

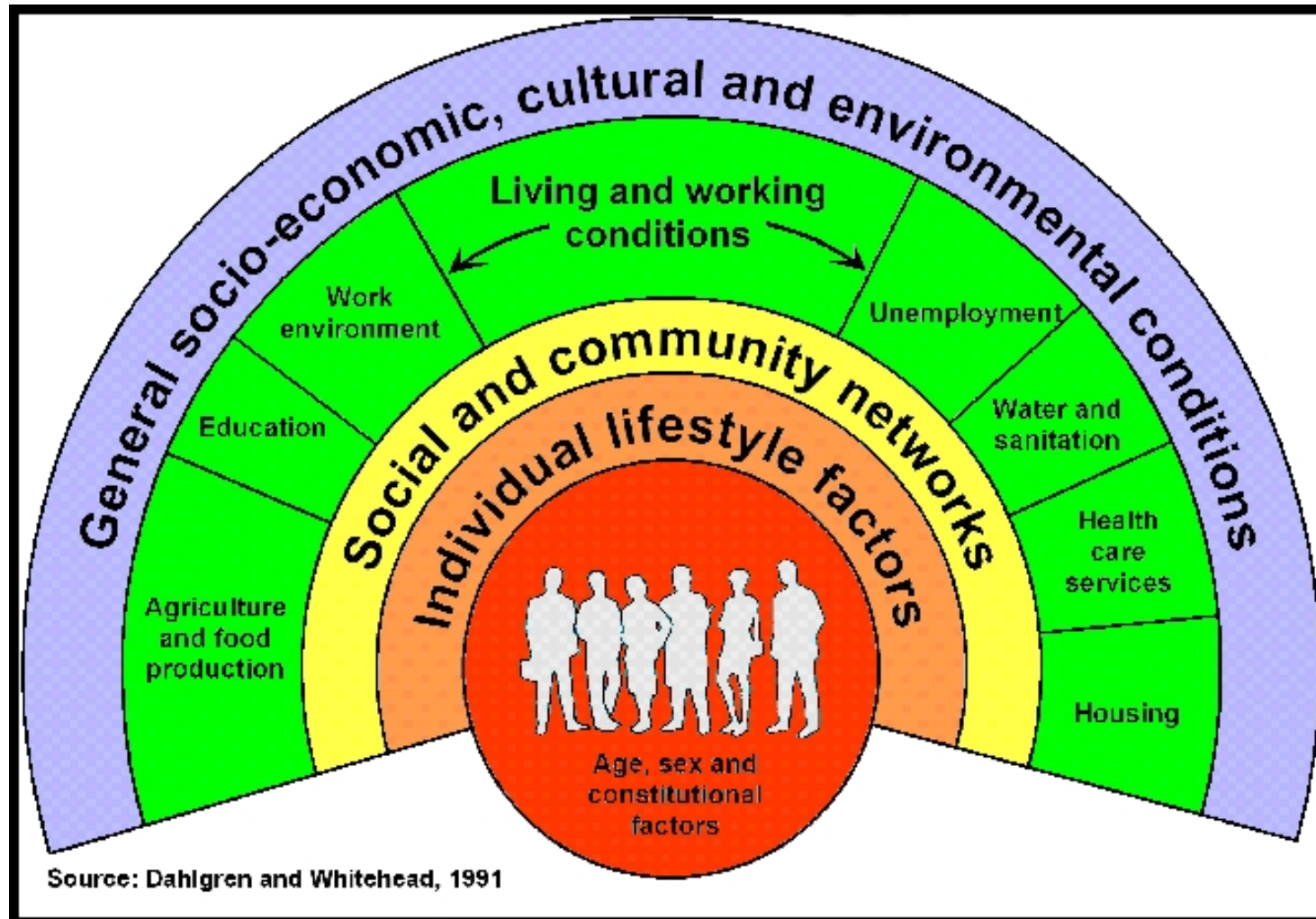
Health benefits of parks and open spaces

Ruth Wallis, Director Public Health, Lambeth and Southwark Public Health
Southwark Council Scrutiny Committee 11/11/14

