

Green Health Partnerships in Scotland - greening healthcare in Dundee



Dundee
Green Health
Partnership

Dr Viola Marx

Green Health Partnership Coordinator
Dundee City Council / NHS Tayside



**Abertay
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Abertay University

The Dundee Green Health Partnership is helping to make more use of Scotland's outdoors as Our Natural Health Service. Our Natural Health Service is a national initiative led by Scottish Natural Heritage and supported by national and local partners including:





GREEN HEALTH PART



4 Green Health Partnerships in Scotland

- **Lanarkshire**
 - Green Health Manager, Vicki Trim
 - March 2018, employed by NHS Lanarkshire
- **Dundee**
 - GHP Coordinator, Dr Viola Marx
 - June 2018, employed by DCC, jointly managed by NHS Tayside
- **North Ayrshire**
 - GHP Project Officer
 - July 2018, hosted and managed by TCV and KA Leisure
- **Highlands**
 - GHP Development Officer, Ailsa Villegas
 - November 2018, employed by HS Highland

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Huge health benefits

But some people don't demonstrate nature -connectedness and don't choose to visit green spaces.

“The multiple benefits of exposure to nature in urban areas are experienced by people who spend time in public green spaces and gardens, many of whom are already nature-connected and aware of these advantages”
(Hoyle *et al.*, 2019)

“Healthy places, healthy people”

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Health Benefits

- **Mental health & wellbeing**
 - Psychological stress
 - Fatigue
 - Anxiety
 - Depression
- **Maternal, foetal, child cognitive development**
 - Foetal growth
 - Birth weight outcomes
 - Increased childhood cognitive outcomes
- **Higher self-rated health**
- **Reduced loneliness**
- **Healthy internal biome**
 - Direct contact with nature
 - immune system
 - reduction of inflammatory diseases incl. asthma
- **Obesity**
 - 40% less likely to be obese
- **Reduced mortality**
 - Especially men, low SES, infants
- **Improved physiological outcomes**
 - Pain management
 - Heart rate
 - Blood pressure
 - Vitamin D levels
 - Recuperation rates
 - Physiological stress
 - Lower prevalence of diabetes T2

Good access to **greenspace** = smaller **SES inequality**

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Our Natural Health Service in Scotland



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Our Natural Health Service The Concept.

