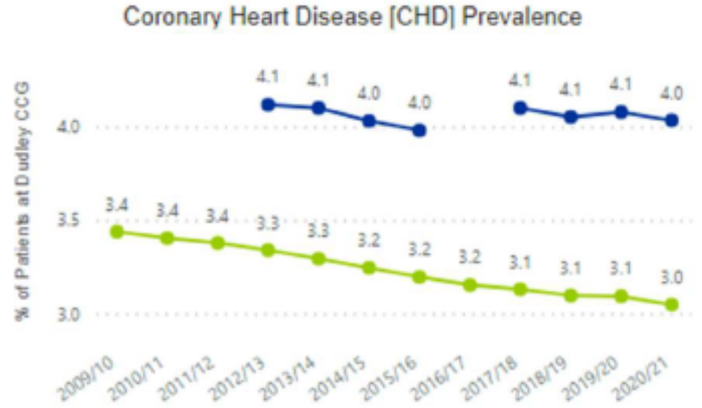
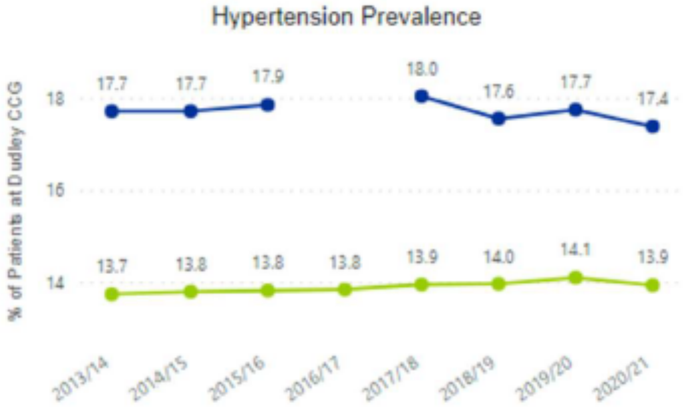
# Dudley Statistics

