

Exploring the impact of greenspace use & access on healthcare outcomes

Dr Anant Jani

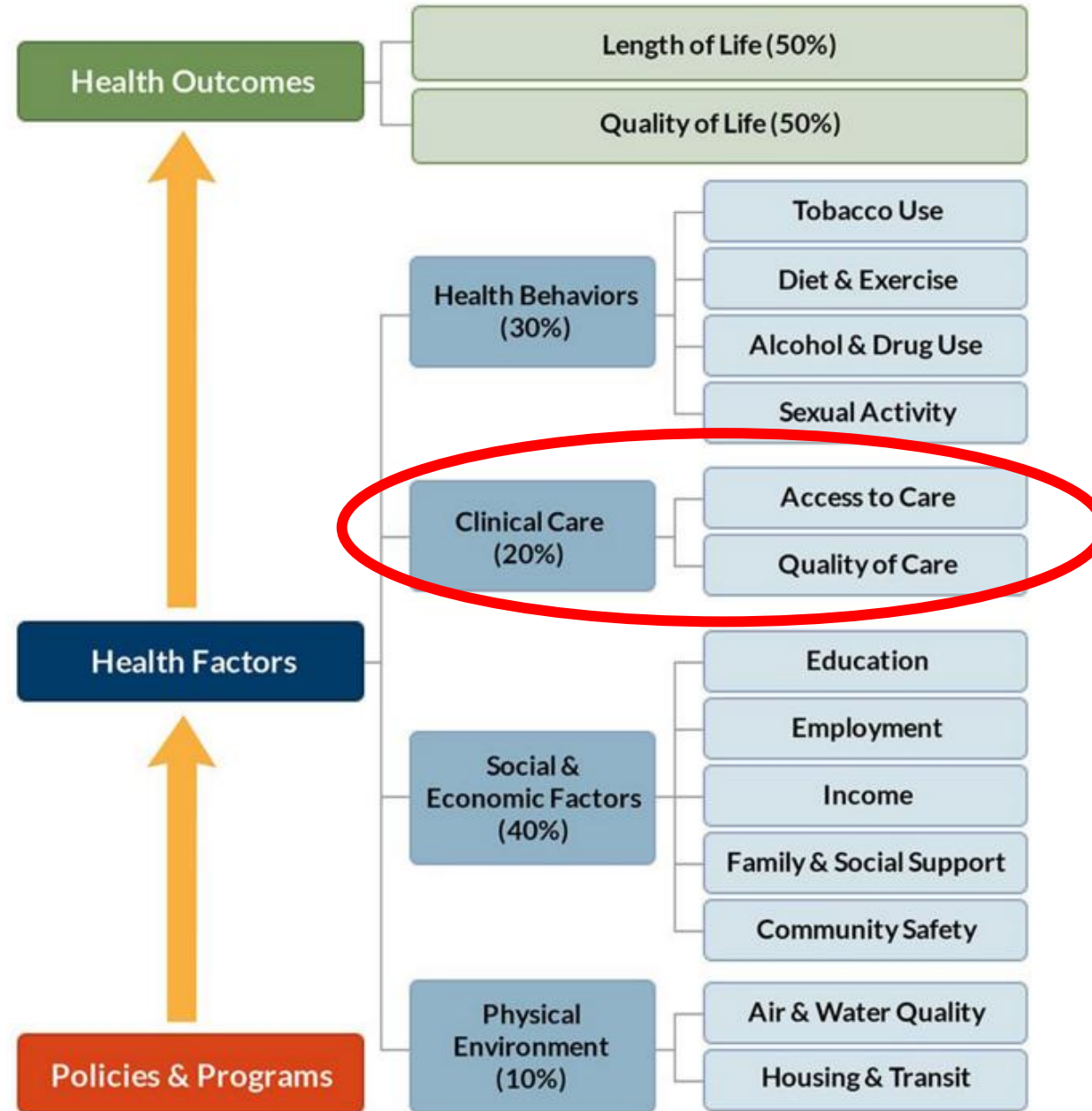
July 7, 2026

What is health?

One Health

an integrated, unifying approach that aims to sustainably balance and optimize the health of people, animals and ecosystems.

What influences One Health?

