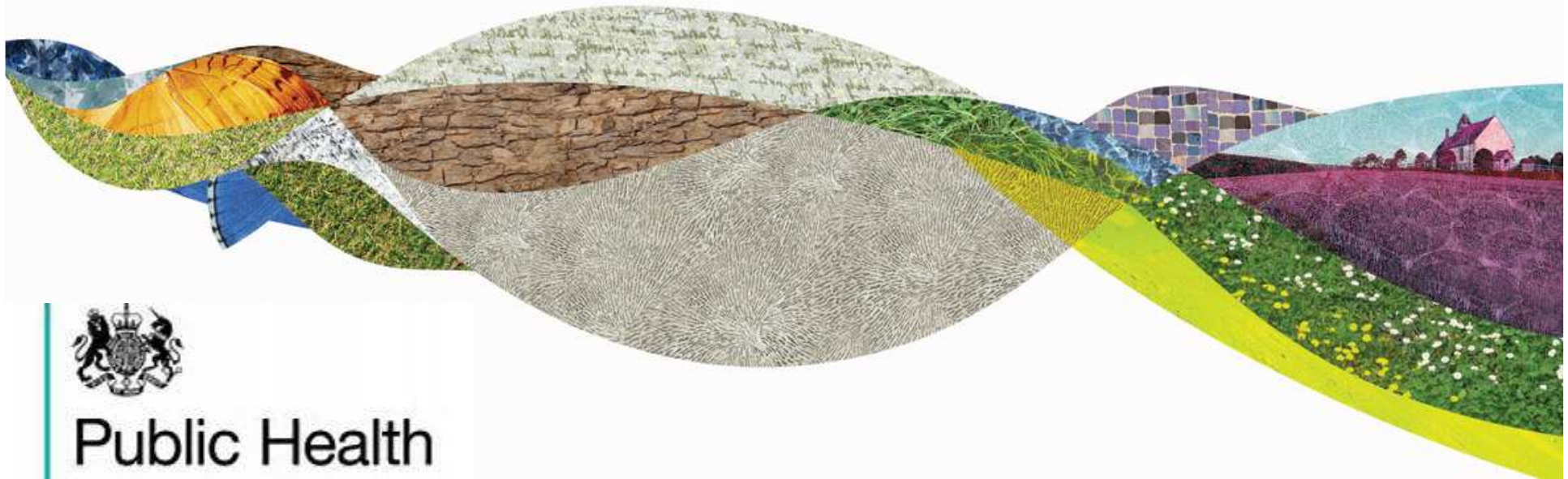


Health and Wellbeing in the National Park

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England SE



Public Health
England

NATIONAL PARKS

Britain's breathing spaces

- National Parks Family
- Areas of Outstanding Natural Beauty

Areas of Outstanding Natural Beauty

- | | |
|-----------------------------|---|
| 16 Northumberland Coast | 40 Kent Downs |
| 17 Solway Coast | 41 Isles of Scilly |
| 18 North Pennines | 42 Cornwall |
| 19 Airedale and Wharfedale | 43 North Devon |
| 20 Forest of Bowland | 44 Tamar Valley |
| 21 Niddale | 45 South Devon |
| 22 Howardian Hills | 46 Quantock Hills |
| 23 Anglesey | 47 Blackdown Hills |
| 24 Cwydion Range | 48 East Devon |
| 25 Lincolnshire Wolds | 49 Dorset |
| 26 Uley | 50 Cranborne Chase and West Wiltshire Downs |
| 27 Shipshill Hills | 51 Isle of Wight |
| 28 Cannock Chase | 52 Chichester Harbour |
| 29 Norfolk Coast | 53 High Weald |
| 30 Gower | 54 Sperrin |
| 31 Wye Valley | 55 Brevenagh |
| 32 Malvern Hills | 56 Causeway Coast |
| 33 Cotswolds | 57 Antrim Coast and Glens |
| 34 Chilterns | 58 Logan Valley |
| 35 Dedham Vale | 59 Strangford Lough |
| 36 Suffolk Coast and Heaths | 60 Liscule Coast |
| 37 Mendip Hills | 61 Mourne |
| 38 North Wessex Downs | 62 Ring of Gullion |
| 39 Surrey Hills | |

National Parks Family

- 1 Cairngorms
- 2 Loch Lomond and the Trossachs
- 3 Northumbria
- 4 Lake District
- 5 Yorkshire Dales
- 6 North York Moors
- 7 Peak District
- 8 Snowdonia
- 9 Broads
- 10 Pembrokeshire Coast
- 11 Brecon Beacons
- 12 Exmoor
- 13 South Downs
- 14 New Forest
- 15 Dartmoor

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15 UK National Parks

- 10 in England (incl. Broads)
- 3 in Wales
- 2 in Scotland
- (+ 1 proposed in N.Ireland)

