

# New Forest and Hampshire: Parks, coasts and inequalities

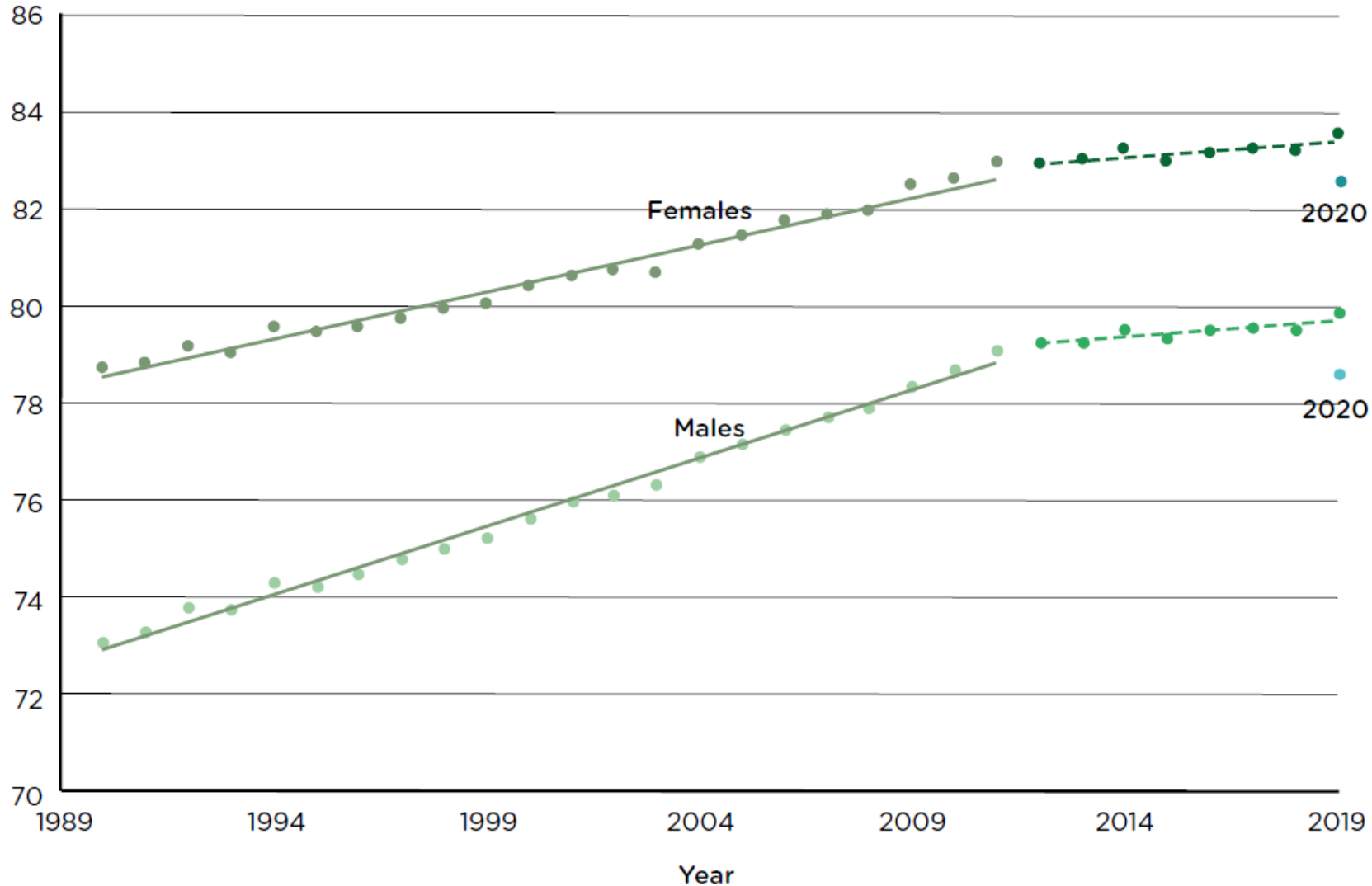
**Spring 2024**

- Health inequalities are **unfair** and **avoidable** differences in health across the population, and between different groups within society.
- These include...
  - The health conditions they may experience
  - The care that is available to them.

**NHS England:  
What are  
healthcare  
inequalities?**

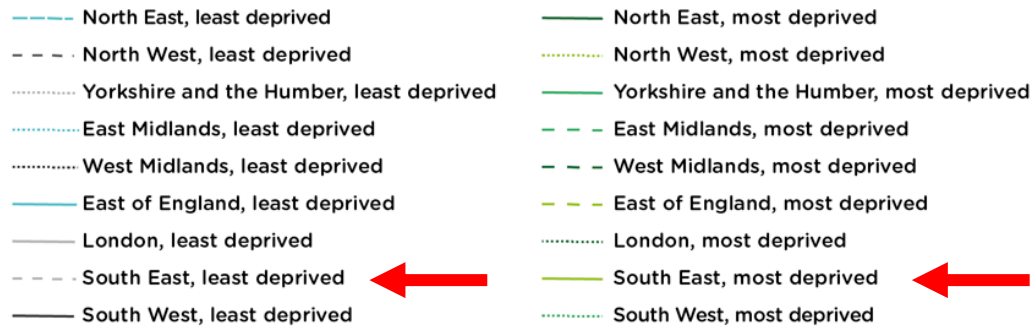
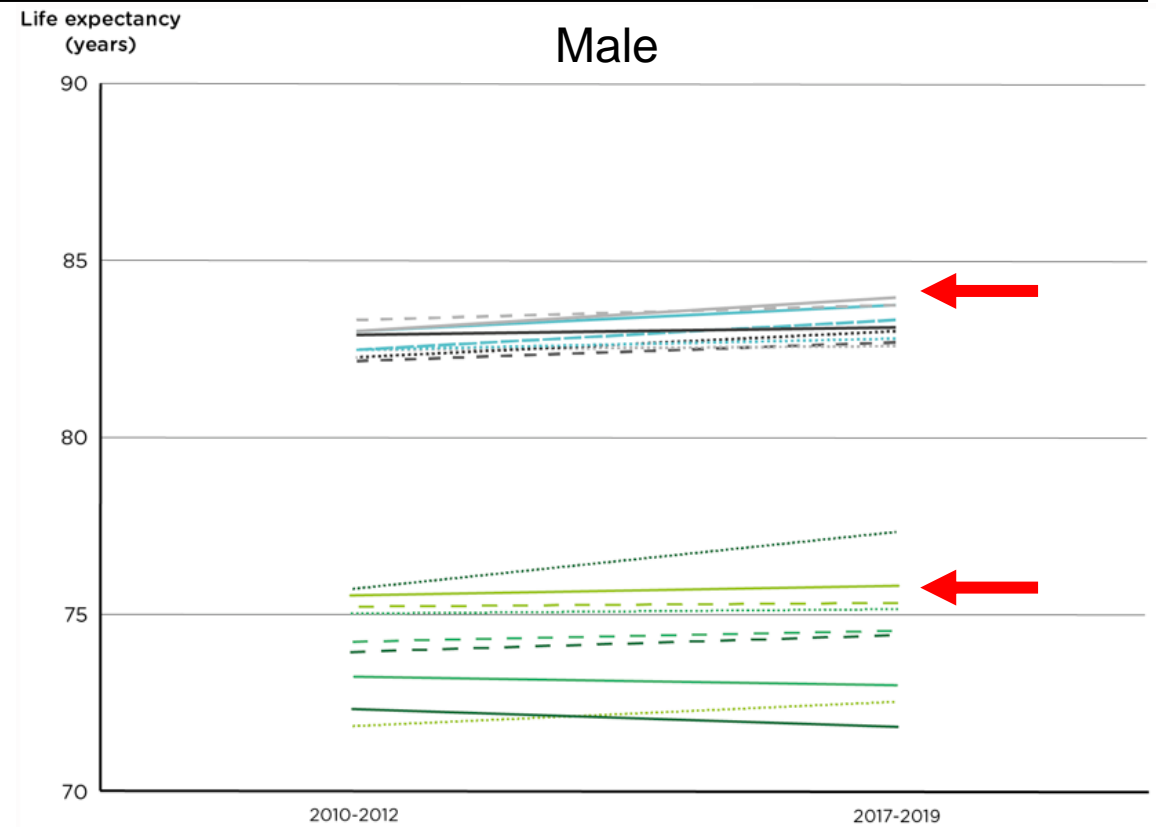
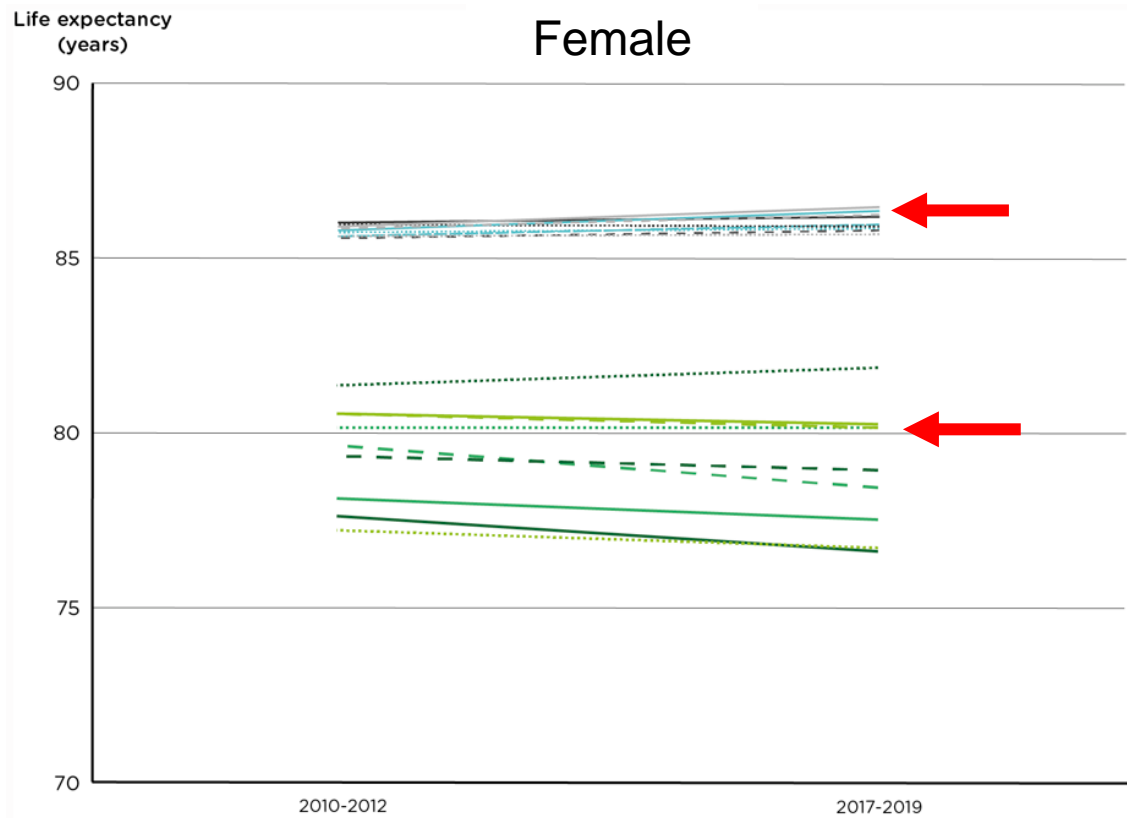
# Increases in life expectancy at birth stalling in England

