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# **Health and Nature: evidence for action**

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Communities and greenspace  
Scottish Natural Heritage**

## SNH role and remit –

*‘Looking after all of Scotland's nature and landscapes, across all of Scotland, for everyone’*

### SNH purposes

- promote care and improvement of natural heritage
- encourage responsible enjoyment, greater understanding and appreciation
- sustainable use of the natural heritage

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# Corporate priority – Delivering health and well-being

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## Outcomes sought:

- Greater and wider participation in enjoying the outdoors
- Adequate good quality greenspace in towns and cities
- Improved health and well-being
- More sustainable patterns of travel, especially walking and cycling

# Position statement – Health and the natural heritage

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## SNH priorities

- increase awareness and understanding of the contribution the natural heritage makes to health and well-being
- develop closer links in policy and advice between the natural heritage and improved health and well-being
- take forward more activity on participation and place-making with explicit and measurable health and well-being outcomes

# Research strategy – Involving Scotland's People

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## Research priorities

- Building the evidence base on the health and social benefits of the natural heritage
- Maximising the benefits of access in terms of health, social inclusion sustainable transport and regeneration
- Investigating the state of Scotland's greenspace and its links to quality of life, including health and well-being

# Health and Nature – Measuring outcomes and impacts

Applied research to develop approaches to planning and evaluation that examine the contribution of natural heritage activity to improving health and reducing health inequalities.

- Applied research now underway with 5 case studies across Scotland
- Using Learning, Evaluation and Planning (LEAP) framework
- Outputs will include guidance on integrating planning for health outcomes into natural heritage places, programmes and projects

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# Health and Nature – Developing indicators of health in the natural outdoors

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To develop indicators which can report the contribution of the natural heritage to health and well-being.

- investigate and review data available at a national level
- propose an indicator set to track progress towards SNH corporate priorities and report the contribution made to National priorities.
- identify data to underpin the proposed indicators, including data custodians and future reporting of the proposed indicator set

# Health and nature – Practice examples

Examples of Scottish based organisations and projects achieving health and well-being outcomes through natural heritage activities.

These include;

- projects involving participants across all age groups, and from a range of socio-economic backgrounds
- projects which maintain and improve general health and well-being through increased physical activity
- projects which address specific health issues through targeted interventions i.e. improved mental health or addressing substance misuse

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# Health Impact Assessment of Greenspace – a guide

Based on comprehensive critical review of the evidence base and a series of case studies

Provides guidance on undertaking a health impact assessment of greenspace projects - including greenspace policies, plans, and projects

Aims to help practitioners to assess the health and equity impacts of greenspace projects and use this information to minimise any negative and maximise positive impacts

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# Health and greenspace – outcome focused planning

To develop outcome focused plans that link greenspace interventions to key health outcomes

Logic models for health outcomes have been prepared for:

- Strategic greenspace interventions
- Glasgow City Council's open space strategy
- Hospital grounds access project
- Targeting behaviour change to key audiences

Models being disseminated through the Health Improvement Performance Management website

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# Green networks for people – new approaches to planning and delivery

A joint programme to develop, test and disseminate new approaches to planning and delivering Green Infrastructure which delivers benefits to people, specifically;

- increased participation in outdoor recreation across a range of social groups
- creating health promoting environments
- more sustainable patterns of travel

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# Green networks for people (2) – new approaches to planning and delivery

## Outcomes sought are:

- new developments, regeneration areas and existing places in Scotland incorporate GI which improves people's quality of life
- investment in improving GI is targeted and delivered in ways that maximise its benefits for people
- development planners, urban designers and land managers have improved skills and knowledge in planning and managing multi-functional GI

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gcv green network  
connecting our quality spaces



Forestry Commission  
Scotland



## Outdoors and health network – SNH interests

- Increase our knowledge of the evidence base on the relationship between health and natural heritage
- Improved knowledge transfer from research to policy and practice
- Inform further SNH research proposals
- Develop new research partnerships