

**Bristol Health
Partners**

SHINE

Supporting Healthy Inclusive Neighbourhood Environments

As Swifts so as to Humans: All health is rooted in nature

Enhancing the built environment for wildlife around Bristol

13 October 2015 Bristol Zoo

Marcus Grant

Environmental Stewardship for Health

**Landscape
Institute**
Inspiring great places



“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”



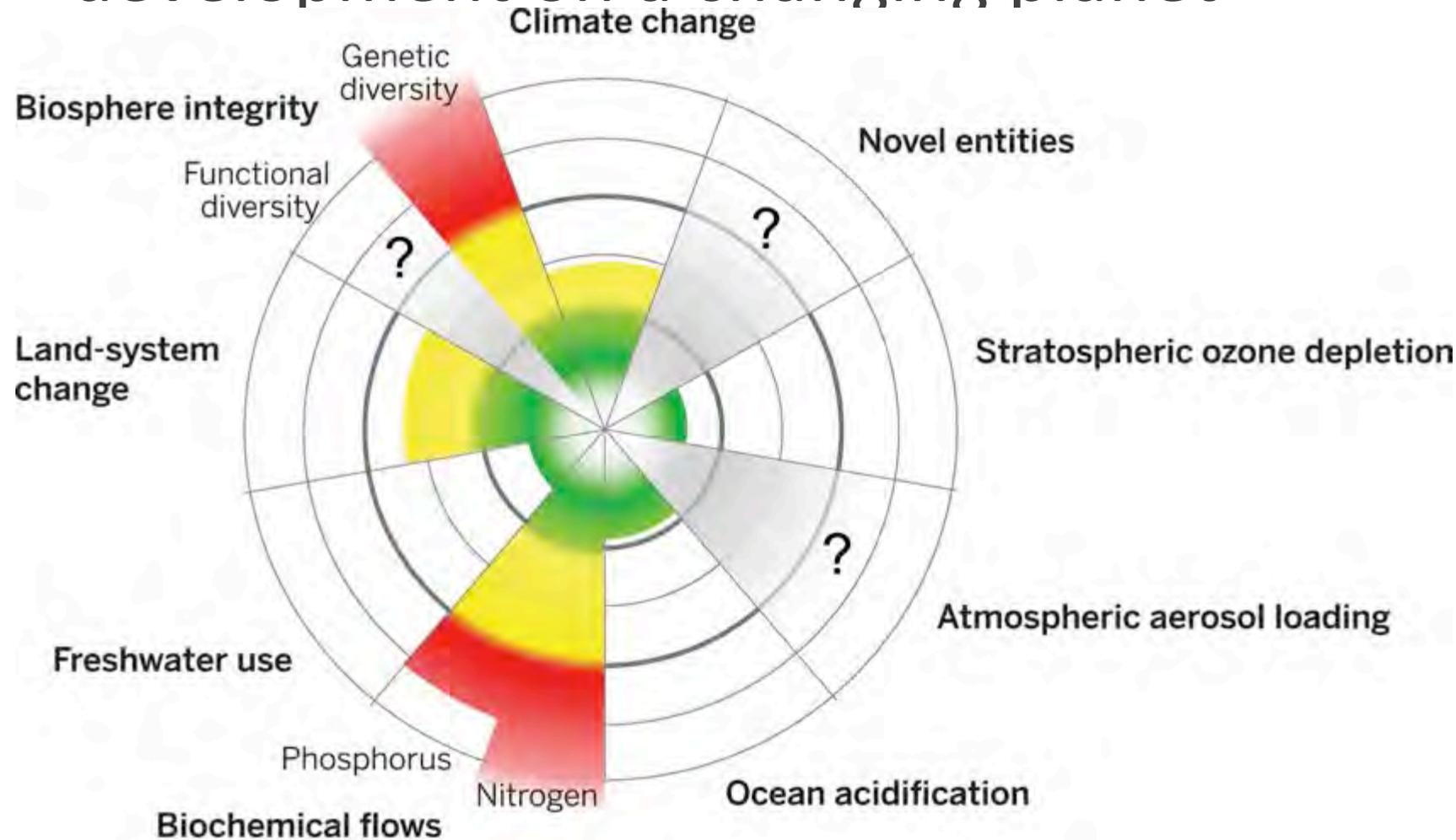
Nature is the ultimate source of all
human health