Life expectancy  
at birth (years)



Source: Office for National  
Statistics

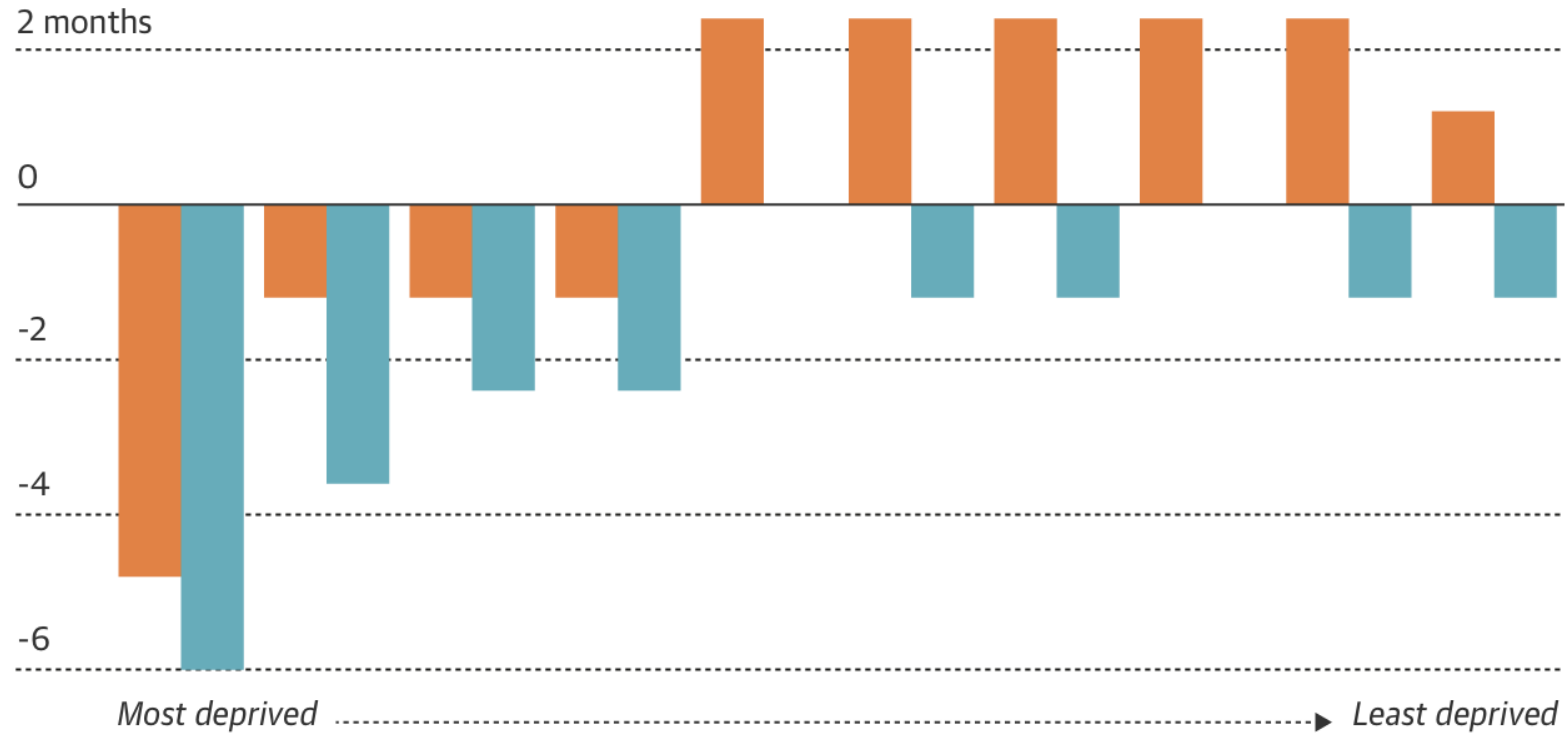
# Life expectancy at birth by sex for the least and most deprived deciles in each region, England, 2010–12 and 2017-19



## Life expectancy for men and women living in the most deprived areas of England fell significantly between 2015-17 and 2018-20

Change in life expectancy at birth

■ Females
 ■ Males



Guardian graphic. Source: ONS. Note: Deprivation deciles based on the Index of Multiple Deprivation 2019

