

Back to nature: Green Health Prescriptions as prophylaxis for ill-health



Dr Viola Marx

Green Health Partnership Coordinator

Dundee City Council/ NHS Tayside Public Health

The Dundee Green Health Partnership is helping to make more use of Scotland's outdoors as Our Natural Health Service. Our Natural Health Service is a national initiative led by Scottish Natural Heritage and supported by national and local partners including:





Green Health Partnerships

- **Lanarkshire**
 - Green Health Manager, Vicki Trim
 - March 2018, employed by NHS Lanarkshire
- **Dundee**
 - GHP Coordinator, Dr Viola Marx
 - June 2018, employed by DCC, jointly managed by NHS Tayside
- **North Ayrshire**
 - GHP Project Officer, Rebecca Stroftonto
 - July 2018, hosted and managed by TCV and KA Leisure
- **Highlands**
 - GHP Development Officer, Ailsa Villegas
 - November 2018, employed by HS Highland

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Our Natural Health Service The Concept.

Designed to complement NHS

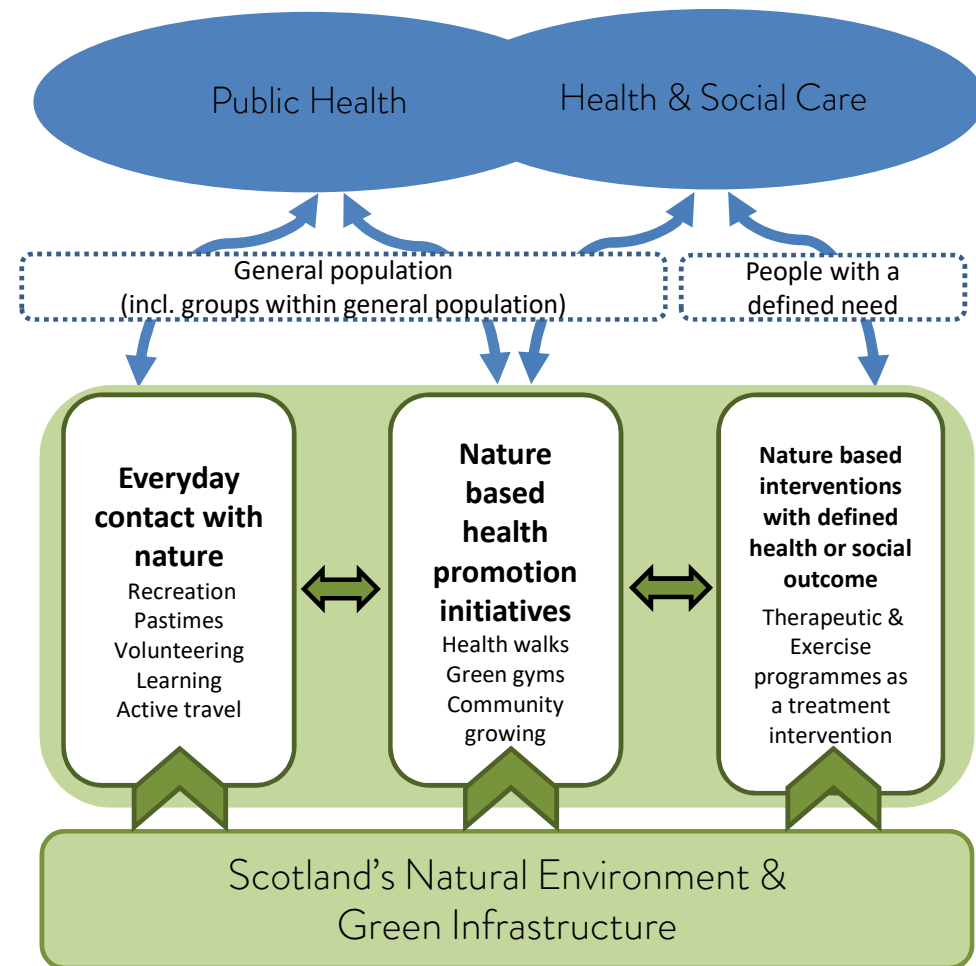
- Reduces medication and costs
- Long-term outcomes

Natural health service concept

Health benefits from being active and/or spending time in the natural environment

ONHS Action Programme

Step change in how the natural environment is used to improve people's health & contribute to health outcomes