47 AONBs

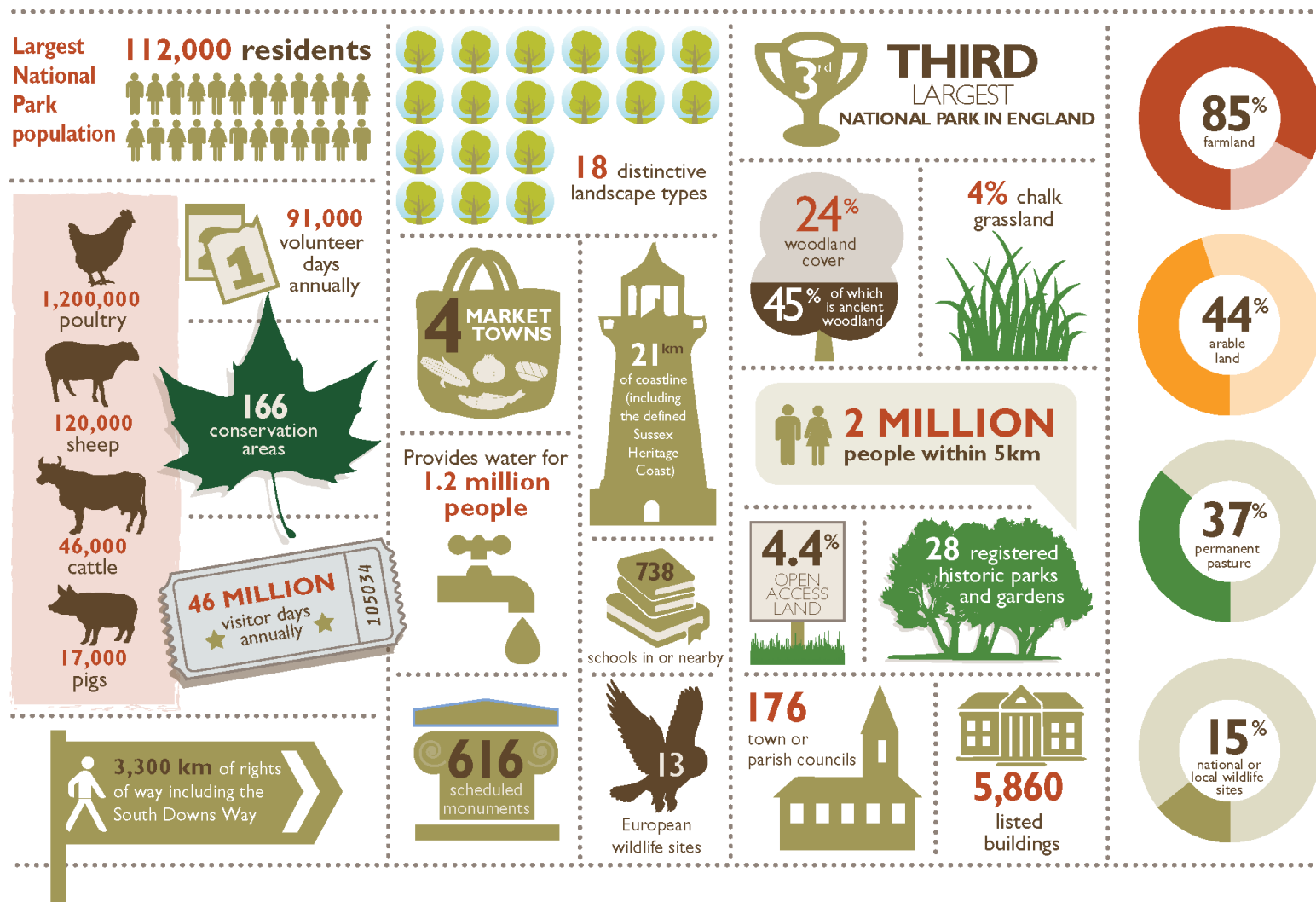
- 38 in England & Wales
- 9 in Northern Ireland



The South Downs National Park



The South Downs National Park in a Nutshell



National Parks 8 point plan

1. Connect young people with nature

2. Thriving natural environments

3. National Parks driving up international tourism

4. Deliver new apprenticeships in National Parks

5. Promote the best of British Food from National Parks

6. Everyone's National Parks

7. Landscape and heritage in National Parks

8. Health and wellbeing in National Parks



Health benefits of nature, social contact & exercise

- Psychological restoration and increased general mental wellbeing
- Reduction in depression, anxiety and stress related symptoms
- Improved self-esteem, confidence, mood and sleep patterns
- Increased social contact, inclusion and sense of belonging
- Increase in physical activity



Physical activity: Our greatest defence

Physical Activity contribution to reduction in risk of mortality and long term conditions		
Disease	Risk reduction	Strength of evidence
Death	20-35%	Strong
CHD and Stroke	20-35%	Strong
Type 2 Diabetes	35-40%	Strong
Colon Cancer	30-50%	Strong
Breast Cancer	20%	Strong
Hip Fracture	36-68%	Moderate
Depression	20-30%	Moderate
Hypertension	33%	Strong
Alzheimer's Disease	20-30%	Moderate
Functional limitation, elderly	30%	Strong
Prevention of falls	30%	Strong
Osteoarthritis disability	22-80%	Moderate



1. Directly - through restorative effect



2. Providing opportunities for positive social contact



3. Providing opportunities for physical activity



SOUTH DOWNS WALKS

MILES WITHOUT STILES

IN THE SOUTH DOWNS
NATIONAL PARK



Health promoting nature-based activities





Nature-based
therapy or
'interventions'





SDNP Health and Wellbeing Conference

11 Oct 2017

- Key note speaker: Dr William Bird
- Activities
- Workshops
- Market place

