

Annex 1: Policy overview

This Annex provides an overview of key policies and strategies that are relevant to the NHS Lothian Green Health Strategic Framework.

Figure 1 illustrates the range of policies reviewed and Figure 2 (over page) shows the key areas of relevance of the main national policies for the development of the Strategic Framework.

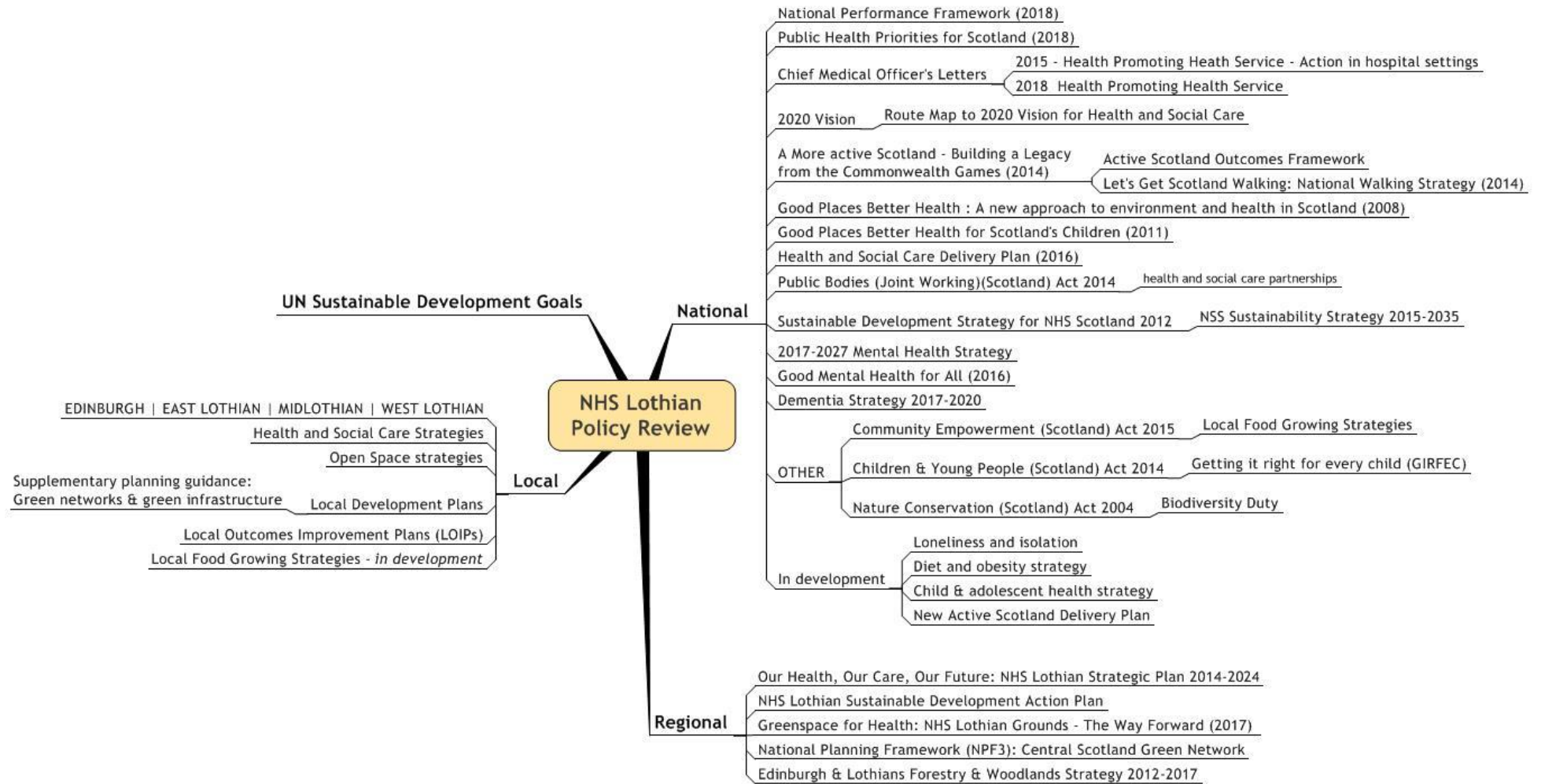


Figure 2: Key national policies and main area of influence			Whole system	Physical activity	Mental health & wellbeing	Health Inequalities	Ageing well	Early years	NHS estate / health setting	Community setting	Patients	Staff	Community / population
National Performance Framework	2018												
Public Health Priorities for Scotland	2018												
Chief Medical Officer's Letter	2018	Effective leadership											
Chief Medical Officer's Letter	2015												
2020 Vision	2011												
A More Active Scotland	2014												
Good Places, Better Health	2008												
Good Places Better Health for Scotland's Children	2011												
2017-27 Mental Health Strategy	2017												
Good Mental Health for All	2016												
Dementia Strategy	2017												
Health & Social Care Delivery Plan	2016	Better health											
Sustainable Development Strategy for NHS Scotland	2012							Facilities management					Community engagement
NSS Sustainability Strategy 2015-2035	2016												
<i>Nature Conservation (Scotland) Act</i>	2004							Biodiversity duty					
<i>Community Empowerment Act</i>	2015	Local Food Growing Strategies, participation requests, community assets											
<i>Children & Young People (Scotland) Act - GIRFEC</i>	2014												
<i>Loneliness and isolation</i>	<i>Diet and obesity strategy</i>			<i>Children & adolescent health strategy</i>				<i>New Active Scotland delivery plan</i>					

1. NATIONAL

1.1 National Performance Framework (2018)

The updated National Performance Framework (launched on 11 June 2018) includes the following Outcome:

- **We are healthy and active**

Our NHS is pivotal to our health and happiness as a nation and we are dedicated to supporting and equipping it to face the challenges it has now and in future. We also understand that our health is dependent on a wide variety of factors and actors and we therefore need to take a whole system approach to promoting good health and activity.

Vision

We regard the health of all our people as being of upmost importance. Consequently, we live long, healthy and active lives regardless of where we come from. We are all able to access world class, appropriate and free/affordable health, social care and dental services. We cherish and protect the NHS as a force for good in our lives and provide the necessary investment and planning to ensure our health and social care systems are viable over the long term.

We prioritise health and wellbeing at national and local government levels and actively implement healthy public policy. We use evidence intelligently to continuously improve and challenge existing healthcare models. Our approach is integrated, preventative and person-centred. We are focused on resolving needs in order to achieve positive health, care and wellbeing outcomes.

We implement a whole system approach to health and wellbeing which targets harmful health behaviours early on and from different angles. We have revolutionised our food culture and prioritise affordable, healthy food and local food production. We have addressed the availability of unhealthy food options and are combatting food and drink industry facilitation of ill-health. We have developed a healthier, responsible attitude to smoking, alcohol and drug use. We are active and have widespread engagement with sport and exercise. Our awareness of mental health and suicide has resulted in more immediate, comprehensive and successful support for those in need.

This is measured by the following National Indicators:

- Healthy life expectancy
- Mental wellbeing
- Healthy weight
- Health risk behaviours
- Physical activity
- Journeys by active travel
- Quality of care experience

- Work-related ill health
- Premature mortality
- Loneliness
- Healthy start
- