

# #OutdoorsTogether

## Scotland's Natural Health Service

Dr Gregor Smith

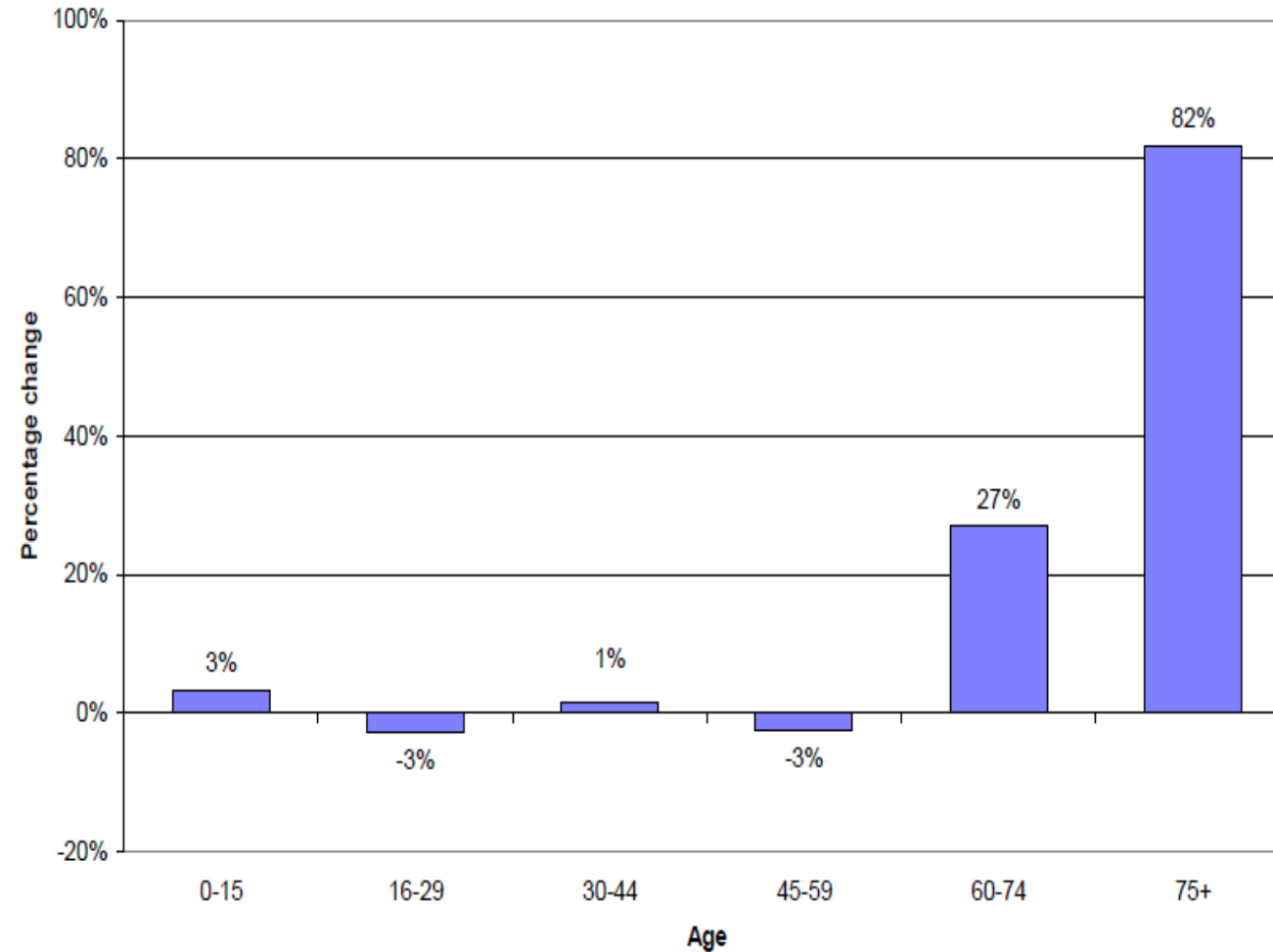
Deputy Chief Medical Officer for Scotland



