Green infrastructure and the Health and wellbeing Influences on an Ageing population (GHIA)

@GHIA_VNN

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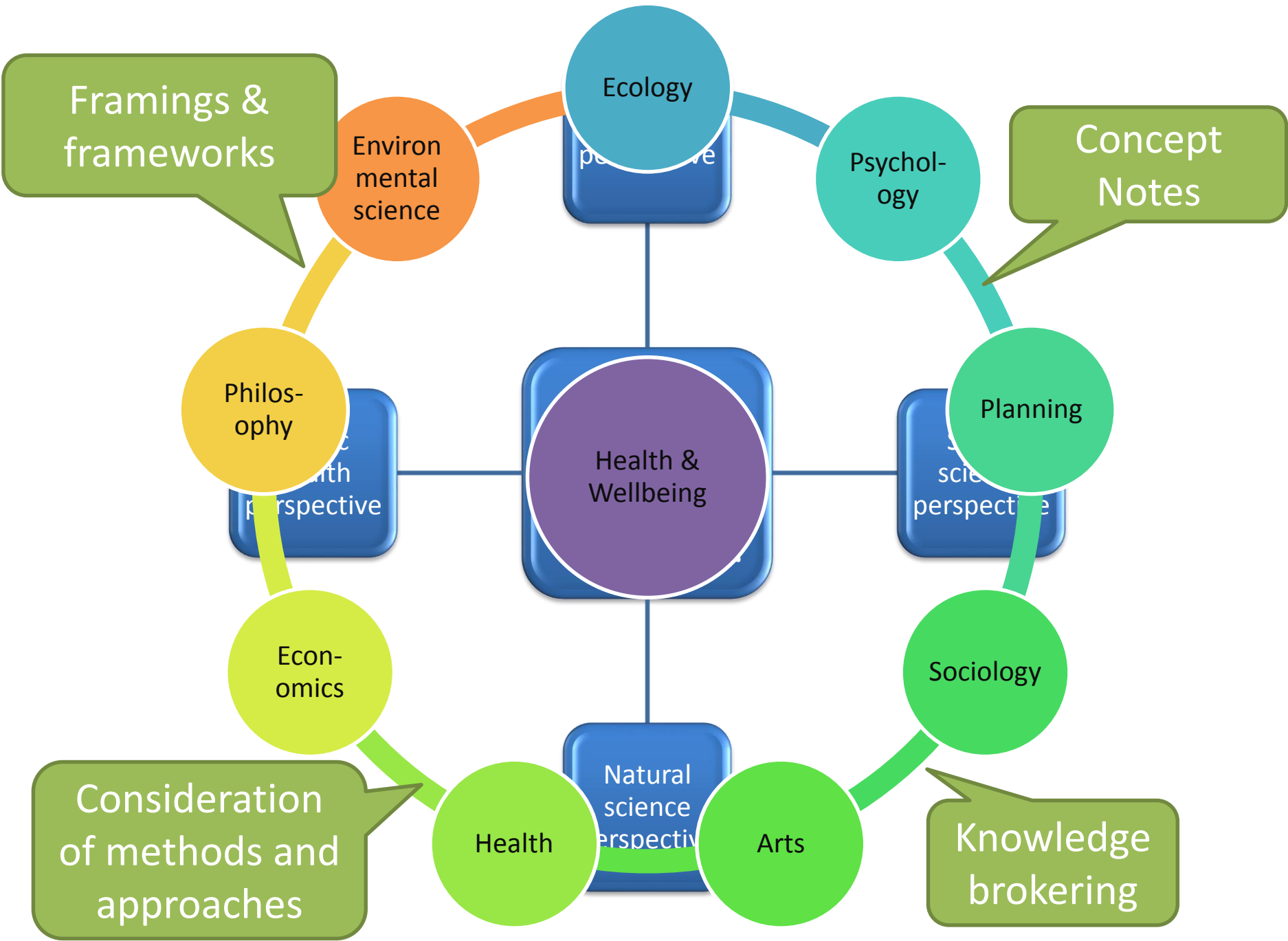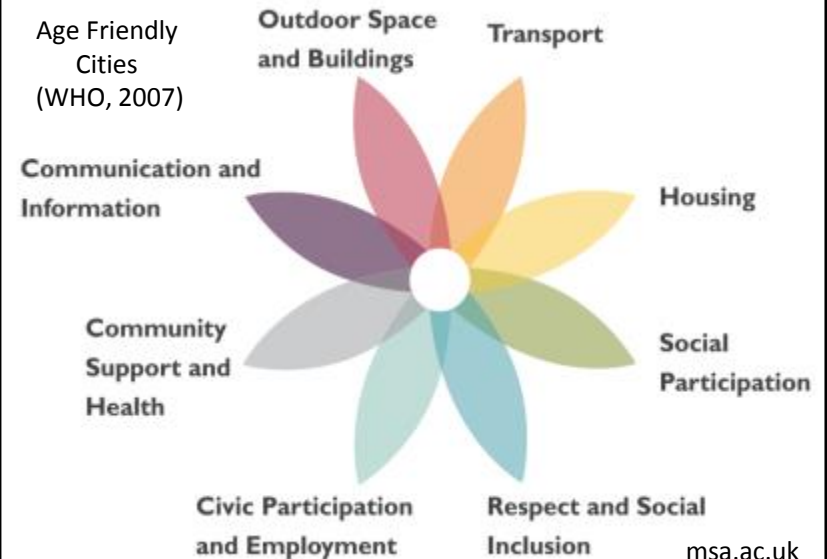
POSTNOTE