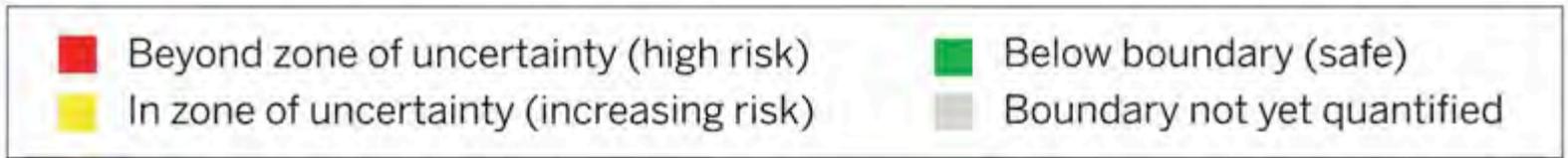
*'You can't have
healthy people on a
sick planet'*

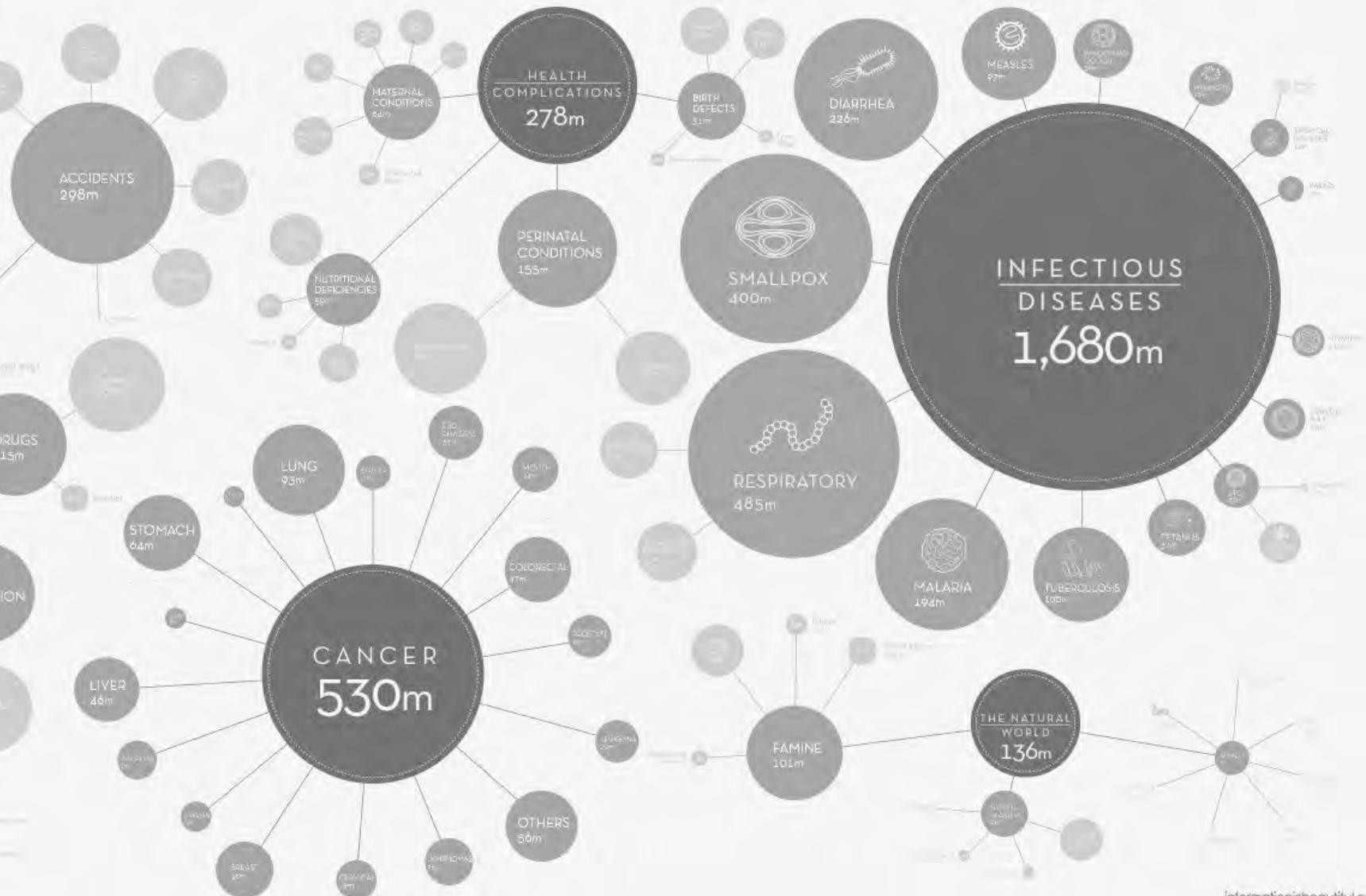
Thomas Berry

Planetary boundaries: Guiding human development on a changing planet

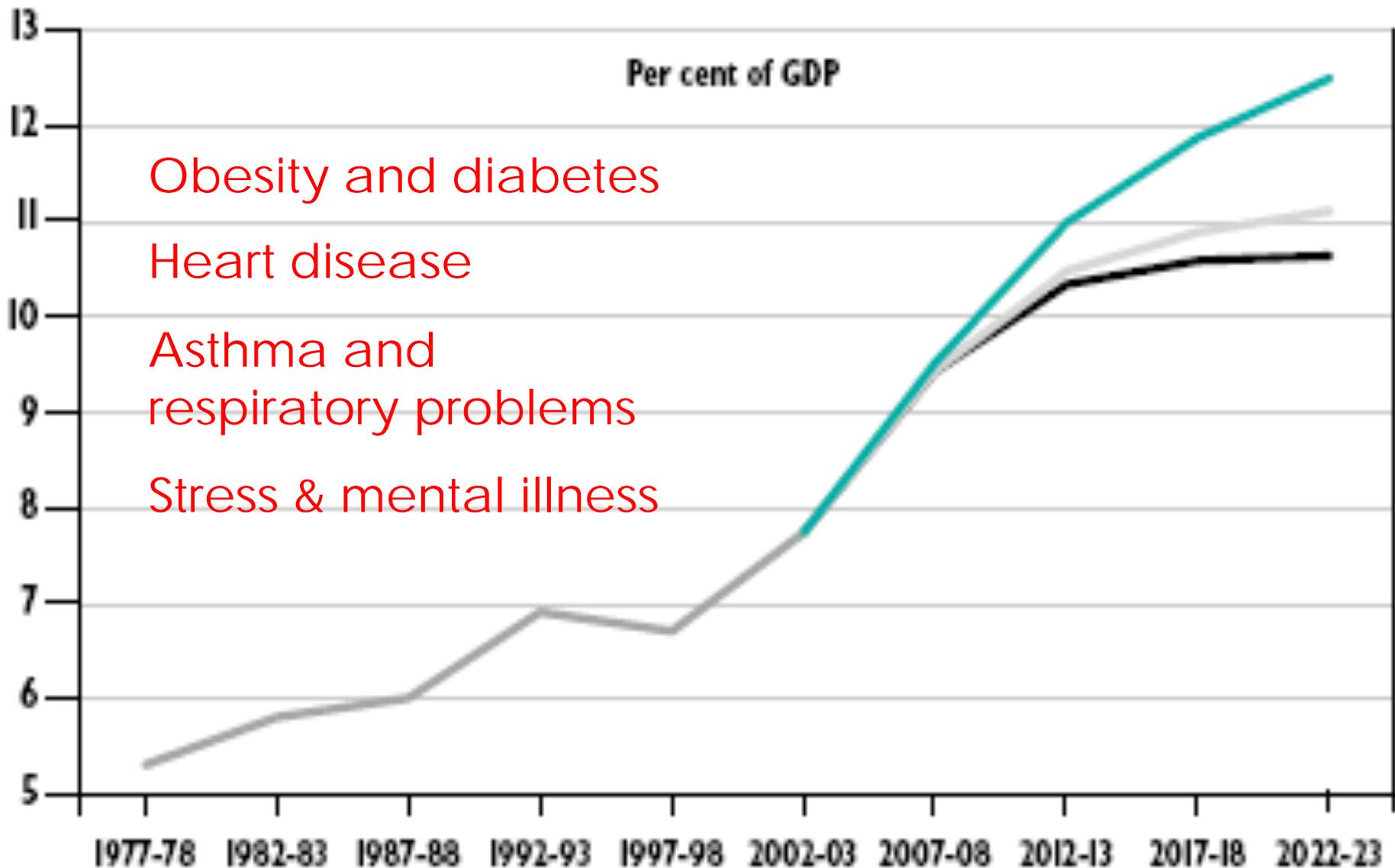


Steffen, W. et al.
(2015)





Total UK health spending

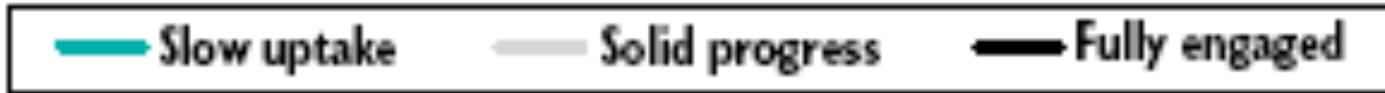


Obesity and diabetes

Heart disease

Asthma and