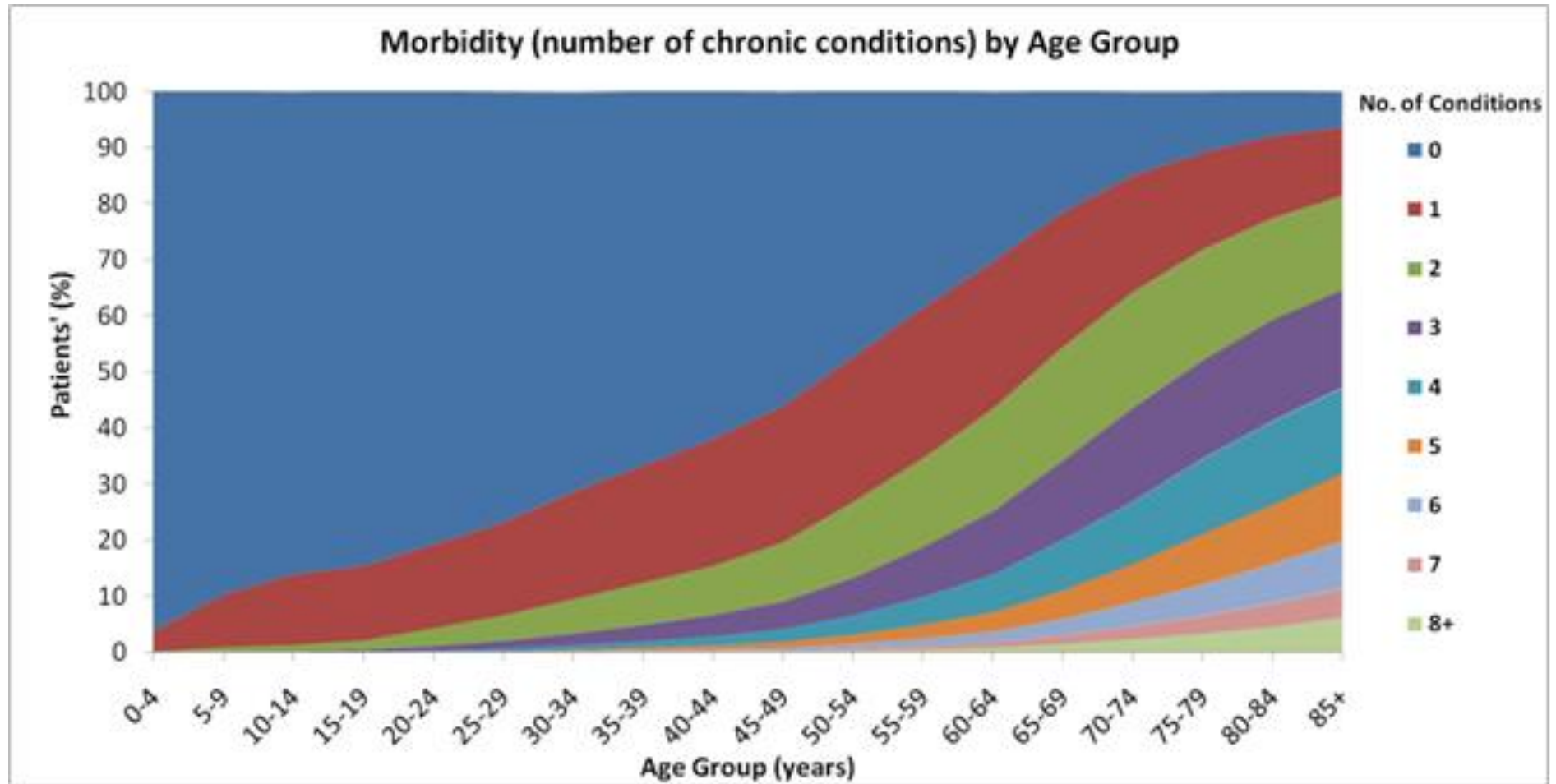
@DrGregorSmith



# Projected % change in Scotland's population by age group: 2010 - 2035



# Multimorbidity in Scotland



Epidemiology of multimorbidity and implications for health care, research, and medical education: a cross-sectional study

Karen Barnett, Stewart W Mercer, Michael Norbury, Graham Watt, Sally Wyke, Bruce Guthrie