Working together for the public's health



Wider determinants of health



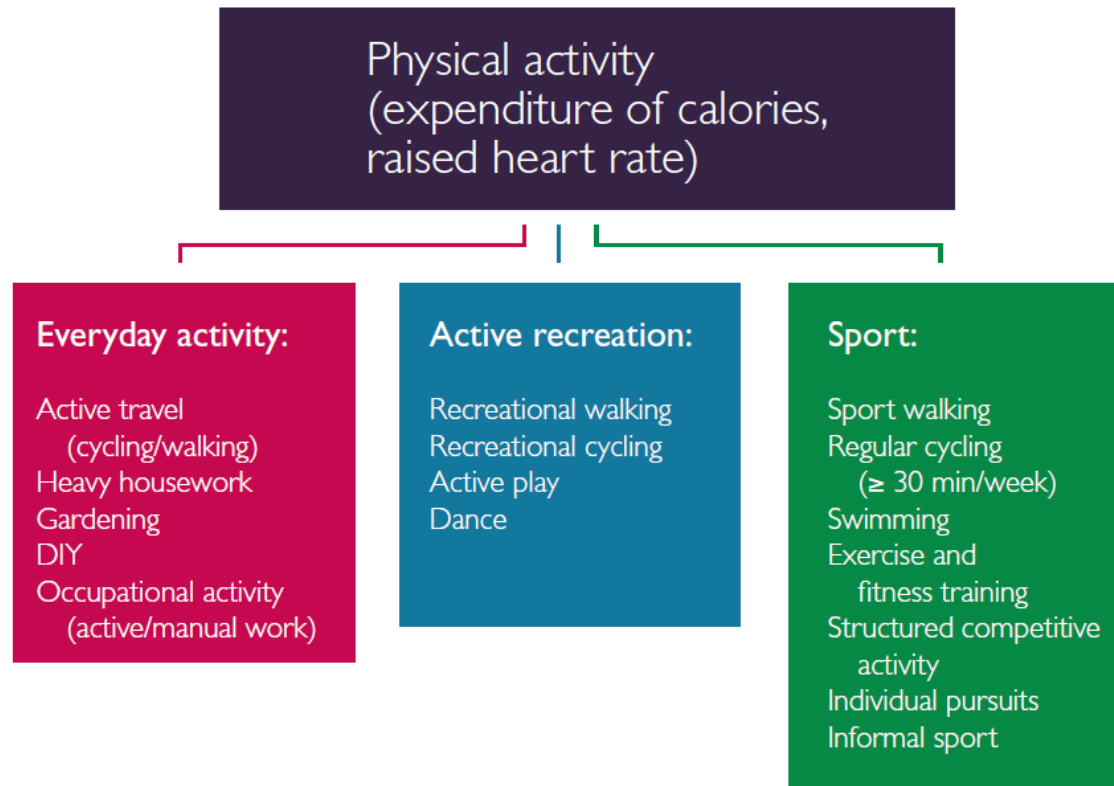
Evidence: Green Space and Health

- There is considerable evidence for the benefits to mental and physical health as a result of spending time in green spaces and nature
- 25% of the borough is covered by green space (6% below London average)
- 50% of Southwark households in 7/20 wards have deficient access to nature (London Data Store)
- Natural England study (2012/13) found 1 in 7 London children had not visited a park or green space during the year.
- 400 metres (1/4 mile) is the commonly acceptable distance that people will walk to an amenity such as a park or transit, which has implications for planning and transport connections.
- *Quantity* of green space in a borough DOES NOT correlate with activity levels (a stronger relationship has been demonstrated with perception of safety, accessibility and how parks are utilised).