Creating Age Friendly Cities

World Health Organisation's (1948): 'Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'.

■ The physical environment plays a key role in making cities better places for older people.

Green space

Access to green space is a Sustainable Development Goal and evidence suggests that access to green space (for example parks, woodlands and allotments) is associated with health benefits for the general population, including physical activity, mental health and wellbeing (PN 538).[89] A 2013 systematic review found that green spaces promote physical activity among older people and cross-sectional surveys have linked the quality of open spaces to older people's life satisfaction.[90,91,92] Several studies suggest that green spaces may help to address issues of loneliness and social isolation in older people by promoting social contact.[31,93,94]

Age Friendly Cities (WHO, 2007)
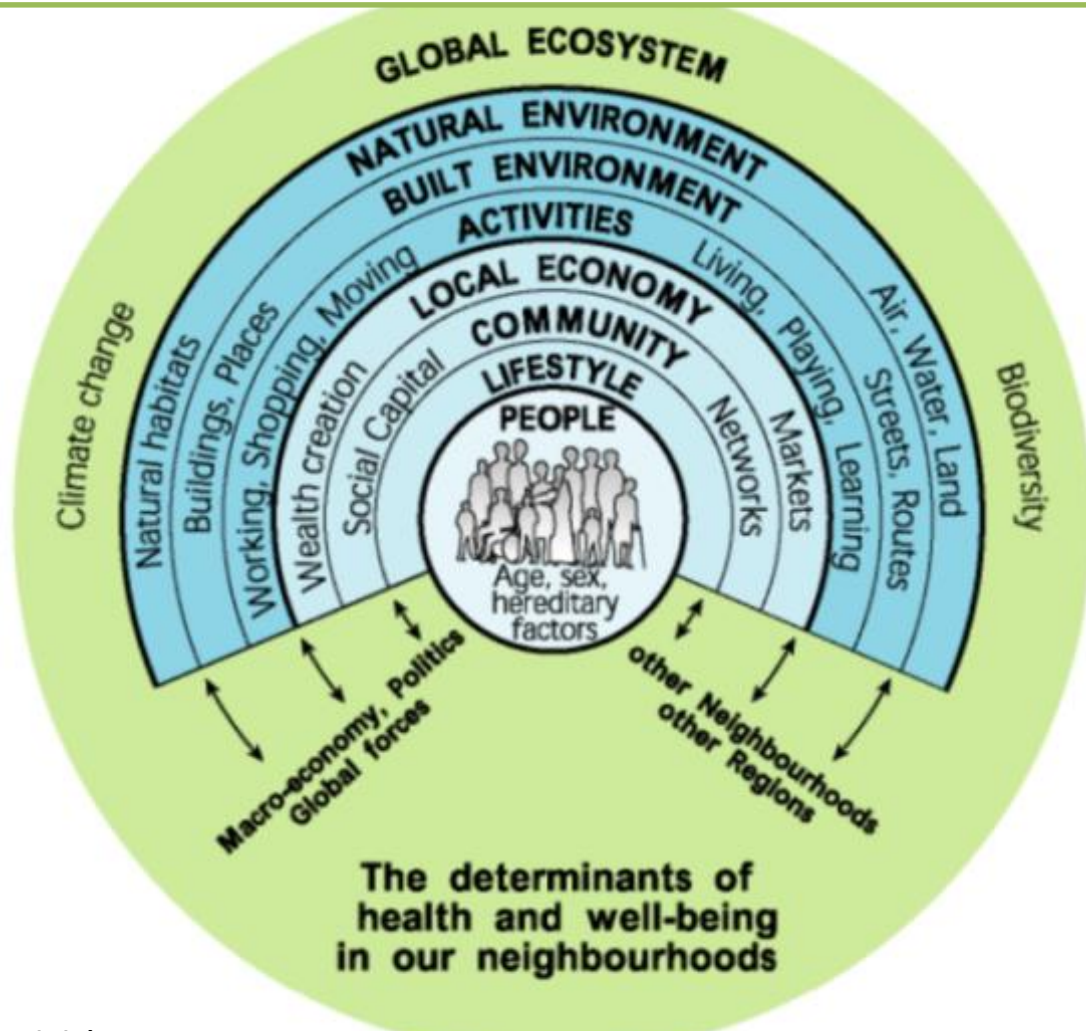
Outdoor Space and Buildings
Transport
Communication and Information
Housing
Community Support and Health
Social Participation
Civic Participation and Employment
Respect and Social Inclusion

