

Green Health Partnerships

Making the most of Scotland's outdoor environment to deliver public health priorities

In areas with more greenspace, health differences between high & low income groups are narrower¹



It's in our Nature – Scotland's green spaces and places as a public health resource

The **Our Natural Health Service** initiative aims to help to improve physical, mental and social health by making more use of natural assets. Cross sector work involving health, environment, transport, leisure and education is showing how connecting people with local green places through activities such as – walking, cycling, volunteering, gardening, play and learning can help tackle physical inactivity, mental health issues and health inequalities.

The initiative is being co-ordinated by **Scottish Natural Heritage**, with a national steering group co-chaired by the Deputy CMO, and is contributing to delivery of

Public Health Priorities and the Scottish Government's social justice and inequality agendas.

At the core of the initiative are **Green Health Partnerships** which are turning the concept of **Our Natural Health Service** into action on the ground. Four pilot partnerships are demonstrating a whole system approach by:

- cross-sector partners responding to local health and social care priorities
- co-ordinating action to facilitate a shift to a demand-led approach
- embedding green health in local health sector policy and practice

Lanarkshire GHP



- Health and social care staff awareness raising of the benefits of nature and local green health assets.
- Enhancing existing referral pathways to offer outdoor opportunities via physical activity referral, weight management and social prescribing programmes.
- Green Health info portal.
- Green Health Volunteer Development Officer based within voluntary sector.
- Green Health Volunteer Network and strategic framework development.
- Community food growing groups on NHS greenspace community hospitals.
- Active travel quality improvement work for health and social care facilities.

Dundee GHP



Dundee Green Health Partnership



- Green Health Prescriptions: for NHS healthcare professionals referral pathway to local nature-based interventions (NBIs). Consultations delivered by Volunteer Dundee's Green Health operator.
- Our Green Health Directory: 60+ weekly free activities, includes nature conservation, health walks, cycling, Family Fresh Air Clubs, gardening.
- Re-Discover Dundee. Volunteer led eTrike rides. Service users' conditions include diabetes, COPD, arthritis and Parkinson's.
- Green Health Promotion Advertising Campaign 'Dundee Walks – Because we know it's good for us'.
- GP surgery soon to carry out house visits by bike.

North Ayrshire GHP



- Piloting Green Health referrals through KA Leisure's existing referral pathway, Active North Ayrshire.
- Building a network of community groups to increase capacity and support the delivery of green health activities.
- Green Health Development Fund distributed to community groups across North Ayrshire to facilitate the development and delivery of green health activities.
- Additional funding secured to fund a full time project officer for three years to support the GHP and deliver green health and active travel activities in priority areas of North Ayrshire.

Highland GHP



- Producing a toolkit/framework around the Spectrum of Green Health.
- Delivering 27 public events (one big and two small in each of the nine areas) throughout Highland, funded through LEADER and steered by the partnership.
- Piloting Green Health Referral Pathways with GPs in three localities of Aviemore, Kyle of Lochalsh and East Sutherland.
- Building green health into models of pre-rehabilitation, recovery and rehabilitation.
- Implementing a Small Grant Fund.
- Capturing a library of people's experiences and case studies.
- Creation of a Green Health Directory.

Next steps:

- Information & communication of key messages on benefits of Green Health.
- Evaluation of the initiative, and the added value provided by Green Health Partnerships.
- Championing achievements and sharing the lessons learnt.
- Working towards integration of green health into health and social care practice

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References:

1 J Allen, R Balfour. Natural solutions for tackling health inequalities. London: UCL Institute of Health Equity; 2014. www.instituteofhealthequity.org/resources-reports/natural-solutions-to-tackling-health-inequalities

Co-ordinated by:



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