*Lancet* 2012; 380: 37–43

**In 2017, the average  
life expectancy at birth  
across Scotland was**

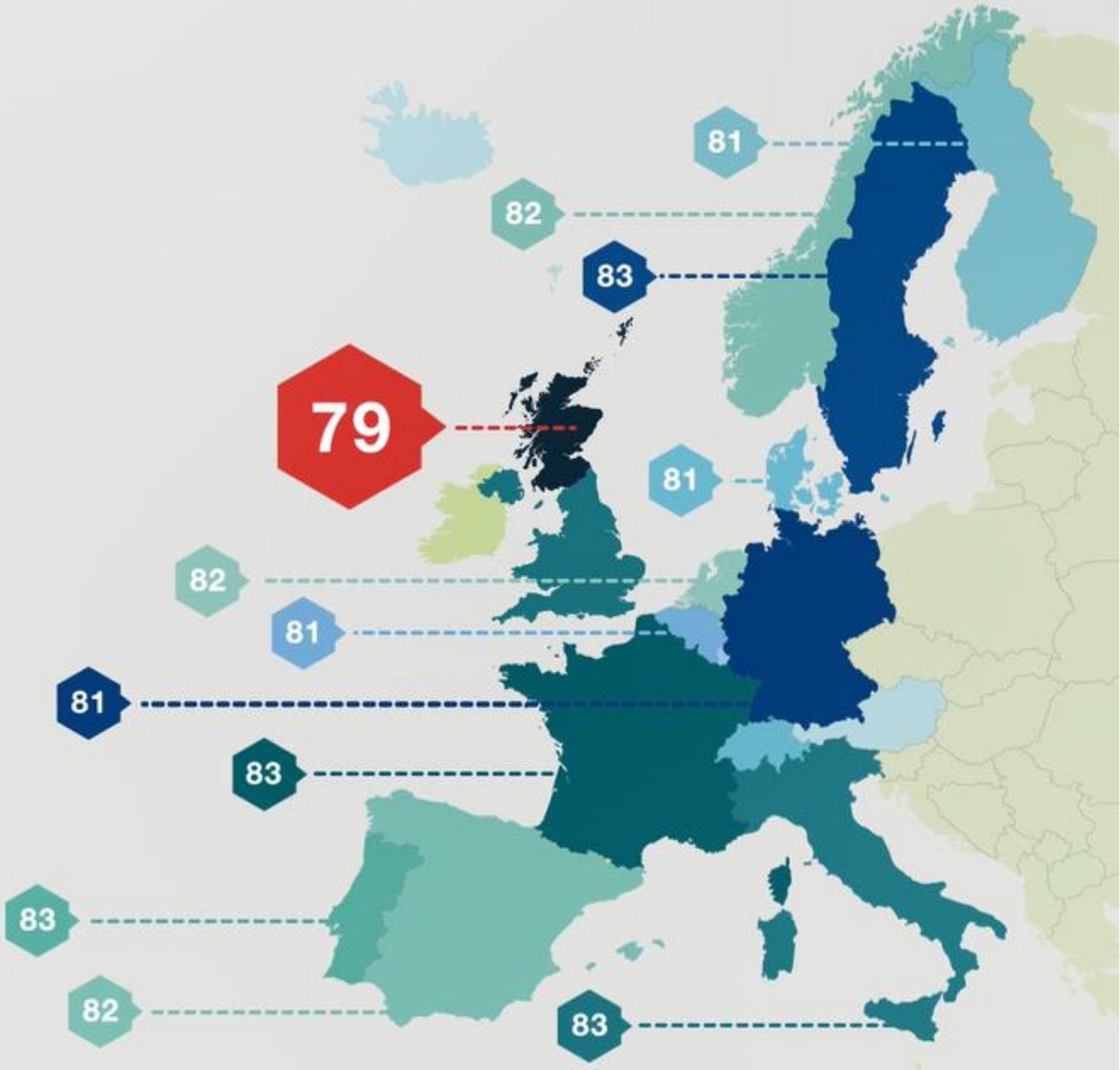


**years  
for males**