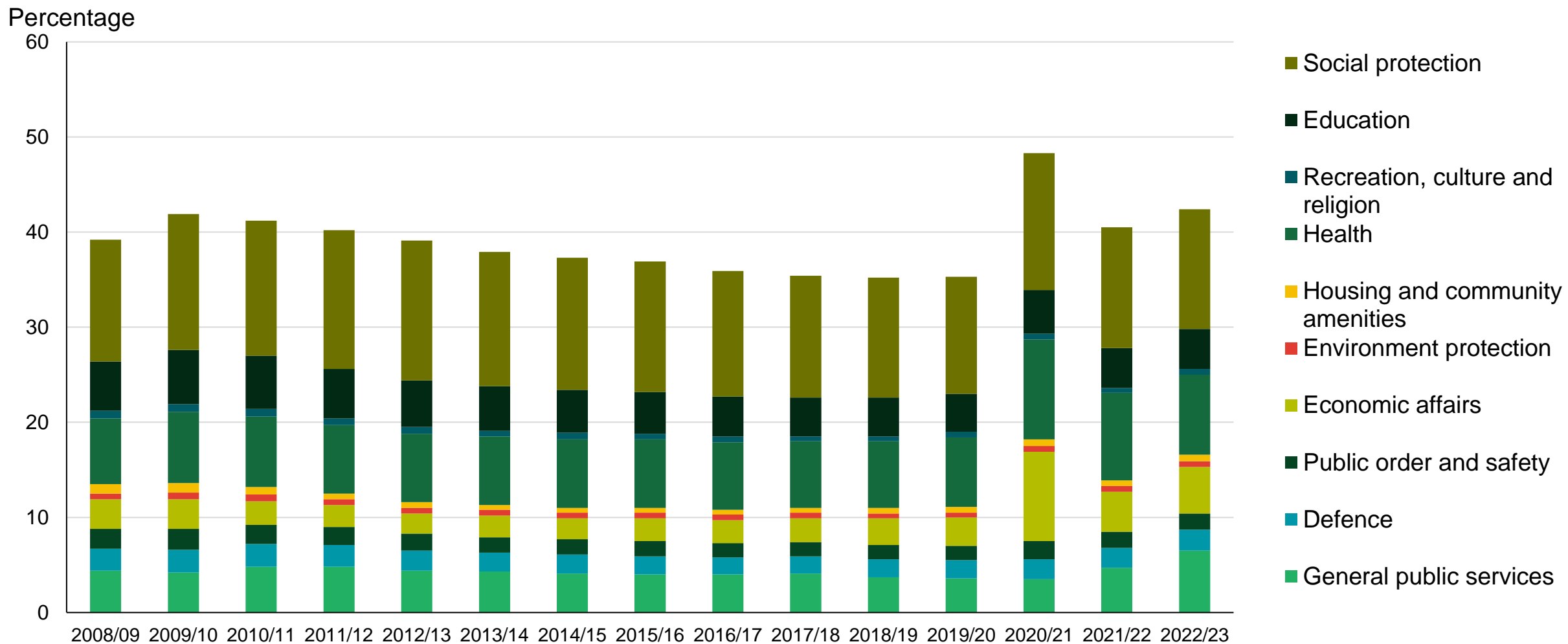
# Social determinants / building blocks

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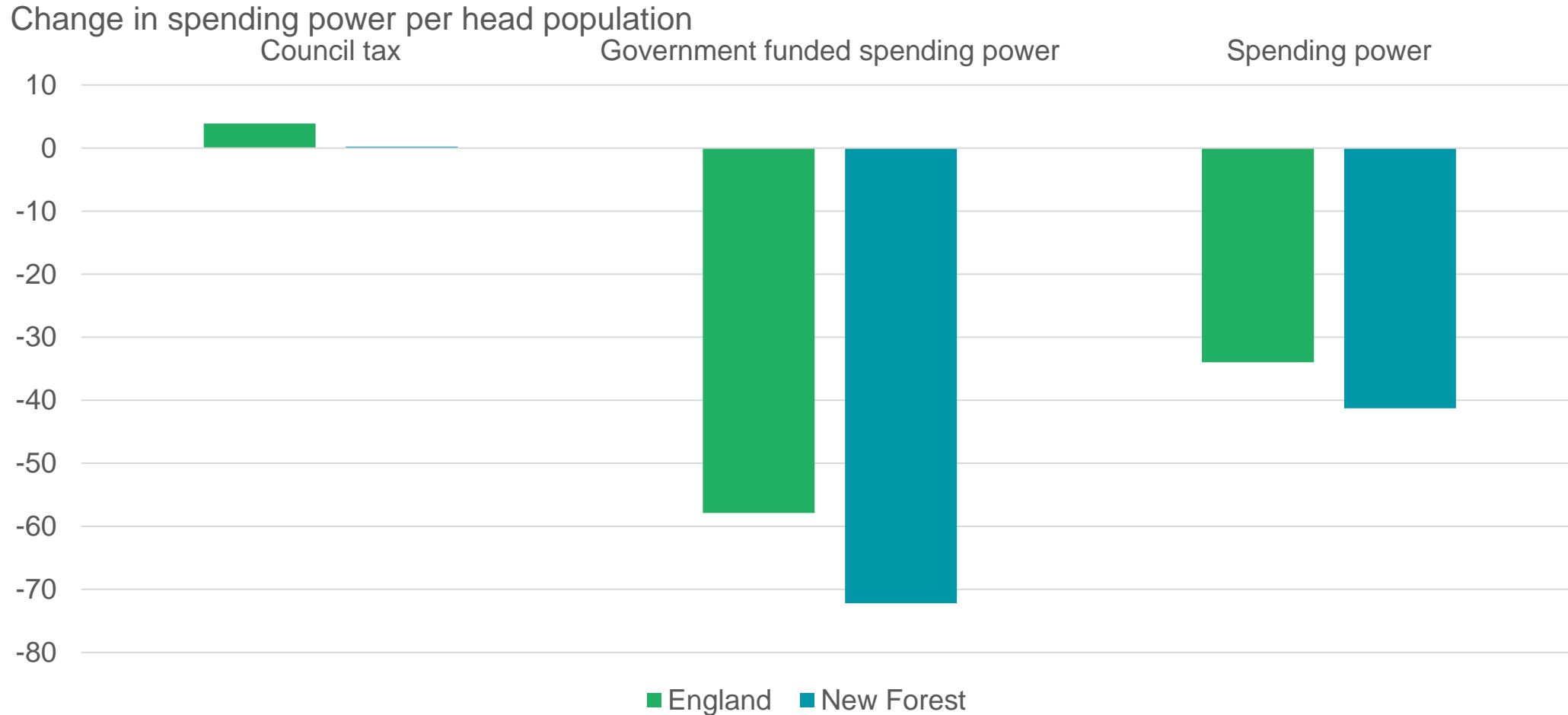
- What makes us healthy? Live longer in better health?



# Public sector expenditure (% of GDP), UK, 2008/09-2022/23



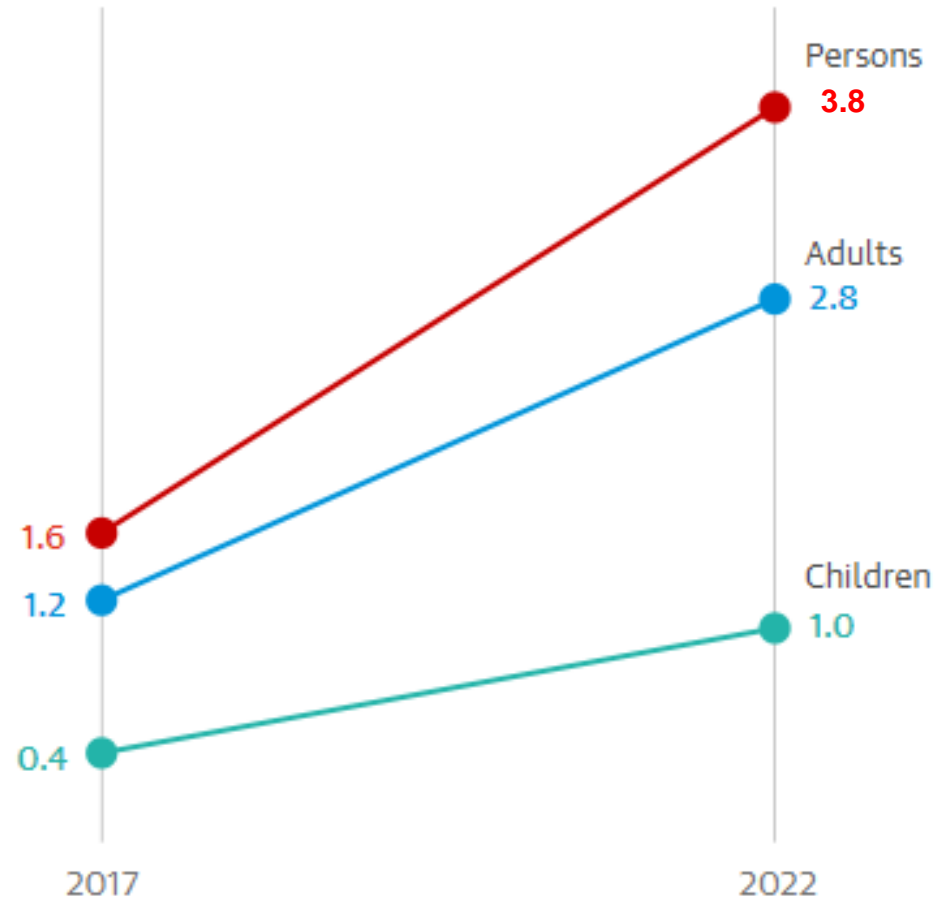
# Change in local authority spending, per capita, New Forest and England, 2010/11 to 2019/20