msa.ac.uk

GM Ageing Hub, MICRA, Chris Phillipson

A health map for the local human habitat

Barton, H. and Grant, M. (2006) A health map for the local human habitat. *The Journal for the Royal Society for the Promotion of Health*, 126 (6).

Based on Dahlgren and Whitehead's (1991) well known rainbow model https://core.ac.uk/download/pdf/6472456.pdf

"Public health, which is the '*the science and art of promoting and protecting health and well-being, preventing ill-health and prolonging life through the **organised efforts of society**'* (Winslow, 1920) views individual health as shaped by a **complex interaction between biological, social and environmental factors**"

The determinants of health and well-being in our neighbourhoods

Penny Cook, UoS (Public health)

Winslow C-A. The untilled field of public health. Modern Medicine 1920;2:183-91

Socially Engaged Practice (Arts & Education)

Conceptual characteristics
- Communities-focused; socio-political driven practice
- Process vs static outputs (anti public sculpture syndrome!)
- Storytelling, conversation and sharing
- Emancipation, action, social justice, participation, dialogue

To be used
- To explore issues of access to green infrastructure
- Wider engagement and dissemination

Impact pathway
- Models for inclusive activity and access
- Social process of exchange for change
- Different participatory structures
- Significant area for museums & galleries practice

Participatory arts – *"the artist is conceived less as an individual producer of discrete objects than as a collaborator and producer of situations"* Bishop, 2012

- Arts practice as part of the health system (sharing, engaging, empowering….)

Jenna Ashton, Arts & Heritage

Overview: what are five ways?

* Connect...
* Be active...
* Take notice...
* Keep learning...
* Give...

* Brief: to devise a set of actions that enhance an individual's well-being

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Connect...
Be active...
Take notice...
Keep learning...
Give...

Five ways
to wellbeing

- Considers process
- Stresses the importance of the individual & individual agency

David French (Psychology)

Perspectives on wellbeing

- **Objective list/state theory**:
  - Well-being consists in the realisation or capacity to realise of certain objective goods or states
    - E.g. particular forms of personal relation, physical health, autonomy, aesthetic experience etc.

- defined in terms of in terms of **capabilities** to achieve central human **functionings**.

- medical measures of healthy functioning
- Consider capabilities and conversion factors
- No one measure of wellbeing

Functionings - **the various things a person may value doing or being** e.g. being housed, well nourished, healthy

Capabilities 'substantive freedoms to achieve alternative functioning combinations' (Sen, 1999, p.75) → **Achieving a certain level of health is a matter of being able to exercise effective choices**

Wellbeing (like health) is **multi-dimensional**

Need to consider the **conversion factors that lead from a resource to improvements in well-being**

John O'Neill (Philosophy)

A conclusion