Physical Activity

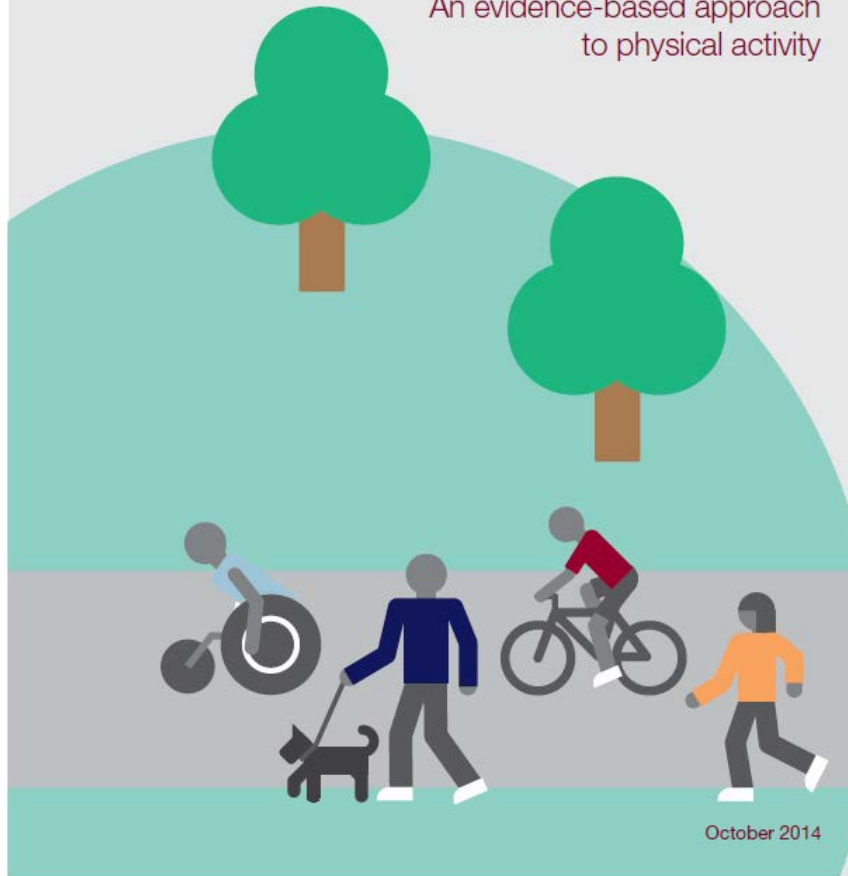
- Important for physical, mental, social and economic wellbeing
- Reduces risk of many conditions (including Diabetes/CVD / Cancer/ Depression/ Dementia)