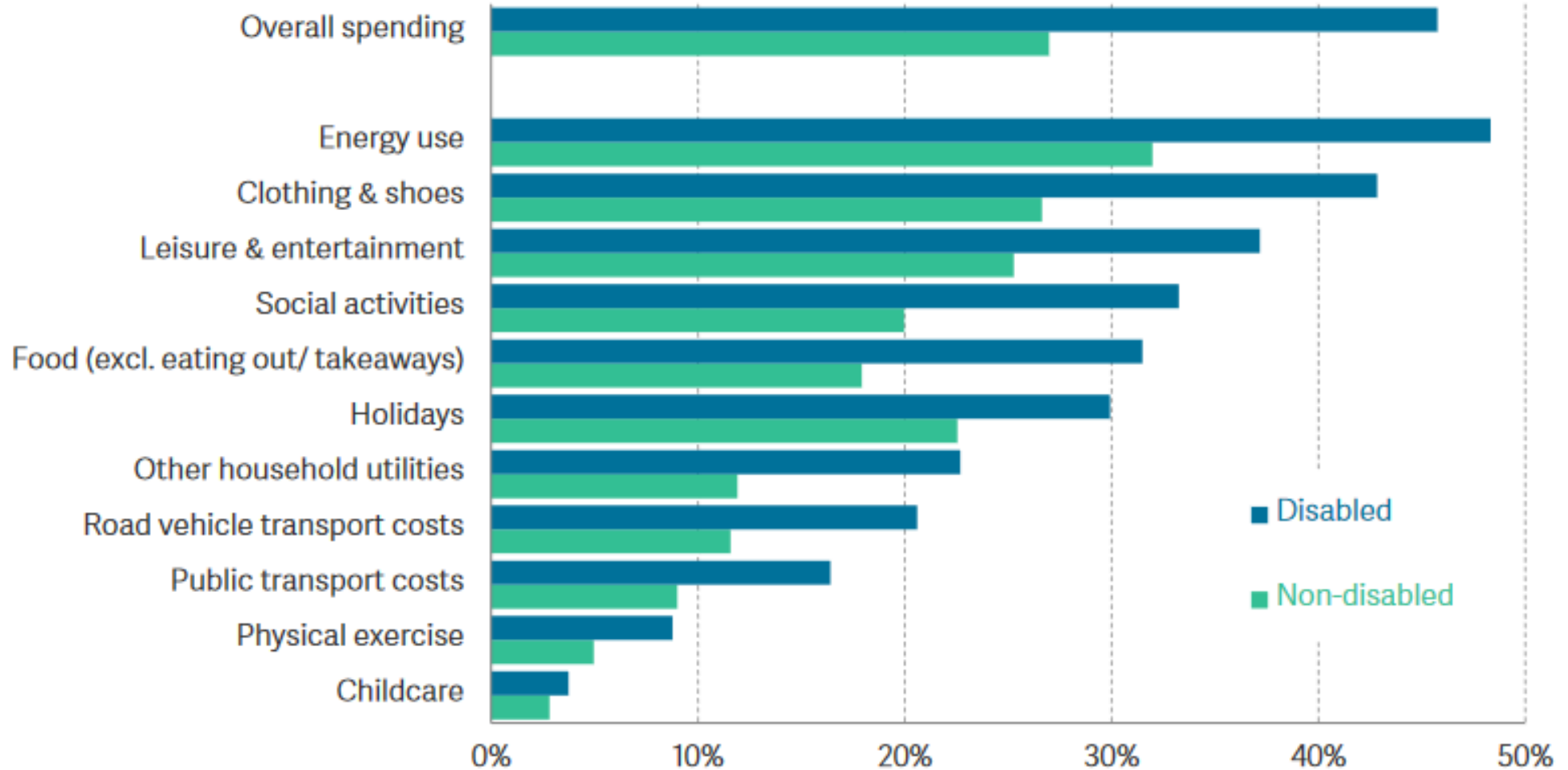
# People experiencing destitution, UK increased 148% 2017 to 2022

People living in destitution in the UK, millions



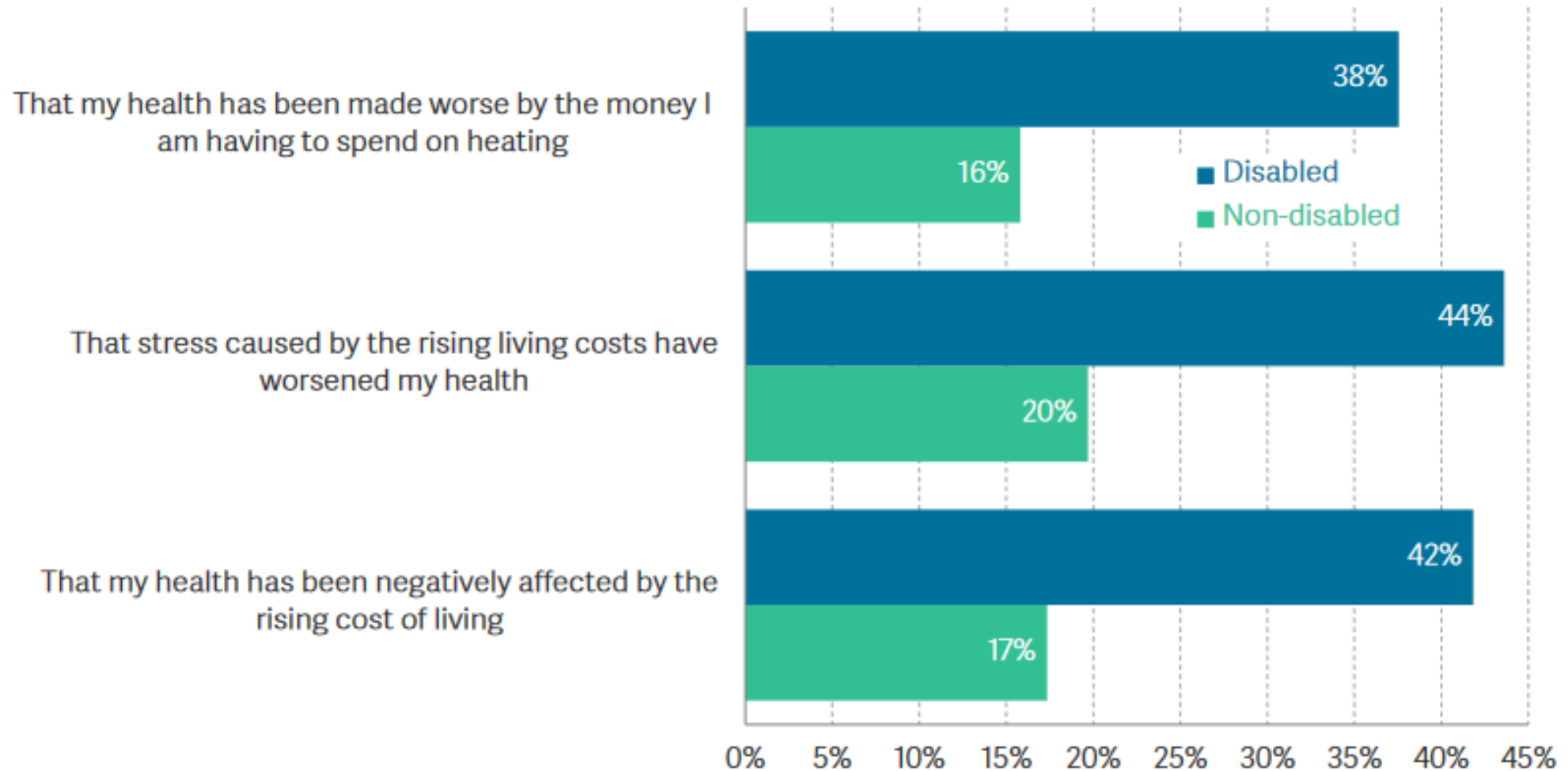
Guardian graphic. Source: Joseph Rowntree Foundation. Note: people are considered destitute if they have not been able to meet their barest physical needs to stay warm, dry, clean and fed

# % disabled and non-disabled population who have tried to cut back spending over a range of categories: UK, November 2022



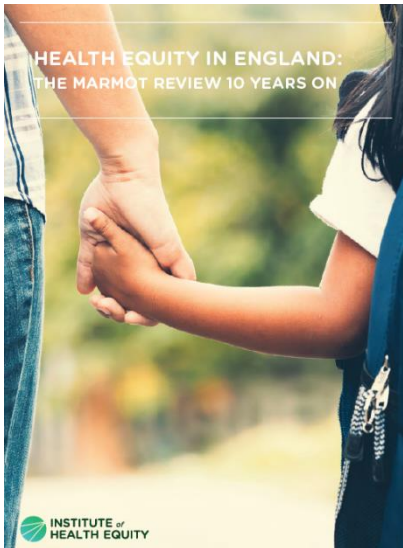
Source: Resolution Foundation

# % disabled and non-disabled population who report that the cost of living crisis has made their health worse: UK, 2022



# IHE and Marmot

# Marmot Principles



1. Give every child the best start in life
2. Enable all children, young people and adults to maximise their capabilities and have control over their lives
3. Create fair employment and good work for all
4. Ensure healthy standard of living for all
5. Create and develop healthy and sustainable places and communities
6. Strengthen the role and impact of ill health prevention
7. Tackle racism, discrimination and their outcomes
8. Pursue environmental sustainability and health equity together

# Parks, coasts and health inequalities

Green spaces: estimated to save **NHS £111** million per year in the UK, because of reduced GP visits

**Source:** <https://fieldsintrust.org/content/files/Revaluing-Parks-and-Green-Spaces-Summary.pdf>

# Quantity, quality and accessibility

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## **Green and blue spaces**

- stimulate social contacts
- increase societal cohesion
- Contribute to reduce temperatures in cities
- improve air quality
- reduce noise pollution.