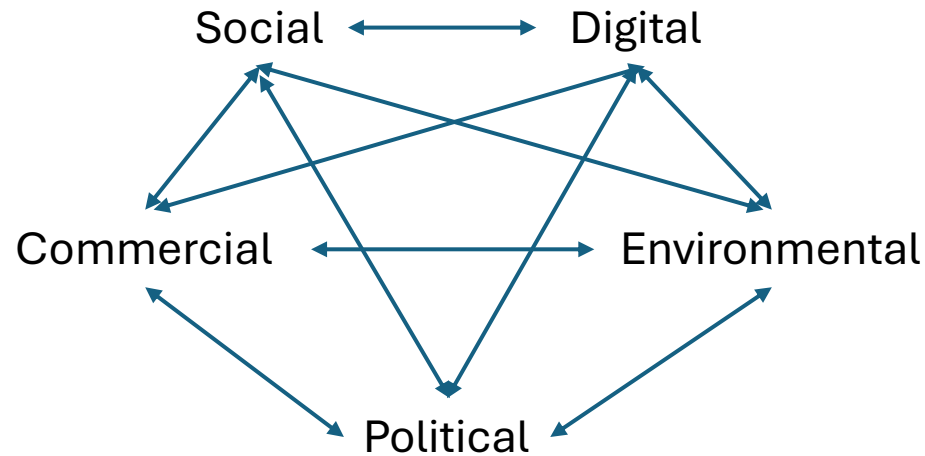


County Health Rankings model © 2014 UWPHI

*“There is strong evidence that psychological factors, often having social origins including social exclusion, poor prospects for social mobility, and high income inequality are the main contributors to these ‘**bad choices**,’ especially in the lowest socioeconomic groups,”*

“At the individual level, life span also depends on a range of lifestyle choices, including continuous education throughout the whole life”.

Complex interplay of DoH



Education: dose–response relationship – avg. mortality risk reduction of up to 2.9%/additional year of education¹

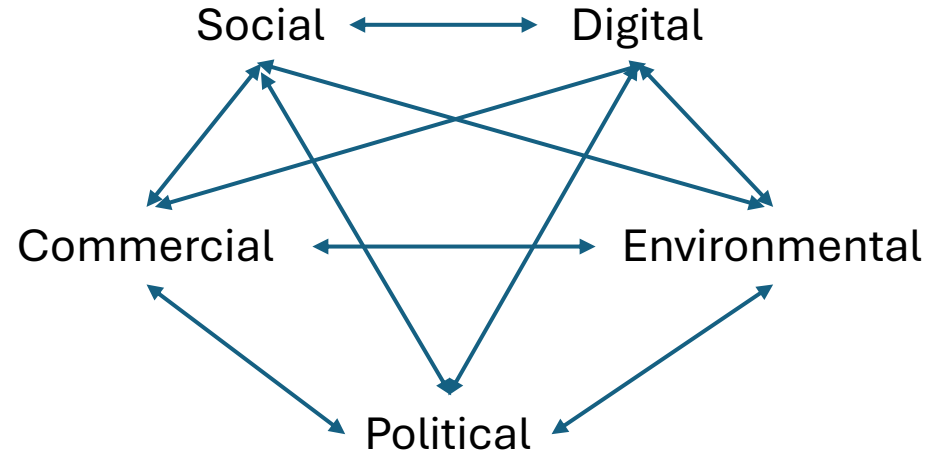
Unemployment: increases in all-cause mortality - death from CVD & suicide; higher rates of mental distress, substance abuse, depression and anxiety.²⁻⁴

13-32% of global disease burden attributed to environmental DoH.⁷⁻⁹

4 industries (tobacco, unhealthy food, fossil fuel and alcohol) responsible for >30% of annual global deaths⁵⁻⁶

1. [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(23\)00306-7/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(23)00306-7/fulltext)
2. J Epidemiol Community Health 2020; 74: 964-968.
3. BMJ 2020; 371: m3687
4. <https://www.worldbank.org/en/data/interactive/2020/03/24/world-bank-education-and-covid-19>
5. [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(23\)00306-7/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(23)00306-7/fulltext)
6. <https://www.who.int/news-room/fact-sheets/detail/commercial-determinants-of-health>
7. <https://www.paho.org/en/topics/environmental-determinants-health>
8. https://doi.org/10.1007/978-3-319-71812-5_37
9. [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(23\)00306-7/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(23)00306-7/fulltext)