Designed to complement NHS

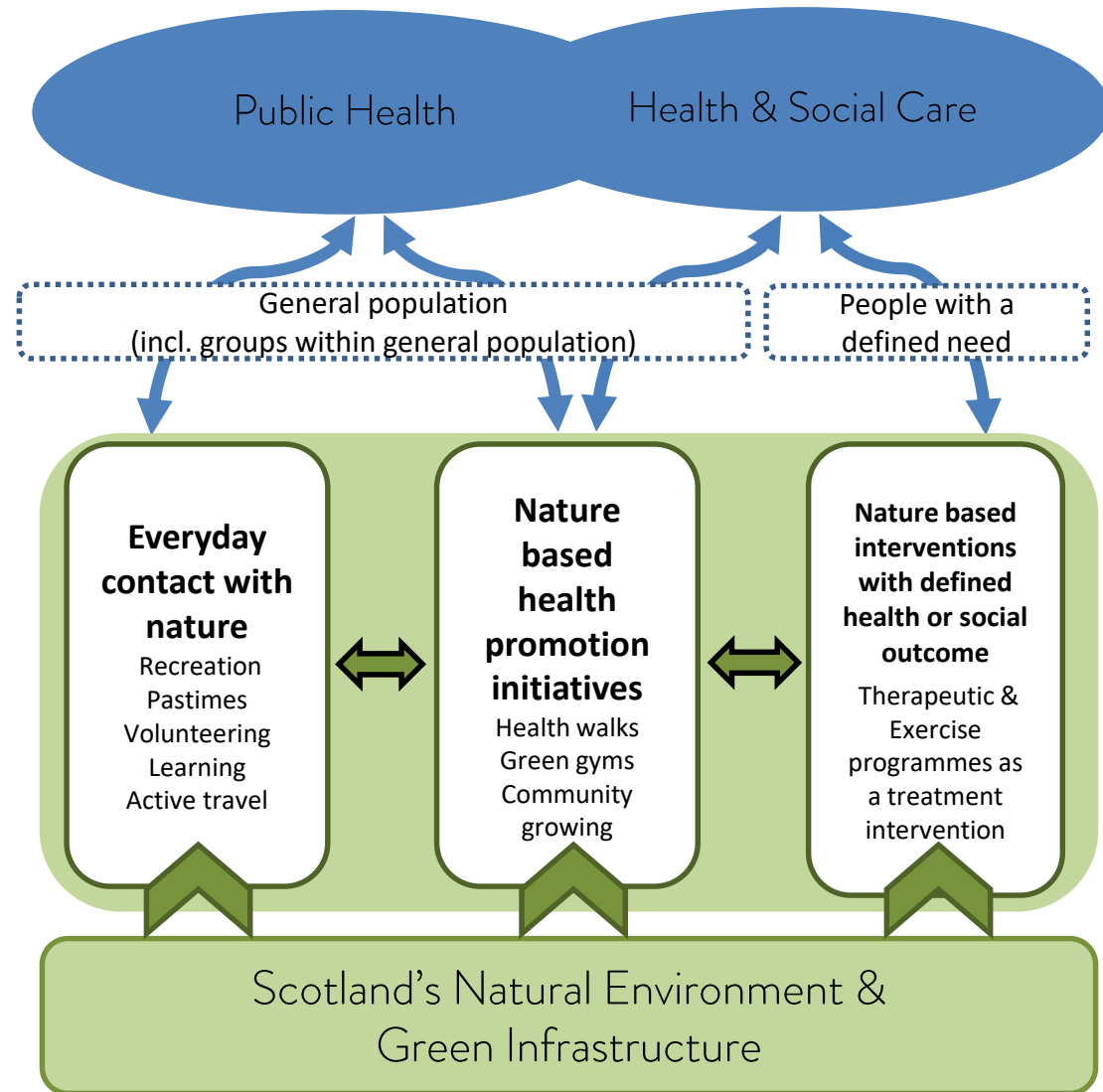
- Reduces medication and costs
- Long-term outcomes

Natural health service concept

Health benefits from being active and/or spending time in the natural environment

ONHS Action Programme

Step change in how the natural environment is used to improve people's health & contribute to health outcomes



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ONHS Scotland promotes 'green health'

Active or passive engagement with greenspace/nature, which improves physical, mental and social health and well-being

- walking and relaxation
- outdoor learning and play
- recreation and sport
- practical conservation
- gardening
- rehabilitation and recovery
- active travel



Dundee's Green Health Partnership has launched, and flourished, the story so far:

THE COURIER.co.uk

Start typing 

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Dundee GPs set to prescribe



by Nadia Vidinova

April 8 2019



Walkers near the Three Sisters mountain range in the Highlands.