## **Poor quality green and blue spaces**

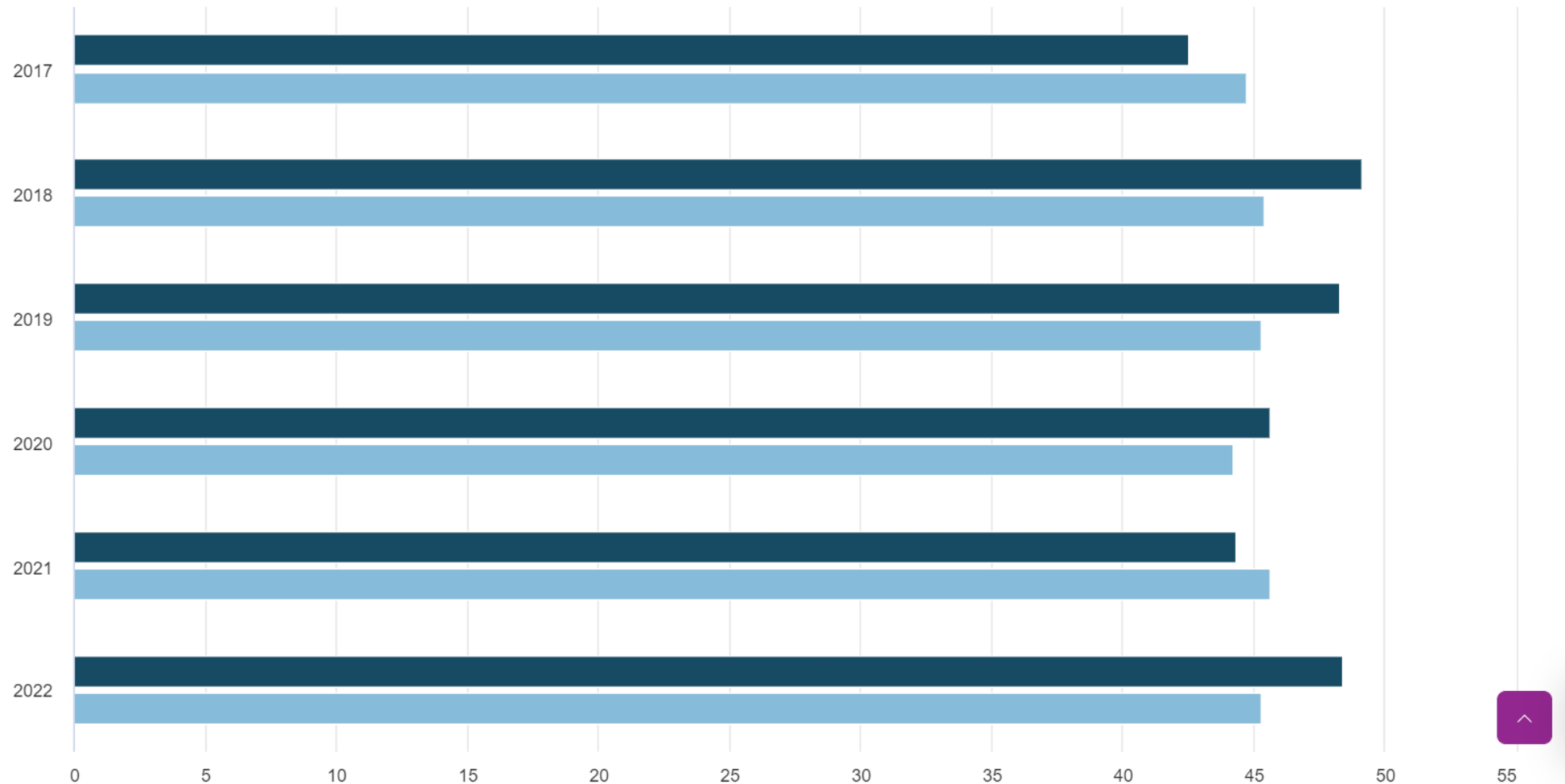
- can attract anti-social behaviour
- decrease community safety.

## **Multiple barriers in accessing and using green and blue spaces**

- those on low incomes / living in areas of high deprivation
- ethnic minority populations
- older residents
- women and girls
- people with disabilities.

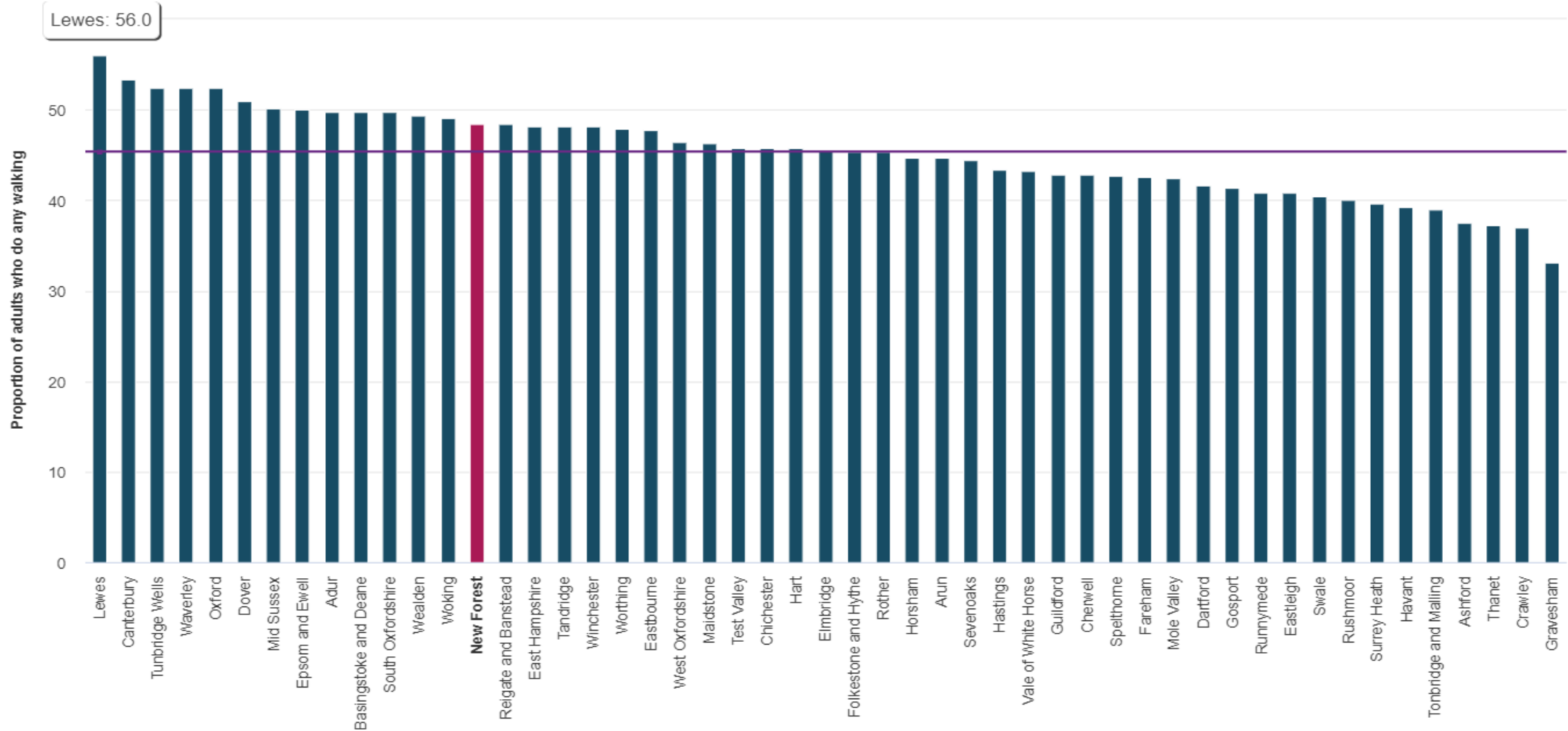
# Percent of adults walking for any purpose at least three times per week, New Forest, 2017-2022

Proportion of adults who do any walking for any purpose at least 3 times per week (from 2017 to 2022) for New Forest