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Health Benefits

- **Mental health & wellbeing**
 - Psychological stress
 - Fatigue
 - Anxiety
 - Depression
- **Maternal, foetal, child cognitive development**
 - Foetal growth
 - Birth weight outcomes
 - Increased childhood cognitive outcomes
- **Higher self-rated health**
- **Reduced loneliness**
- **Healthy internal biome**
 - Direct contact with nature
 - immune system
 - reduction of inflammatory diseases incl. asthma
- **Obesity**
 - 40% less likely to be obese
- **Reduced mortality**
 - Especially men, low SES, infants
- **Improved physiological outcomes**
 - Pain management
 - Heart rate
 - Blood pressure
 - Vitamin D levels
 - Recuperation rates
 - Physiological stress
 - Lower prevalence of diabetes T2

Good access to greenspace = smaller SES inequality

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The Situation in Dundee

- Obesity (BMI > 30)
- 12.000 Diabetes T2
- 28.000 4+ medications for Chronic Pain
- 30.000 Mental health
- Substance Misuse
- ...

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ONHS Scotland promotes 'green health'

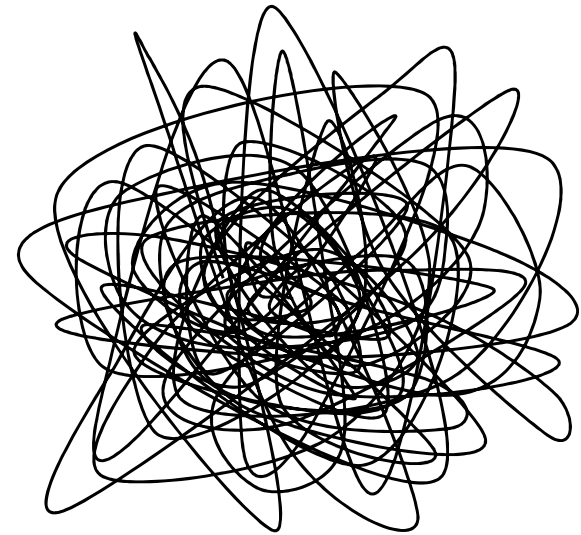
Active or passive engagement with greenspace/nature, which improves physical, mental and social health and well-being

- walking and relaxation
- outdoor learning and play
- recreation and sport
- practical conservation
- gardening
- rehabilitation and recovery
- active travel



