

Improving health through the natural environment

Simon Bryant, Director of Public Health for Hampshire County Council and Isle of Wight Council

The Role of the Director of Public Health

The core purpose of the DPH is as independent advocate for the health of the population and system leadership for its improvement and protection.

This has not only been true historically (since William Duncan's appointment as the first Medical Officer of Health in Liverpool in 1847) but is also currently relevant across the UK.



We have some significant Health Issues

Joint Strategic Needs Assessment (JSNA)

Hampshire's JSNA looks at the current and future health and wellbeing needs and inequalities within our Hampshire population. It is used to inform and guide the planning and commissioning (buying) of health, wellbeing and social care in the local authority area



JSNA data reports



JSNA Demography



JSNA Births and Deaths



JSNA Healthy People and long term conditions



JSNA Healthy Lives



JSNA Healthy Places

Hampshire Resident All Age Mortalities by Underlying Cause of Death, 2016 Data source: Primary Care Mortality Database (PCMD)

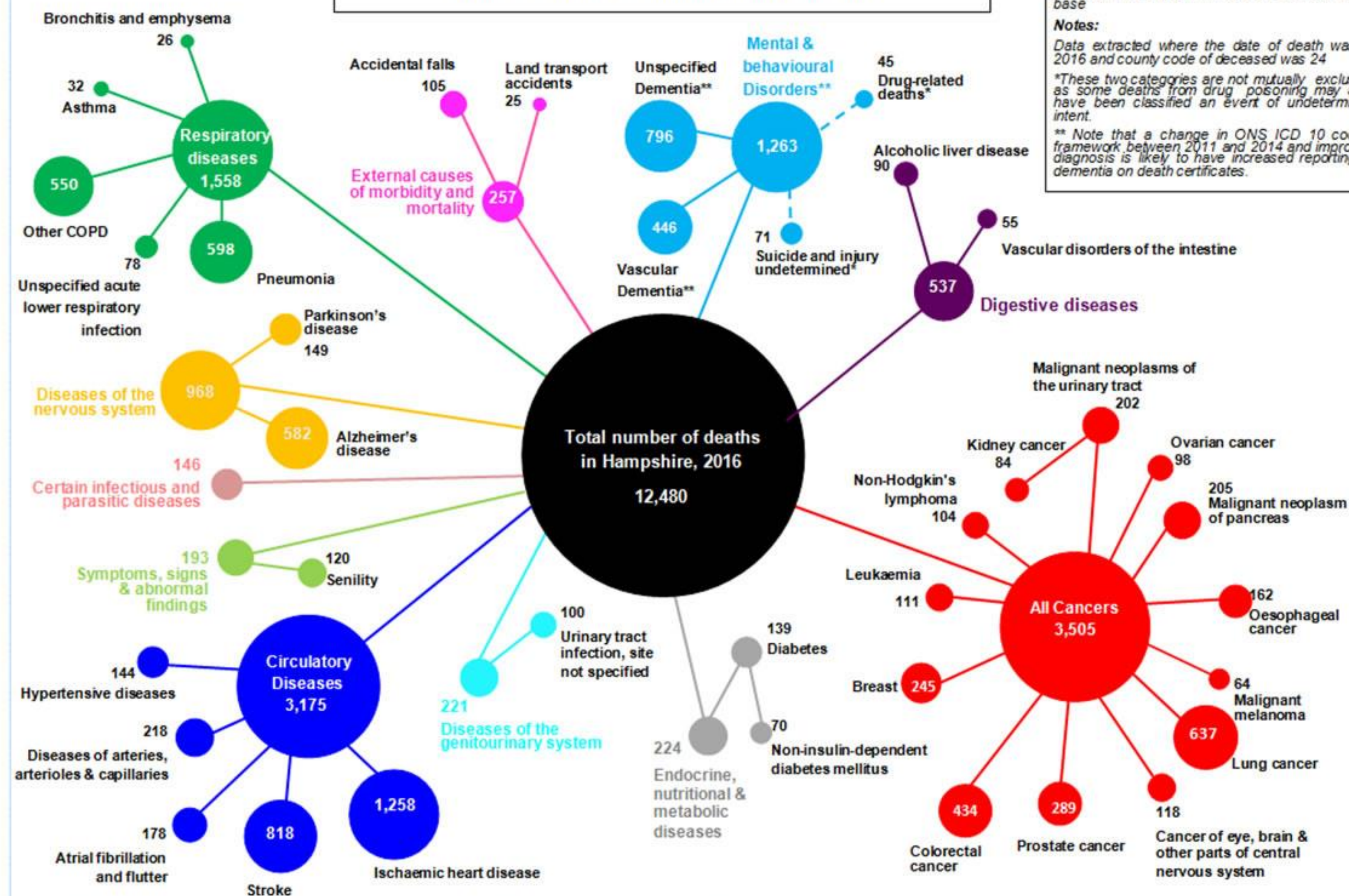
Source: NHS Digital Primary Care Mortality Database

Notes:

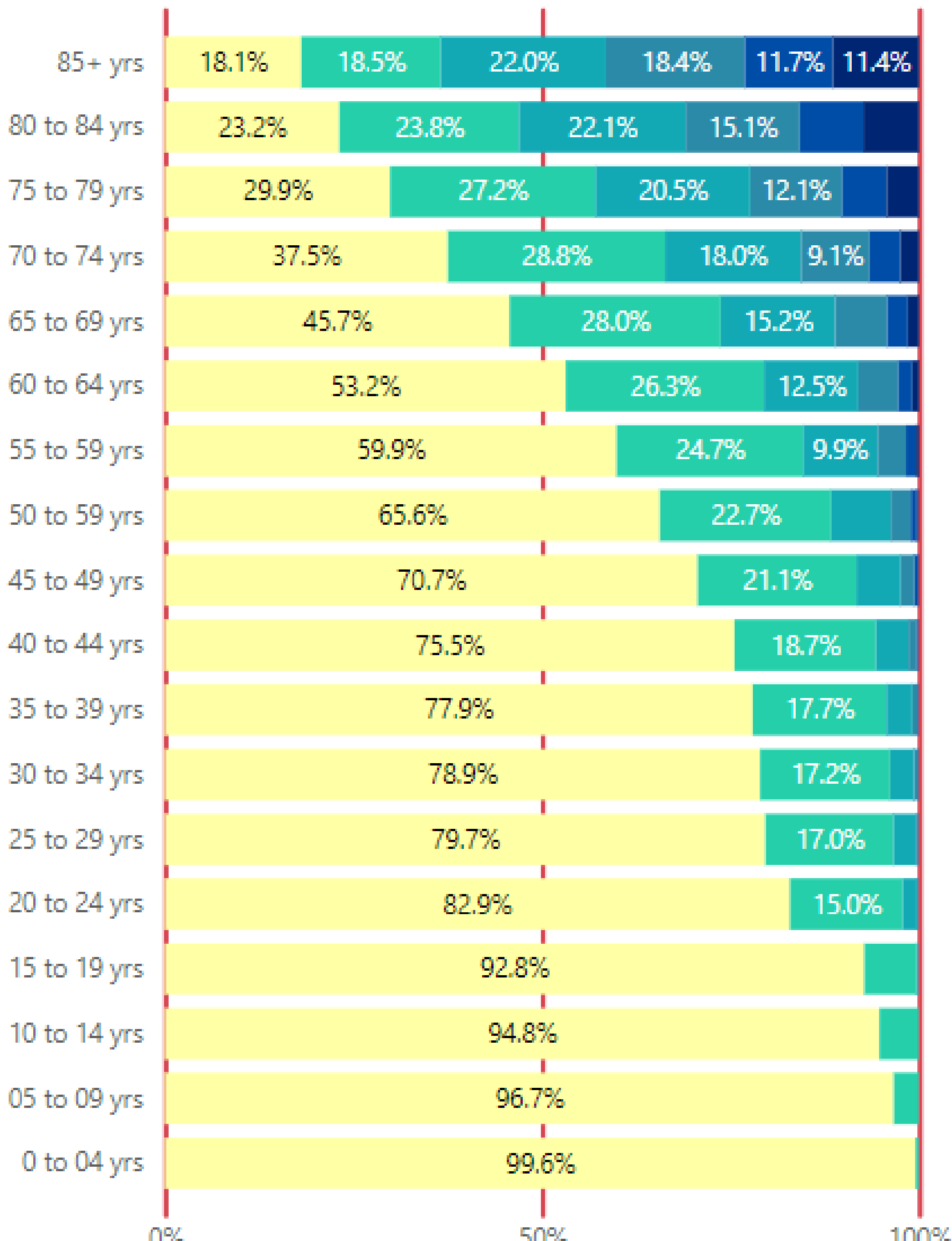
Data extracted where the date of death was in 2016 and county code of deceased was 24

*These two categories are not mutually exclusive as some deaths from drug poisoning may also have been classified an event of undetermined intent.

** Note that a change in ONS ICD 10 coding framework between 2011 and 2014 and improved diagnosis is likely to have increased reporting of dementia on death certificates.



