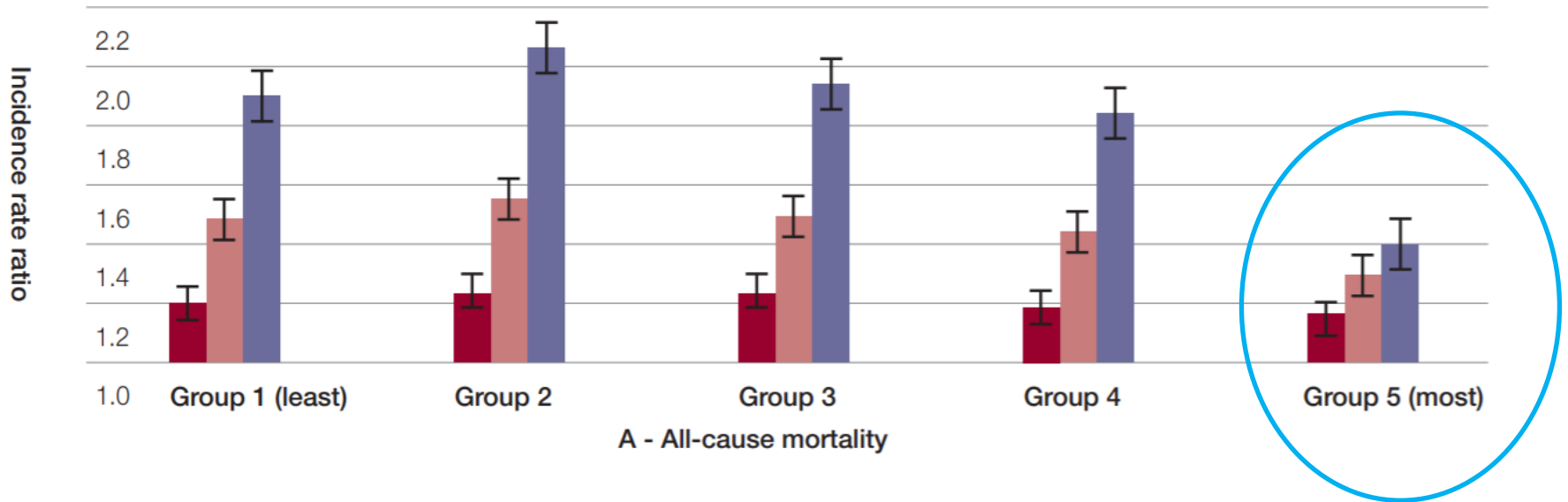


Recent research – how much nature?



Greenspace inequality / health inequality

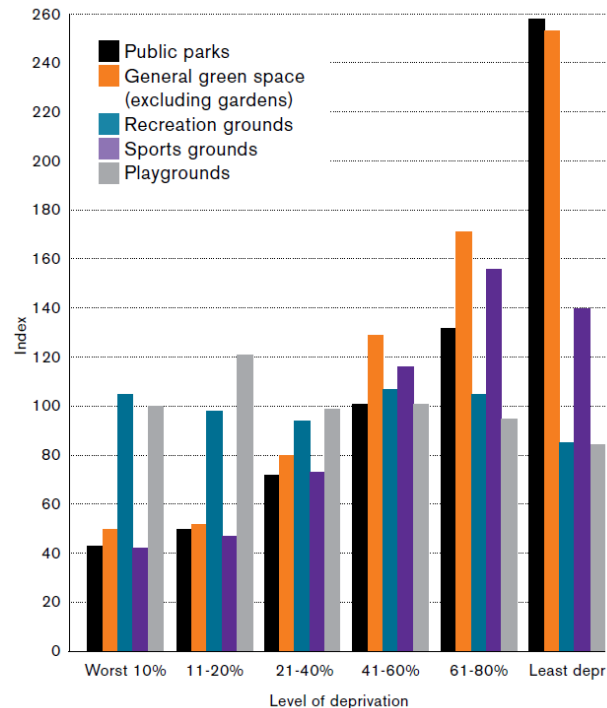
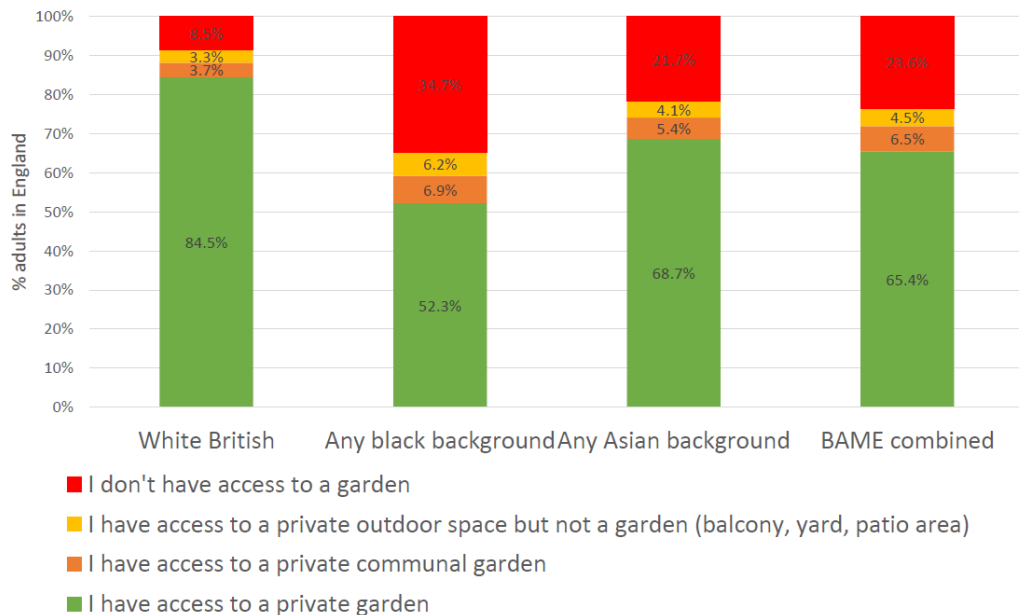
Socioeconomic-related inequalities in health tend to be lower in greener communities



Greenspace inequality / health inequality

BUT... not everyone has access to good quality greenspace or a green public realm

Garden access - adults in England (MENE 2014-2019)



What do we do?

