

# **Health and Wellbeing and the National Park**

## **Update to the Access Forum**

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New Forest National Park Authority



Re:New People

## 3. An inclusive National Park

### Outcome:

People within reach of the New Forest, of all backgrounds, abilities and socio-economic groups, value the National Park as an important part of their lives and seek to care for it.



## Our priorities

We will do this through a programme of work that:

- 3.1. Promotes health and wellbeing by:
  - 3.1.1. Building a strong, mutually beneficial partnership between the health and environment sectors, including a five-year programme of 'Health Education Fellowships' and facilitating effective local networks
  - 3.1.2. Addressing health inequalities locally and regionally through improved green space, targeted interventions and nature-based referrals
  - 3.1.3. Increasing uptake of walking for health, inclusive cycling for health and volunteering for health programmes.



## Activities

[Re:New Forest - Partnership Plan 2022-2027 - New Forest National Park Authority \(newforestnpa.gov.uk\)](#)

## Activities for all ages and abilities





**PEDALL**  
New Forest Inclusive Cycling

[Who is PEDALL for?](#)

[What to expect](#)

[Bikes](#)

[Bookings](#)

[Location](#)

[Support](#)

[Contact](#)



# Cycling for all abilities

PEDALL provides inclusive cycling opportunities

Thu, 08 Dec | ZOOM

# DECEMBER NATURE HEALTH NETWORK KNOWLEDGE EXCHANGE WEBINAR



## Time & Location

08 Dec, 11:00 – 12:15 GMT  
ZOOM

## About the Event

Welcome to our members monthly Nature Health Network Knowledge Exchange Webinar, our shared space for inspiration, connection, collaboration, education and action!

So, what will be in store for you when you join us?

Well, you'll get:

- A warm welcome :-)
- An opportunity to connect, share, collaborate and be inspired with fellow webinar guests.

# ONS report – health benefits of natural capital



Statistical bulletin

## **Health benefits from recreation, natural capital, UK: 2022**

Further development of the UK recreation natural capital ecosystem service accounts, including specific methods used to estimate the health benefits gained from nature-based recreational activities.

Contact:  
Harry Davies and Nirav Nayee  
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Release date:  
27 May 2022

Next release:  
To be announced

# ONS report – health benefits of natural capital

- Sought to value the health benefits of natural capital in terms of avoided healthcare cost
  - Two metrics
    - Outdoor exercise (150 minutes a week of at least moderate intensity activity)
    - Nature exposure (at least once a week, for at least 120 minutes)
  - National results
    - Outdoor exercise
      - Total annual value = £8.4 billion
      - Annual value to person fulfilling inclusion criteria = £716.99
    - Nature exposure
      - Total annual value = £6.2 billion
      - Annual value to person fulfilling inclusion criteria = £331.41