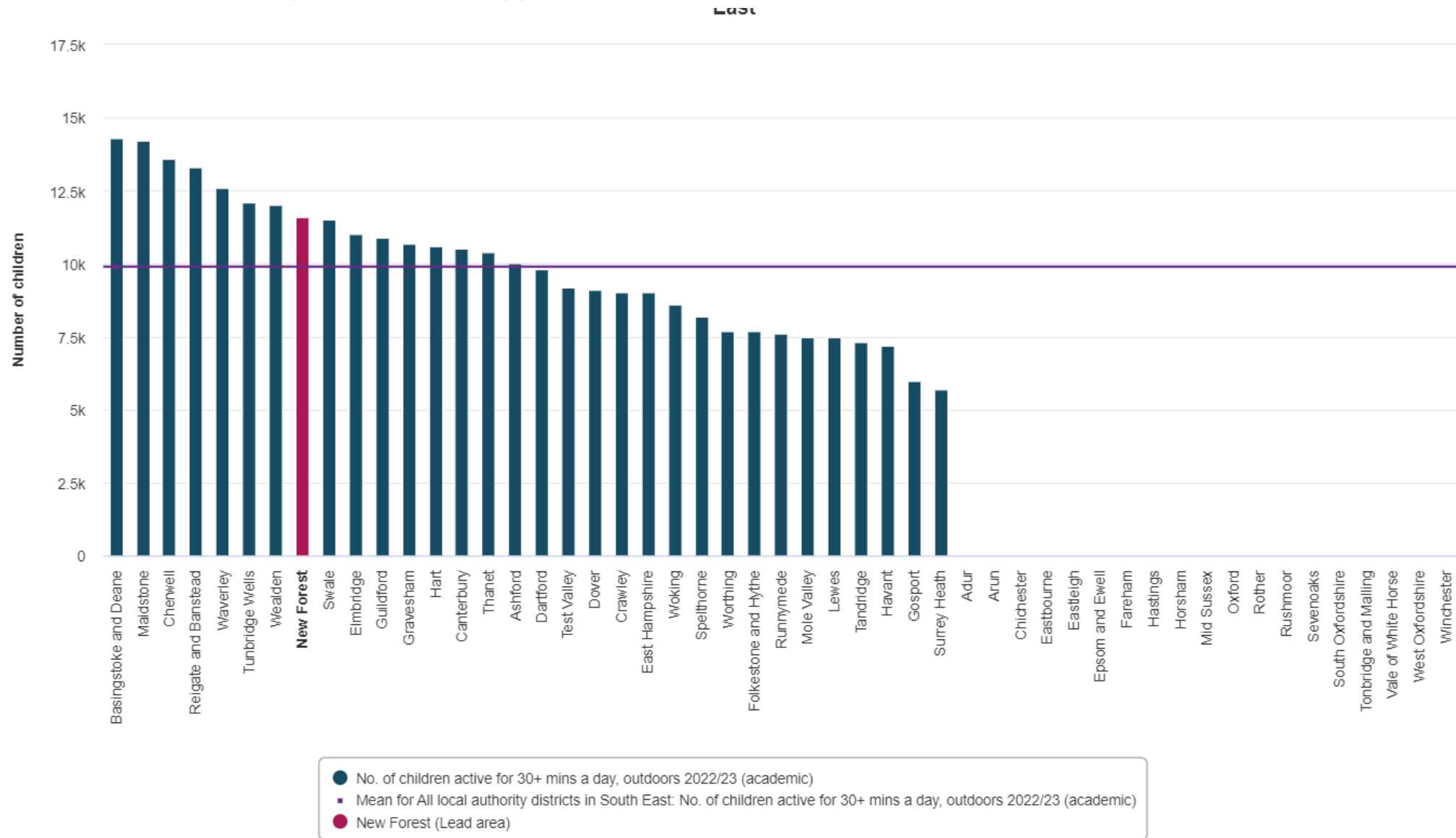




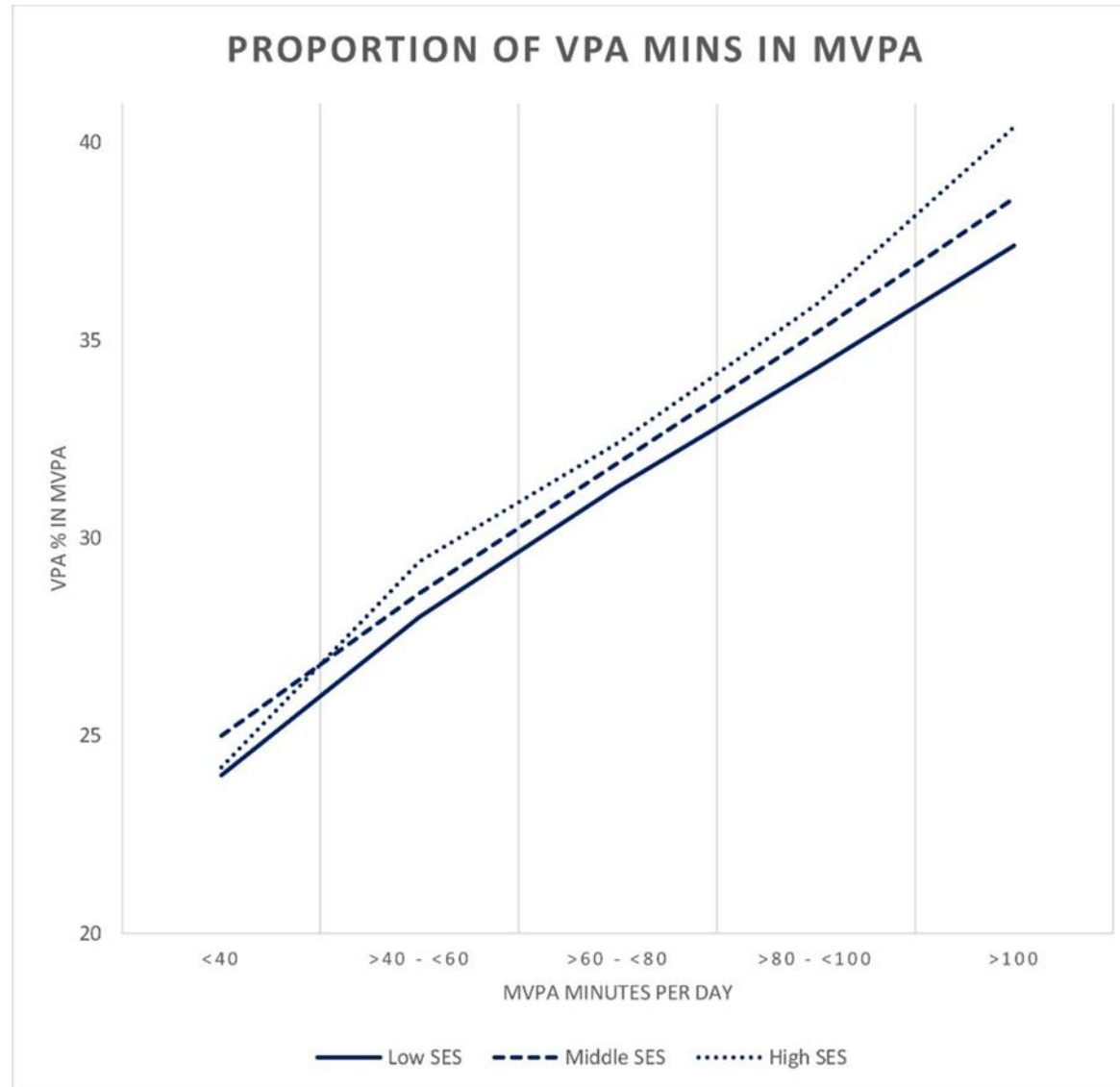
# Percent of adults walking for any purpose at least three times per week, 2022, all local authority districts South East



# Number of children who are active for an average of 30+ minutes a day, outdoors 2022/23 (academic) for South East local authorities



## Children and play: Proportion of vigorous physical activity in moderate physical activity, by level of activity with participants grouped by low, middle and high socioeconomic status.



- Pakistani and Bangladeshi children averaged over 3 min less daily VPA in comparison to white British children

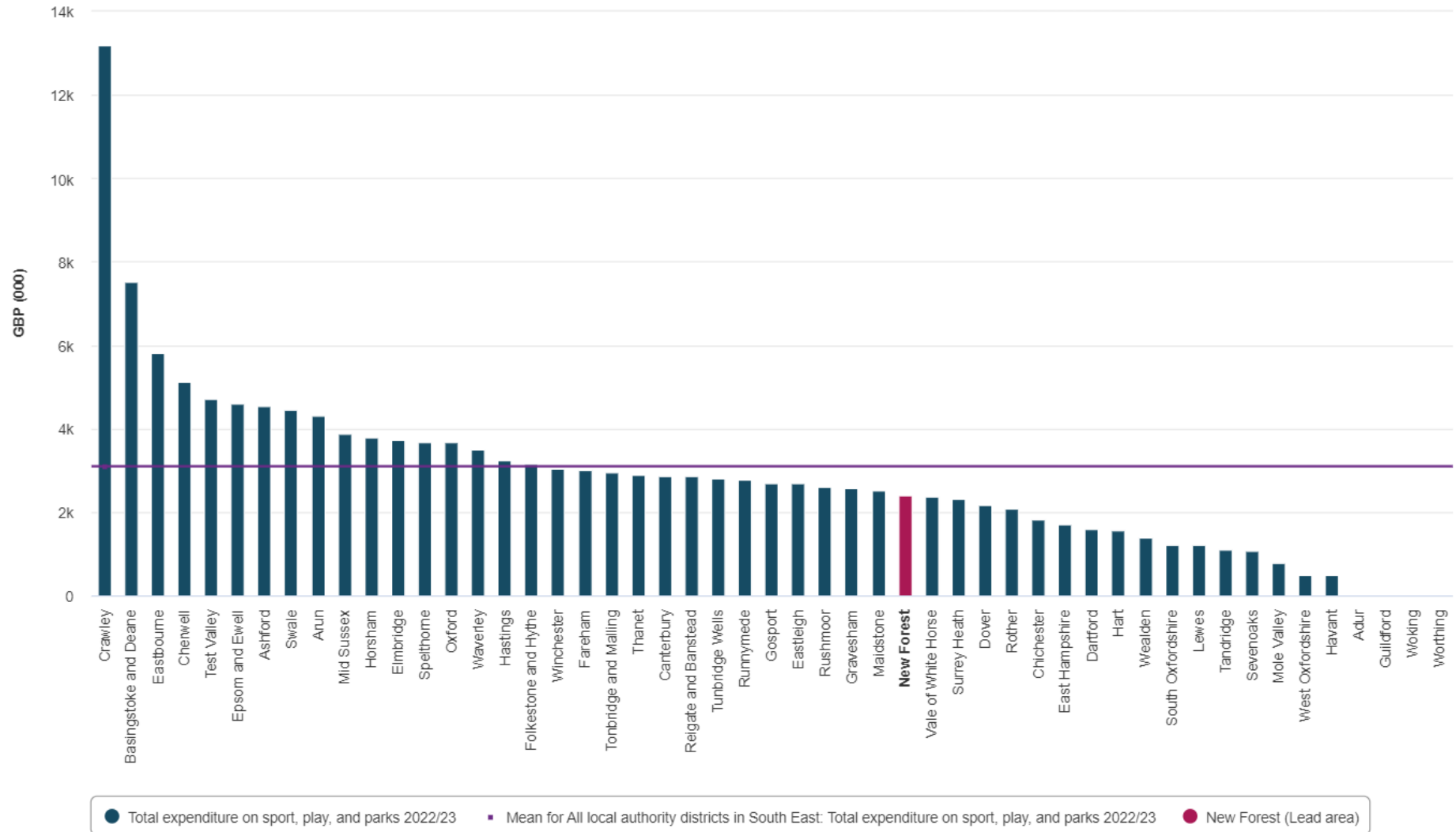
## Blaming children? Blaming families? Or systems?

