

# ASHTON

## PARKS FOR HEALTH EVALUATION

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AUDIT

EVALUATION

STRATEGY

ACTION

22 March 2018

WYCHAVON

[www.healthparks.co.uk](http://www.healthparks.co.uk)

[info@healthparks.co.uk](mailto:info@healthparks.co.uk)



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# 1.0 INTRODUCTION

This report represents the Parks for Health Evaluation for Ashton in Evesham. It is based upon a survey undertaken on 22 March 2018 by Private. The role of Parks in promoting health and wellbeing has been recognised internationally. A recent WHO report “Urban Green Spaces and Health-A review of evidence” stated that “A city of well-connected, attractive green spaces that offer safe opportunities for urban residents for active mobility and sports as well as for stress recovery, recreation and social contact, is likely to be more resilient to extreme environmental events...Such a city is also likely to have healthier citizens, reducing demands on health services and contributing to a stronger economy” (WHO(2016)-Urban Green Spaces and Health - A Review of Evidence)

In developing a systematic approach to delivering health through the provision and use of local Parks, it is important to note that the evidence base from both quantitative and qualitative studies emanates from international research. Whilst this assessment model has been developed in the UK, it is based upon international research, and as such can be adapted and interpreted internationally, with reference to local culture and conditions.

As important Determinants of Health in the built environment, this WHO report also identified a wide range of health benefits associated with the use of Parks and Open Spaces. These include:

- Improved relaxation and restoration and Improved sleep
- Improved Social Capital and Engagement
- Improved functioning of the immune system
- A reduction in certain non-communicative diseases, including cancers, Type 2 Diabetes, coronary heart disease, cardiovascular morbidity, and reduced mortality
- Improved pregnancy outcomes
- Increased likelihood of physical activity across all age groups, with improved fitness and reduced obesity
- Improved mental health and cognitive function and alleviating the symptoms of anxiety and depression.
- Enhanced economic benefits to the local area, and Environmental benefits e.g. Noise Reduced air pollution and Heat Island effect

The purpose of this assessment is to optimise the Park for health, and to provide a context for each of these identified benefits. As set out below this is achieved by assessing the Park against evidence based health criteria, and identifying the standard of each of those criteria. The Audit identifies the Current Health Status of the Park. If, based upon the analysis, a high standard is not achieved in each, the reports identify opportunities to improve the health status of the Park through improvements and new interventions. These are set out in the Evaluation and Strategy Reports.

**NB:** In this report the word “Park” is used generically to include Parks, formal gardens, commons, public woodlands, nature reserves, recreation grounds, playing fields, village greens, amenity green spaces, play spaces, civic/market square, i.e. community spaces as well as dedicated play areas and physical activity.

## 2.0 The Results

In order to provide a Park which promotes health and wellbeing it is suggested that as high a standard as possible should be delivered across each of the Health Criteria if this is achievable given the scale and character of the Park.

### Details of the Park

In considering the local context the following information has been provided:

Group or Organisation doing the Audit:	Private
Please enter the Health Parks ID Code:	8-1521716619
What is the official name of the Park?	ASHTON
What is the name of the City, Town or Village?	EVESHAM
What is the Postal Code of the Park?	WR10
What is the name of your Local Authority or equivalent?	WYCHAVON
What is the scale and type of the Park?	Metropolitan Park 60-400 HA (150-1000 Acres)
What country is the Park located in?	United Kingdom

## 2.1 Current Health Status

### A Primary Criteria

The Current Health Status comprises of elements which were found to be 'Satisfactory'. The analysis of the survey has identified the level and standard of 'Satisfactory' elements within each of the Primary and Secondary Criteria. These are indicated in the following charts and tables.



Chart 1. The percentage of 'Satisfactory' Elements in each of the Primary Criteria

The analysis of these figures indicates the level of provision in each of the Primary Criteria as follows:

**PRIMARY CRITERIA**

CRITERIA	LEVEL	STANDARD
Community Initiatives	20	BAND 1
Accessibility	25	BAND 1
Mental Wellbeing	20	BAND 1
Physical Activity	34	BAND 2
Environment	40	BAND 2

Table 5. The Level and Standard of Provision in each of the Primary Criteria

From Table 5 it is possible to identify which band each of the Primary Criteria are in.

## B Secondary Criteria

The level of 'Satisfactory' elements identified by Secondary Criteria are identified in Chart 2



Chart 2. The percentage of 'Satisfactory' Elements in each of the Secondary Criteria

The level of provision and standard in each of the Secondary Criteria is shown in Table 6:

**SECONDARY CRITERIA**

CRITERIA	LEVEL	STANDARD
<b>Community Initiatives</b>		
Media	20	BAND 1
Empowerment	12	BAND 1
Education	20	BAND 1
<b>Accessibility</b>		
Access	75	BAND 4
Legibility	0	BAND 1
Facilities	17	BAND 1
<b>Mental Wellbeing</b>		
Attractive	46	BAND 2
Natural	0	BAND 1
Therapeutic	20	BAND 1
Social	0	BAND 1
Growing	0	BAND 1
<b>Physical Activity</b>		

**SECONDARY CRITERIA**

CRITERIA	LEVEL	STANDARD
Sports	0	BAND 1
Equipped	29	BAND 2
Informal	67	BAND 3
Walking	40	BAND 2
<b>Environment</b>		
Environmental	40	BAND 2

Table 6. The Level and Standard of Provision of 'Satisfactory' Elements in each of the Secondary Criteria

From Table 6 it is possible to identify the level and standard of the Secondary Criteria.