Number of LTC 0 1 2 3 4 5+



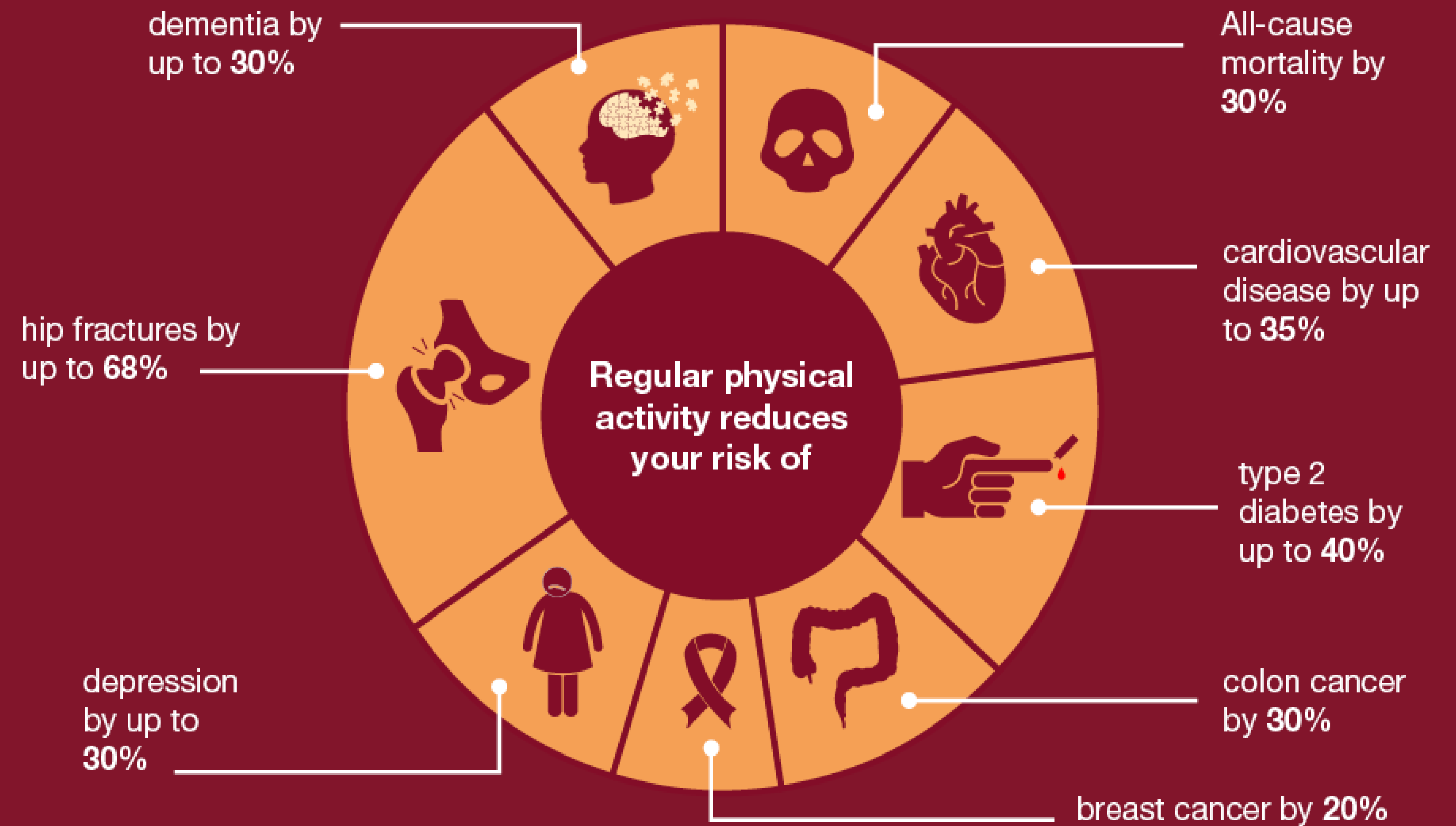
Percentage of patients with Long Term Conditions



Physical Activity

- In England 25.7% of adults are inactive (less than 30 mins week) and 30.2% of children complete less than an average of 30mins a day.
- 1 in 6 deaths are caused by physical inactivity.
- Those who are least active have the most to benefit by being more active and even small amounts of activity such as walking can be beneficial.

What are the health benefits of physical activity?



Air Quality

It is estimated that **long-term exposure to man-made air pollution in the UK** has an annual effect equivalent to:



28,000 to 36,000 deaths

Over the following 18 years a **1 $\mu\text{g}/\text{m}^3$ reduction in fine particulate air pollution in England** could prevent around:



50,900 cases of coronary heart disease

16,500 strokes



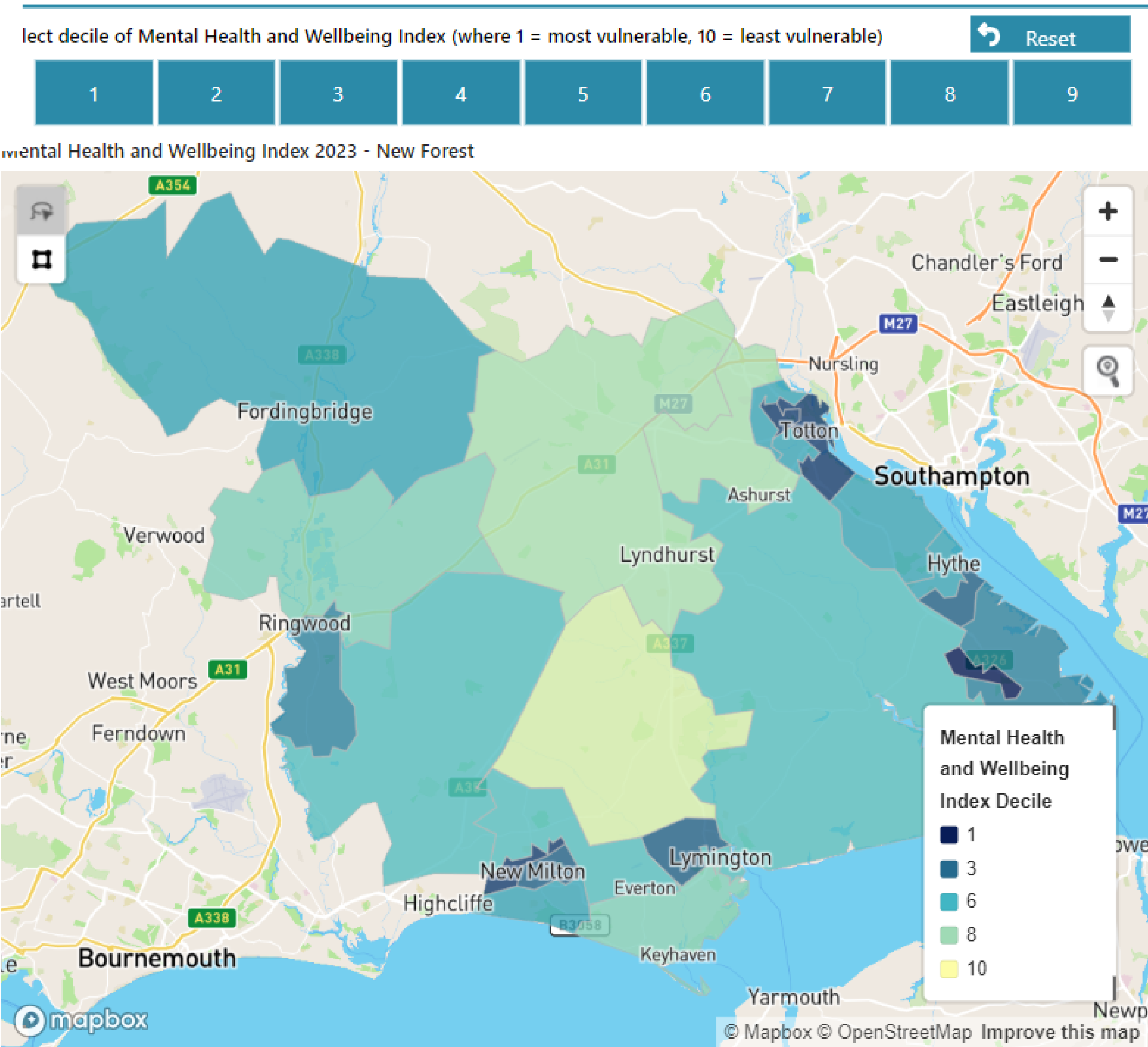
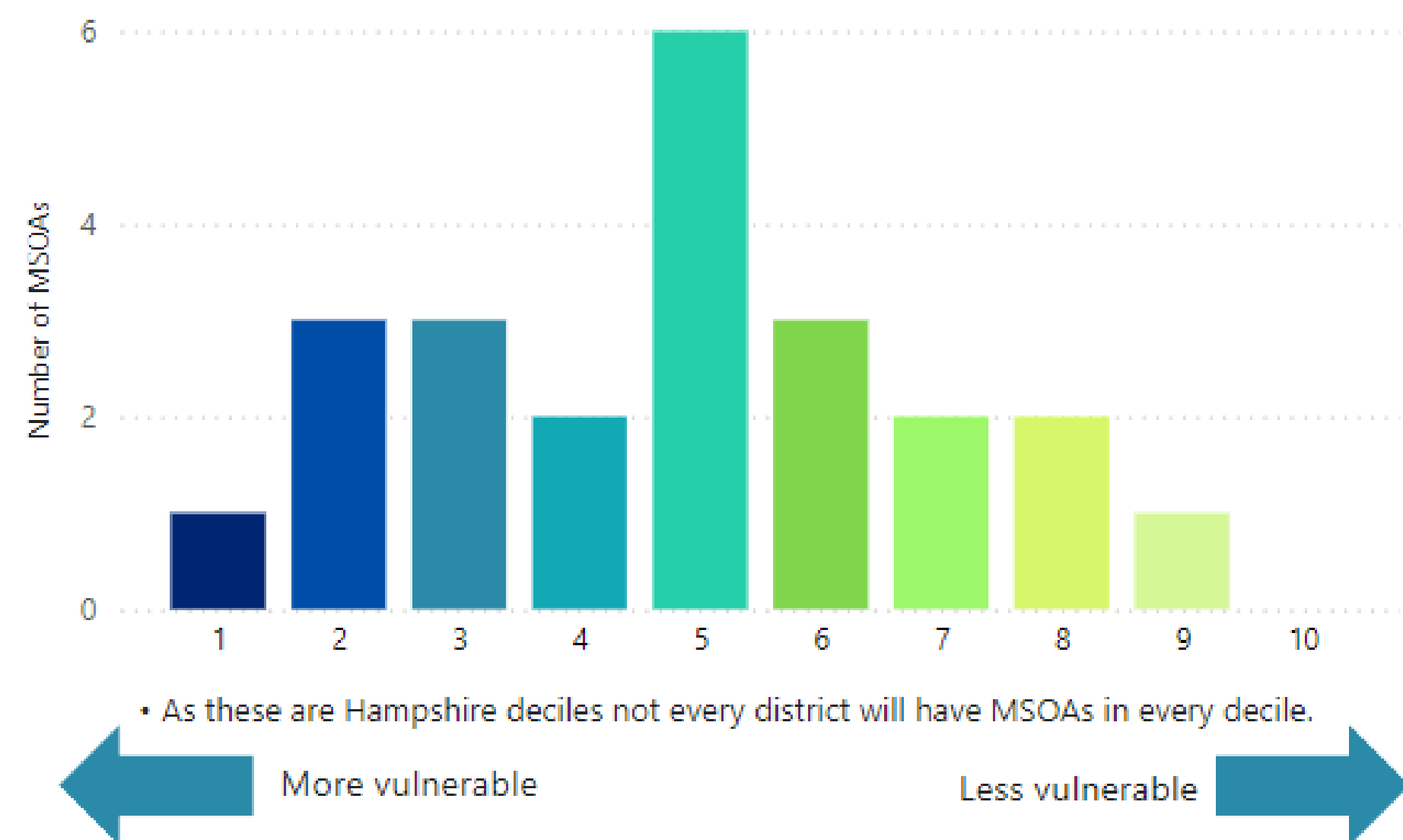
9,300 cases of asthma