Everybody active, every day

An evidence-based approach
to physical activity

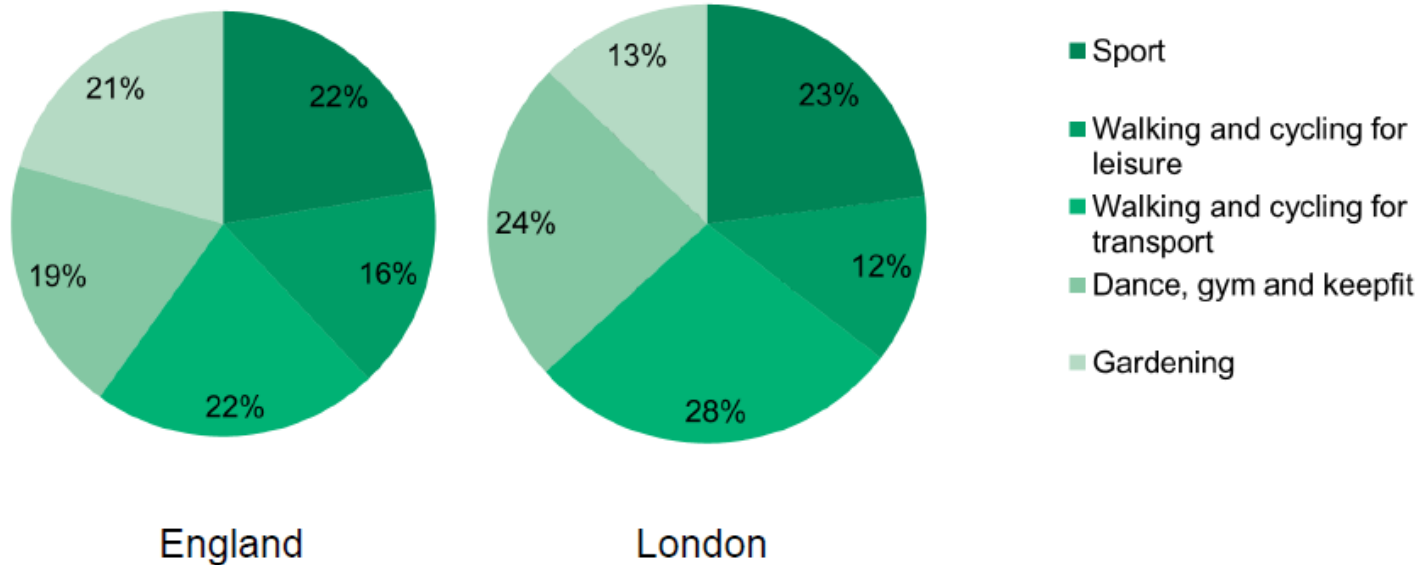


- Physical inactivity directly contributes to 1 in 6 deaths
- Around a quarter of people are inactive
- Physical activity can prevent or help manage over 20 common conditions
- Reducing inactivity could prevent up to 40% of many long term conditions, eg, diabetes
- The aim is to have more adults taking at least 150 minutes activity a week, and fewer taking less than 30 minutes
- Even small increases in activity can make a difference
- Increased activity means better health *and* has wider economic benefits



Public Health
England

Physical activity in England and London: Contribution of different types of physical activity to total time spent physically active



National / Regional picture

Source: Active People Survey 2011/12, PHE London Knowledge and Intelligence Team

**Active People
Survey Data
2013/14
(London Boroughs)**

Authority name	National rank	Proportion inactive	Premature deaths	Cost of inactivity
Richmond upon Thames	2	20.03	202.3	£13,130,993
Islington	3	20.07	320.5	£13,157,874
Kensington and Chelsea	6	20.72	212.5	£13,583,305
Hammersmith and Fulham	7	20.79	295.6	£13,629,125
Lambeth	8	21.72	321.6	£14,242,276
Wandsworth	12	22.76	259.5	£14,919,361
Kingston upon Thames	13	22.77	215.5	£14,925,480
Sutton	17	23.15	234.4	£15,179,621
Bromley	19	24.08	213.8	£15,787,699
Harrow	24	24.76	261.1	£16,236,590
Barnet	38	26.11	235.6	£17,120,127
Enfield	40	26.26	284.6	£17,219,069
Southwark	41	<u>26.32</u>	236.5	£17,257,113
Haringey	43	26.40	245.2	£17,311,267
Waltham Forest	67	28.36	288.2	£18,592,625
Westminster	70	28.44	295.7	£18,648,227
Tower Hamlets	74	28.62	300.9	£18,763,499
Ealing	82	29.14	264.7	£19,102,686
Lewisham	84	29.18	270.7	£19,131,037