In developing Parks for health, the objective is to achieve as high a standard as possible across each of the Primary and Secondary Criteria. The following sections of this report identify how this can be achieved through improvements.

## 2.2 Elements In Need of Improvement

In each of the Primary and Secondary Criteria the analysis has also identified the proportion of elements that were judged to be 'In Need of Improvement'. Those in the Primary Criteria are indicated in Chart 3.

### A Primary Criteria

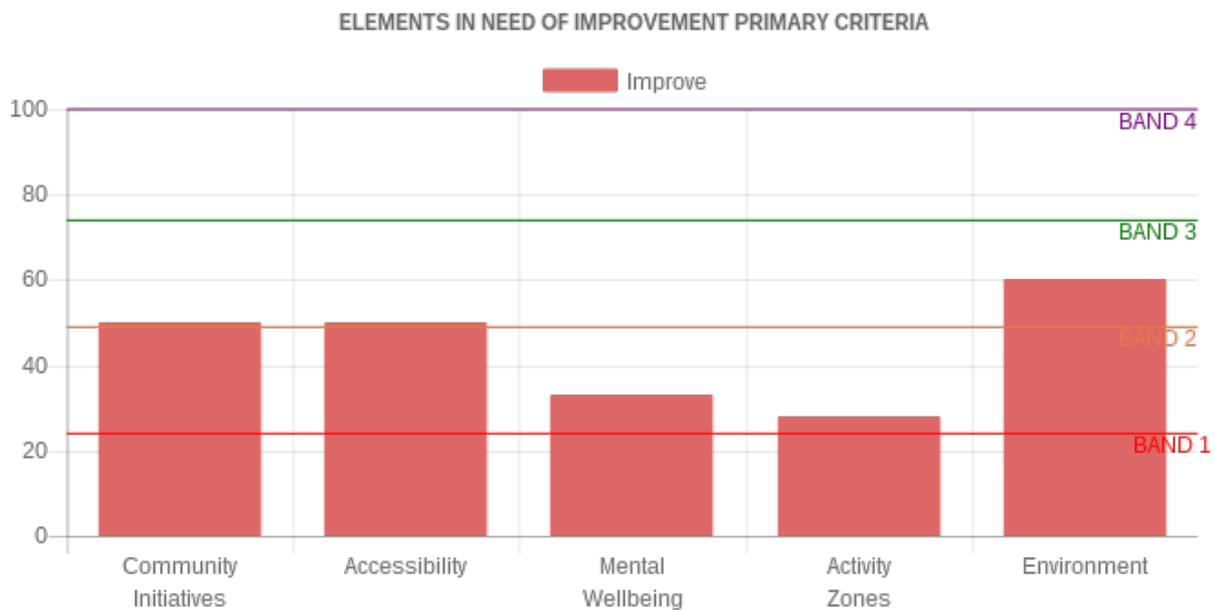


Chart 3. The percentage 'In Need of Improvement' within the Primary Criteria

The analysis of these figures indicates the level of provision of elements needing improvement in each of the Primary Criteria as shown in Table 7:

**PRIMARY CRITERIA**

CRITERIA	LEVEL
Community Initiatives	50
Accessibility	50
Mental Wellbeing	33
Physical Activity	28
Environment	60

Table 7. The percentage of Elements 'In Need of Improvement' in each of the Primary Criteria

## B Secondary Criteria

The percentage of elements 'In Need of Improvement' within each of the Secondary Criteria are identified in Chart 4.