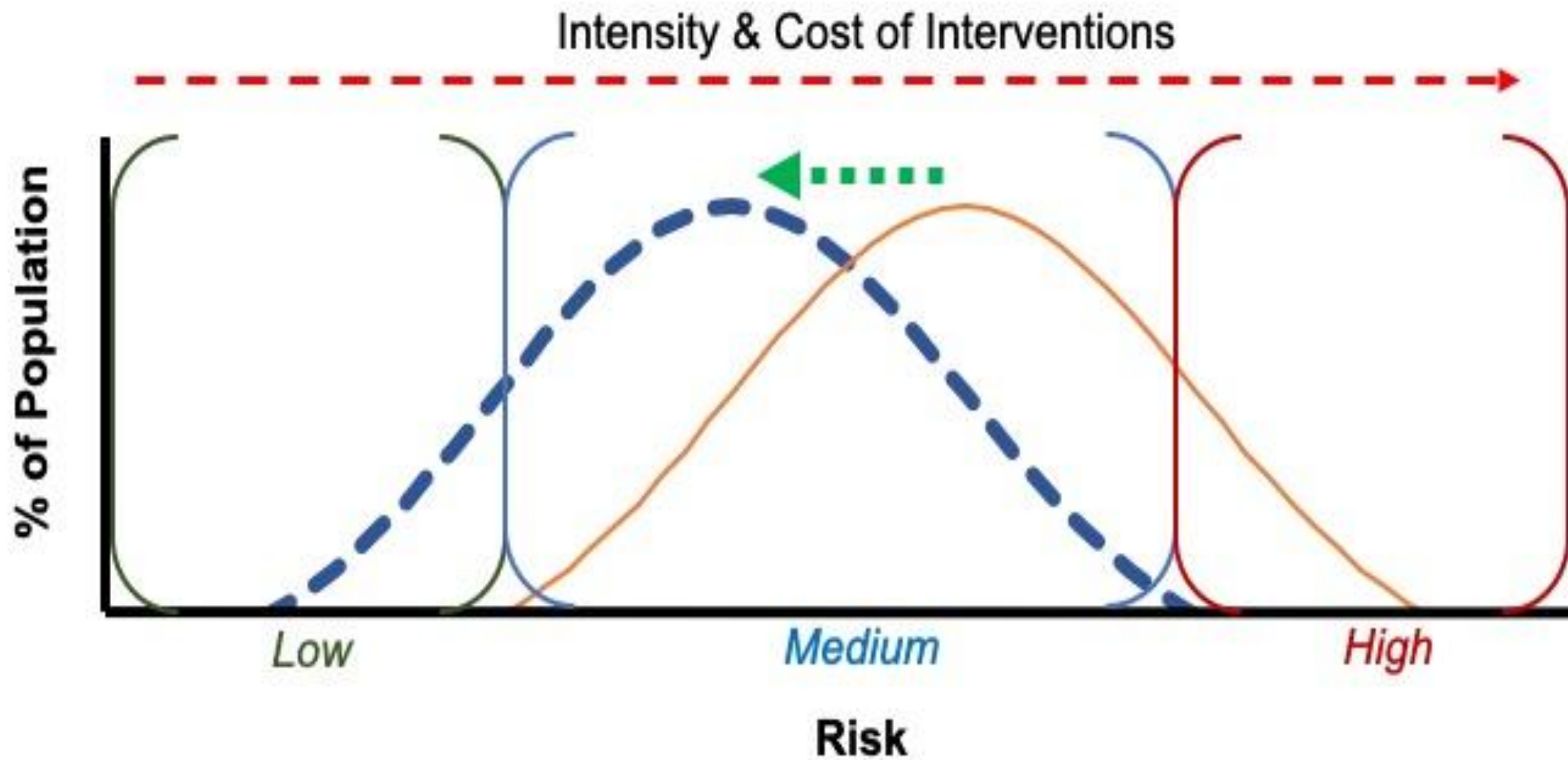
One Health as a unifying concept



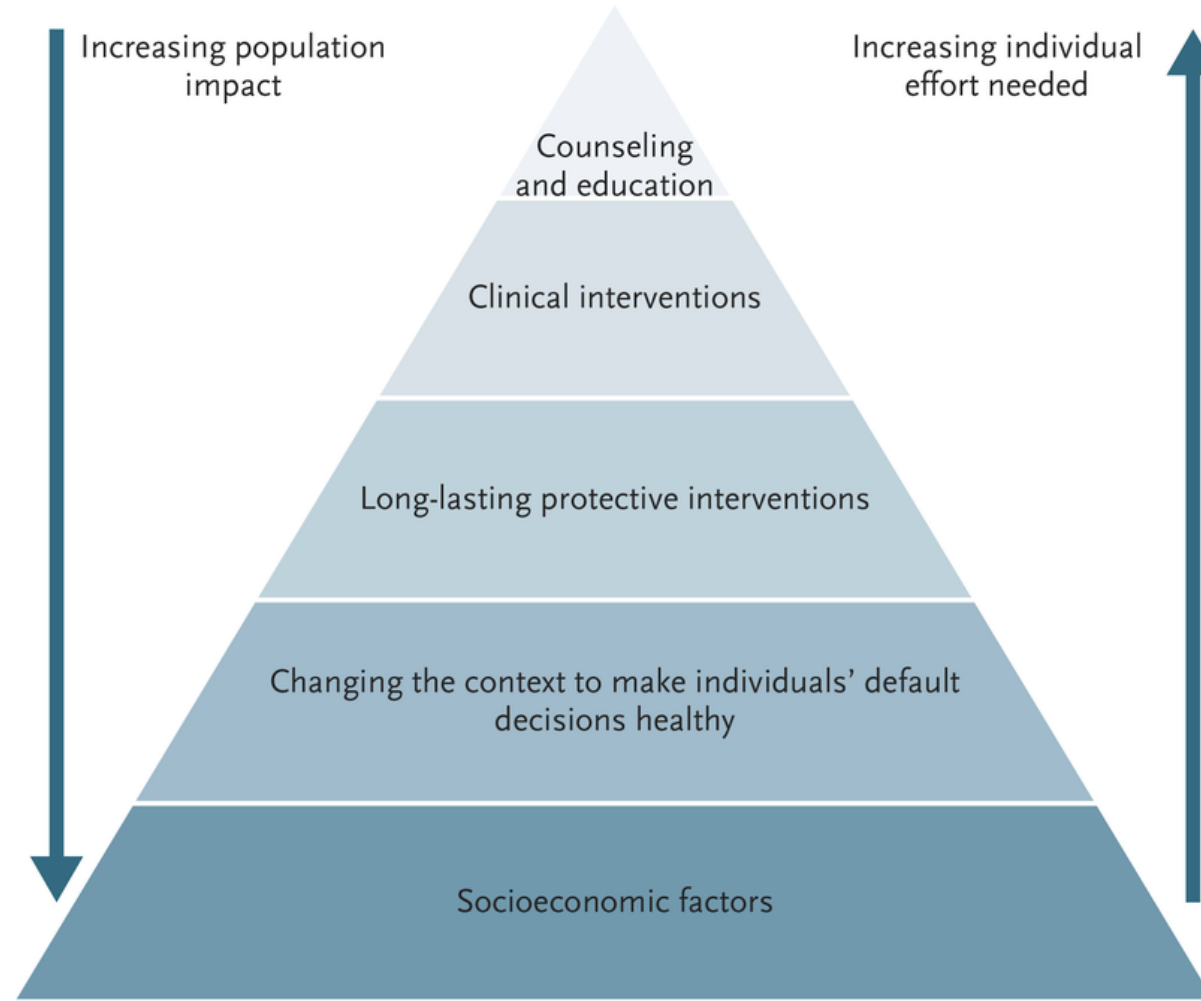
an integrated, unifying approach that aims to sustainably balance and optimize the health of people, animals and ecosystems.

health of humans, domestic and wild animals, plants, and the wider environment (including ecosystems) are closely linked and interdependent.