4,200 lung cancers


Mental Wellbeing

MSOA	Mean (SD)	Count	Decile (where 1 is most vulnerable)
Ashurst & Cadnam	0.44	126	8
Barton on Sea	0.07	77	5
Bransgore & Burley	0.22	94	6
Brockenhurst & Sway	0.56	142	9
Fordingbridge, Rockbourne & Woodgreen	0.15	84	5
Holbury North, Blackfield & Fawley	-0.12	63	4
Holbury South	-0.91	15	1
Hordle & Bashley	0.25	97	6
Hythe	0.10	80	5


Number of MSOAs in deciles of Mental Health and Wellbeing Index - New Forest



Climate Change and my public health role

 **Hampshire**
County Council

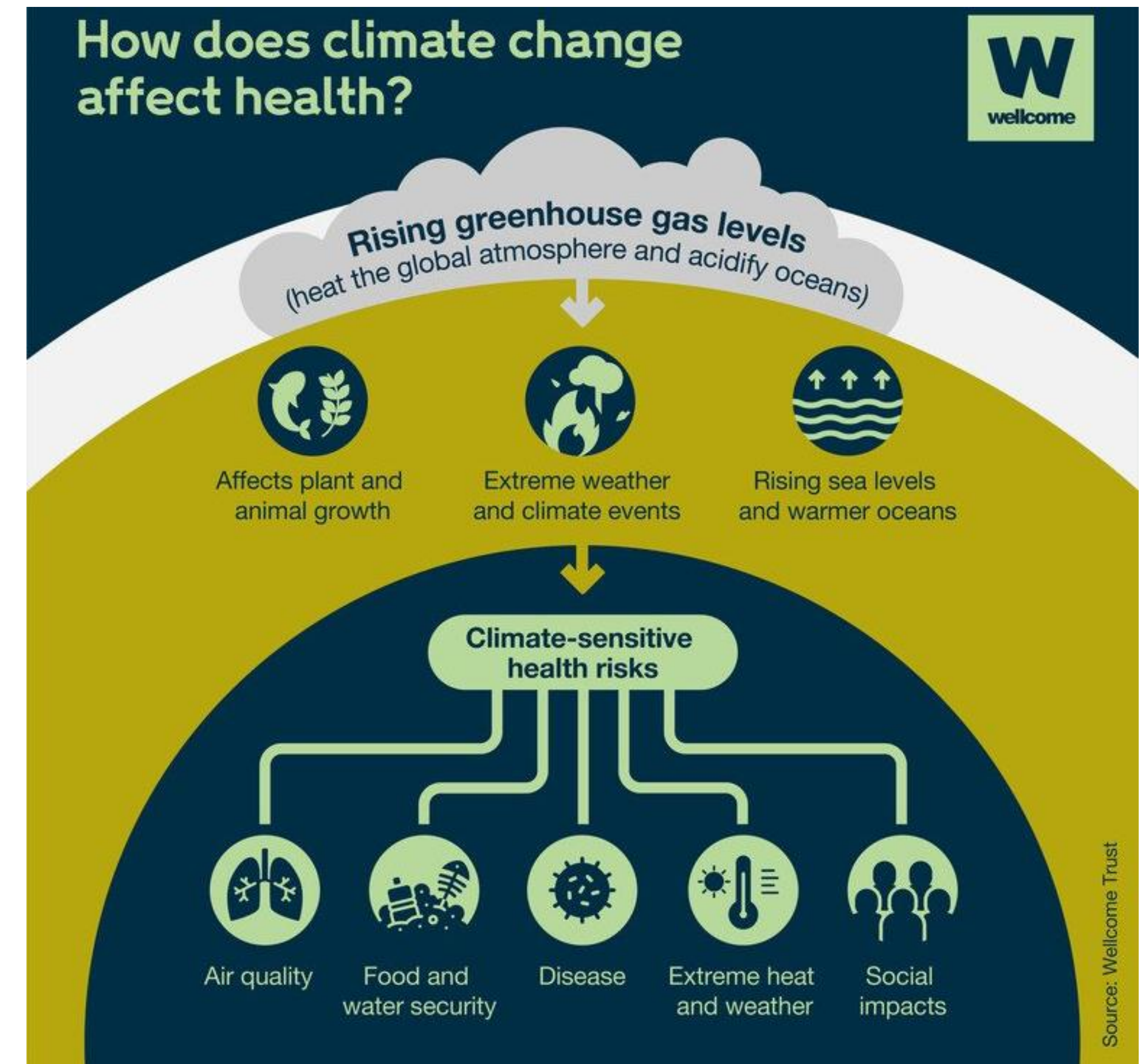
Services

Search this site 

[Home](#) > [Community support](#) > [Emergency Planning](#) > [What to plan for](#)

