

# GREEN EXERCISE PARTNERSHIP

In 2007, Scottish Natural Heritage, Forestry Commission Scotland and NHS Health Scotland established the *Green Exercise Partnership*. The overarching purpose of this Partnership is to promote better health and quality of life for people in Scotland through greater use of the outdoors for physical activity and contact with nature.

## Objectives

These include:

- improving liaison and developing better understanding between the environment and health sectors;
- developing a set of common messages about health and the outdoors with a view to improve the co-ordination of marketing and promotional activities;
- exploring approaches to improve the evidence base and ways to use it to inform policy and practice on the ground; and
- developing a more co-ordinated national approach to the establishment and support of key initiatives such as health walks, green gym and outdoor play.

## Current activity

- Presentations, talks and information stands at health conferences and events such as the Health Promoting Health Service, Nursing in Practice and Physical Activity Health Alliance
- Developing work on NHS Greenspace – an Active Nation inspired project to help develop the NHS estate to promote better health for patients, visitors, staff and the wider community. Following expressions of interest, we are planning to meet with interested health boards during 2010 to explore key actions around the better design and management of woodland, greenspace and paths and the development of green exercise projects.
- Mainstreaming ‘green prescription’ - green exercise on referral - by primary health care practitioners and community health projects. An important first step in this process is reviewing current practice, and with support from SNH, NHS Health Scotland has commissioned research to look at current experience, to identify the factors which have influenced the use and take up of green prescriptions and to make recommendations on how it could be promoted further in practice.
- Sharing Good Practice<sup>1</sup> events on ‘Green Prescription’ (June) and ‘NHS Greenspace’ (September)

## Lead contacts

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<sup>1</sup> see <http://www.snh.gov.uk/planning-and-development/sharing-good-practice/>