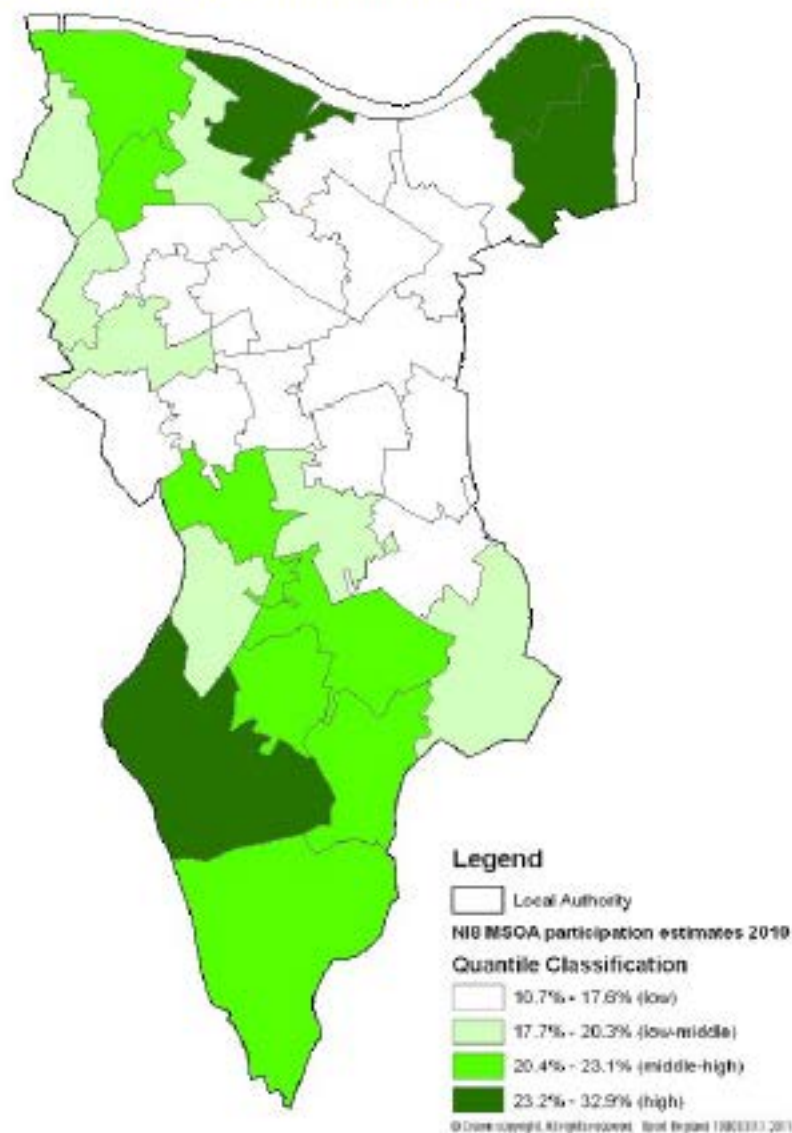
Local data

26% Southwark residents (16+ yrs) considered 'inactive' <30 mins moderate physical activity per week