Extreme weather

Prepare for extreme weather such as heatwaves, storms and snow





Focusing on
the building
blocks



Using our Natural Health Service



There is significant and growing evidence of the physical and mental health benefits of access to good quality green space in town and country with a range of positive health outcomes.

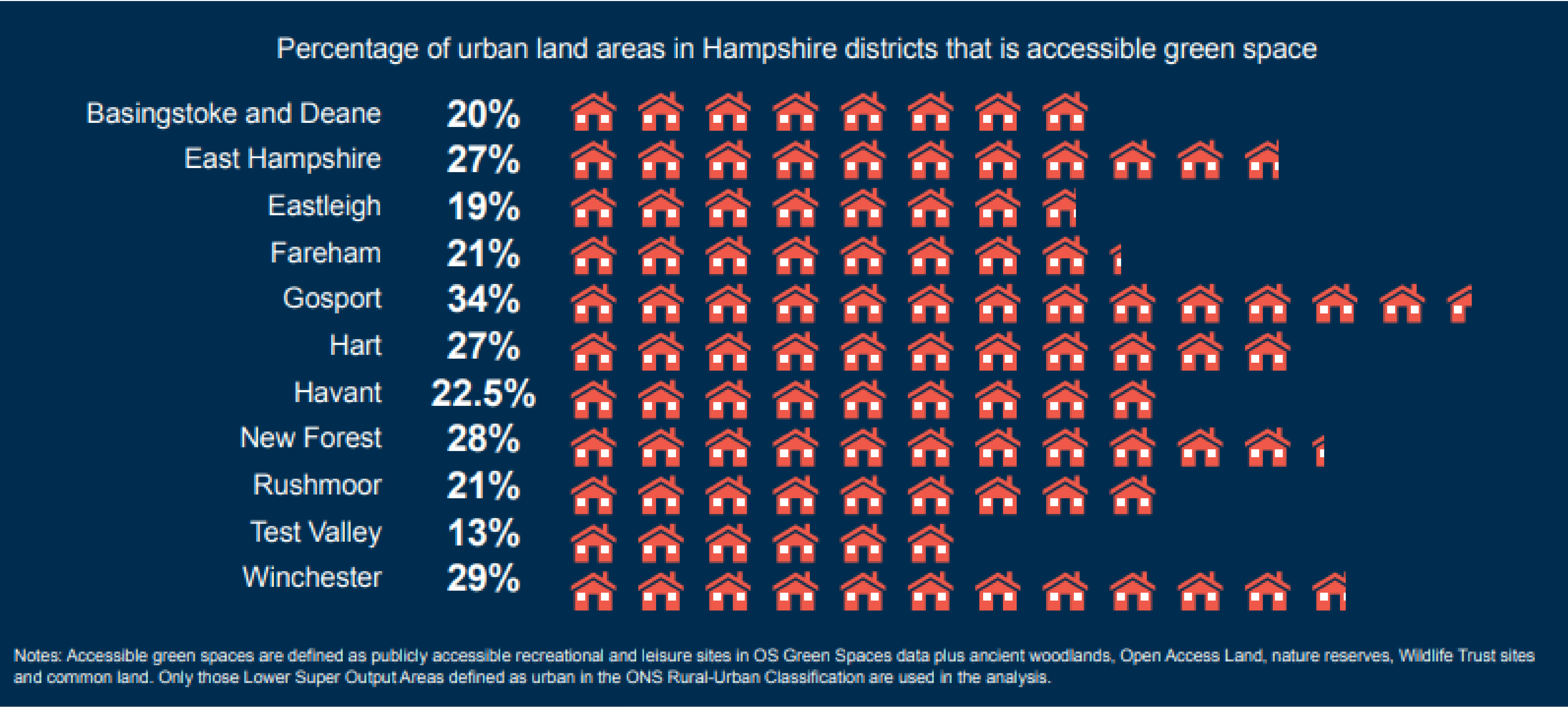
There is also evidence to show that some of the environmental benefits of green spaces include improved air and water quality, access to tranquility and decreased risk of flooding.

These may all become more important with future expected changes in the climate.

Accessing green spaces can also bring other benefits such as greater community cohesion and less social isolation.



Access to green space is not equitable



Using our Natural Health Service



Working Together



Public Health Strategy 2023 - 2026

[Home](#)[Healthy Places](#)[Healthy People](#)[Healthy Lives](#)[How will we achieve our aims?](#)[Why we are doing this?](#)[PDF Version](#)[PDF](#)

Hampshire's Public Health Vision

Hampshire County Council is committed to improving the health of everyone living in Hampshire.