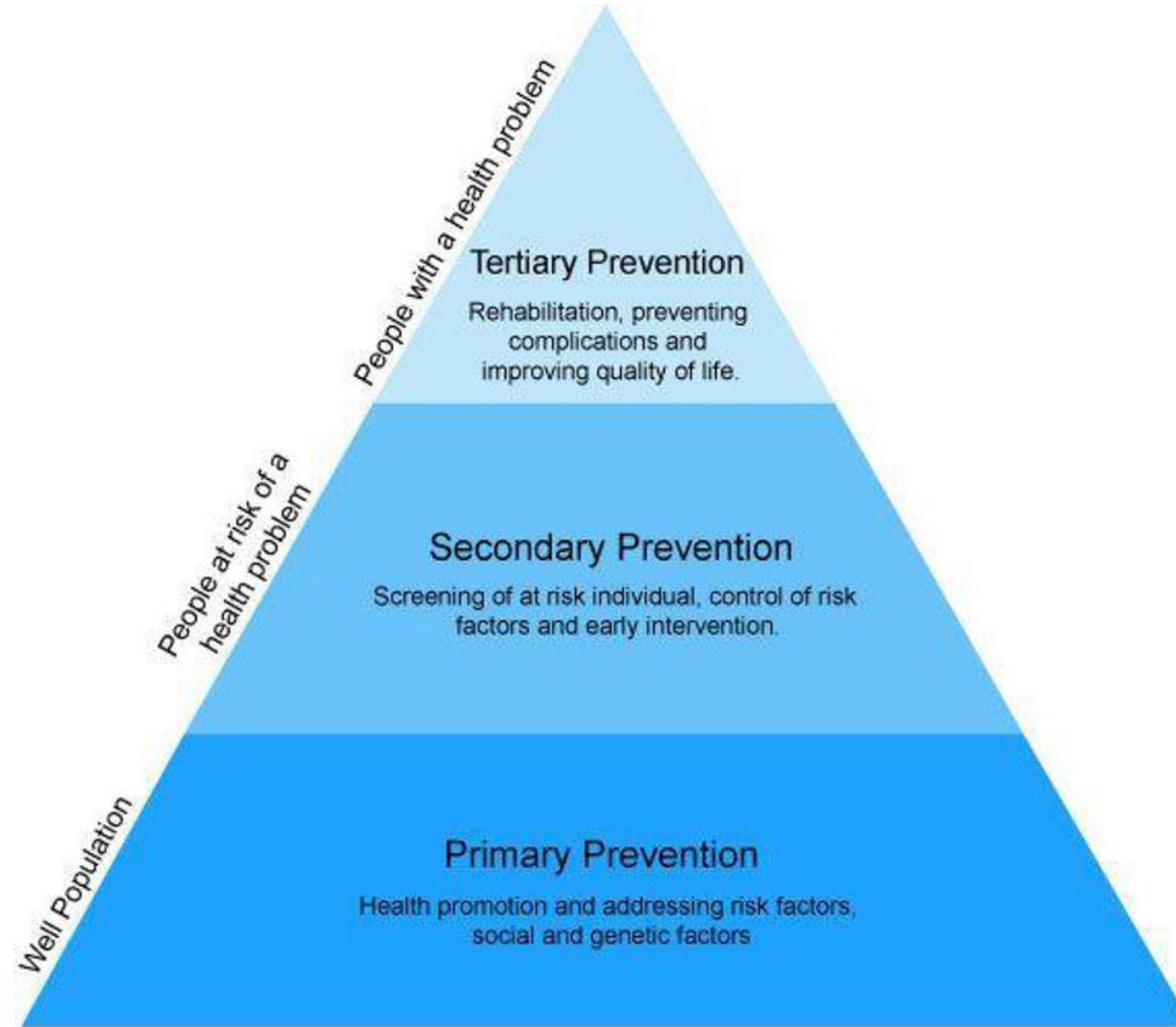
Delivering One Health: *Left shift*



Health Impact Pyramid



Interventions: Types of Prevention



What is the health of England currently?

And how is it impacting healthcare outcomes?

What is currently happening in England?

Drifting to the right

Long-term preventable conditions* cost English NHS (i.e. tax payers) ~£154 billion/year -> ~70% of total NHS spend^{1,2}

**type 2 diabetes, high blood pressure, overweight, obesity, mild/moderate depression/anxiety*

86 million antidepressants prescribed to ~8.6 million identified patients (~double from 2011)³

Rising antidepressant prescribing is not associated with an improvement in mental health outcomes at the population level, which, according to some measures, have worsened as antidepressant prescribing has risen.⁴

Politicians, experts, and patient representatives call for the UK government to reverse the rate of antidepressant prescribing⁴

1. <https://www.kingsfund.org.uk/projects/nhs-in-a-nutshell/nhs-budget>

2. <https://www.kingsfund.org.uk/projects/time-think-differently/trends-disease-and-disability-long-term-conditions-multi-morbidity>

3. <https://media.nhs.uk/news/nhs-releases-mental-health-medicines-statistics-for-2022-2023-in-england>

4. <https://www.bmj.com/content/383/bmj.p2730>

Current Value of the NHS

OUTCOMES

- April 2026: 7.22 million person backlog¹
- Decreasing life expectancy²
- Decreasing healthy life expectancy³
- Increasing health inequalities^{4,5}
- 60% of people dissatisfied with the NHS⁶
- 46% of staff: strained relationships at work⁷
- 30% of staff: burnt out at work⁷

COST

- Increasing spend on healthcare
 - 2011: £110 billion
 - 2019: £140 billion (pre-pandemic)
 - 2026: >£200 billion

LOW VALUE ALERT! LOW VALUE ALERT!! LOW VALUE ALERT!!!

England is spending more tax-payer money & getting less health!!

1. <https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/pressures/nhs-backlog-data-analysis>
2. [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(25\)00009-X/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(25)00009-X/fulltext)
3. <https://theconversation.com/healthy-life-expectancy-falls-in-the-uk-and-the-decline-is-worse-among-women-281563>
4. <https://www.gov.uk/government/statistics/health-inequalities-dashboard-march-2023-data-update/health-inequalities-dashboard-statistical-commentary-march-2023>
5. <https://www.kingsfund.org.uk/insight-and-analysis/data-and-charts/health-inequalities-nutshell>
6. <https://www.kingsfund.org.uk/insight-and-analysis/reports/public-satisfaction-nhs-social-care-in-2024-bsa>
7. <https://www.kingsfund.org.uk/insight-and-analysis/blogs/nhs-staff-survey-2024-tell-us>

Medicalization means 'to make medical' or more specifically the process by which previously nonmedical problems become defined and treated as medical problems, usually as diseases or disorders.

OVER- DIAGNOSED

MAKING PEOPLE SICK IN
THE PURSUIT OF HEALTH

DR. H. GILBERT WELCH,

DR. LISA M. SCHWARTZ, AND DR. STEVEN WOLOSHIN

"This brilliantly researched, well-argued, and clearly written book will help us avoid the unnecessary tests, drugs, surgeries, and anxiety that are the inevitable outcome of our epidemic of overdiagnosis."