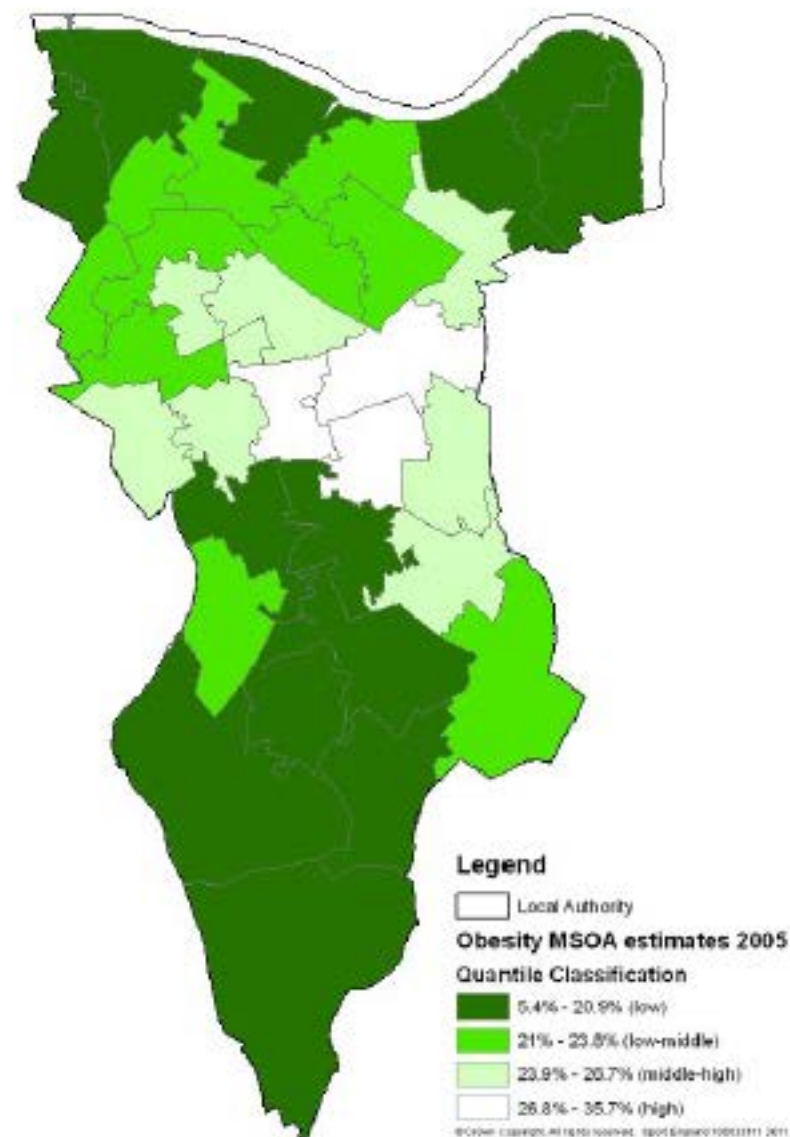


- Southwark has 19 green flag parks – a mark of excellence in park management, and currently 3rd most awarded borough in London
- In 2013 an independent residents survey indicated that 97% of Southwark residents (n=400) were satisfied with their parks and open spaces
- There are 15 outdoor gyms in the borough and a wide range of free/low cost outdoor facilities
- Burgess park's usage figures have increased by half a million visits per year following significant investment (approx £9M) to improve quality, facilities eg BMX track and accessibility.

Active participation in sport and active recreation (3 x 30 mins per week)



Adult obesity rates

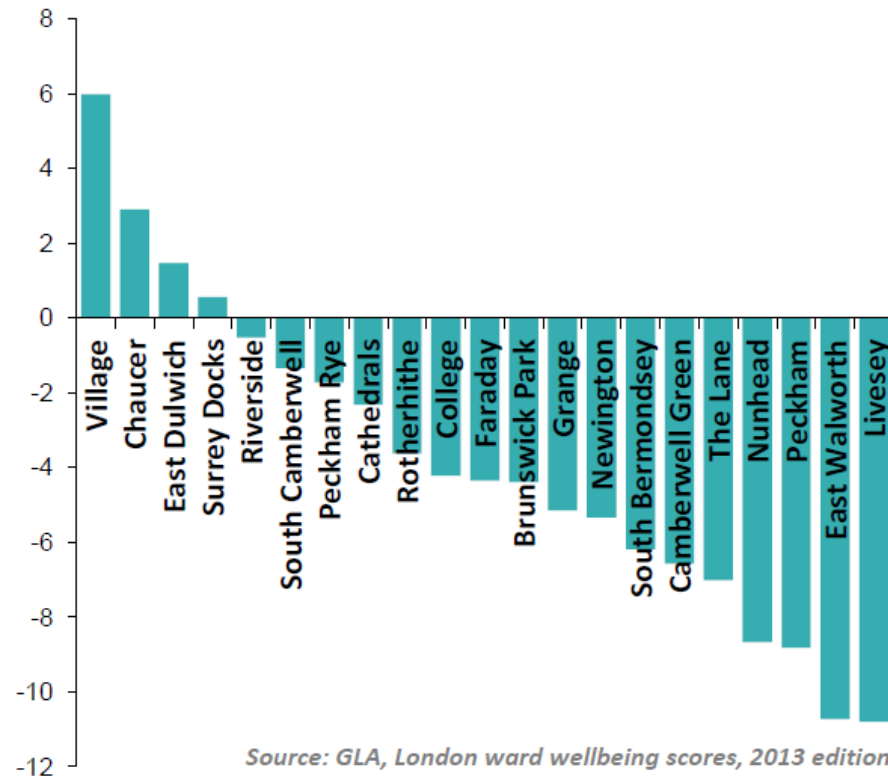


It is clear that there are parts of the borough, particularly in the central areas (white and light coloured), where levels of participation are lowest and levels of obesity are highest.



Parks are also a good example of a setting that can contribute to wellbeing more broadly. The ‘5 ways to wellbeing’ is an evidence based approach to improving wellbeing.

Wellbeing in Southwark Wards, 2012



Over 10 000 hours have been ‘given’ so far in 2014/15 to support Southwark ‘Friends of Parks’ schemes.

