

# Improving Wellbeing through Urban Nature: integrating green/blue infrastructure and health service valuation and delivery



www.iwun.uk  
@IWUNproject  
@Shmapped\_IWUN

## IWUN

### About IWUN

IWUN is a health and wellbeing project funded by the NERC-led Valuing Nature Programme. It is a three year project focussing on improving mental health and wellbeing in Sheffield. IWUN's interdisciplinary approach combines landscape architecture, ecology, psychology, economics and health economics, social science and arts & humanities. The University of Sheffield has teamed up with the Universities of Derby and Heriot Watt, and The Wildlife Trusts, the Centre for Sustainable Healthcare and Recovery Enterprises.

### Why IWUN?

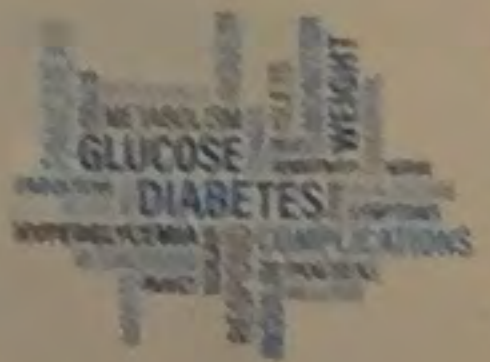
**1 in 5**

people in the UK will experience a mental health problem in any given year<sup>1</sup>



**61%**

of adults in England are overweight or obese<sup>2</sup> (strong risk factors for cardiovascular diseases)



**8 years**

is the average difference in life expectancy between the least and most deprived citizens of Sheffield<sup>3</sup>

### Biodiversity

and environmental resilience are key concerns, and there is strong evidence to show that a healthy natural environment (NE) can contribute positively to the health and wellbeing (H&W) of the population



### Aims of the IWUN Project

#### Evaluate

ways in which quality and quantity of urban greenspace impacts on the H&W of Sheffield residents



#### Explore

the cultures and values that influence how people of different ages and backgrounds interact with the NE

#### Find

out more about which aspects of NE are beneficial for H&W

#### Evaluate

whether a smartphone app connecting people with NE can improve H&W



#SHMAPPED

#### Develop

a method to measure the cost-effectiveness of NE to help determine their role in future health and social care systems

*"IWUN takes an applied approach to understanding the value of natural environments for health and wellbeing in the context of Sheffield."*

### Work Packages

**IWUN will be delivered in four work packages (WPs) using the following logic model:**

#### WP1

What is the geopolitical distribution of NEs and NE quality and health inequality and (how) do these co-vary?



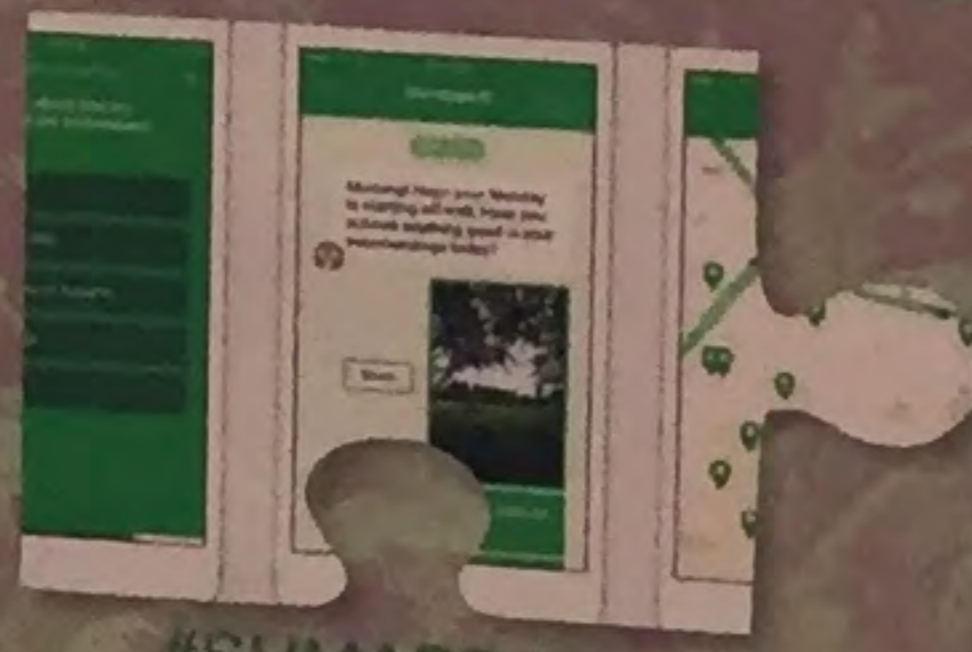
#### WP2

What are the cultures and values that shape individual and collective understandings of urban nature and H&W, and how do these inform NE use in an increasingly ethnically diverse & aging society?



#### WP3

How do urban NE characteristics deliver H&W benefits? A specially designed smartphone app: 'Shmapped'



#SHMAPPED

#### WP4

Stakeholder engagement, co-production.

**Outputs and impact:**  
1. Green/Blue infrastructure valuation framework to compare the costs, benefits and tradeoffs inherent in the ecosystem service bundles  
2. 'Green Blue Infrastructure-Green Health Guide' non-academic practice guidance



Place making (urban planning and design)

Place keeping

Place experience