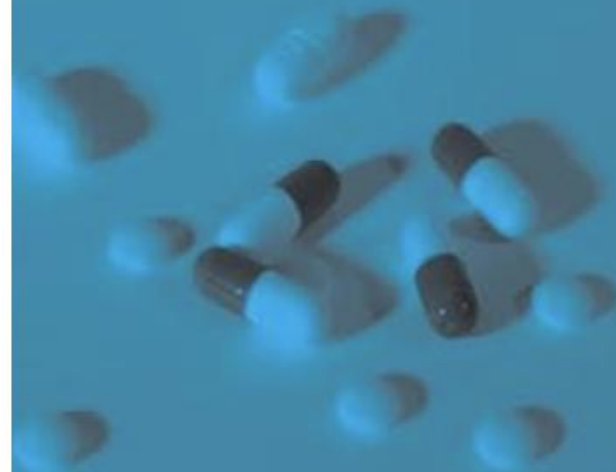
—SIDNEY WOLFE, MD, author of *Worst Pills, Best Pills*
and editor of *WorstPills.org*



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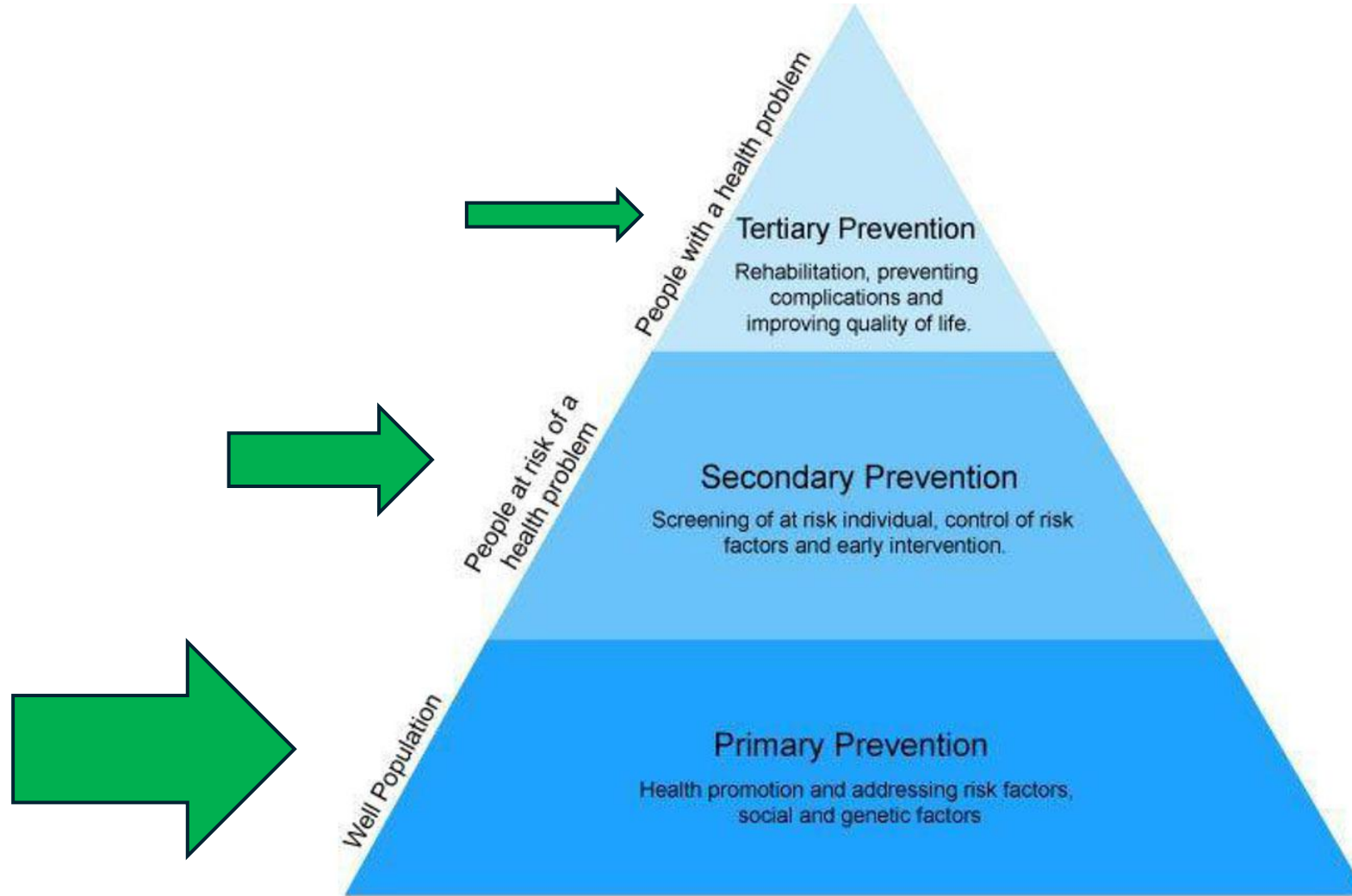
Limits to Medicine

Medical Nemesis: The Expropriation of Health



Can greenspace use & access help?