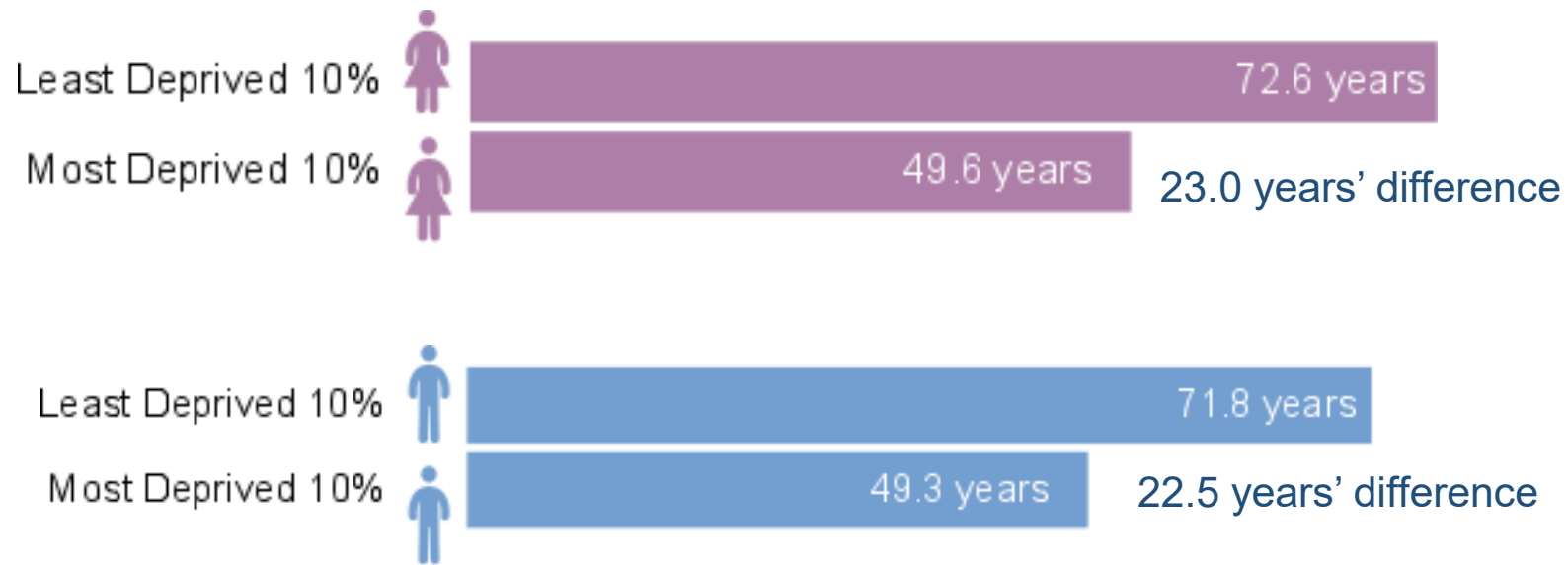
**years  
for females**

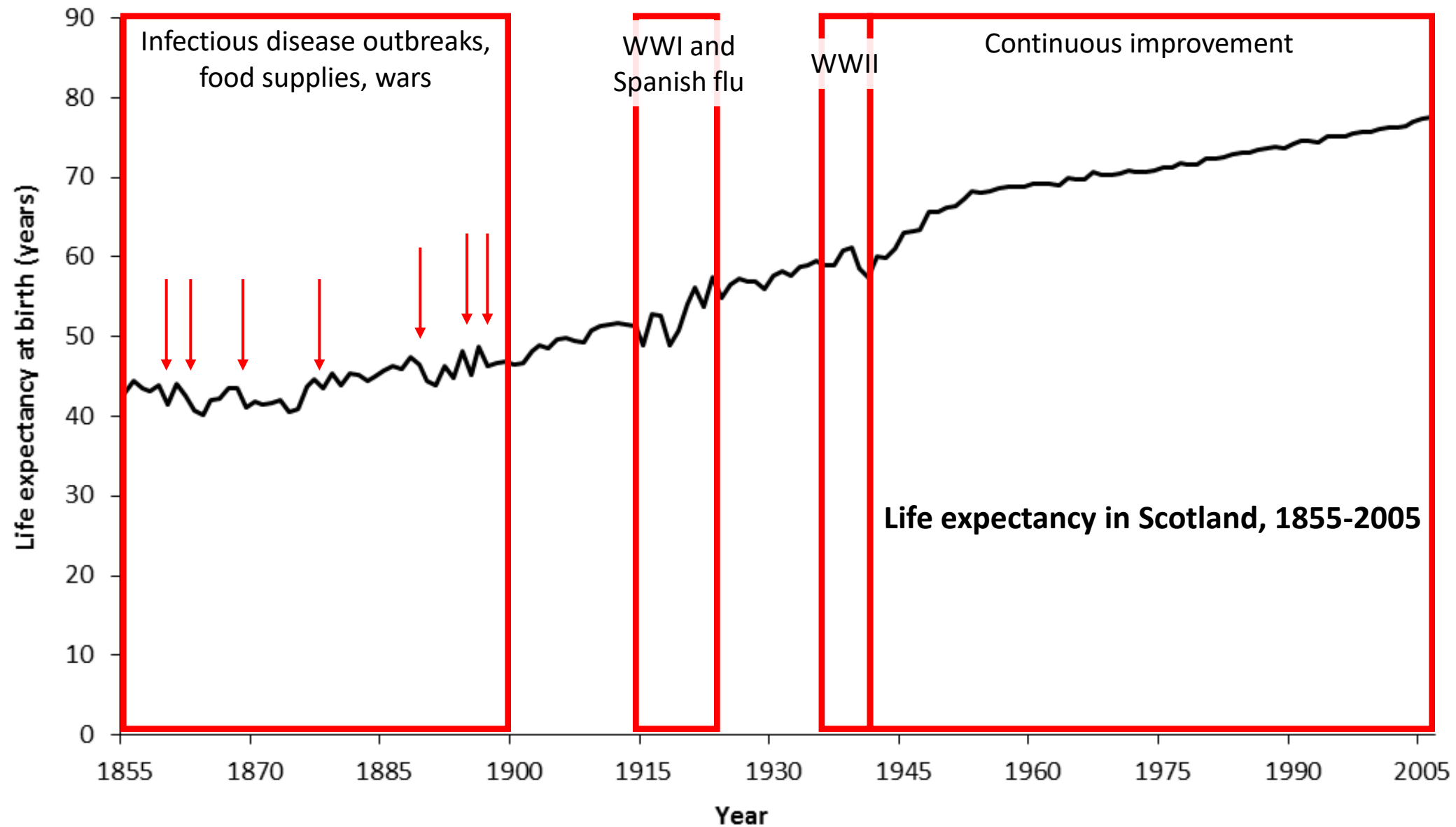
Scotland has **one of the lowest** life expectancies in Western Europe



