



**Improving Wellbeing through Urban Nature:**  
integrating green/blue infrastructure and  
health service valuation and delivery (IWUN)



The  
University  
Of  
Sheffield.





# About IWUN

- Project commenced on 1 June 2016
- £1.3 million over 3 years
- 14 academics across 4 universities
- 5 post-doctoral researchers, 1 PhD student and a project manager
- Partnering with The Wildlife Trusts, the Centre for Sustainable Healthcare and Recovery Enterprises
- Based on a Sheffield case study- **close collaboration with stakeholders is integral to this project**
- **Focuses on relationship between mental health and NE**



# Aims



- Evaluate the ways in which the quality and quantity of urban green space impacts on the health and wellbeing of Sheffield residents
- Explore the cultures and values that influence how people of different ages and backgrounds interact with the natural environment
- Find out more about which aspects of the natural environment are beneficial for health and wellbeing
- Evaluate whether a smartphone app connecting people with nature can improve health and wellbeing
- Develop a method to measure the cost-effectiveness of natural environments to help determine the ways in which they could play a significant part in the UK's future healthcare arrangements
- Work out how urban green space can be used to deliver health and social care



# Activities



- **WP1:** Comparing large data sets to find out more about relationships between NE characteristics, health inequalities, deprivation and NE usage
- **WP2:** Exploring the values and beliefs relating to NEs and H&W through interviews and creative workshops, focusing on low users as defined by the Monitor of Engagement with the Natural Environment (MENE) (Natural England, 2015).
- **WP3:** Using a smartphone app to find out what people notice and appreciate about the NE and how this impacts on their H&W
- **WP4:** Working with stakeholders and delivering project outputs:
  - ‘Green Blue Infrastructure-Green Health Guide’
  - GBI valuation framework analysing the costs and benefits of different prototypical interventions
  - Exploring the barriers to implementation of green health interventions
  - Developing new governance and policy structures and frameworks for delivery of a new green paradigm for wellbeing across the public, private and third sectors.







# IWUN: a great opportunity?

- An opportunity for Sheffield to think about where we are on the green health continuum, where we want to be and how to get there
- A catalyst for planning the future of urban parks and green spaces in Sheffield: are there synergies between the environment and health and social care sectors?
- An opportunity to benefit from the work we are doing: we are happy to come and deliver workshops, share expertise & explore opportunities for mutual learning around green health issues





# IWUN needs you!

- Seeking your early involvement to help shape the project and make it relevant e.g.
  - Join one of our working groups quarterly to make sure our research is relevant and maximises benefits
  - Help us recruit 900 people e.g. If you work in a GP practice, and want your patients have the chance to take part, please get in touch
  - Help us build the project outcomes into manageable policy/organisational practices
  - Host a green health event or suggest speakers for future events



A photograph of a park with many people sitting on the grass under trees. The text "Please complete our survey" is overlaid in white.

# Please complete our survey

- By completing the survey today you are helping to provide a baseline from which we can work

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- Work out how urban green space can be used to deliver health and social care

To find out more about how to get involved please email the project lead Anna Jorgensen [a.jorgensen@sheffield.ac.uk](mailto:a.jorgensen@sheffield.ac.uk) or visit [www.iwun.uk](http://www.iwun.uk)



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Of  
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ARCHITECTURE



CENTRE for  
SUSTAINABLE  
HEALTHCARE



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UNIVERSITY



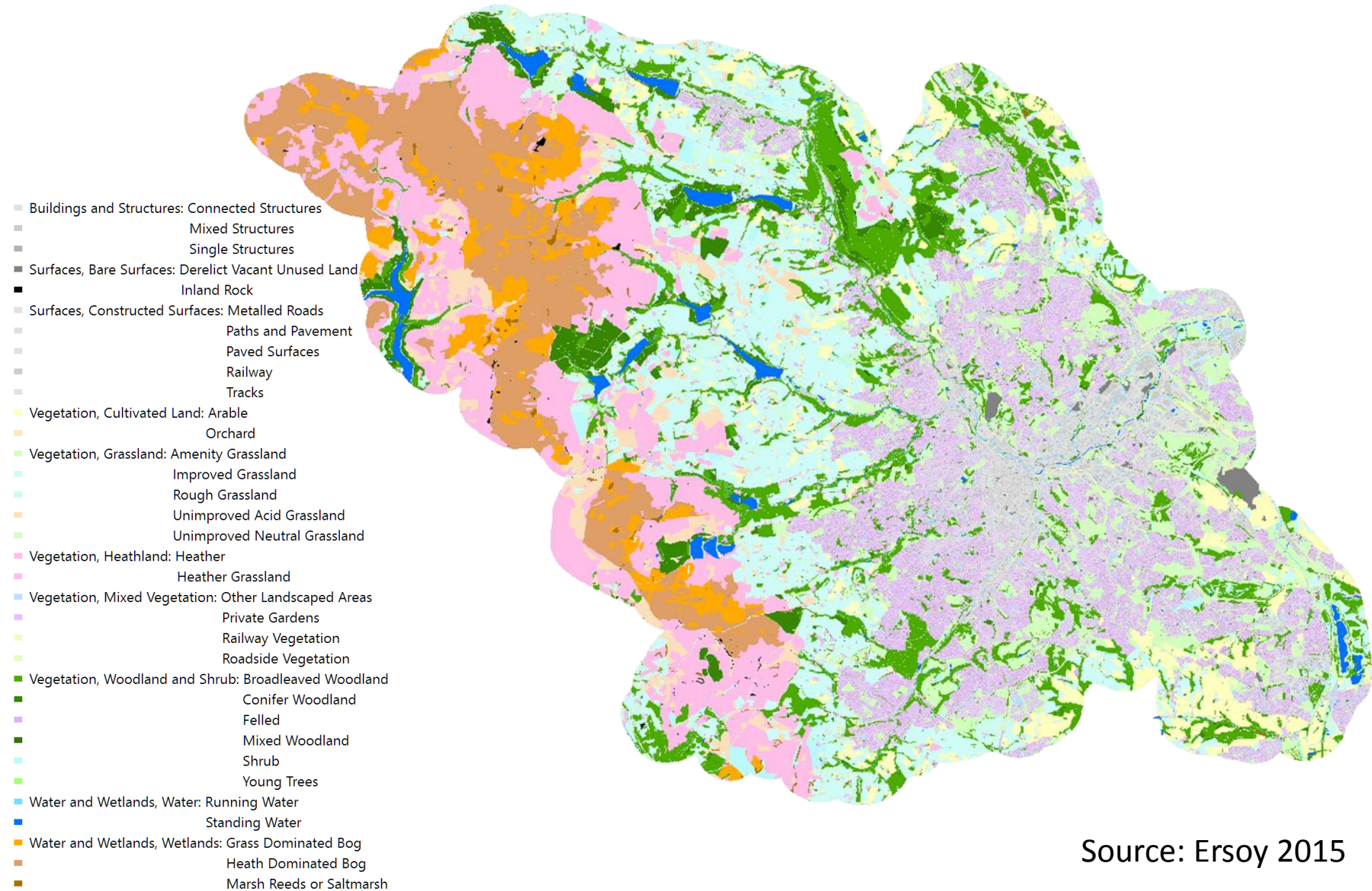
VALUING NATURE



IWUN

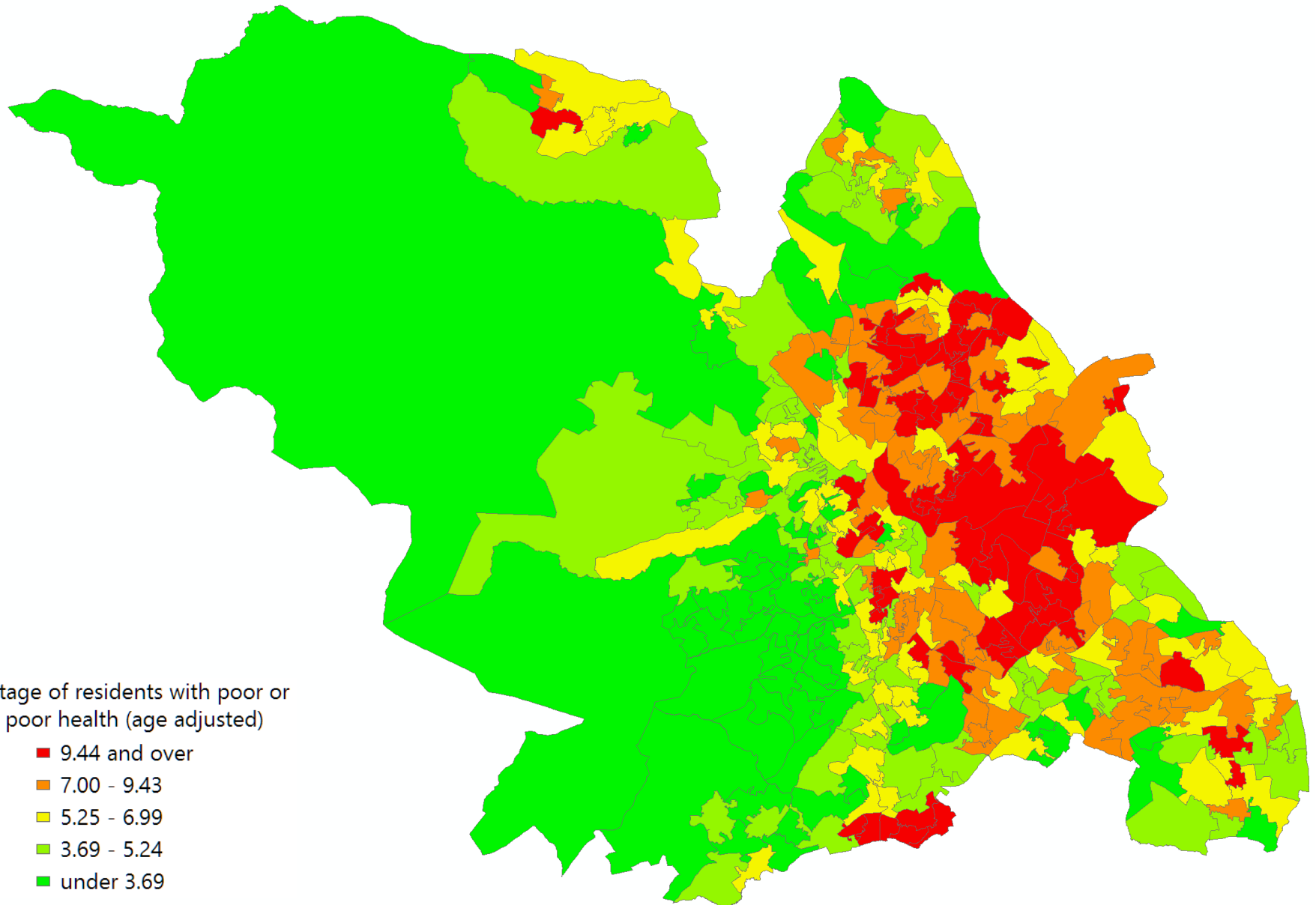
Imagining wellbeing through natural spaces

# Land cover (combined data)



Source: Ersoy 2015

# Self reported general health (Census 2011)





# Deprivation (IMD2015)