Although Hampshire is generally a healthy place to live, not everyone enjoys the same level of good health. Recently we have seen that some people are dying earlier than they should be and the number of years they are living in good health is less than other residents.

To create a healthier Hampshire, we have two ambitions:



**To increase the number of years
Hampshire residents can expect to
live in good health.**



**To reduce the unfair gap in healthy
life years between the most and
least healthy.**

Nature and Health



Improving access to natural spaces, promote active lifestyles and enhance our food environment.

These are top priorities and together they have the potential to transform lives and make Hampshire a healthier place for everyone who lives here.

How do we improve health

- supporting local Walking for Health initiatives that allow for gradual, achievable increases in levels of exertion and challenge
- facilitating capital investment in infrastructure and ongoing management for walking and cycling routes, as well as other sporting activities
- providing dedicated outreach programmes to support people with accessibility needs or other obstacles to accessing National Parks
- supporting behavioural change through inviting people to try new physical activities
- working with schools and other education providers to enable young people to benefit from a closer connection with nature and outdoor activities
- encouraging and facilitating economic development that supports employment for people living in deep rural areas
- providing opportunities for meaningful volunteering experiences, such as Community Champions,

Bringing the County to the Towns



Our role in Planning

Planning Policy

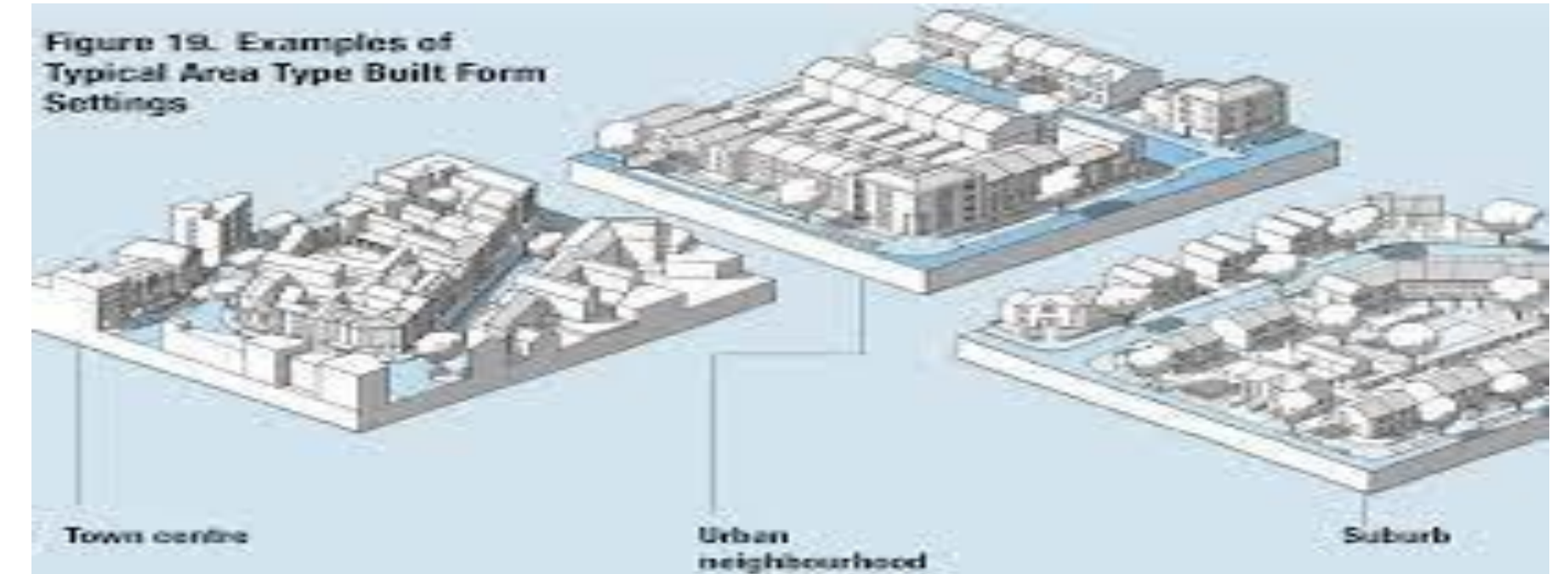
Local Plan - Supplementary Planning Documents - Design Codes.

