

Physical activity and the environment update

Consultation on draft scope – deadline for comments 5pm on 22/04/16

Email: PAPOP@nice.org.uk

		<p>Please read the checklist for submitting comments at the end of this form. We cannot accept forms that are not filled in correctly or arrive after the deadline.</p> <p>We would like to hear your views on these questions:</p> <ol style="list-style-type: none"> 1. Which interventions or forms of practice might result in cost saving recommendations if included in the guideline? 2. Who are the key audiences for this guideline <p>Developing NICE guidance: how to get involved has a list of possible areas for comment on the draft scope.</p>	
<p>Organisation name – Stakeholder or respondent (if you are responding as an individual rather than a registered stakeholder please leave blank):</p>		<p>Natural Resources Wales</p>	
<p>Disclosure Please disclose any past or current, direct or indirect links to, or funding from, the tobacco industry.</p>		<p>None</p>	
<p>Name of person completing form:</p>		<p>Bronia Bendall</p>	
<p>Type</p>		<p>[for office use only]</p>	
Comment No.	Page number or 'general' for comments on the whole document	Line number or 'general' for comments on the whole document	Comments
			<p>Insert each comment in a new row.</p> <p>Do not paste other tables into this table, as your comments could get lost – type directly into this table.</p>
Example	3	55	<p>The draft scope currently excludes people who have already been diagnosed. We feel this group should be included because....</p>