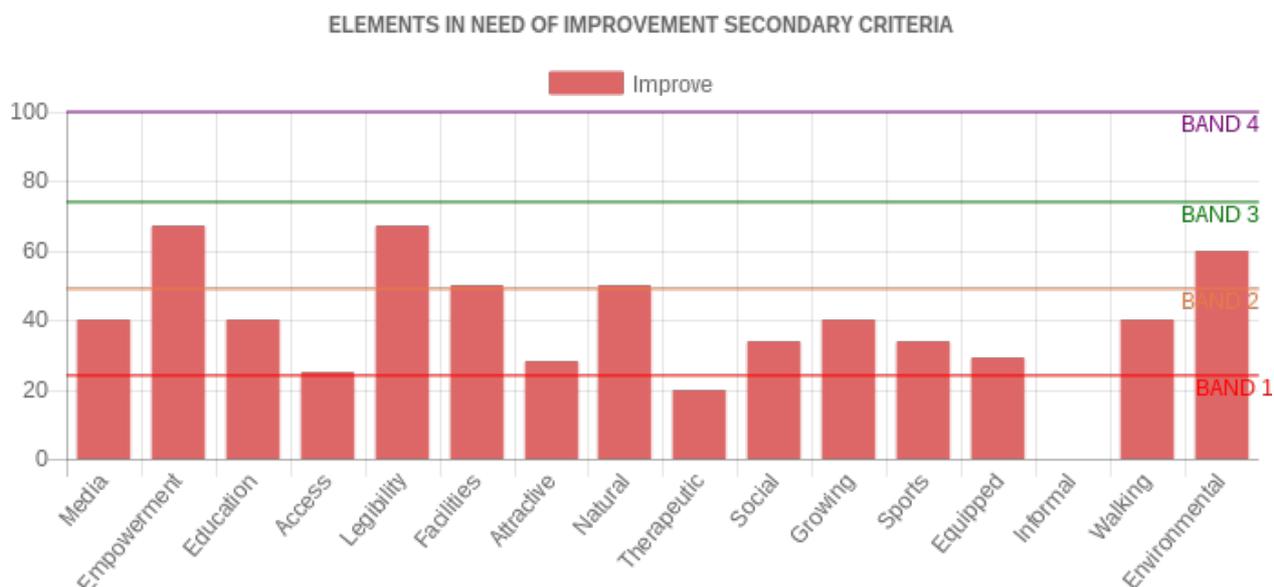


Chart 4. The percentage of Elements 'In Need of Improvement' within the Secondary Criteria

The analysis of these figures indicates the level of provision of elements needing improvement in each of the Secondary Criteria as shown in Table 8:

SECONDARY CRITERIA	
CRITERIA	LEVEL
<b>Community Initiatives</b>	
Media	40
Empowerment	67
Education	40
<b>Accessibility</b>	
Access	25
Legibility	67
Facilities	50
<b>Mental Wellbeing</b>	
Attractive	28
Natural	50
Therapeutic	20
Social	34
Growing	40
<b>Physical Activity</b>	
Sports	34
Equipped	29

## SECONDARY CRITERIA

CRITERIA	LEVEL
Informal	0
Walking	40
<b>Environment</b>	
Environmental	60

Table 8. The percentage of elements 'In Need of Improvement' in each of the Secondary Criteria

In the following section a list of elements which are needing improvement are identified within each of the Criteria. These are then categorised against individual groups of medical conditions and environmental risk factors. From this list in Table 8, it is possible to identify elements which can be improved to increase the health status of the existing Park. In order to raise the Primary Criteria to as high a standard as possible, elements for improvement can be selected to address shortfalls identified in The Current Health Status.

The improvement in the Standard of each of the Primary Criteria is identified after the following lists.

### **C Lists of Elements 'In Need of Improvement'**

The following Elements were considered 'In Need of Improvement' to optimise their contribution to health within each of the health criteria.

CRITERIA	ELEMENTS
<b>Community Initiatives</b>	
	Health benefit Information on the website
	A Web-based Health and Activity Map, identifying locations for Physical Activity and places for Mental Wellbeing?
	The Public are invited to participate in decision making
	A Health Strategy for the Park
	Promotion of the Park for health and wellbeing through 'Social Prescribing'
	Groups to help reduce loneliness
	Organised group fitness programmes to increase social interaction
	Park based 'Health at Work' initiatives to promote the health of employees
	Use of the Park by schools as an educational resource
	Use of the Park by schools for physical exercise
<b>Accessibility</b>	
	Park accessible for the elderly, disabled and pushchairs
	Signage in the surrounding area promoting the Park
	Entrances with clear signage
	Health and Activity Map of the Park
	Measured route maps within the Park

<b>CRITERIA</b>	<b>ELEMENTS</b>
	Toilets in or within 5 mins walk of the Park
	Car parking facilities in or around the Park
	Drinking fountain(s)
<b>Mental Wellbeing</b>	
	Regular removal of evidence of anti-social behaviour
	Sufficient litter and dog bins
	Lighting
	Areas of differing natural environment & habitats
	Ponds and wetland habitats
	Tranquil and quiet spaces in the Park
	Teen shelters or similar meeting places
	Community Garden(s) for growing fruit and vegetables
	Fruit trees, blackberries quince etc. for picking fruit
	Provision of sheltered picnic areas
<b>Physical Activity</b>	
	Specifically equipped fitness areas for the Elderly
	A play area for 1-5 year old children
	'Electronic Interactive Play'
	Accessible paths to allow access to all areas of the Park by all
	'Hire facilities for 'Inclusive Cycling' in or near the Park
<b>Environment</b>	
	Tree planting to improve drainage and reduce flooding
	Woodland planting - to mitigate temperature extremes
	Landscape buffer planting to mitigate noise

Table 9. List of Elements 'In Need of Improvement'

**D Elements 'In Need of Improvement', related to identified Health Conditions**

In utilising Parks and Open Spaces within Primary Prevention, reference has been made to the advice of the NHS which sets out recommendations for the prevention and treatment of each condition. It is however understood that whilst each is an identifiable condition, there are associations (co-morbidities) between mental and physical conditions, and that they are “inextricably linked”. In interpreting this Evaluation, it is important to appreciate the interrelated nature of the identified conditions, rather than see each in isolation. If Parks are to be used within Primary Prevention, it is important to include elements which contribute to establishing an attractive welcoming context for the Park, giving a sense of order and safety, as well as addressing its range of facilities. A Park which feels unsafe, is poorly maintained, and is difficult to access, is unlikely to be used for physical activity or to promote social interaction and mental wellbeing, however good its internal facilities. Thus, elements which establish an attractive and welcoming context; community interventions (Health Promotion) and accessibility are as pertinent to each of the medical conditions as those which specifically address physical activity or mental wellbeing. Environmental determinants are recognised separately given their wider health implications. Based upon this approach, the tables below set out the elements for improvement and their association with each of the identified conditions. Each is identified as being useful for the prevention and treatment of Obesity, Non-Communicative Diseases Mental Illness and Medical Conditions associated with Environmental Risk Factors.