# Scotland's Health Inequalities

Below the headline figure of healthy life expectancy lies substantial inequality between the least and most deprived communities.





# Why does this matter?

1. Life expectancy is a very good marker of overall societal progress
2. Underneath these numbers are personal and community tragedies
3. The First Minister is now explicit that population well-being is a top priority for the Scottish Government
4. We can change these trends





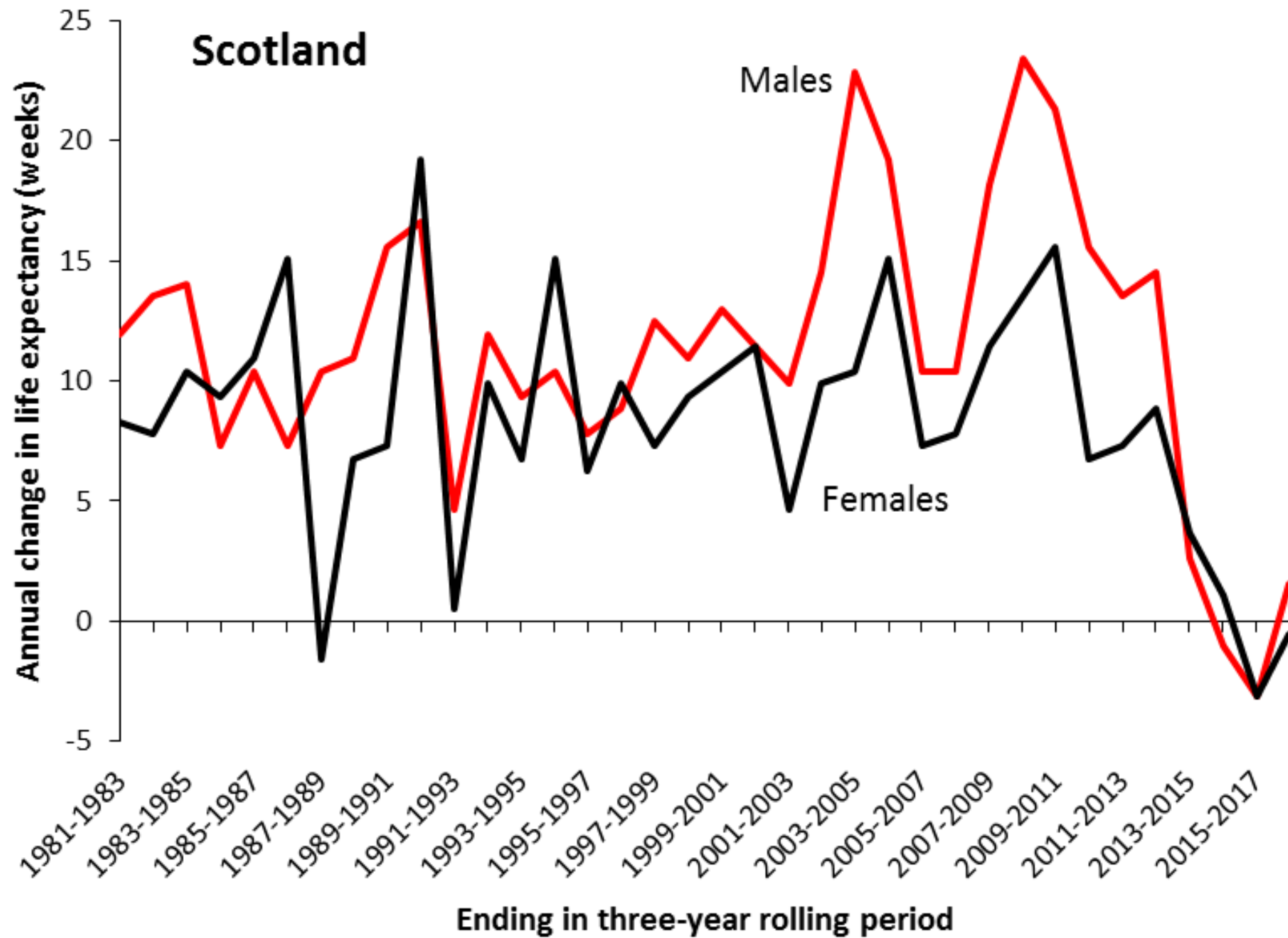
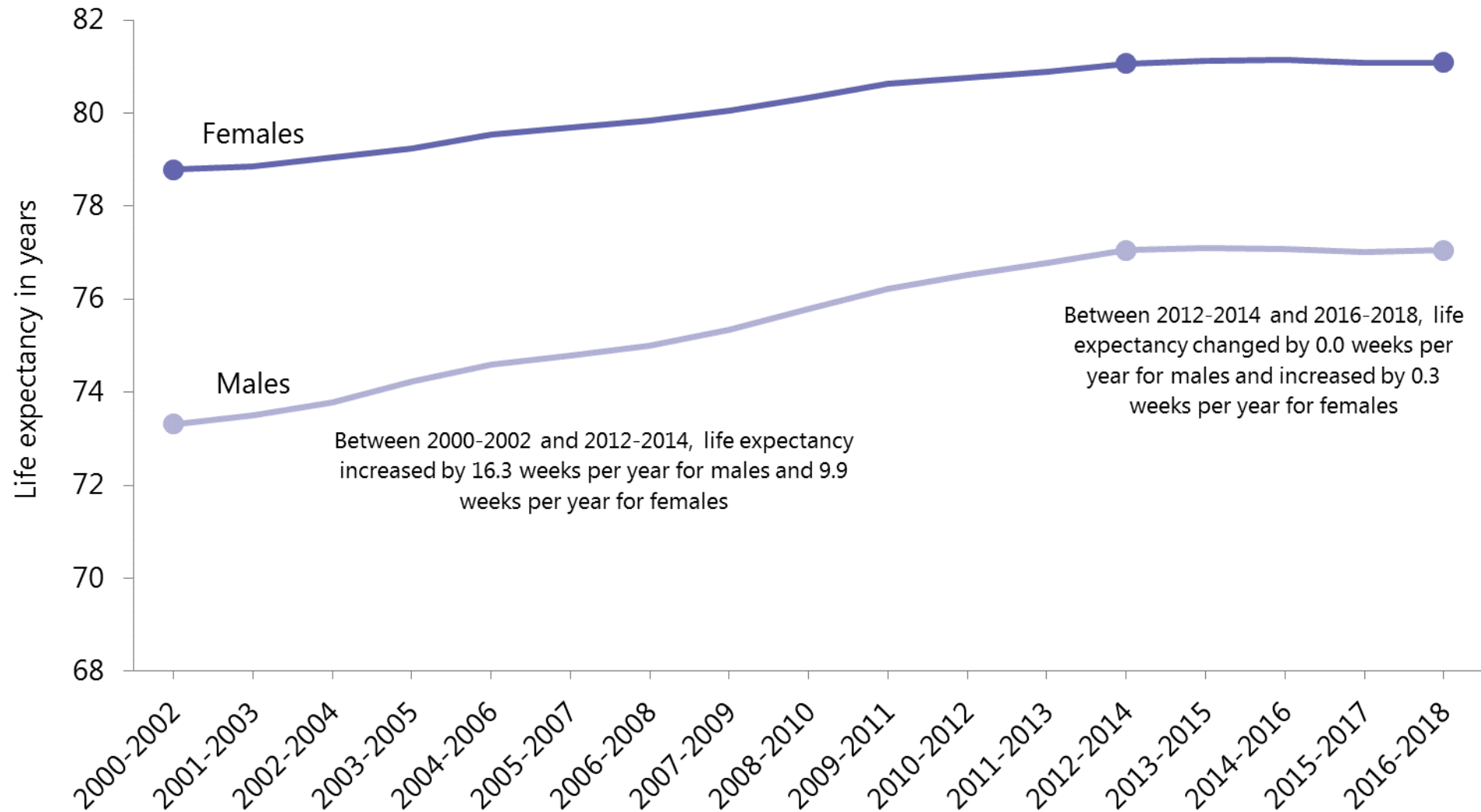


