

# ACTIVE SCOTLAND - ACTIVE DUNDEE



## THE DUNDEE GREEN HEALTH PARTNERSHIP



### Background

Being surrounded by nature has mental and physical health benefits for depression, stress, anxiety, mental fatigue, surgery recovery times, and acts as preventative medicine. In Dundee, several nature-based interventions (NBIs) support people's wellbeing and resilience in communities. Unfortunately, there is a disconnect between interventions, NHS referrals, and information access.

### Aim

The Dundee Green Health Partnership (DGHP) aims to improve overall public health, and health and social care for people with a defined need, together with the general population. The DGHP aims to create a local network between sectors to address these issues.

### Methods

Forming a network with local communities, NHS Tayside, Dundee City Council, University of Dundee, Abertay University and the third sector to better co-produce, facilitate, and plan joint working between stakeholder groups. The DGHP will coordinate, target, test and upscale existing programs, if they are demonstrating effective outcomes.

Walking, cycling, gardening and active travel will increase in Dundee as a result of the connections Health & Care sector staff will make with Scotland's natural environment and green infrastructure. This will happen by increasing everyday contact with nature, nature biased health promotion initiatives, and NBIs with defined health or social outcomes.

### Re-DISCOVER Dundee e-Trikes and e-Bikes

Collaboration: Volunteer Dundee, Dundee Voluntary Action, Caledonia Housing Association, Hillcrest Housing Association, Dundee International Women's Centre, local communities, Dundee City Council.

### Ninewells Community Garden and Arboretum

Link Ninewells Hospital with Community Garden and Arboretum through newly developed corridor infrastructure artwork. Run guided patient Health Walks, in collaboration with Leisure and Culture Dundee for in-patient wards.

### Take the Bus for a Walk

Marketing campaign raising awareness of local greenspaces and its health benefits in the North East of Dundee, targeting the Dighty Burn area (SMID 1 & 2), using bus advertisements.

### Evaluation Framework

Development of evaluation framework for cross-evaluation of NBIs effectiveness and referral process for the Green Health Prescription. In collaboration with the University of Dundee and Abertay University.

### Green Health Prescriptions

A new referral process. Green Health Prescriptions refer to the Dial-OP service (Volunteer Dundee), referring patients to suitable local NBIs. Buddy Service in place to help service users with first contact with NBI.

### Greenspaces & Infrastructure

Products: 2019 Cycle and Health Walk Maps. Improvement of greenspaces based on community engagement.

### Results

The establishment of the DGHP provides a basis for deliverers to connect and grow their services, the NHS to reduce medical costs, the communities to improve their health and connectivity, and researchers to help produce data and measures to increase the effectiveness of green interventions.

### Conclusion

The proposed development of Green Health Prescriptions, promotion of green active travel, marketing of greenspace benefits, and co-designing greenspaces with people are all predicted to improve health outcomes, through *Our Natural Health Service*. Evidence of wider uptake of NBIs can decrease medical costs nationwide and the DGHP aims to pilot the foundation for this, locally.