ELEMENTS PRESENT BUT IN NEED OF IMPROVEMENT

OBESITY

CRITERIA	ELEMENT
<b>Community Initiatives</b>	
	Health benefit Information on the website
	A Web-based Health and Activity Map, identifying locations for Physical Activity and places for Mental Wellbeing?
	The Public are invited to participate in decision making
	A Health Strategy for the Park
	Promotion of the Park for health and wellbeing through 'Social Prescribing'
	Groups to help reduce loneliness
	Organised group fitness programmes to increase social interaction
	Park based 'Health at Work' initiatives to promote the health of employees
	Use of the Park by schools as an educational resource
	Use of the Park by schools for physical exercise
<b>Accessibility</b>	
	Park accessible for the elderly, disabled and pushchairs
	Signage in the surrounding area promoting the Park
	Entrances with clear signage
	Health and Activity Map of the Park
	Measured route maps within the Park
	Toilets in or within 5 mins walk of the Park
	Car parking facilities in or around the Park
	Drinking fountain(s)
<b>Mental Wellbeing</b>	
	Regular removal of evidence of anti-social behaviour
	Sufficient litter and dog bins
	Lighting
	Community Garden(s) for growing fruit and vegetables
	Fruit trees, blackberries quince etc. for picking fruit
<b>Physical Activity</b>	
	Specifically equipped fitness areas for the Elderly
	A play area for 1-5 year old children
	'Electronic Interactive Play'

ELEMENTS PRESENT BUT IN NEED OF IMPROVEMENT

OBESITY

CRITERIA	ELEMENT
	Accessible paths to allow access to all areas of the Park by all
	'Hire facilities for 'Inclusive Cycling' in or near the Park

Table 10. List of Elements 'In Need of Improvement' linked to the prevention and treatment of Obesity

ELEMENTS PRESENT BUT IN NEED OF IMPROVEMENT

NON-COMMUNICATIVE DISEASES

CRITERIA	ELEMENT
<b>Community Initiatives</b>	
	Health benefit Information on the website
	A Web-based Health and Activity Map, identifying locations for Physical Activity and places for Mental Wellbeing?
	The Public are invited to participate in decision making
	A Health Strategy for the Park
	Promotion of the Park for health and wellbeing through 'Social Prescribing'
	Groups to help reduce loneliness
	Organised group fitness programmes to increase social interaction
	Park based 'Health at Work' initiatives to promote the health of employees
	Use of the Park by schools as an educational resource
	Use of the Park by schools for physical exercise
<b>Accessibility</b>	
	Park accessible for the elderly, disabled and pushchairs
	Signage in the surrounding area promoting the Park
	Entrances with clear signage
	Health and Activity Map of the Park
	Measured route maps within the Park
	Toilets in or within 5 mins walk of the Park
	Car parking facilities in or around the Park
	Drinking fountain(s)
<b>Mental Wellbeing</b>	
	Regular removal of evidence of anti-social behaviour

ELEMENTS PRESENT BUT IN NEED OF IMPROVEMENT  
NON-COMMUNICATIVE DISEASES

CRITERIA	ELEMENT
	Sufficient litter and dog bins
	Lighting
<b>Physical Activity</b>	
	Specifically equipped fitness areas for the Elderly
	A play area for 1-5 year old children
	'Electronic Interactive Play'
	Accessible paths to allow access to all areas of the Park by all
	'Hire facilities for 'Inclusive Cycling' in or near the Park

Table 11. List of Elements 'In Need of Improvement' linked to the prevention and treatment of NCD's

ELEMENTS PRESENT BUT IN NEED OF IMPROVEMENT  
MENTAL ILLNESS (STRESS, ANXIETY & DEPRESSION)

CRITERIA	ELEMENT
<b>Community Initiatives</b>	
	Health benefit Information on the website
	A Web-based Health and Activity Map, identifying locations for Physical Activity and places for Mental Wellbeing?
	The Public are invited to participate in decision making
	A Health Strategy for the Park
	Promotion of the Park for health and wellbeing through 'Social Prescribing'
	Groups to help reduce loneliness
	Organised group fitness programmes to increase social interaction
	Park based 'Health at Work' initiatives to promote the health of employees
	Use of the Park by schools as an educational resource
	Use of the Park by schools for physical exercise
<b>Accessibility</b>	
	Park accessible for the elderly, disabled and pushchairs
	Signage in the surrounding area promoting the Park
	Entrances with clear signage
	Health and Activity Map of the Park

ELEMENTS PRESENT BUT IN NEED OF IMPROVEMENT  
 MENTAL ILLNESS (STRESS, ANXIETY & DEPRESSION)