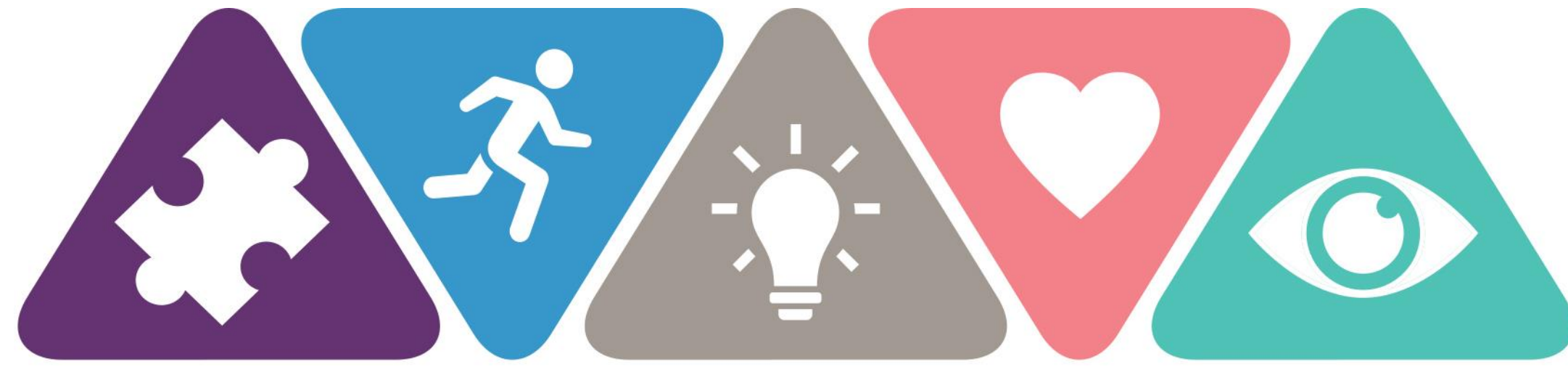
Planning Applications

National Policies - Local Policies - Neighbourhood Plans.

Stewardship

Conservation Management Plans - Regeneration - Transport Projects - GI Projects.





Five Ways to Wellbeing ... in nature

- **Connect** – explore nature with others
- **Be Active** – in green/blues spaces
- **Keep learning** – discover new things in nature
- **Give** – volunteering in nature
- **Notice/Be Mindful** – nature connection. Appreciate the small things in nature, seasonal changes

Accessing Nature, Green & Blue Space

- Sensory Trails – nature connection:
 - ✓ Accessible [mapped routes](#) in rural and urban green/blue spaces
 - ✓ For everyone but designed for those with sensory impairment(s)
 - ✓ Codesigned routes with people with living experience of sensory impairment
 - ✓ Inspiring partners to consider inequities in health and access, resulting in spin-off new partnerships and funding applications
 - ✓ Timely publication of Natural England's [report](#) on visually impaired access to green and blue spaces



Rural mental wellbeing



FCN
THE FARMING
COMMUNITY
NETWORK

We look forward to welcoming you to our
‘Yarn in a Barn’
A FarmWell event hosted by
The Farming Community Network
In conjunction with Hampshire Trading Standards and
Hampshire & Isle of Wight Constabulary

Tuesday 5th March 2024
Doors open at 5pm for tea and coffee for a prompt start
at 5.30pm. The event will finish at 8pm.

 The Cellar Door Café, Penn Croft Winery, Croft Lane, Crondall, GU10 5QD
(Courtesy of Penn Croft Winery)
what3words : ///soda.domain.trams

‘Meeting the Challenge of Farming Change’ with Ian Margetts Master of Mint, Summerdown Mint	Rural Crime Update, Prevention & Reporting with the Hampshire Country Watch Team	Staying Resilient through Changing Times with FCN
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lashamvenison.netlify.app

Please join us and spend a couple of hours away from the
day job catching up with others in the farming community.
This **free** event includes a delicious Lasham Venison Sausage
Bap and refreshments, and there will be plenty of time to
ask our speakers questions about your own business.


summerdown.com

- Information stands will be present from a number of local organisations
- Due to space availability, **booking is essential** please

THIS EVENT HAS BEEN MADE POSSIBLE BY FUNDING FROM FCN,
THE MERCER TRUST AND HAMPSHIRE COUNTY COUNCIL

To book your place, please contact Mark Thomas
07815 082326 / mark@fcn.org.uk
Please advise of any allergies etc

 **FarmWell**
INFORMATION | SUPPORT | RESILIENCE
REGISTERED CHARITY NO.1095919

- ✓ Partnership with Trading Standards animal health, CountryWatch police team and the Farming Community Network
- ✓ Survey of farmer's wellbeing
- ✓ Yarn in a Barn social and information events in key rural areas
- ✓ Rural Wellbeing and Farming Support Directory, sent out with every animal welfare communication

Physical Activity and Green Space

- Women's cycle training in Rushmoor including guided routes through woodland.
- Health walks across Hampshire led by volunteers with a focus on walking in nature for health and wellbeing.
- The Hampshire Active Health Fund, partnership with Energise Me and community organisations includes several projects focused on physical activity in green and blue space including:





Looking Forward

- Foster a **culture** of connecting with nature.
- Use **biodiversity** to unite the wellbeing of people and nature.
- Improve **access** for connection providing meaningful engagement.
- **Design** urban spaces around the pathways to nature connectedness.
- Build a **life-long** relationship with nature, addressing the 'teenage dip' and ensuring adults understand the value of nature for keeping well.

HAMPSHIRE 2050
VISION FOR THE FUTURE



A photograph of two hikers walking away from the camera on a dirt path in a forest. The hiker in the foreground is wearing an orange jacket and dark pants. The hiker further ahead is wearing a blue jacket and carrying a red backpack. Sunlight filters through the trees on the left, creating a bright, hazy glow. The forest floor is covered in green ferns and other vegetation.

**Lets take action together
promoting and using our
Natural Health Service**