Dundee Born and Read **Evening Telegraph**

Start typing 

DUNDEE OUR KIDS NEED JUSTICE DUNDEE FC DUNDEE UTD JOBS TELE TAKEOVER ALL SECTIONS 

COURT Angus Fife Perthshire Scotland UK and world

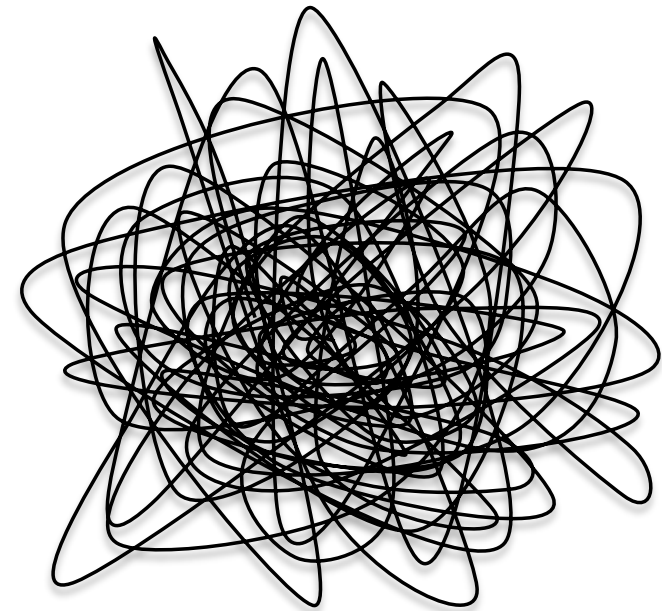
to treat patients in



Privacy 

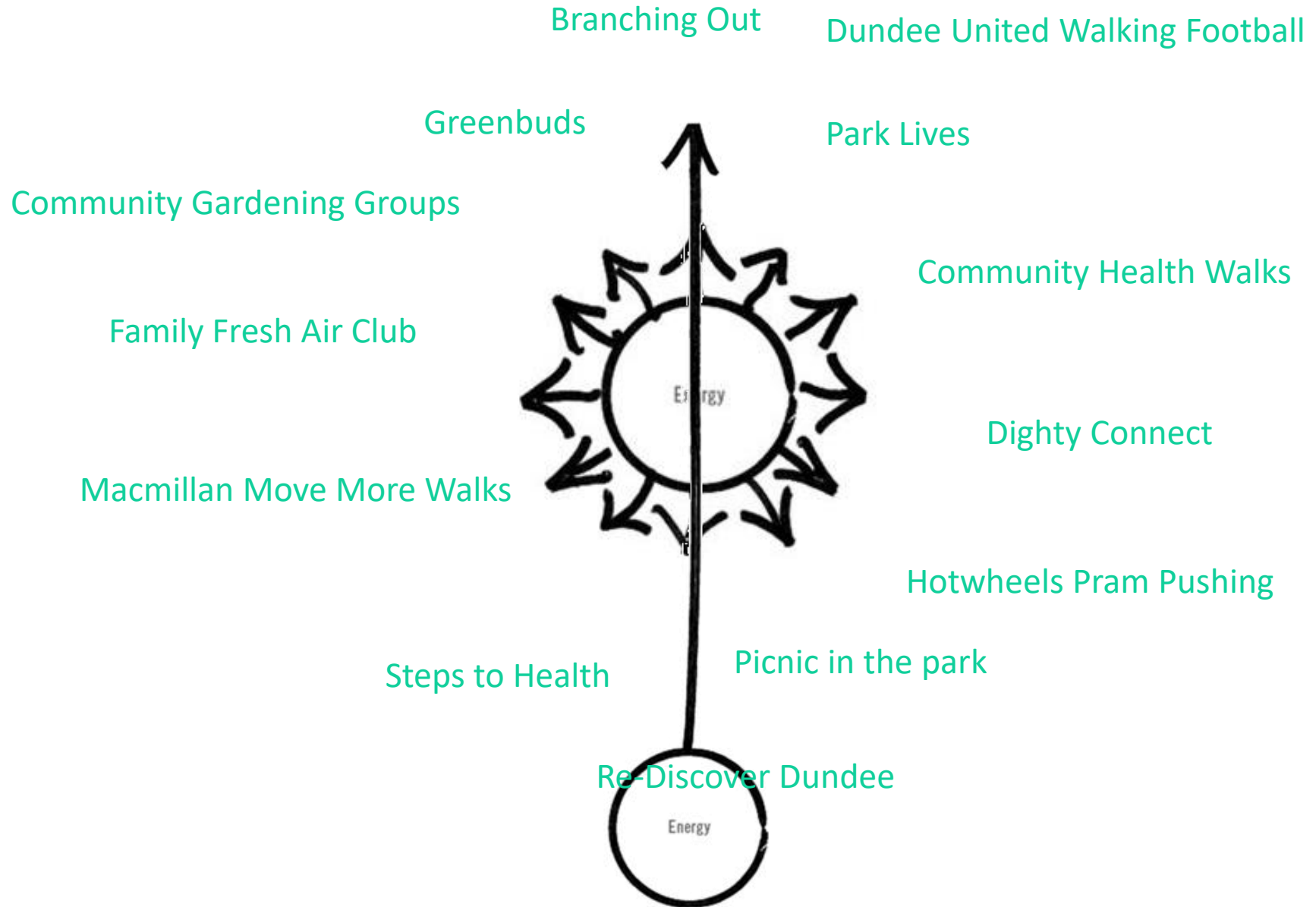
One year ago...

- Fragmented, uncoordinated, opportunistic
- Limited impact
- Untargeted
- Unsustainable



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GREEN HEALTH PRESCRIPTION PILOT

This paper sets out a proposal to pilot Green Health Prescriptions in 2 or 3 Practices in Dundee. The GP Sub Committee are asked to approve the proposal for this pilot.