CRITERIA	ELEMENT
	Measured route maps within the Park
	Toilets in or within 5 mins walk of the Park
	Car parking facilities in or around the Park
	Drinking fountain(s)
<b>Mental Wellbeing</b>	
	Regular removal of evidence of anti-social behaviour
	Sufficient litter and dog bins
	Lighting
	Areas of differing natural environment & habitats
	Ponds and wetland habitats
	Tranquil and quiet spaces in the Park
	Teen shelters or similar meeting places
	Community Garden(s) for growing fruit and vegetables
	Fruit trees, blackberries quince etc. for picking fruit
	Provision of sheltered picnic areas
<b>Physical Activity</b>	
	Specifically equipped fitness areas for the Elderly
	A play area for 1-5 year old children
	'Electronic Interactive Play'
	Accessible paths to allow access to all areas of the Park by all
	'Hire facilities for 'Inclusive Cycling' in or near the Park

Table 12. List of Elements 'In Need of Improvement' linked to the prevention and treatment of Mental Ill-health

ELEMENTS PRESENT BUT IN NEED OF IMPROVEMENT  
 ENVIRONMENTAL FACTORS

CRITERIA	ELEMENT
<b>Environment</b>	
	Tree planting to improve drainage and reduce flooding
	Woodland planting - to mitigate temperature extremes
	Landscape buffer planting to mitigate noise

ELEMENTS PRESENT BUT IN NEED OF IMPROVEMENT

ENVIRONMENTAL FACTORS

CRITERIA	ELEMENT
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Table 13. List of Elements 'In Need of Improvement' linked to Environmental Factors

## 2.3 Potential Current Health Status

By combining the elements which are at 'Satisfactory' with those 'In Need of Improvement', it is possible to identify the potential health status of the Park if all the improvements were undertaken. Chart 5 identifies the Potential Health Status across the 5 Primary Criteria.

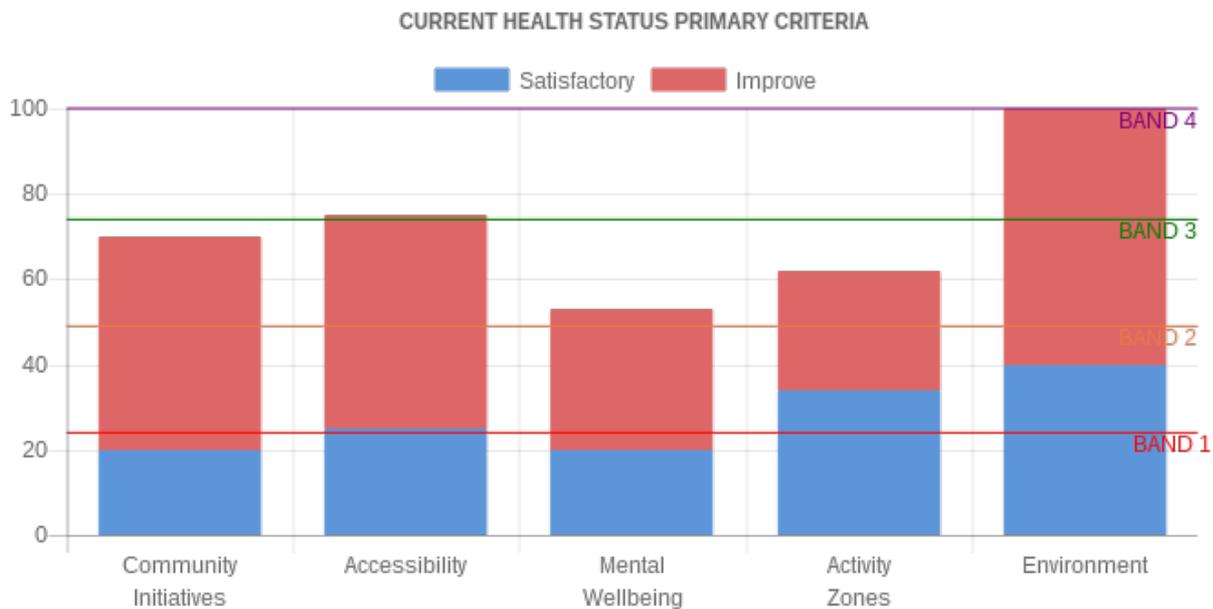


Chart 5. The Potential Health Status: Elements which are 'Satisfactory' and those which are 'In Need of Improvement' in the Primary Criteria

Table 14 below identifies the potential increase in the standard of each of the Primary Criteria through the introduction of elements needing improvement.

**POTENTIAL HEALTH STATUS: PRIMARY CRITERIA**

CRITERIA	SATISFACTORY	IMPROVE	POTENTIAL	POTENTIAL STANDARD
Community Initiatives	20	50	70	BAND 3
Accessibility	25	50	75	BAND 4
Mental Wellbeing	20	33	53	BAND 3
Physical Activity	34	28	62	BAND 3
Environment	40	60	100	BAND 4

Table 14. The Increase in the level of each of the Primary Health Criteria, combining 'Satisfactory' elements with those 'In Need of Improvement'

Chart 6 below indicates the Potential Health Status across each of the Secondary Criteria combining 'Satisfactory' elements, with elements 'In Need of Improvement'.