Figure 2. The slowing rate of improvement to life expectancy in Scotland.  
2000-2002 to 2016-2018



**More of the same is not the answer.**

Not even better, cheaper, greener, safer  
versions of the same.



# Vision for public health reform

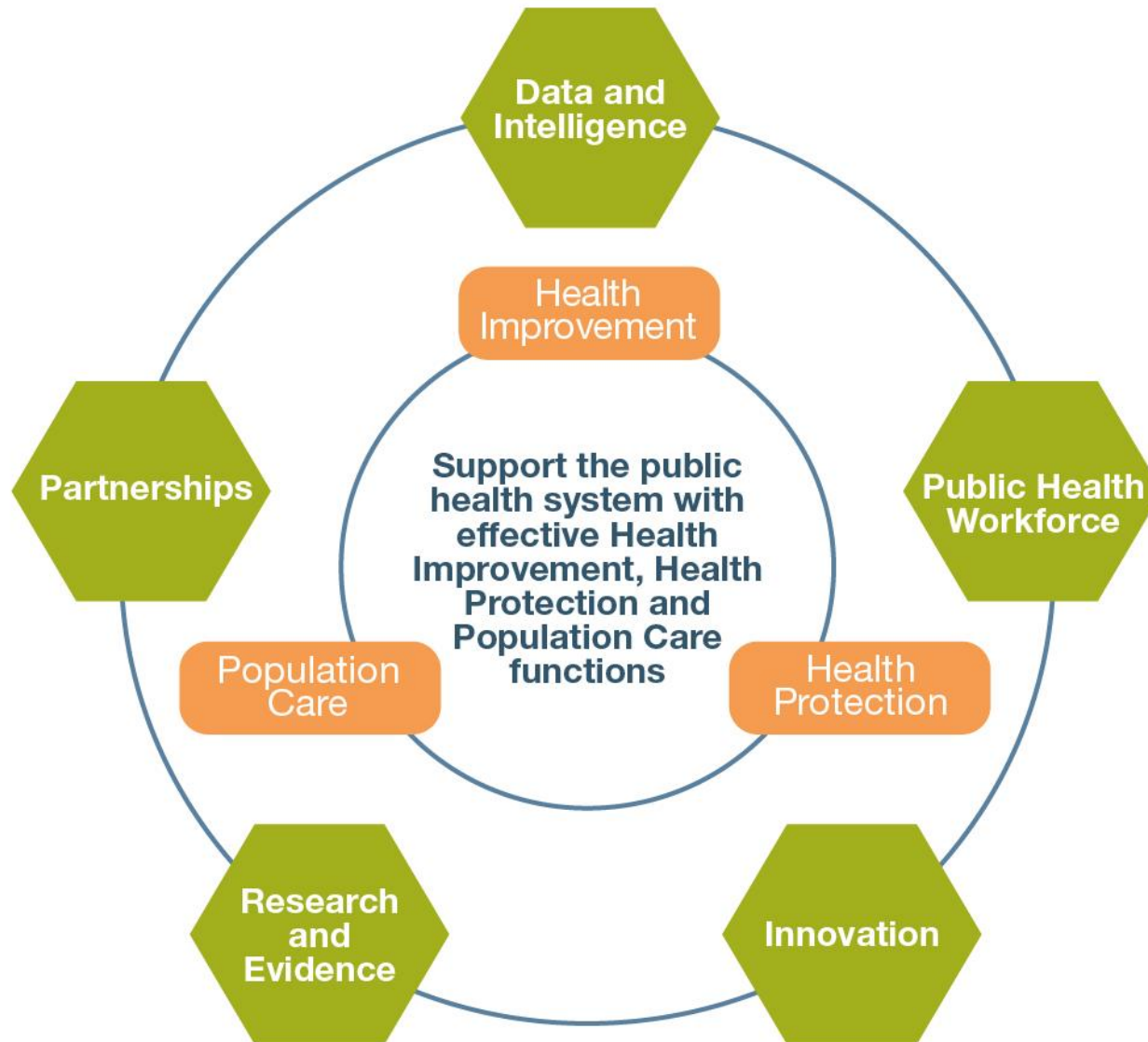
The vision for public health reform is “a **Scotland where everybody thrives**”.