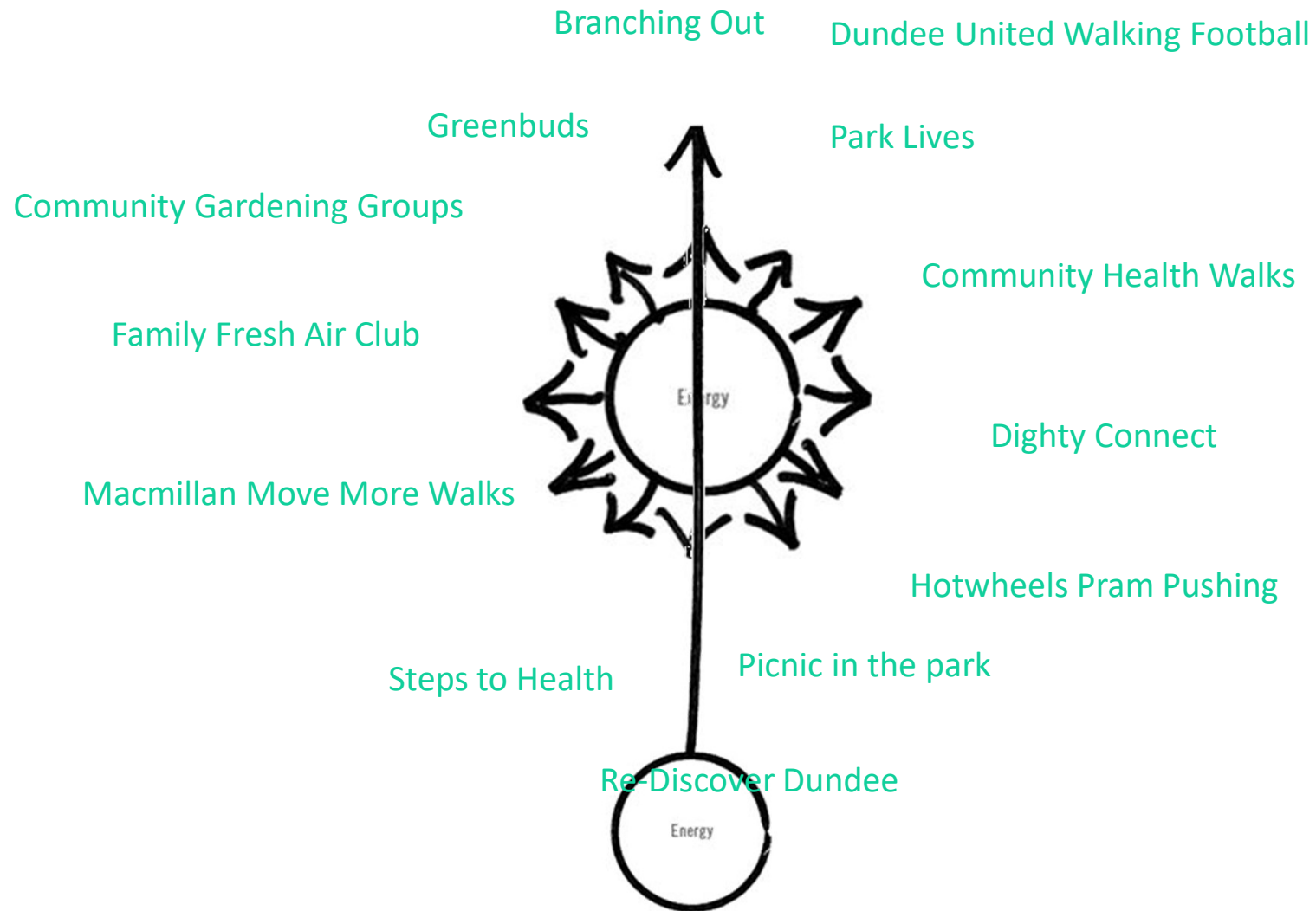
Local situation.

- Fragmented, uncoordinated, opportunistic
- Limited impact
- Untargeted
- Unsustainable



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Process



- Meetings with representatives of:
 - Third Sector organisations
 - Academics
 - Pollinating Wellbeing Network
 - Community Service user meetings (DVA) and networking events
 - NHS Tayside
 - Chronic Pain
 - Clinical Health Psychology
 - Pharmacists
 - Falls Prevention
 - Physiotherapists
 - Diabetes T2
 - Brain Injury, Rehabilitation and Stroke Lesions
- Volunteer Dundee
- Liaised with
 - NHS Tayside Director of Public Health
 - NHST Health and Intelligence Manager
 - NHST ENT Consultant
 - NHST Consultant Pharmacist
 - wider social prescribing NHST
 - NHST Locality Pharmacist
 - NHS Tayside Leadership Board
 - DCC Community Health Team
 - Social Prescribing, Link workers
 - GP Sub and Local Medical Committee
 - GPs
 - DCC Social Prescribing Team

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11/10/2018

GREEN HEALTH PRESCRIPTION PILOT

This paper sets out a proposal to pilot Green Health Prescriptions in 2 or 3 Practices in Dundee. The GP Sub Committee are asked to approve the proposal for this pilot.

1. SITUATION AND BACKGROUND

The health of the people in Scotland is poor in comparison with the rest of Europe. Clinical, epidemiological and experimental studies on physical activity and disease show a strong relationship between physical activity and disease. There is a need to foster better health and well-being benefits of nature.

Approved by:

- GP Subcommittee
- Local Medical Committee Tayside

Link with wider Social Prescribing across Tayside

ONHS action plan can be used to improve people's health. Dundee is one of four GHPs in Scotland piloting new ways of working. Dundee offers several NBIs on a weekly basis catering for a variety of different target groups (cancer, obesity, amputee, mental health, elderly, diabetes, military veterans and ex-uniform personnel, and people suffering from loneliness and social isolation).

Dundee offers a variety of NBI programs which are readily available for patients to be signposted to. To maximise the health benefits these activities provide, and to develop new ones where there is demand, more joint working with health and social care is needed.

In order to increase the uptake of NBIs the DGHP wants to improve sign posting to them and improve access arrangements.