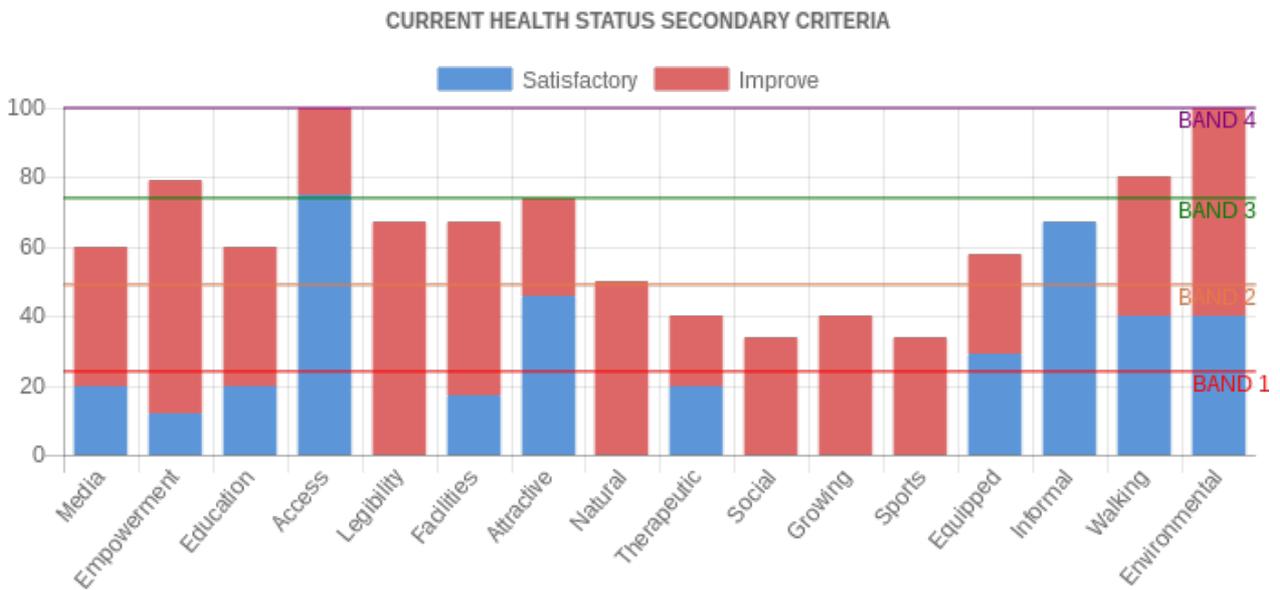


Chart 6. The Potential Health Status: Elements which are 'Satisfactory' and those which are 'In Need of Improvement' in the Secondary Criteria

Based upon this analysis the Standard of Provision for each of the Secondary Criteria changes as follows:

POTENTIAL HEALTH STATUS: SECONDARY CRITERIA				
CRITERIA	SATISFACTORY	IMPROVE	POTENTIAL	POTENTIAL STANDARD
<b>Community Initiatives</b>				
Media	20	40	60	BAND 3
Empowerment	12	67	79	BAND 4
Education	20	40	60	BAND 3
<b>Accessibility</b>				
Access	75	25	100	BAND 4
Legibility	0	67	67	BAND 3
Facilities	17	50	67	BAND 3
<b>Mental Wellbeing</b>				
Attractive	46	28	74	BAND 3
Natural	0	50	50	BAND 3
Therapeutic	20	20	40	BAND 2
Social	0	34	34	BAND 2
Growing	0	40	40	BAND 2

POTENTIAL HEALTH STATUS: SECONDARY CRITERIA

CRITERIA	SATISFACTORY	IMPROVE	POTENTIAL	POTENTIAL STANDARD
<b>Physical Activity</b>				
Sports	0	34	34	BAND 2
Equipped	29	29	58	BAND 3
Informal	67	0	67	BAND 3
Walking	40	40	80	BAND 4
<b>Environment</b>				
Environmental	40	60	100	BAND 4

Table 15. The Increase in the level of each of the Secondary Health Criteria, combining 'Satisfactory Elements' with those 'In Need of Improvement'

From Table 15 it is possible to identify the potential Standard of provision within each of the Secondary Criteria.

PRIMARY CRITERIA	CURRENT STANDARD	POTENTIAL STANDARD
	(SATISFACTORY)	(SATISFACTORY & IMPROVE)
<b>Physical Activity</b>		
Sports	BAND 1	BAND 2
Equipped	BAND 2	BAND 3
Informal	BAND 3	BAND 3
Walking	BAND 2	BAND 4

Table 16. A Table showing the change in the Standard of Health Provision between the Current Health Status, and with all improvements being implemented

From this table it is possible to see the health benefits associated with introducing all the identified improvements.

It is apparent that notwithstanding the introduction of these improvements, there may be need to make further improvements to the Health Status of the Park. This can be achieved through the introduction of 'New Interventions'.

## 3.0 Recommendations

The aim of the Parks for Health Initiative is to achieve as high a health standard in each of the Criteria as possible, in keeping with the scale and character of the Park.