1	General	General	<p>Although the guidance does reference open spaces it does not highlight the benefits of green infrastructure in increasing levels of physical activity in the outdoors.</p> <p>Physical Activity is such a cross cutting challenge and as this a guidance note on Physical Activity and the Environment, we believe that there is further opportunity to link agendas and highlight the importance of green infrastructure in the delivery of the physical activity agenda (which also links heavily to mental health benefits).</p> <p>The Landscape Institute position statement 'Public Health and Landscape - Creating healthy places' states that 'How we plan, design and manage our landscapes should be guided as much by their importance for health as for all of their other functions'. The Position Statement aims to give public health professionals, planners and landscape architects a better understanding of the contemporary role landscape plays in the creation of healthy places.</p> <p>A recent report by Wildlife Trusts Wales – 'Green Infrastructure - A Catalyst for the Well-being of Future Generations in Wales' highlights the huge benefits the natural environment brings our towns, cities and communities.</p> <p>It states that: 'research has shown that people are more active if they live within an attractive and inspiring natural environment, whether through activities such as gardening, jogging, cycling, family outings to a park or simply going for a walk. People living near greenspace experienced fewer physical and mental health problems than those living in more built up areas.</p> <p>In regard to cost effectiveness the report states:</p> <p>'Green Infrastructure (GI) is the most simple, elegant and effective way to alleviate multiple social, economic and environmental challenges and complements existing urban infrastructure.</p> <p>At its best GI can be is designed to get the most benefit out of what nature provides us for free and therefore reduces what needs to be done by expensive technology and grey infrastructure.</p> <p>It can significantly reduce costs for individuals, businesses and public bodies whilst enhancing the quality of life and health of residents, workers and visitors. This common sense view has been proven through peer reviewed studies throughout Wales, the UK and internationally.'</p> <p>The report also states a number of economic benefits, including:</p> <ul style="list-style-type: none"> • 'UK green spaces are worth at least £30bn a year in health and welfare benefits • the NHS could save £2.1bn a year if everyone had access to green spaces • the health benefits of living with a view of a green space are worth up to £300 per person per year • a study in the UK showed that GI can contribute up to 34% uplift in property values²⁸
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2	3	65-70	<p>We believe that within the section for local strategies, policies and plans, there should be a bullet noting that consideration should be paid to ensuring that good quality GI be considered (e.g. greenspace, tree canopy cover, green corridors, community gardens, roadsides, etc.) and are made available in communities to encourage physical activity.</p> <p>A Faculty of Public Health publication in association with Natural England: 'Great Outdoors: How Our Natural Health Service Uses Green Space To Improve Wellbeing' gives a recent summary of the effects of natural environments on wellbeing and demonstrates the vital role it can play in promoting better wellbeing and preventing health problems. The paper states: 'A wide range of evidence suggests that contact with safe, green spaces can improve a number of aspects of mental and physical health and wellbeing as well as various social and environmental indicators. For example:</p> <ul style="list-style-type: none"> • Contact with green spaces and natural environments can reduce symptoms of poor mental health and stress, and can improve mental wellbeing across all age groups. • Access to green spaces can increase levels of physical activity for all ages. • Having green spaces in an area can contribute to reduced health inequalities. • Safe, green spaces can increase levels of communal activity across different social groups as well as increase residents' satisfaction with their local area. • Green spaces can help with our response to climate change through their potential to reduce the impacts of heatwaves and reduce flooding and reducing CO2 emissions. • Green spaces and natural environments can improve air and noise quality and support sustainability through increasing biodiversity, encouraging active transport and community participation.'
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3	3	71-78	<p>Again, we would like to see a bullet within this section that refers to ensuring that GI is considered in transport planning.</p> <p>Evidence shows that establishing 'greener' streets provides a more desirable environment for active travel and everyday activity.</p> <p>Street trees not only look great but perform multiple services. They act as carbon sinks and air filters and reduce pollution, soak up excess water and reduce the urban heat island effect, and also provide oxygen. For example, an 80-foot beech tree has been shown to absorb the daily carbon dioxide output of two family homes. Having better air quality is again more likely to encourage people to use the outdoors for active recreation and active travel.</p> <p>'Tree in Hard Landscapes – A Guide for Delivery' produced by the Trees and Design Action Group highlights how urban trees can make a significant contribution to a sustainable, integrated infrastructure approach, promoting value and economic development, climate change adaptation and human health and wellbeing. The paper provides practical strategies to ensure how trees best contribute to the delivery of the design objectives of a project.</p> <p>Sustainable drainage systems or (SuDs) can be designed or retrofitted within streets and urban green spaces to better cope with predicted extreme weather events and also make the street environment greener and more desirable to attract active travel.</p> <p>Extensive green networks or connected 'urban ecosystems' can support active travel, help rebuild biodiversity and provide substantial climate change adaptation such as natural drainage solutions and better airflows. Green spaces are far more effective when linked as they allow people and wildlife to travel through urban areas.</p>
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4		175	<p>The facts and figures within this section relate to physical activity in general. We think it would be advantageous to include more detail around the environment.</p> <p>Research by the Landscape Institute has established that there are clear links between good-quality landscapes and health and wellbeing. There is an increasingly strong evidence base to demonstrate the positive effects that access to good-quality landscapes has on our health and wellbeing – and the negative effects when we don't. We also know that areas of social and economic deprivation, which are often linked with poorer health and reduced life expectancy, can be associated with limited access to good-quality green space (Landscape and Public Health: Creating Healthy Places. Landscape Institute, Nov 2013). Data from NRW supports this. Using data collected for NRW's Good for People Toolkit and overlaying NRW's LANDMAP landscape assessment evidence, we have established that there are 2.6 times more communities suffering ill health in poor quality landscapes than there are reporting ill health in the highest quality landscapes (NRW, 2015).</p> <p>Evidence shows that walking in a natural green space has more benefits to your health than walking on a treadmill or in urban environments. Evidence shows that taking a walking break in a nearby park rather than walking the pavements decreases anxiety and increases working memory performance – a walk in the park helps mood and helps get away from negative thoughts as well being good for physical health.</p>
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Checklist for submitting comments

- Use this form and submit it as a Word document (not a PDF).
- Complete the disclosure about links with, or funding from, the tobacco industry.
- Include page and line number (not section number) of the text each comment is about.
- Combine all comments from your organisation into 1 response. We cannot accept more than 1 response from each organisation.
- Do not paste other tables into this table – type directly into the table.
- Underline and highlight any confidential information or other material that you do not wish to be made public.
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