# Findings

- New Forest National Park total benefit in terms of avoided healthcare cost =

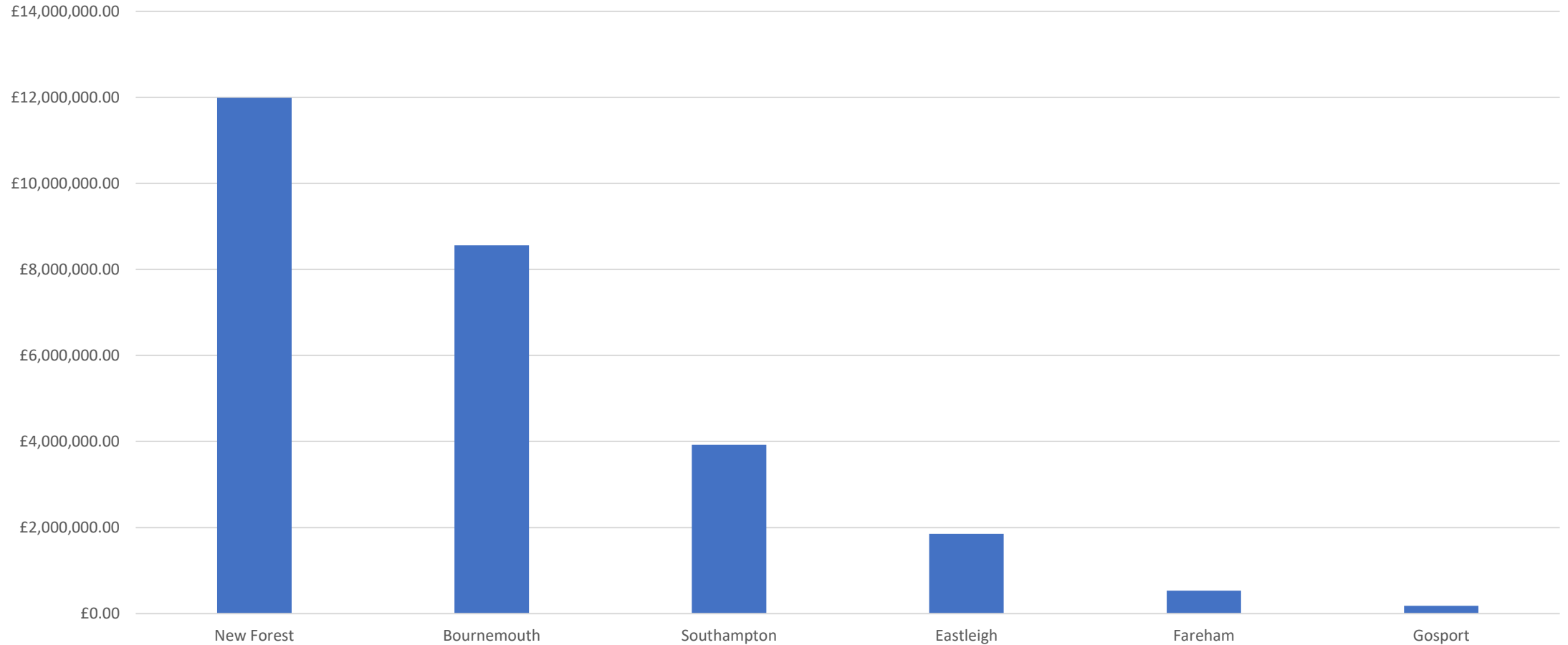
£27,037,152.15

From Dr James Alden's presentation to the Green Halo conference 6 December 2022

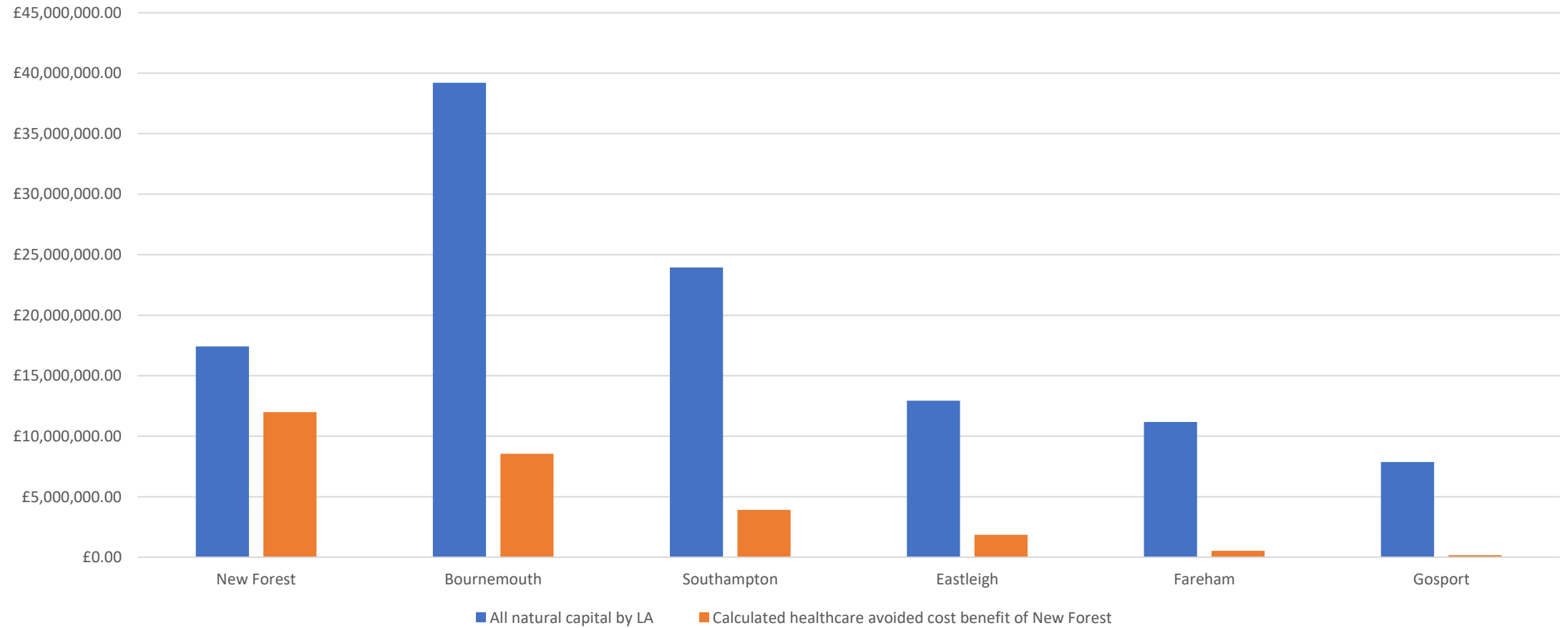


# Breakdown by local authorities

Calculated healthcare avoided cost benefit of New Forest



# Findings



# Key messages

- 1) New Forest represents a significant value health benefit to the local population
- 2) Getting people out in nature is great. Getting them in nature and active is even better!
- 3) Targeting the right groups yields a greater return on investment:
  - Most deprived
  - Least existing access to greenspace
  - Most sedentary
  - Older age
- 4) It's not just about the New Forest, local natural capital has a big impact:
  - Evidenced by the significant contribution of parks and gardens to the total value of each metric
  - Proximity to home is important as it:
    - Increases use
    - Widens access for different population groups (deprivation)
    - Is shown to have the greatest value

# Key messages

5) This methodology and model offers a way to measure health benefit of future projects and developments e.g.

- New promoted routes on rights of way
- New country and urban parks / Sites of alternative natural greenspace
- New cycle paths
- Supported initiatives e.g. PEDALL, Walking for health, Arts in nature, volunteering