Air Quality



- In 2014 the Health Protection Agency published estimates for deaths attributable to poor air quality (PM_{2.5}), estimating approx 113 deaths in Southwark adults (25yrs +) would be in part due to poor air quality.
- Protecting and encouraging green space is particularly important in areas of deprivation where air quality is poorer as the adverse effect of exposure to air pollution is worse due to more busy congested roads, as well as a greater prevalence of underlying cardio-respiratory and other diseases.

Smoking in parks

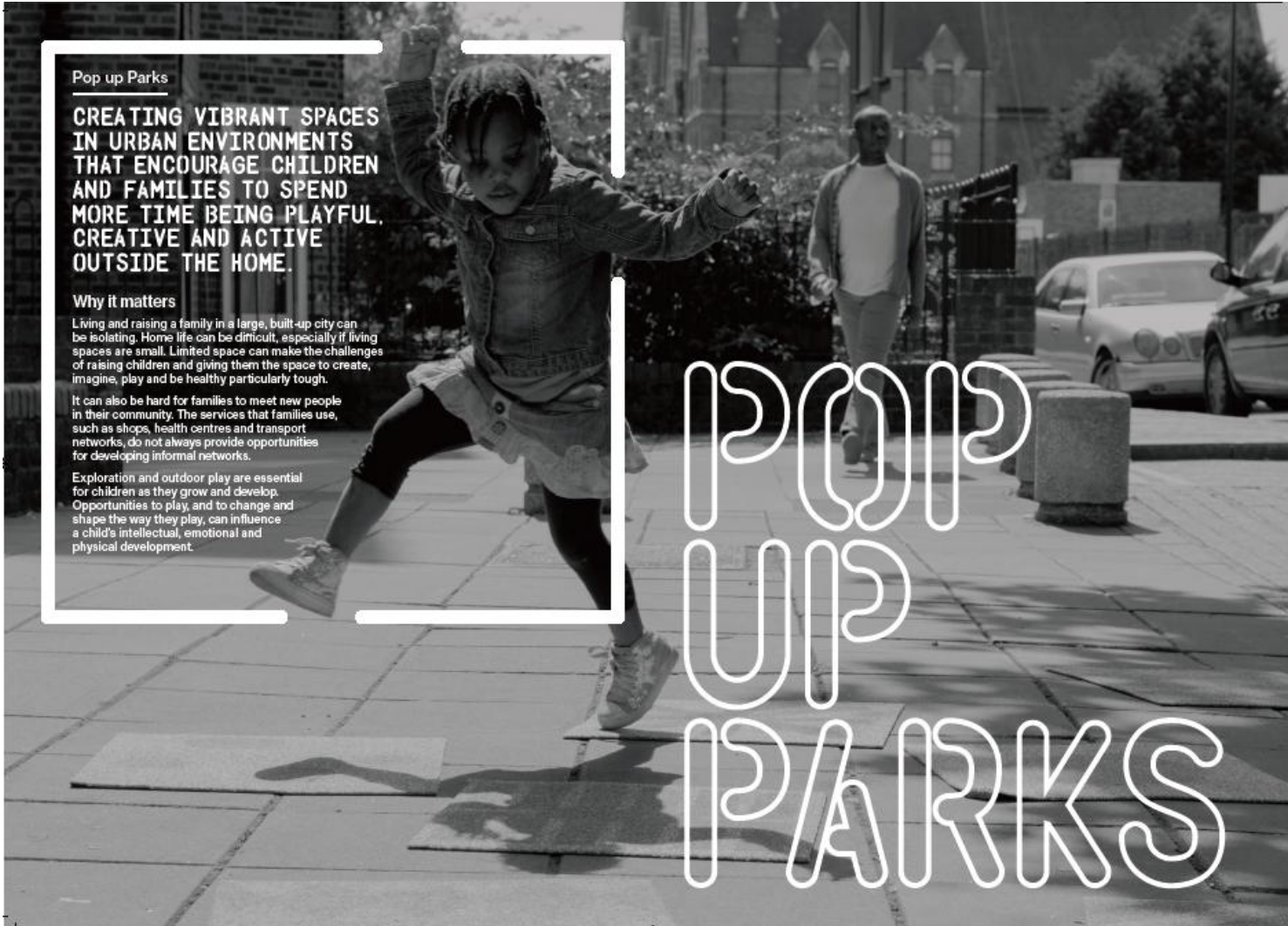
- Government health advisors are keen to support London parks go smoke-free to help persuade some of the city's 1.2 million smokers to give up and help deter young people from smoking by reducing the likelihood of them seeing adults lighting up.
- Michael Bloomberg, the former mayor of New York, said outlawing smoking in all of the city's parks and on its beaches had helped increase life expectancy by three years during his 12 years in charge.
- Advisers hope that London's 32 local councils would follow the mayor's lead and ban smoking in their parks and open spaces as well.