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Local authorities with higher percentages of overweight or obese children in reception children had:

- higher rates of under-fives living in areas with poor access to passive green spaces
- lower rates of adults walking for leisure
- lower rates of physically active adults
- lower breastfeeding rates

# Total expenditure on sport, play, and parks, 2022/23, South East



# Climate and health inequalities

## What counts as a heatwave in New Forest?

When temperatures in your postcode area hit **27°C** or higher for three consecutive days.

Source: BBC - <https://www.bbc.co.uk/news/uk-62243280>

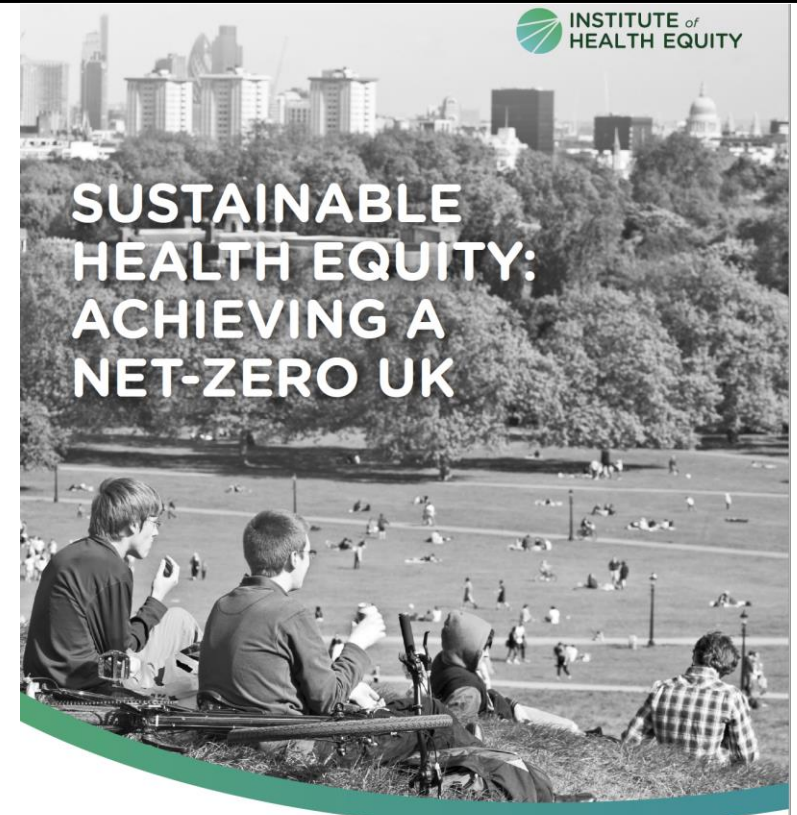
# Impacts on climate change on health inequalities

Direct impacts created by:

- changing exposure to heat and cold
- increased exposure to UV radiation, air pollution, pollen, emerging infections, flooding and associated water-borne diseases,
- the impacts of extreme weather events such as storms and floods

Indirect impacts:

- Loss of income (tourism/ farmers...)
- Higher prices for food, water and domestic energy
- Supply chains
- Global security

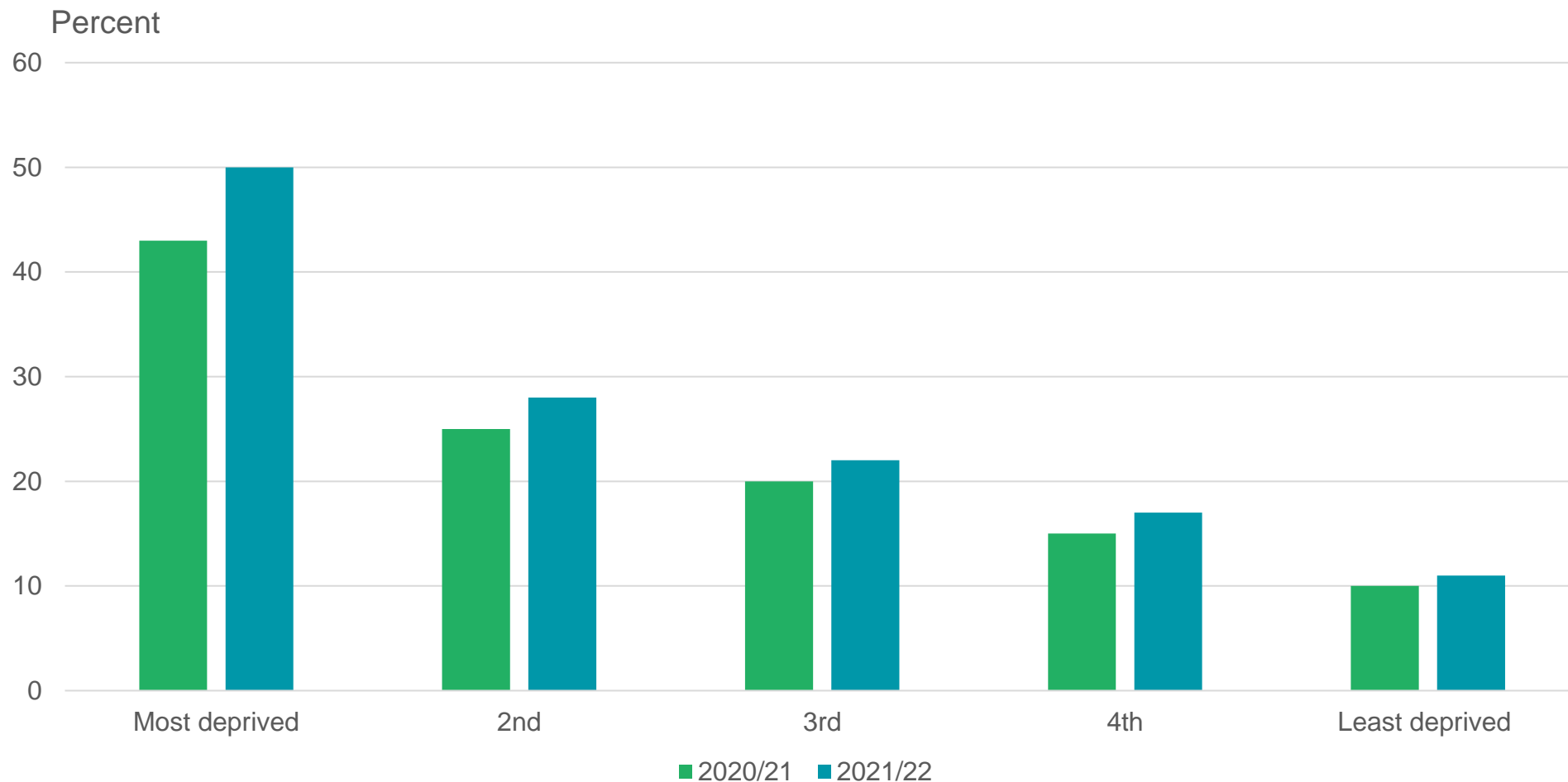


Advisory Group  
Report for the UK Committee  
on Climate Change

Professor Sir Michael Marmot, Chair  
Report written by Alice Munro, Tammy Boyce, Michael Marmot  
on behalf of the Health Expert Advisory Group

October 2020

# Disposable income required to afford the Eatwell Guide, by income quintile, 2020-21 and 2021-22



**BUILD A  
SUSTAINABLE,  
RESILIENT AND  
HEALTHY FOOD  
SYSTEM**





**Taking action**

# Why should we invest in parks?



Evidence from the Parks for People programme

Summary.....	5
<b>1</b> Introduction.....	9
<b>2</b> What does existing evidence tell us about the value of parks?.....	12
<b>3</b> What difference does investment make to health and wellbeing?.....	15
<b>4</b> What difference does investment make to social integration?.....	20
<b>5</b> What difference does investment make to community engagement, public participation and civic action?.....	26
<b>6</b> What difference does investment make to inclusion and inequalities?.....	34
<b>7</b> What difference does investment make to people's connection to nature?.....	38
<b>8</b> What difference does investment make to local economies?.....	44
<b>9</b> How did Covid-19 affect parks and their users?.....	48
<b>10</b> What have we learnt about delivering investments in parks?.....	56
<b>11</b> What are the future opportunities and challenges for parks and funders?.....	61
<b>Appendix: Methodology</b> .....	65