1. SITUATION AND BACKGROUND

The health of the people in Scotland is poor in comparison with the rest of Europe. Clinical, epidemiological and experimental studies on physical activity and health show a strong relationship between physical activity and disease prevention. There are significant health and well-being benefits of nature. We want to foster better health and well-being through the use of NBI.

Approved by:

- GP Subcommittee
- Local Medical Committee Tayside

Link with wider Social Prescribing across Tayside

Dundee offers a variety of NBI programs which are readily available for patients to be signposted to. To maximise the health benefits these activities provide, and to develop new ones where there is demand, more joint working with health and social care is needed.

In order to increase the uptake of NBIs the DGHP wants to improve sign posting to them and improve access arrangements.



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P **GREEN HEALTH PRESCRIPTION (DUNDEE)**

Name

Address

Postcode

Green Health activities available:

- Gentle Cycling (incl. eBikes and eTrikes)
- Health Walks
- Park Runs
- Gentle Movements
- Gardening
- Nature Conservation
- Pram Pushing
- Football
- Walking Football
- Walking Netball
- Arts and Crafts
- And many more activities

Follow up in:
 Months

Signature/Stamp of Prescriber Date

CALL 

DIAL-OP & GO
(01382) 305751

9am - 4pm Monday to Friday
An answering service is provided outwith office hours.

If easier, email or text:
greenhealth@volunteerdundee.org.uk
07719 969 229

We will respond within 2 working days.

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 Scottish Natural Heritage
 Duilchas Nàdair na h-Alba
 nature.scot



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IMPORTANT NOTES FOR PATIENTS

Green Health Activities

Being outdoors is known to help with a range of health issues, without any side effects. Joining In can reduce your need for medication and inspire you to better living, for good.

Dial-OP & GO

The Dial-OP & GO operator provides information on activities available to you through your Green Health Prescription. You will then have the option to contact the activities directly or should you wish we can do this on your behalf.

Accessibility

If you require help with attending the initial sessions we have fully trained volunteers available to accompany you to your group session, through our GO Project, just ask for more details when you call.



GREEN HEALTH PRESCRIPTION (DUNDEE)

Your Green Health Prescription is brought to you by the Dundee Green Health Partnership in collaboration with Volunteer Dundee, NHS Tayside and Dundee City Council.



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Who prescribes?

- GP surgeries 3/24 (GP, Nurses, Link Workers)
- AHPs
- Consultants
- Hospitals
- Locality Pharmacists
- Self-referrals
- Community Prescribers
- Job Centre Plus

- Who prescribes?**
- 100 NHST Prescribers
 - 4 Community Organisations
 - 1 Employability Support

- Issued to:**
- Physically Inactive
 - Weight Loss
 - Pain Management
 - Cardiac Rehab
 - Cancer Care
 - Mental Health
 - Type 2 Diabetes
 - COPD

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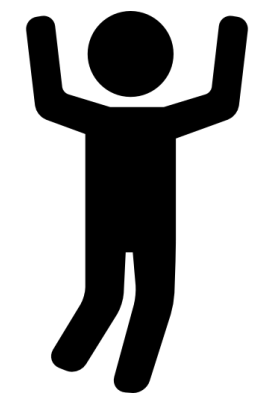
Pilot project

Green Health Prescriptions

- Find local activity
- Encourage healthy behaviour changes
- Report back to Healthcare Professional
- Fortnightly calls



Focus:
Community resources
for health benefits



Create opportunities

...for the inactive

...and for the active to stay active

- eBikes Grant *Re-DISCOVER Dundee*
energy saving trust
 - 15k, 8 e-trikes, 2 e-bikes & 1 trailer
 - Target: Chronic pain, physically inactive, older people, T2 Diabetes, mobility issues, minority groups
 - DVA, Volunteer Dundee, Electric Bikes Scotland, Caledonian Housing Association, Sheltered Housing, Dundee International Womens Centre, Fairfield Sports Centre, AMINA, NHS Tayside



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Re-DISCOVER DUNDEE @DundeeRe · Jun 23
 Another fab Sunday outdoors, combining gentle #physicalactivity, good fun and better company!! Thank you all!! @HealthDundee @volunteerdunee @dundeetsi

The Dundee Green Health



Government



and local partners including:

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Abertay
University

Thank you!

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