From Dudley Public health team

# Common health conditions in Dudley

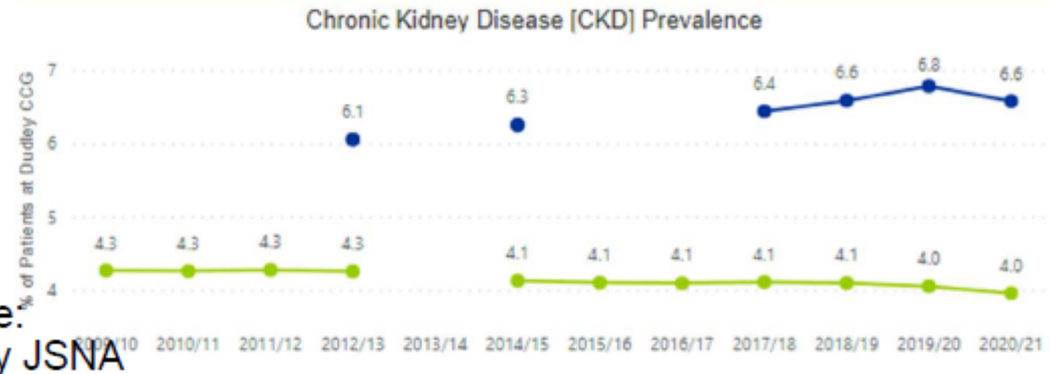
## Cardiovascular

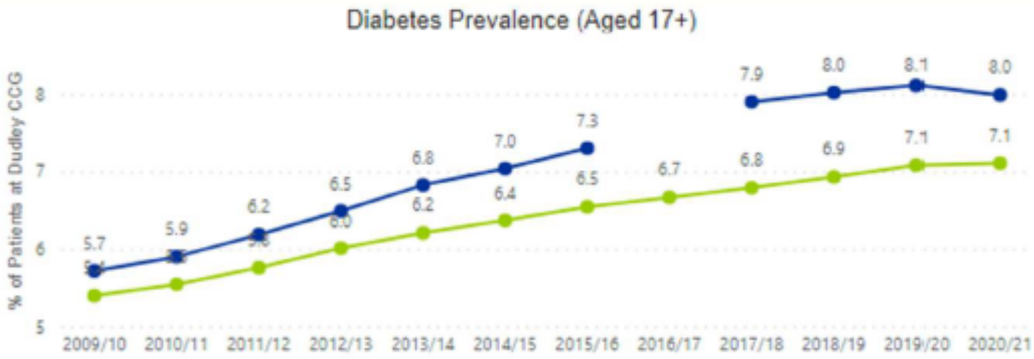




## High Dependancy




Source:
Dudley JSNA

# Benefits = Exercise/ Obesity

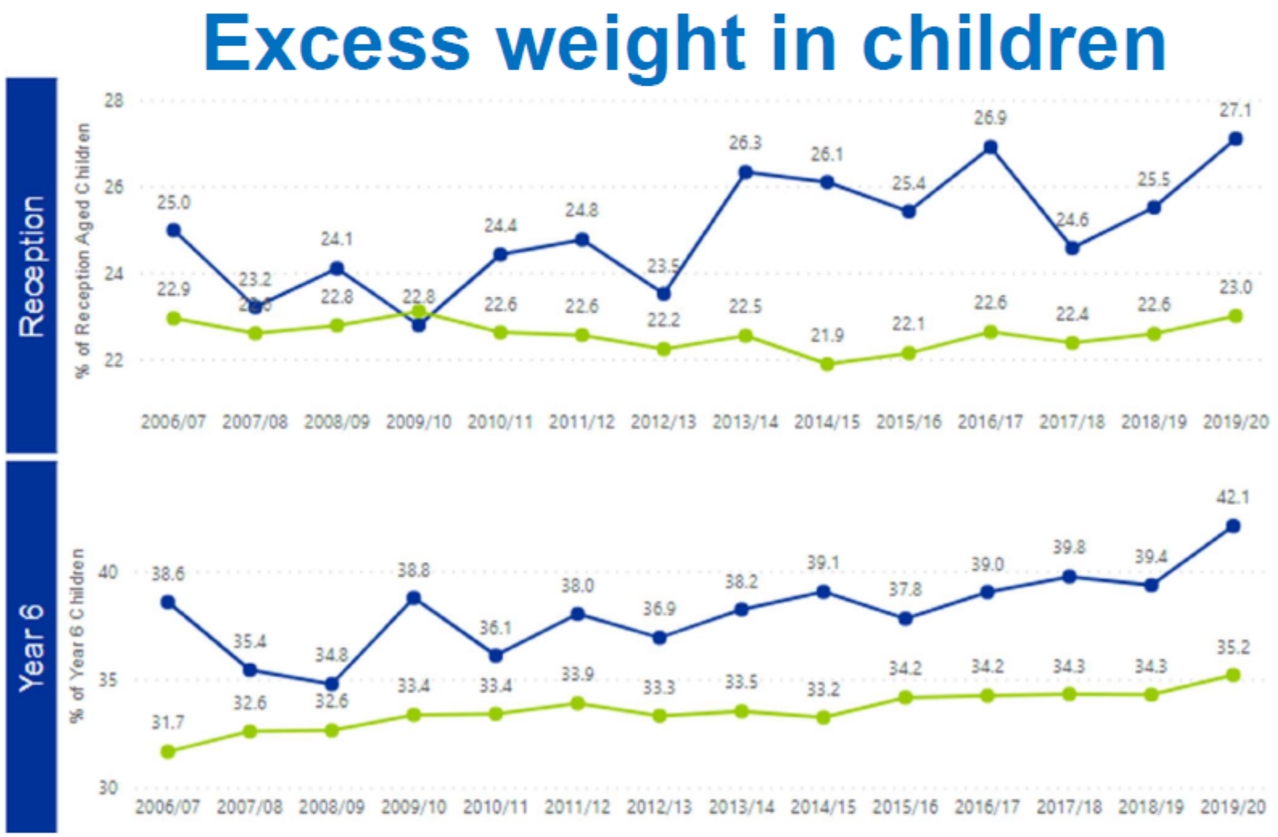
## Exercise and obesity






Source:
Dudley JSNA

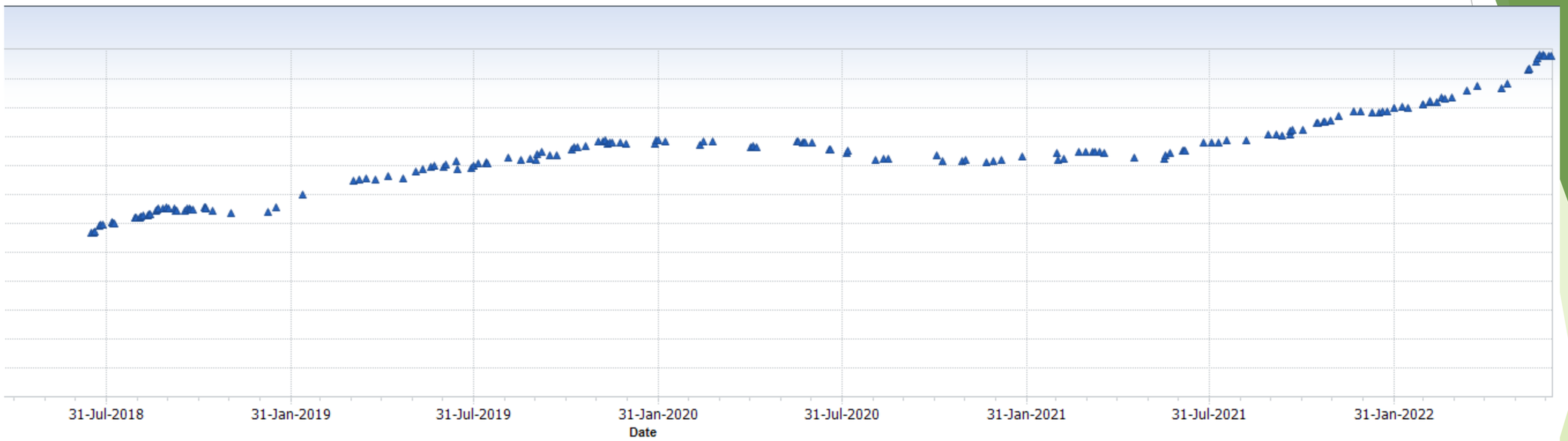
# Our future …..