respiratory problems

Stress & mental illness



The urgent health need for
nature rich neighbourhoods



**AT LEAST 3,000,000 PEOPLE TAKE
PILLS FOR DEPRESSION IN THE UK.**

ARE YOU HAPPY?

Do we leave it to the market to build-in
nature based solutions for health?

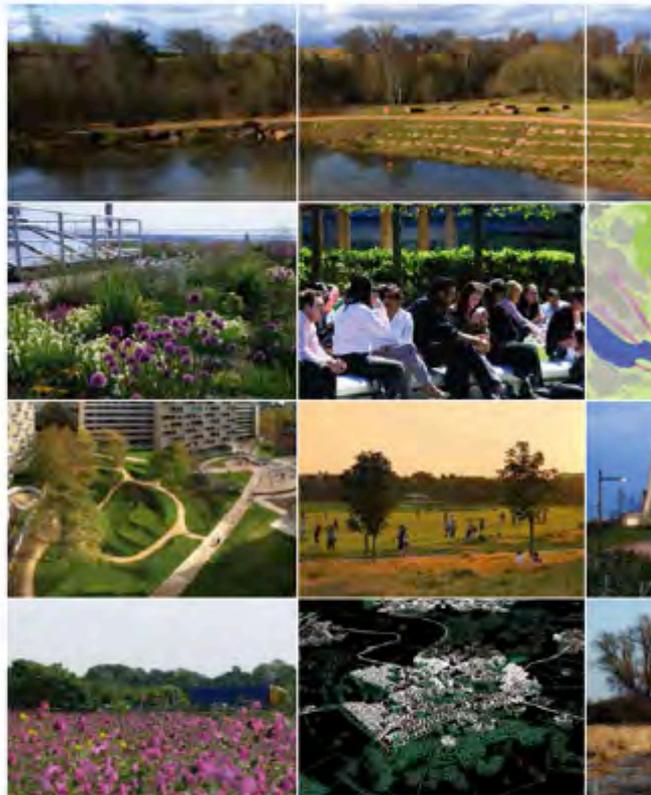


But the market is not delivering places that support healthy lifestyles

Green Infrastructure

An integrated approach to land use

Landscape Institute Position Statement



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Public Health and Landscape

Creating healthy places

Landscape Institute Position Statement



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1. Improve air, water and soil quality, incorporate measures that help us adapt to, and where possible mitigate, climate change



2. Help overcome health inequalities and can promote healthy lifestyles



3. Make people feel comfortable and at ease, increasing social interaction and reducing anti-social behaviour, isolation and stress



4. Optimise opportunities for working, learning and development



5. Restorative,
uplifting and
healing for both
physical and
mental health
conditions

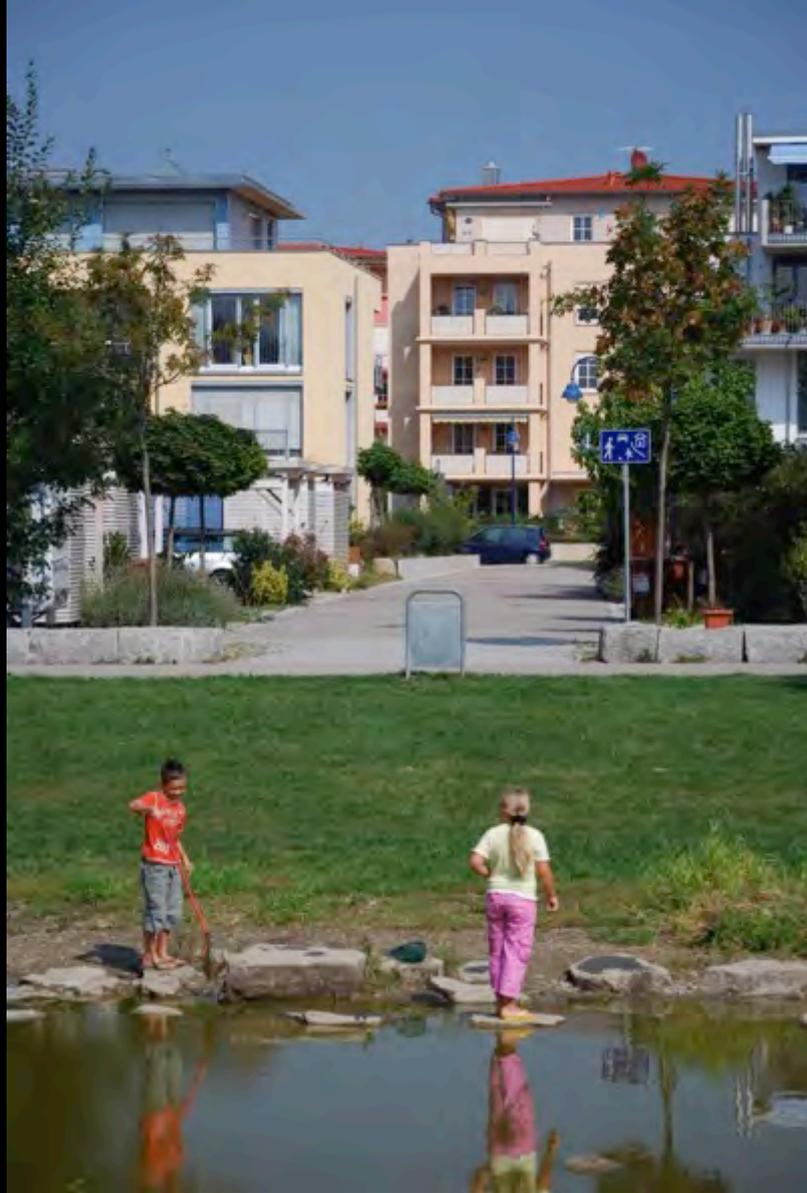




Let's create a network of liveable urban SSSIs



We can create 'nature-full' safe environments for kids



We can integrate drainage, habitat and health & safety



We can create nature-rich places where people want to live



We can immerse housing in urban nature



We can build-in nature

'Health is created and lived by people within the settings of their everyday life; where they learn, work, play, and love.'



WHO Ottawa Charter 1986

Nature as the ultimate source of human health

There is a persuasive health case for nature rich neighbourhoods:

Use public health professionals in local authorities to work with local communities to help build the well-being and economic case

Tools:

- *Health Impact Assessment*
- *Evidence base*
- *Study visits*