How do we move from this...



PHE Healthy Places Team resources



- Healthy high streets
- Spatial planning for health
- Putting health into place
- Using the planning system to promote healthy weight environments
- Improving access to greenspace: A new review for 2020 (coming soon)

Knowledge Hub: PHE Healthy Places Knowledge Hub:
<https://khub.net/group/healthypeoplehealthyplaces>

Some key recommendations

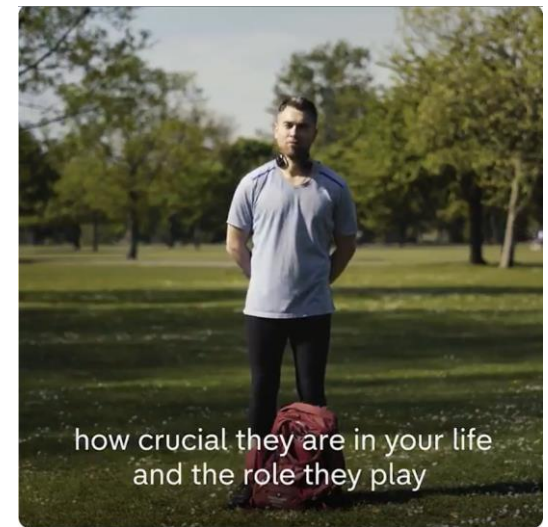
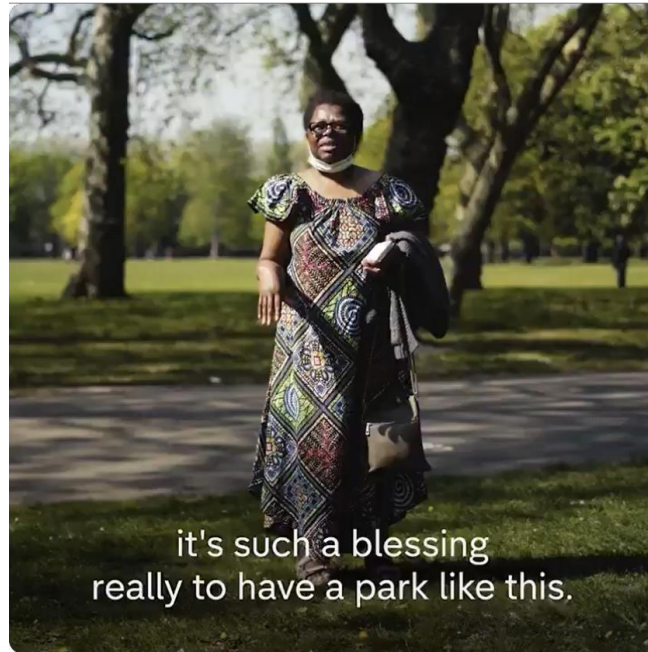
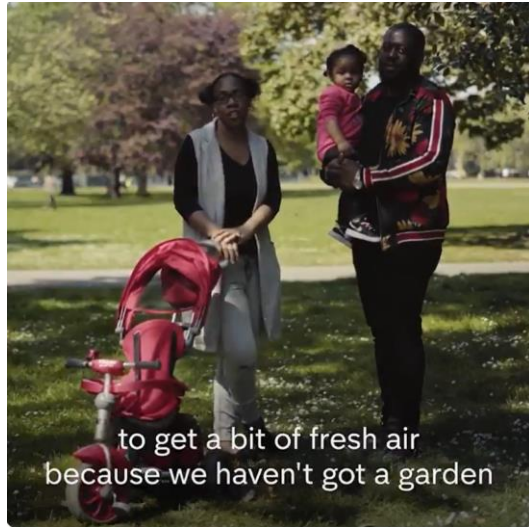
- Design and manage local green (and blue) space as critical assets for maintaining and supporting health and wellbeing in local communities
- Prioritise improving access to greenspace and creating greener communities especially in areas of deprivation
- Support meaningful engagement across local government functions and the community to understand the actual and potential local benefits of greenspace and reveal the complex and diverse ways greenspace is thought about and used
- Identify and factor in resilient funding arrangements for the maintenance of greenspace as early as possible, so that it can continue to provide benefits in the long term

Guidance – COVID and greenspaces

Key pieces of guidance on accessing greenspaces safely:

- MHCLG: Coronavirus (COVID-19): safer public places - urban centres and green spaces
- DEFRA: Coronavirus – guidance on accessing green spaces safely
- DCMS: Coronavirus (COVID-19): guidance on the phased return of sport and recreation
- DEFRA twitter: video on spending time outdoors safely
- Natural England twitter: video on spending time in the countryside safely

Greenspace – people's voices



Real people's experiences in greenspace (Victoria Park, London)
<https://twitter.com/Channel4News/status/1255133029841793025>

Thank you

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