Paris ban smoking in children's playgrounds

(Photo: Alamy)

Knee High Design Challenge



Pop up Parks

CREATING VIBRANT SPACES IN URBAN ENVIRONMENTS THAT ENCOURAGE CHILDREN AND FAMILIES TO SPEND MORE TIME BEING PLAYFUL, CREATIVE AND ACTIVE OUTSIDE THE HOME.

Why it matters

Living and raising a family in a large, built-up city can be isolating. Home life can be difficult, especially if living spaces are small. Limited space can make the challenges of raising children and giving them the space to create, imagine, play and be healthy particularly tough.

It can also be hard for families to meet new people in their community. The services that families use, such as shops, health centres and transport networks, do not always provide opportunities for developing informal networks.

Exploration and outdoor play are essential for children as they grow and develop. Opportunities to play, and to change and shape the way they play, can influence a child's intellectual, emotional and physical development.

POP
UP
PARKS

Insights and innovation

Gardening, growing and conservation

Mapping opportunities

Setting	Project
Get stuck in! Volunteering opportunities available.	Capital Growth sites
	Growing Southwark Network and talks
	Incredible Edible
	Mobile Gardeners
Estates	Community Gardening schemes
	Edible estates
	Well London Portable gardens
Schools	School growing spaces
Parks and Cemeteries	'Friends of' groups
	Burgess Park Food growing Project (Glengall Wharf)
Farms	Surrey Docks city farm
	Walworth city farm
Allotments	Southwark has 12 allotments with numerous plots and 9 growing spaces.
Conservation/nature areas	Nature and conservation areas include: Russia Dock Woodland, Stave Hill, Sydenham Hill Wood, Bellenden Road, Peckham Wildlife Centre
Streets	Sustrans pocket places - Peckham
	Temporary enlivening projects
Area improvement initiatives	Team London Bridge, Better Bankside, Bankside Open Spaces Trust
Day services	Coplestone and Centre for Wildlife 'Potted History' project
	Centre for Excellence (for people with advanced dementia)



Active travel

- Evidence shows walking and cycling are two of the best ways to incorporate physical activity into everyday living. Currently the modal share
- Improving active travel participation depends on a whole systems approach including improving the street scene and local amenities, parks and open spaces
- Southwark is committed to being a 20 MPH borough creating a healthier, safer and more pleasant street environment for pedestrians and cyclists



- A borough cycling strategy is being drafted for launch early 2015 which will support a greater modal share for active travel
- Hands up survey shows 16% of Southwark children travel to school by car, 22% by bus, 4% by bicycle, and 44% walk.

Supporting the Walking Hub



- Mapping what is available
- Promoting the health benefits
- Promoting walking to groups with health needs

Southwark CoolWalks



- Themed walks from 12 Southwark libraries (launch : Jan 2015)
- Co-produced with volunteer researchers, walk leaders and photographers
- Led walks scheduled until end 2015 (two per month)

Community skills and resource development

Bicycle Loan Scheme

- Proposed to launch in Feb 2015 to support the Cycling Strategy address financial inclusion
- Burgess Park and Peckham Pulse identified as loan sites
- Upto 80% of loans result in bike purchase
- >50% loans result in regular conversion of trips (>3 x wk) from car/public transport to cycling



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