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GREEN HEALTH PRESCRIPTION (DUNDEE)

Name

Address

Postcode

Green Health activities available:

Gentle Cycling (incl. eBikes and eTrikes)
Health Walks
Park Runs
Gentle Movements
Gardening
Nature Conservation
Pram Pushing
Football
Walking Football
Walking Netball
Arts and Crafts
And many more activities

Follow up in:

☐ Months

Signature/Stamp of Prescriber

Date

Please call Dial-OP & GO to access information on activities available to you through your Green Health Prescription.

CALL

DIAL-OP & GO

(01382) 305757

9am - 4pm Monday to Friday
An answering service is provided outwith office hours.

If easier, email or text:
greenhealth@volunteerdundee.org.uk
07719 969 229

We will respond within 2 working days.

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IMPORTANT NOTES FOR PATIENTS

Green Health Activities

Being outdoors is known to help with a range of health issues, without any side effects. Joining in can reduce your need for medication and inspire you to better living, for good.

Dial-OP & GO

The Dial-OP & GO operator provides information on activities available to you through your Green Health Prescription. You will then have the option to contact the activities directly or should you wish we can do this on your behalf.

Accessibility

If you require help with attending the initial sessions we have fully trained volunteers available to accompany you to your group session, through our GO Project, just ask for more details when you call.



GREEN HEALTH PRESCRIPTION (DUNDEE)

Your Green Health Prescription is brought to you by the Dundee Green Health Partnership in collaboration with Volunteer Dundee, NHS Tayside and Dundee City Council.



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Participants

- **GP surgeries 3/24**
 - Lochee Health Centre
 - Whitfield Health Centre
 - Taybank Medical Practice
- **AHPs**
 - Royal Victoria Hospital - Centre for Brain Injury Rehabilitation and Stroke Liaison Service
 - Ninewells - Chronic Pain Services
 - Kingsway Care Centre – Older people services, Occupational Therapists
 - Ryehill Medical Centre – Clinical Mental Health
 - Dundonald Centre – Learning Disability and Mental Health Physiotherapy
- **Locality Pharmacists**
- **Self-referrals**
- **Job Centre Plus**

Who prescribes?

- 100 NHST Prescribers
- 4 Community Organisations
- 1 Employability Support

Issued to:

- Physically Inactive
- Weight Loss
- Pain Management
- Cardiac Rehab
- Cancer Care
- Mental Health
- Type 2 Diabetes
- COPD

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Pilot project

Green Health Prescriptions

- Find local activity
- Encourage healthy behaviour changes
- Report back to Health Care Professional
- Fortnightly calls



Create opportunities

...for the inactive

...and for the active to stay active

- eBikes Grant *Re-DISCOVER Dundee*
energy saving trust
 - 15k, 8 e-trikes, 2 e-bikes & 1 trailer
 - Target: Chronic pain, physically inactive, older people, T2 Diabetes, mobility issues, minority groups
 - DVA, Volunteer Dundee, Electric Bikes Scotland, Caledonian Housing Association, Sheltered Housing, Dundee International Womens Centre, Fairfield Sports Centre, AMINA, NHS Tayside



Volunteer Dundee



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NHS
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**Healthier
Scotland**
Scottish
Government

Scottish
Forestry
Coilltearachd
na h-Alba

NHS
Tayside

Dundee
City Council
www.dundee.gov.uk **CHANGING
FUTURE**
FOR THE



Re-DISCOVER DUNDEE @DundeeRe · Jun 23
 Another fab Sunday outdoors, combining gentle #physicalactivity, good fun and better
 company!! Thank you all!! @HealthDundee @volunteerdundee @dundeetsi

The Dundee Green Health



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Health
 Scotland

TRANSPORT
 SCOTLAND
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Government

NHS
 Tayside

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 www.dundee.gov.uk
**CHANGING
 FOR THE FUTURE**

and local partners including:

Green Health Partnerships add to Social Prescribing

- Alternatives to medicine
- Green Health activities – added benefit
- Preventative / Treatment / Recovery
- Green + Movement + Social experience = Health & Wellbeing
- Take control of our own health
- People – environment = Planetary Wellbeing
- Sustainable behaviour change
- **Back to where we came from...**

Link Health and Environment for a sustainable change

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Thank you

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 HealthDundee #DGHP