Based upon this Evaluation, the following actions are recommended:

1. This Evaluation has indicated the potential health status of the Park. As a rule, each of the Health Criteria should be optimised wherever possible.
2. Where individual medical conditions or environmental factors are to be targeted improvements can be selected to optimise the Health characteristics of the Park to address the targeted condition. (e.g. Obesity or Air Quality)
3. Information from the analysis can be used to support Health Promotion Initiatives through leaflets, Health Maps, signage, interpretation boards, interactive apps and social media.
4. Where a number of Parks lie in close proximity to one another, and within 1 Km of a local community (10 minutes walk), the strengths across Parks can be identified and celebrated. Together they provide a range of health benefits to which the community can be directed. It is also possible to encourage walking between Parks, to increase levels of physical activity and mental wellbeing.

### Further Services

In addition to the production of the Audit, Evaluation and Strategy reports, Health Parks is able to offer the following Services:

1. **The Parks for Health Manual**

The Manual: Delivering Parks for Health: Applying the evidence base, stands in its own right, as an introduction to this important subject. It can also be used in conjunction with the Training Workshop.

2. **Training Workshop**

It is envisaged that in many instances, Parks and Landscape professionals, or local Parks representatives with suitable experience, will be able to undertake the online survey. Where additional assistance is required, Training Workshops can be provided. These offer hands on experience in understanding the context of the assessment within Public Health, undertaking the survey, interpreting the questions, and assessing the results. The workshops can also form the basis for the creation of Health and Activity maps.

3. **Health and Activity Map**

As a basis for health promotion, the Health and Activity Map provides a visual expression of the Health Status of the Park. This identifies, locations and facilities suitable for different health benefits; physical activity, mental restoration, social engagement, growing spaces, education and interest etc. The information from this Plan can be used to enhance web based information, social media and health promotion initiatives.

#### **4. Data Analysis**

As assessments are undertaken, a data set of the Health Status of Parks is established. This can be used to provide both information on health promoting facilities, seating, signage equipment etc (or their absence) and also health data within individual Parks. From this information it will be possible to explore the association between the health status and the local Health Profile, LSOA data, levels of deprivation and health inequalities. The data will also allow targeted health interventions to address medical conditions (e.g. Obesity or Anxiety), or specific factors affecting health (e.g. Air Pollution). In addition, the data could be used as a basis for further epidemiological research.

#### **5. Parks for Health Interventions Framework:**

When valued as Health Assets, and based upon the Strategy Report, Parks and Open Spaces can lie at the centre of a multifaceted health promotion initiative; the Parks for Health Interventions Framework. This embraces the following health promotion opportunities:

1. Analysis of the Health Status, improvements and new interventions identified in the Strategy Report, to optimise each park for health and wellbeing.
2. Introduction of cost effective interventions and improvements to optimise the Park for Health; where possible, combining the strengths of local Parks to provide a spread of health promoting opportunities for the local community.
3. The improvement of IT facilities and social media to identify and promote healthy lifestyle choices through the use of Parks.
4. The development of Public Health and Social Care interventions, to promote the health of local communities.
5. The introduction of Park based activities through Social Prescribing by local doctors.
6. The encouragement of local community groups and charities, to use park facilities to promote physical activity and to engage in group activities based around the 5 Ways to Wellbeing.
7. The development of Wellness at Work initiatives, to promote the health and wellbeing of those at work to use the Parks for physical activity, and to reduce stress, depression and anxiety.
8. Economic Evaluation: The assessment and analysis of usage, physical activity and mental wellbeing, using validated methods to determine improvements in the health of the local community, and provide a Value to the economy through a range of interventions associated with local Parks.

For information on these opportunities please contact us at: [info@healthparks.co.uk](mailto:info@healthparks.co.uk)

## 4.0 Conclusion

This Evaluation has identified the results of the Parks for Health survey for Ashton, against evidence based health criteria associated with physical health and mental wellbeing. It has drawn from the ever-developing research from which it has been possible to identify elements which have been demonstrated to have a positive bearing on health. The analysis of the survey has identified improvements within each of the Health Criteria. It has also made it possible to identify their contribution to the prevention and treatment of avoidable medical conditions, and mitigate the health impacts associated with Environmental Risk Factors. Where Parks achieve a high standard across the Primary Health Criteria, it is possible to celebrate the Current Health Status of the Park. From the assessment it is also possible to identify opportunities to provide a balanced provision of health promoting elements across each of the Primary and Secondary Health Criteria. It remains the view of many that the seriousness of avoidable physical and mental ill health, increasingly prevalent in urban populations justifies the use of green space within Primary Prevention, be it through Health Promotion or Social Prescribing. Based upon this assessment, opportunities have been identified to increase the use of the Park as a Health Asset within the following areas:

- **Primary Prevention:** To identify, prioritise and implement improvements, associated with identified conditions prevalent within the local population.
- **Community Engagement and Health Promotion:** To build on current Health Promotion Initiatives for the Park, identifying opportunities to increase the use of the Park through greater awareness of health benefits, e.g. through the use of information from the survey within the website, social media, leaflets, improved signage, interpretation boards and interactive apps.
- **Social Prescribing:** To work with the local Clinicians, Public Health, local groups and charities, to use the Park as a context to prescribe physical activity and promote mental wellbeing through engagement with the natural environment, alongside clinical interventions.
- **Encouraging a Healthy Workforce:** Losses to the UK economy of some £64 billion per annum result from stress, anxiety and depression in the workplace. Identifying the health benefits of using Parks for physical activity, emotional restoration and quiet could do much to improve the health and wellbeing of people at work.
- **Funding:** To support funding bids and justify the use cross-cutting budgets to promote primary prevention.
- **Return on Investment (ROI).** To demonstrate value by evaluating Return in Investment (ROI) based upon increased Park usage for walking and cycling.