Greenspace as an Intervention



The Role of Greenspace in Left-shift

Spending at least 120 minutes a week in nature is associated with good health and wellbeing¹

- *The pattern was consistent across key groups including older adults and those with long-term health issues.*
- *It did not matter how 120 mins of contact a week was achieved (e.g. one long vs. several shorter visits/week).*

Ambient greenness, access to local green spaces, and subsequent mental health: a 10-year longitudinal dynamic panel study of 2.3 million adults in Wales²

Ambient exposure is associated with the greatest reduced risk of CMD [Common Mental Health Disorders], particularly for those who live in deprived communities.

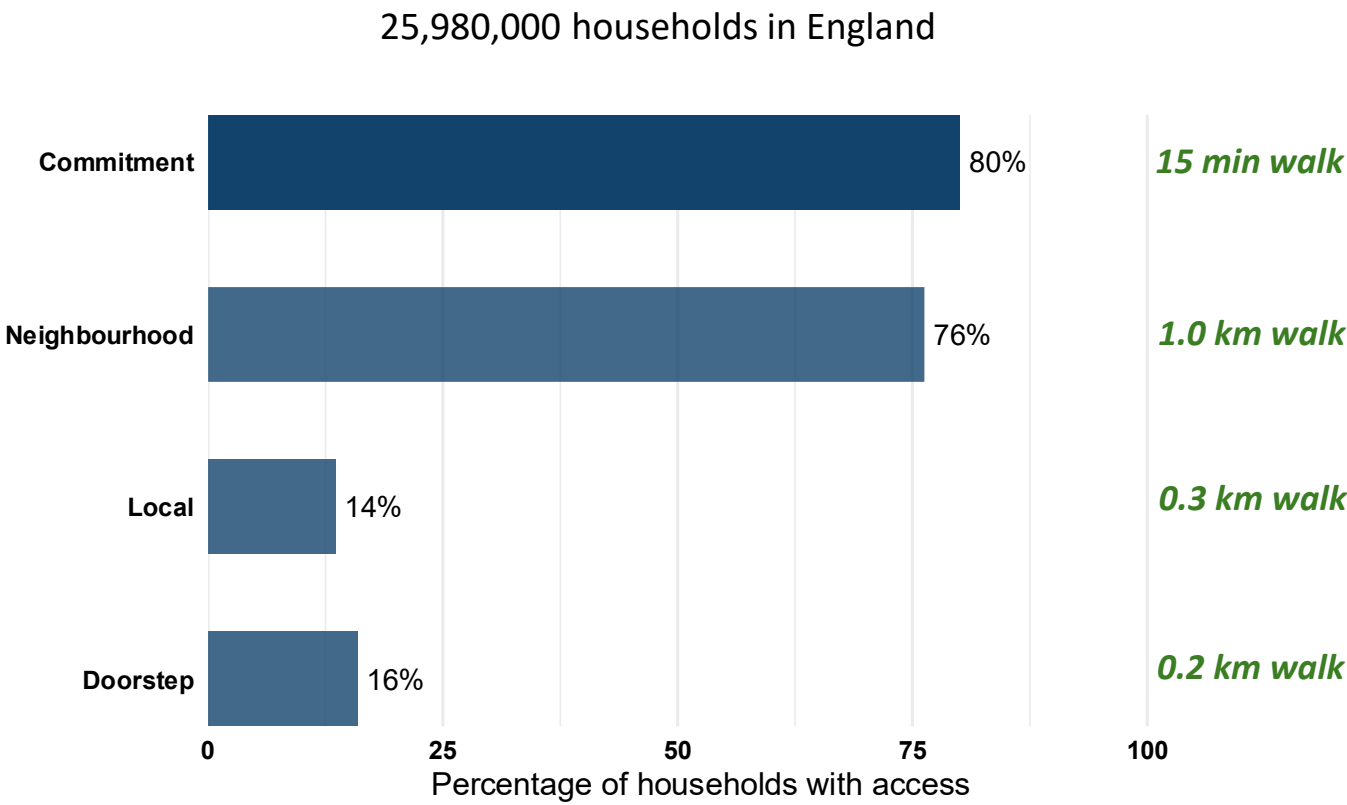
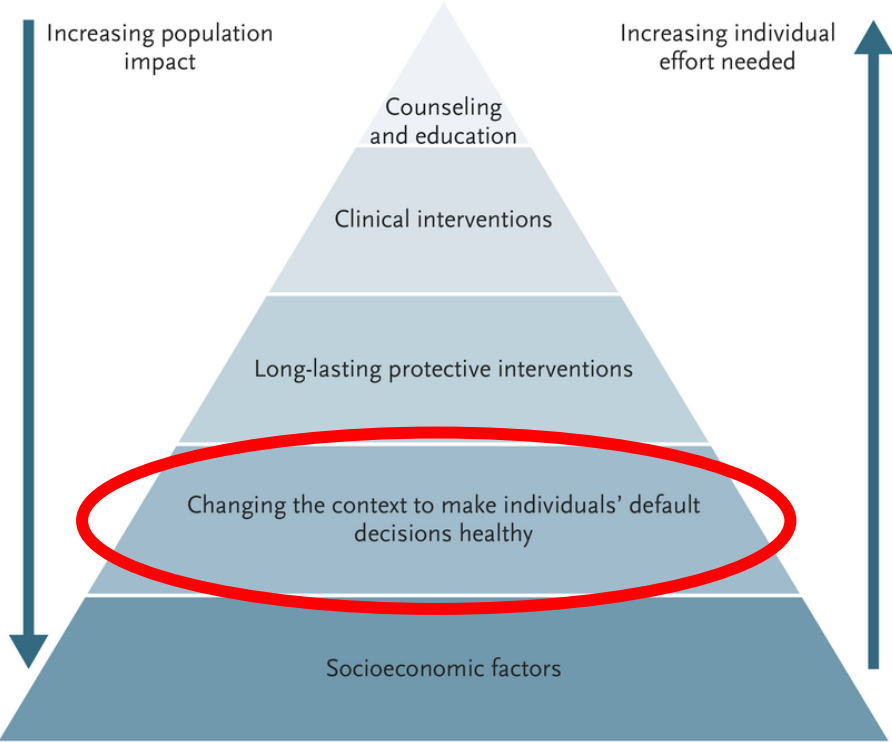
Green social prescribing is the practice of supporting people to engage in nature-based interventions and activities to improve their mental and physical health.³

1. <https://www.nature.com/articles/s41598-019-44097-3>

2. [https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(23\)00212-7/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(23)00212-7/fulltext)

3. <https://www.england.nhs.uk/personalisedcare/social-prescribing/green-social-prescribing/>

Health Impact Pyramid



Should Greenspace Use/Access be a Right/Norm or an Intervention?

Right/Norm

Intervention

How is it delivered?

- Good Planning!

- Signposting
- Referral

Who delivers it

- Self-delivered

- Self-delivered
- Provider (VCSE)

Scope

- Neighbourhood
- Whole Population

- Individual
- Small group

Scaling Potential

- Large

- Small

Impact

- Sustained

- Short/Medium term

Who pays

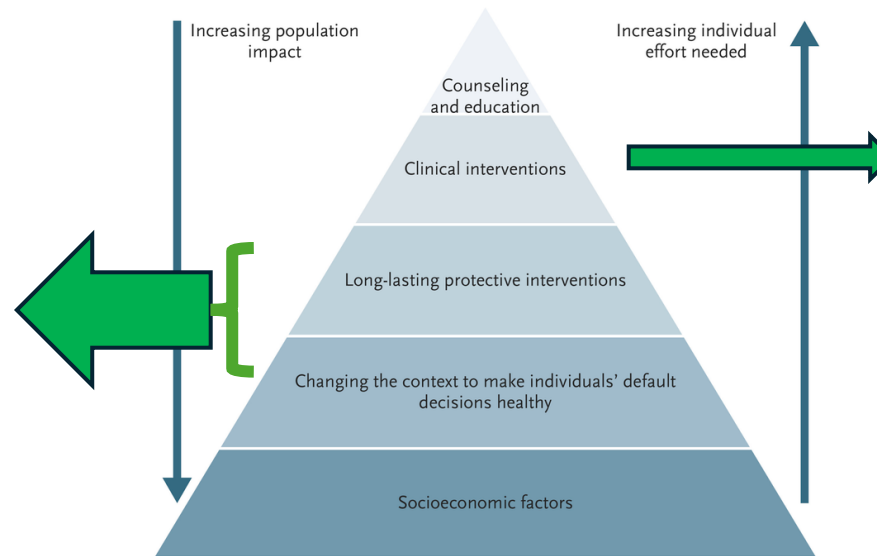
- Local Authority
- Private (PRoW)
- Citizens (paying for access)

- VCSE
- Local Authority
- Philanthropies
- Citizens (paying for access)
- NHS

Attribution

- Difficult

- Feasible



Thanks!

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