**Ambition...**

Scotland to be a **world leader** in improving the public's health, **using knowledge, data and intelligence in innovative ways**, creating a **culture for health** in Scotland, with an economic, social and physical **environment which drives, enables and sustains** healthy behaviours, and where **individuals take ownership of their health**.



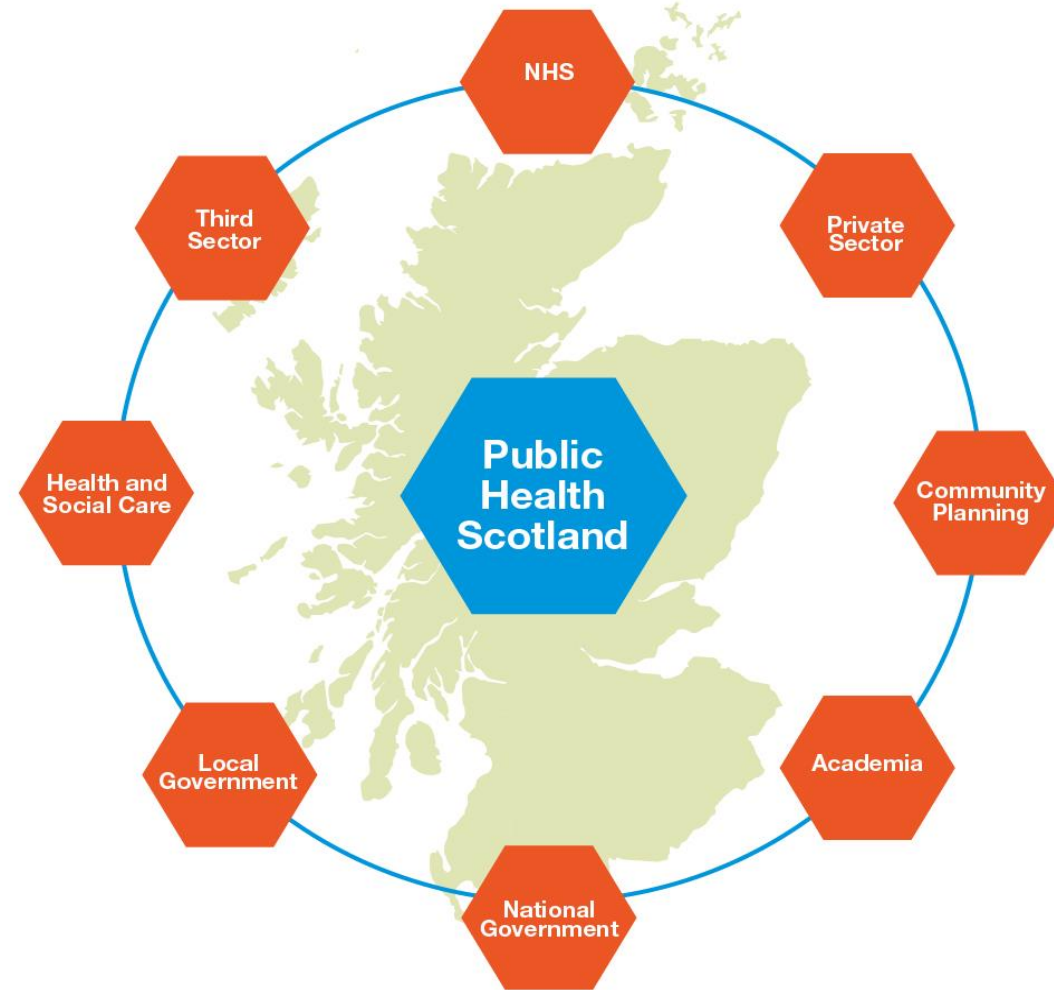
# Public Health Scotland



To improve health and wellbeing,  
**we need to work together**



# Public Health Scotland





# Scotland's Public Health Priorities



**Priority 1** A Scotland where we live in vibrant, healthy and safe places and communities

**Priority 2** A Scotland where we flourish in our early years

**Priority 3** A Scotland where we have good mental wellbeing

**Priority 4** A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs

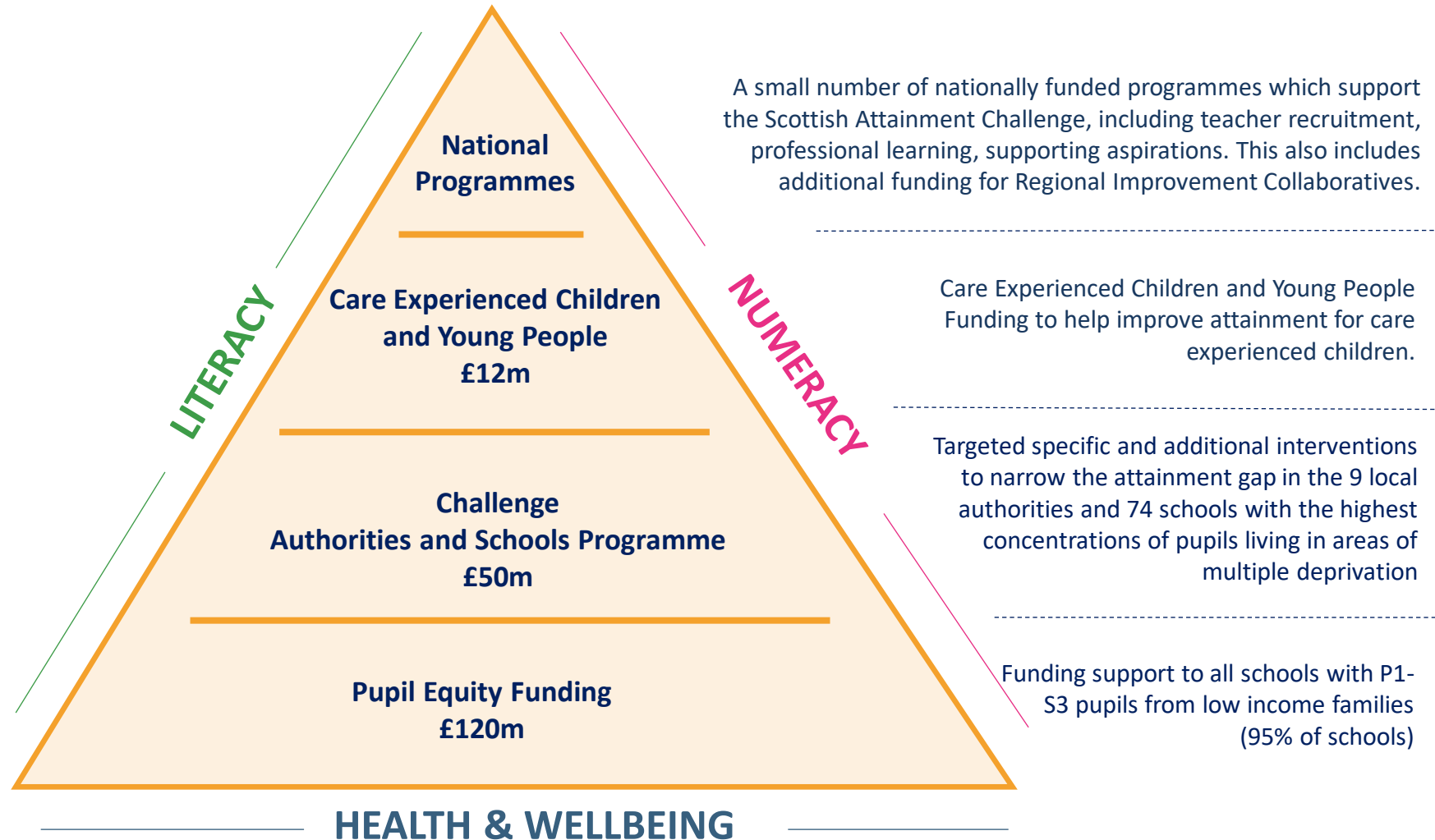
**Priority 5** A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all

**Priority 6** A Scotland where we eat well, have a healthy weight and are physically active





# The Scottish Attainment Challenge



# Scotland's outdoors is an under-used health resource

**Physical activity –**

**Mental health &  
wellbeing -**

**Children and young  
people -**

People living in  
**GREENER AREAS**  
experience fewer  
health complaints  
and better mental  
and physical health...

...than those living in areas with  
**LESS GREENSPACE**



Source: de Vries S, Verheij R A and Groenewegen P P , 2001

# Physical Activity and Greenspace



- People living close to greenspace are more likely to meet CMO physical activity guidelines and less likely to be overweight or obese.
- It can help reduce the risk of, treat and manage many key health conditions.
- It's free, fun to do with other people, and requires little in the way of kit.

# UK CMOs Infographic Physical Activity for Children and Young People



# Mental Health and Greenspace



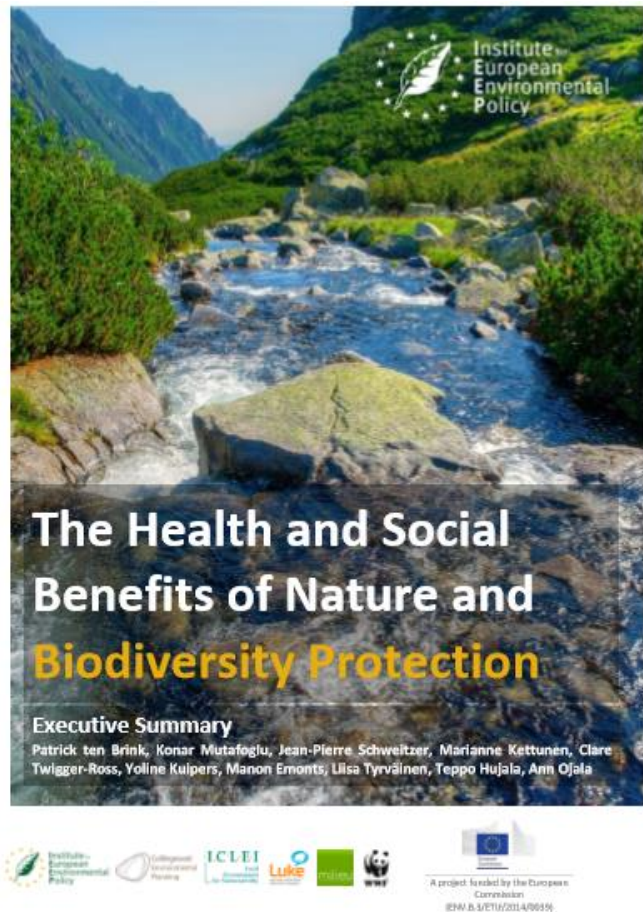
Regular users of greenspace for physical activity have about  $\frac{1}{2}$  the risk of poor mental health compared to non-users



## Children and Young People



- Better motor skills.
- Reduced symptoms of ADHD.
- Intergenerational connections
- Confidence



- Reducing exposure to pollutants
- Mitigating heat stress
- Mitigating noise stress
- Promoting recreation and sustainable mobility (physical activity)
- Reducing stress and maintaining everyday well-being (preventative)
- Providing spaces for effective treatment and rehabilitation (therapeutic)
- Supporting children's development
- Supporting social cohesion
- Social support and reduce social isolation
- Contributing to employment

# 82% OF ADULTS

in Scotland visit the outdoors  
for recreation at least occasionally

and more than

## 9 IN 10

of these visitors report  
improvements to their physical  
and mental health as a result

### OF THOSE WHO VISIT THE OUTDOORS:

**94%** Say it helps them de-stress,  
relax and unwind

**92%** Found it improved their  
physical health

**90%** Report that it makes them  
feel energised and re-vitalised

**81%** Say they enjoy getting  
closer to nature

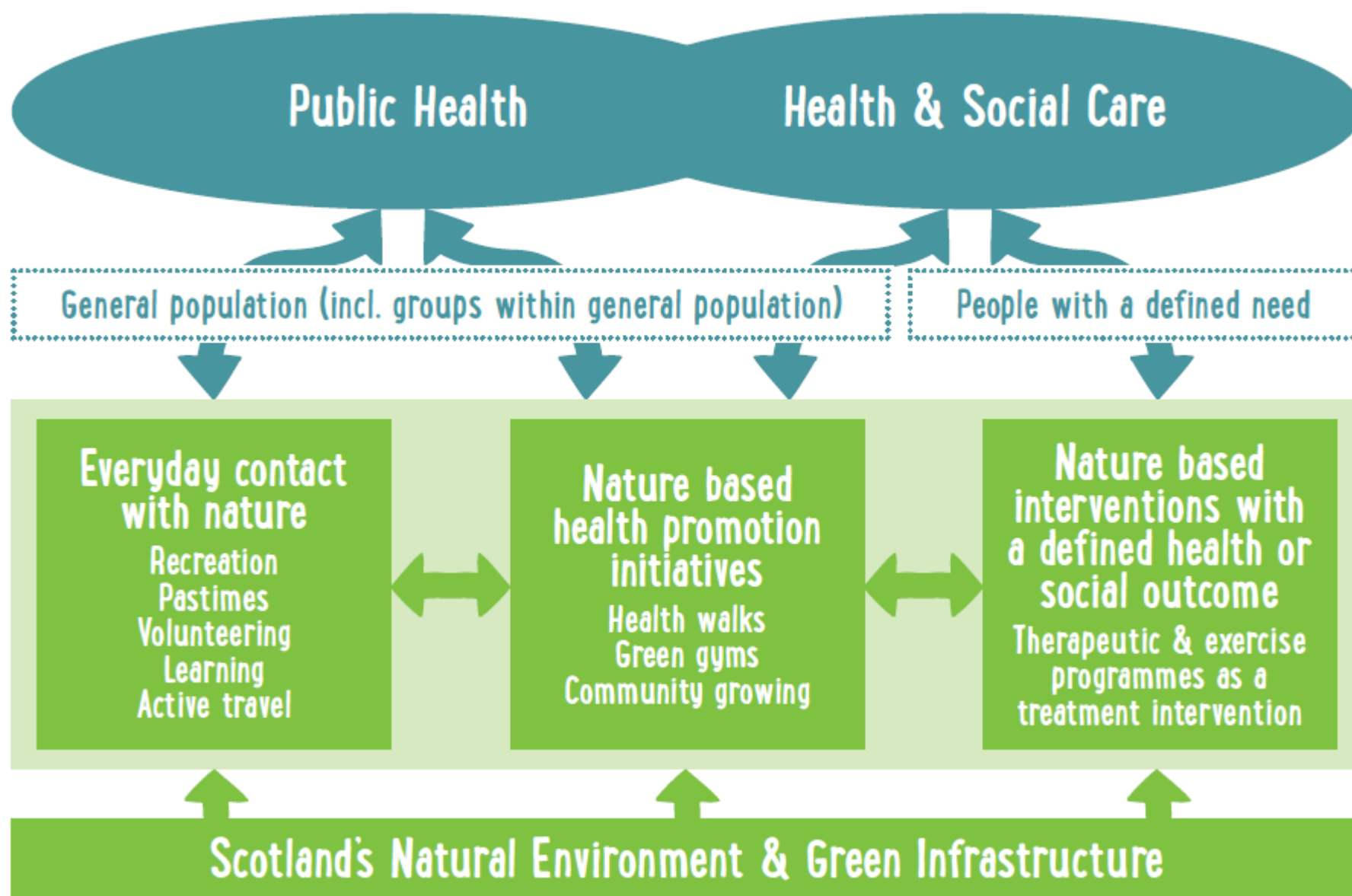
**76%** Value the social  
experience



Source: Scotland's People and Nature Survey 2013/14



# Our Natural Health Service



# Green Health Partnerships

- Four Green Health Partnerships have been established : Dundee, Ayrshire, Lanarkshire and Tayside
- Aim to provide:
  - Better understanding and closer collaboration between the health, social care and the environment sector.
  - Firm evidence of the added value provided by GHPs
  - A clear view on the preferred model for future GHPs.



- Scotland has a unique natural resource
- 70% of adults in Scotland have access to useable greenspace within a 5 minute walk of home



# Bromley-by-Bow



# **What next?**

- **Address barriers**
- **Health Inequalities**
- **Local Green Space**
- **Marketing**

# Keeping in touch or Questions

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