For further information please contact us by email at: [info@healthparks.co.uk](mailto:info@healthparks.co.uk)

# Appendix 1

## Development of the Health Assessment Model

The Parks for Health Initiative utilises at its core the Parks for Health Assessment Model. It has been developed to facilitate the use of Parks and Open Spaces for the prevention and treatment of avoidable ill-health, cited above. This model and the methodology have been developed by Tisdall Associates Ltd a registered Practice of the Landscape Institute, and consists of the following stages:

1. The Model first establishes Parks and Open Spaces within the context of Public Health and Primary Prevention, seeing Parks as health assets in addition to their contribution to leisure and amenity.
2. It is based upon an extensive review of original quantitative and qualitative research and other pertinent literature.
3. From this Review it has been possible to create the Landscape Health Framework (Fig 1), which identifies in broad terms the various dimensions to health, related to Parks, and their interrelationship.

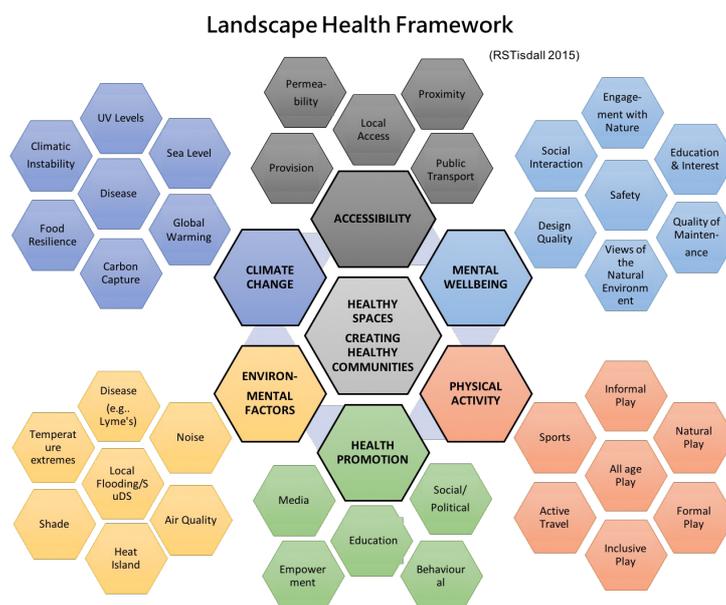


Fig 1. Landscape Health Framework, showing the interrelationship between Health Criteria

4. From a further development of the Landscape Health Framework, it has been possible to identify 5 Primary Health Criteria and 15 Secondary Health Criteria.
5. These have been interpreted to ascertain what each represents in landscape terms, identifying 75 different elements.
6. These elements form the basis for the online survey which is used to assess Parks and Open Spaces.

7. The analysis of the survey results, provides the following information and outputs:

**Information**

- i. The Current Health Status of the Park
- ii. Required improvements to optimise that health status
- iii. Potential New Interventions to widen the health benefits from using the Park
- iv. Elements to address identified health conditions and environmental risk factors

**Outputs**

- i. The 'Audit' identifies the Current Health Status of the Park; elements which are 'Satisfactory'. This allows Parks to be recognised and celebrated for their health status without immediate improvement.
- ii. The 'Evaluation' adds to this and identifies elements which whilst 'Satisfactory' are in poor repair or 'In Need of Improvement' for their contribution to health.
- iii. The 'Strategy' builds on the Current Status which is defined as 'Satisfactory' and 'In Need of Improvement' and also identifies potential 'New Interventions' to broaden the contribution the Park can make for health.
- iv. The 'Evaluation' and 'Strategy' each set out recommendations for improvements to the Park for health, and offers guidance on the application of this information in a range of areas. This information strengthens the contribution a Park can bring to Health Promotion and Primary Prevention.

8. In each of the Reports, the analysis of the results of the survey provides the following detail:
  - a. Charts of the health status of the Park within Primary and Secondary Criteria. These allow an assessment to be made of the standard of the Park in terms of its health provision, the Criteria are identified across the bottom of the Chart.
  - b. Tables within each of these criteria. These identify elements 'In need of Improvement', or as 'New Interventions' (depending upon which report is being viewed)
  - c. Elements related to the identified medical conditions: Obesity, Non-Communicative Diseases, Mental Ill-Health and Environmental Factors. These are identified in the Evaluation and Strategy reports in relation to improvements and new interventions respectively.
9. The Model itself is subject to ongoing development and as new research is undertaken it will be updated, and its implications assessed.
10. The Prevention & Treatment of Avoidable Ill-Health