# GETTING SCOTLAND WALKING: THE CASE FOR ACTION

SEPTEMBER 2022



A Living Streets project in partnership with Glasgow Centre for Population Health

[www.gcph.co.uk](http://www.gcph.co.uk)  
 @theGCPH





POPULATION GROUP	RELEVANT ISSUE
OLDER PEOPLE	<ul style="list-style-type: none"> <li>Generally, in poorer health and less physically active and lack confidence regarding walking journeys</li> <li>Potential social interaction through walking important for tackling social isolation and loneliness</li> <li>Current walking infrastructure doesn't meet basic needs in terms of feeling safety, comfort and convenience</li> <li>More sensitive to air quality issues</li> </ul>
WOMEN	<ul style="list-style-type: none"> <li>Less physically active than men, especially through formal sports</li> <li>Have greater safety concerns in public spaces and are more likely to experience threats to their safety</li> <li>Less likely to own a car</li> <li>More likely to have a caring role than men</li> </ul>
PEOPLE FROM AN ETHNIC MINORITY	<ul style="list-style-type: none"> <li>Some groups less active</li> <li>Less access to greenspace</li> <li>May be more concerned about safety in public spaces</li> </ul>
DISABLED PEOPLE	<ul style="list-style-type: none"> <li>Mobility issues that limit walking speed and distance</li> <li>Face physical barriers to walking due to poor quality or poorly designed infrastructure</li> <li>Challenges reaching accessible public transport services</li> </ul>
PEOPLE LIVING IN DEPRIVED AREAS	<ul style="list-style-type: none"> <li>More likely to live close to vacant and derelict land</li> <li>More likely to be a pedestrian road casualty</li> <li>Less likely to feel safe walking alone at night in local community</li> <li>Less likely to have a car so more likely to depend on walking and public transport</li> </ul>
CHILDREN	<ul style="list-style-type: none"> <li>Significant proportion do not achieve recommended levels of exercise</li> <li>More vulnerable to traffic accidents due to skills and lack of awareness</li> <li>Concerns over road safety have progressively reduced children's independence to walk on streets</li> <li>Need streets for play and socialising</li> <li>More sensitive to air quality issues</li> <li>Travel choices influenced by parents and their perception of safety in the built environment</li> </ul>

# Meaningful and accessible spaces

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## **Beside the Seaside: Reflections on Local Green and Blue Spaces from Adults Aged over 50 in a Coastal Community**

Ursula Pool <sup>1,\*</sup>, Anna Kenyon <sup>2</sup>, Lynn Froggett <sup>3</sup> and Mark Dooris <sup>1</sup>

Make natural spaces welcoming to local population groups

- e.g. involving them or their families and friends in the development of those spaces

Accessibility

- e.g. importance of a place to sit

# WHAT MAKES A PARK FEEL SAFE OR UNSAFE?

The views of women, girls  
and professionals in West Yorkshire

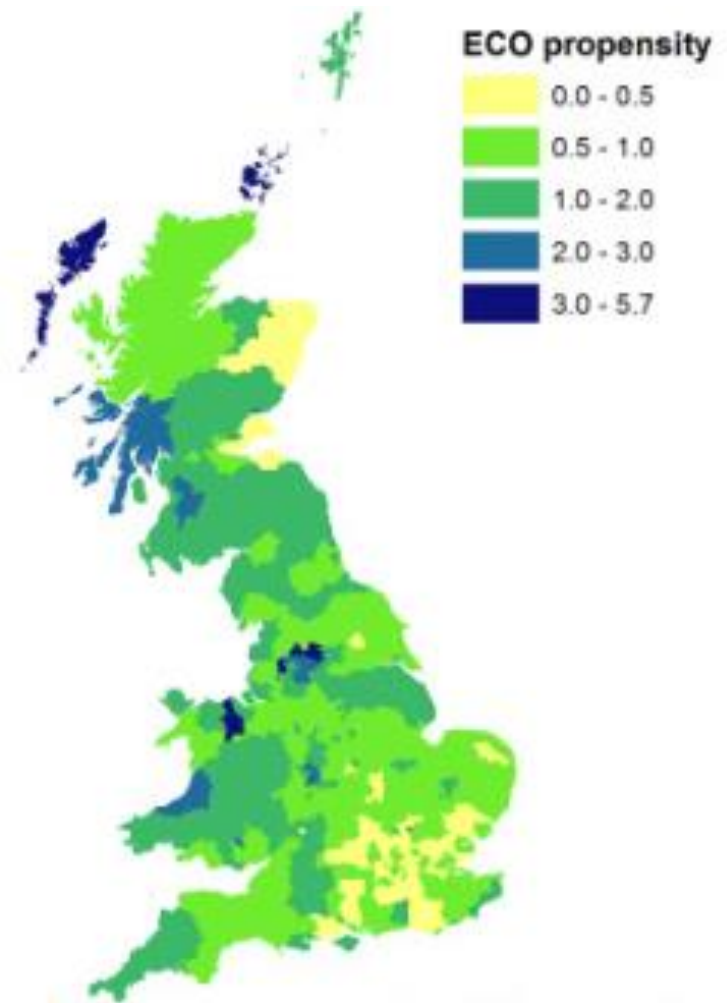
## **WHAT DO TEENAGE GIRLS LIKE AND DISLIKE ABOUT PARK PLAY SPACES AND MULTI-USE GAMES AREAS?**

This report presents the findings of a photo elicitation activity with girls and young women<sup>1</sup> to explore what they 'like' and 'dislike' about park play spaces and multi-use games areas (MUGAs) with a focus on feelings of safety.<sup>2</sup>

<https://www.makespaceforgirls.co.uk/resources/what-makes-a-park-feel-safe-and-unsafe>

# Households in Bradford are 5.6 times more likely than the average household to apply for ECO

- Bradford terraced households- 2008–2021, Asian-ethnicity households were taking the initiative and applying for ECO in huge numbers.
- What does “hard to reach” mean? “Unable to access information”?



Energy Research & Social  
Science

Volume 101, July 2023, 103123



Review

## Who applies for energy grants?

# Working with developers

- **Local authorities** - funding for maintenance for new built green spaces?
- **Developers' priority?** role as stewards in places - funding and maintenance strategies created.
- **Who is addressing inequalities?** multiple barriers and include those on low incomes, ethnic minorities, older residents and people with disabilities



**THE BUSINESS OF HEALTH EQUITY:  
THE MARMOT REVIEW FOR  
INDUSTRY**

# What works wellbeing: Green and blue spaces 2022 update

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## **Social relations**

- improved social networks,
- meeting new people
- connecting with family and friends.
- formal and informal activities/events

More evidence!

## **Community wellbeing**

- very often increased feelings of belonging and sense of place

## **Individual wellbeing**

- Increasing physical activity



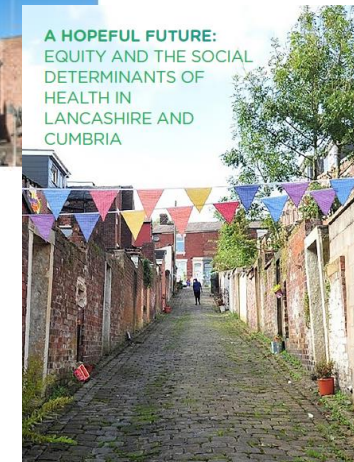
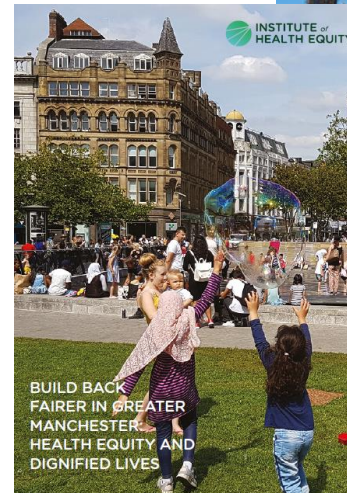
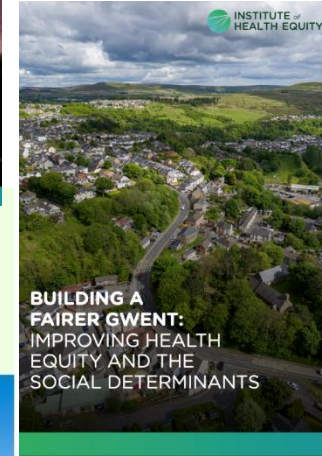
# Marmot Places – 40+ local authorities

- Coventry
- Greater Manchester
- Cheshire and Merseyside
- Lancashire and Cumbria
- Luton
- Waltham Forest
- Gwent
- Southwest region
- Leeds
- Wokingham
- Medway
- Northumberland



COVENTRY – A MARMOT  
CITY

An evaluation of a city-wide approach to  
reducing health inequalities





INSTITUTE *of*  
HEALTH EQUITY



Legal &  
General

# The Health Equity Network

Register for the Health Equity Network here:  
<http://bitly.ws/zh2g>

or scan this QR Code with your phone camera:

