

#58 GREEN SPACE ACCESS, GREEN SPACE USE, PHYSICAL ACTIVITY AND OVERWEIGHT

NATURAL ENGLAND

Report, 2011

Topic for advocacy HEPA - Physical Activity and Health and Local clubs

<http://publications.naturalengland.org.uk/publication/40017>

Description of the good example

Natural England carried out a study examining the relationship between the perceived access to green areas and frequency of their usage with the amounts of overweight English adults, living in a metropolitan city. The aims of the programme were to evaluate, quantitatively and qualitatively, both health and environmental outcomes from the Walking for Health intervention. To deliver the breadth and depth of evaluation Natural England has worked with research and academic partner. Walking for Health is a physical activity intervention with the primary purpose of making a positive difference to people's physical health. However, it is also recognised that group nature of the activity can also benefit people's mental health and wellbeing.

Target - Who can best use this example or document?

Local and national government, decisionmakers, councillors, non-profit organisations, social civil society.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

The study provided new evidence that good access to urban green spaces is associated with higher use, higher physical activity levels, and a lower likelihood of being overweight or obese. The research also highlighted that informal physical activity is an important component of overall activity levels, and provision of facilities such as green spaces which can be used for a wide range of physical activities, has population wide benefits.

Learning points - What can we learn from it?

Just over half of men and women thought it was very easy to get a green space, although older adults, respondents who were less educated and those living in deprived neighbourhoods were less likely to say so. Approximately a third of respondents said that they used green spaces at least weekly with less frequent green space use with increasing age and worsening deprivation. Therefore, the use of green spaces is very important.

Further information

Natural England
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<https://www.gov.uk/government/organisations/natural-england>