Source:
Dudley JSNA

# Practice Point of View :

## At risk of diabetes rates

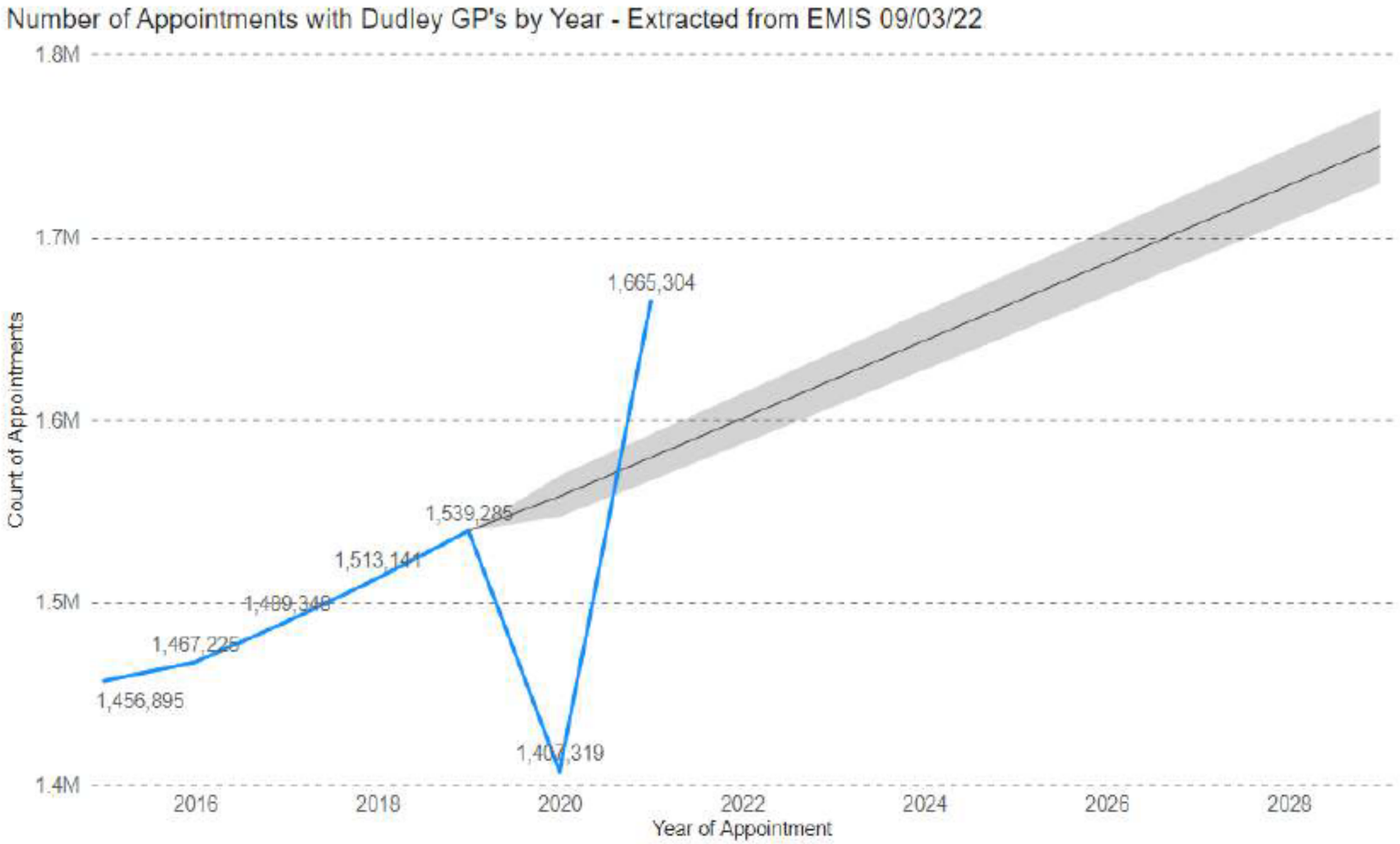



Three Villages Mission Shared Purpose

‘ A cornerstone of the community, working together to provide and develop outstanding quality care with compassion respect and trust’

# Trends in primary care appointments in Dudley

(all professionals, face to face, video, telephone and home – up to 1.75 million by 2029)

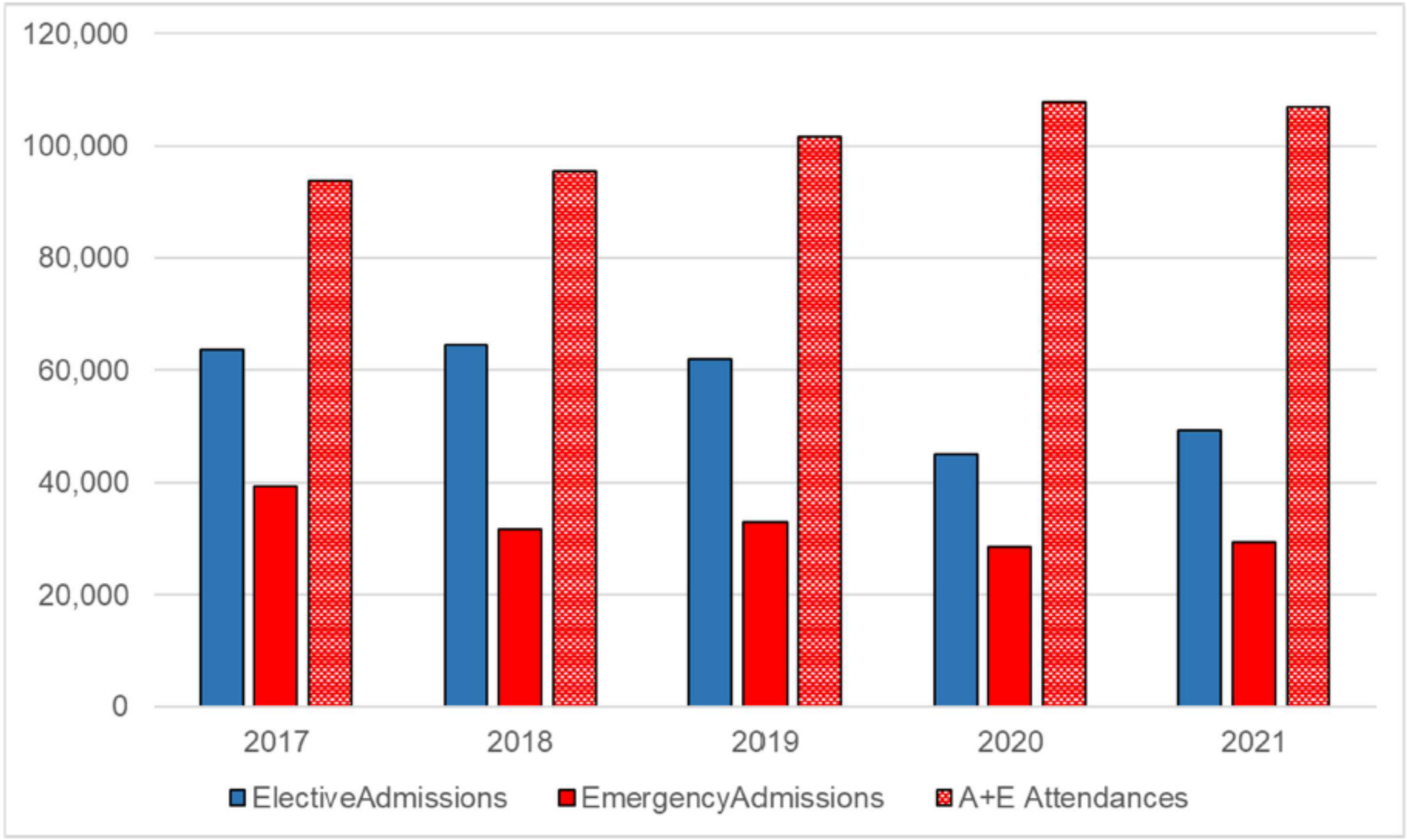



Source: EMIS Web extraction March 2022

Dudley Metropolitan Borough Council

Working as One Council in the historic capital of the Black Country

# Trends in hospital activity in Dudley residents




Source: NHS source: Secondary Uses Service (SUS) data

# Why I became involved

- Letter from Lance
- Effect on practice ie numbers/ pressure
- PCN opportunities / diabetes => Social prescribing

# Social Prescribing

- Enables health professionals to refer people to a range of LOCAL non clinical services to support the health and wellbeing
- Examples: volunteering
- Arts groups
- Group learning
- Befriending
- Cooking
- Gardening
- Range of sports

- => Green Prescribing

A sustainable healthcare system works within its financial, environmental and social resources: improving & protecting health now and for future generations

# WHO 2017

- Urban Green space is a necessary sustainable component for delivering healthy, sustainable and liveable cities
- Urban green space can deliver positive health, social and environmental outcomes for all populations groups particularly among  lower socio economic states groups
- There are very few, is any, other public health interventions that can achieve all of this’

# Forest Bathing: SHINRIN YOKU  Japan 1980s

[Forest bathing: what it is and where to do it (nationalgeographic.com)]

- Calm and quiet within the trees
- Proven to decrease stress
- Increase immunity
- Lifts mood
- Sparks creativity

# Benefits

# Financial gain for NHS

- Recent valuations from the Public Health England 2020 document summarised the following:
  - “£2.1 billion per year could be saved in health costs if everyone in England had good access to greenspace, due to increased physical activity in those spaces
  - People meeting the weekly physical activity guidelines in a greenspace setting experienced improvements to quality of life that could be quantified at approximately £2 billion per year
  - For urban greenspace settings in England, a welfare gain (QALY) of £1.2 billion was found for those undertaking one or more ‘active’ visits (30 minutes, moderate intensity activity daily) – it is further estimated that in England there would be an annual savings of about £760 million in avoidable medical costs if people had one or more ‘active’ visits per week to a greenspace
  - in a review of the benefits of London’s greenspace, it was found that each year, greenspace save some £580 million by contributing to better physical health, and £370 million by contributing to better mental health – health benefits comprised approximately 20% of the total economic value of London’s greenspace
  - In Birmingham, the annual net benefit to society of their parks and greenspace is nearly £600 million, which includes £192 million in health benefits
  - In Sheffield, for every £1 spent on maintaining parks, there is a benefit of £34 in health costs saved, with local residents being the primary beneficiaries
  - a study of walking on the Wales Coastal Path found that there was a protective benefit of £18.3 million per year, due to the prevention of premature death
  - In England and Wales, houses and flats within 100 metres of public greenspace are an average of £2,500 more expensive than they would be if they were more than 500 metres away – an average premium of 1.1% in 2016, suggesting that the public places a value on being near to greenspace.
  - Avoided health costs of £162.6 million through removing key pollutants from the air.

# Future generation impact

- Improved pregnancy outcomes
  - Access to green spaces positively impacts birth weight (dzhambov et al) – a useful indicator of health in early life.
  - Pregnant women living closer to green spaces have decreased risk of preterm birth (Grazulociene et al 2015b)
- Our children / grandchildren/ great grandchildren……
  - Access to greenspace supports the development of children's skills and development
  - Greener grounds to play in has been linked to improved motor skills, better learning outcomes
  - Greener environments have been associated with better behavioural outcomes and attention restoration
  - Children learning in greenspaces have higher achievement than their peers in a number of areas (reading, maths, science, social studies, physical education and drama)
  - Reported a greater motivation to learn, improved concentration and engagement in lessons

# Education

- Open Air Classrooms
- Forrest Schools
- Daily Mile
- Horticultural skills

# Health and Wellbeing

Exercise :

**Physical inactivity the 4th highest risk factor for global mortality (WHO 2010)**

Mental Health

Reduce Obesity

BP

Diabetes

Respiratory

Dementia

Cancers

Sleep / sleep apnoea

- Vitamin D

# Socialising

- Reduced isolation
- Art and craft activities
- Food/ Horticultural = life long learnt skills

# Traffic effects

- Increased car pollution
  - Just from improving the air pollution by 1 µg/m3 in the UK, we can:
    - Prevent around 50,900 cases of coronary heart disease
    - Prevent 16,500 strokes
    - 9,300 cases of asthma
    - 4,200 lung cancers [16]

  Imagine how many cases will be caused by more pollution!

# Long term

- Less pressure on local GPs
- Autonomy
- Longer healthier lives
- Less pressure on NHS as a whole without the financial burden

# Once it has gone, it has gone

Save our meadow

Thank you.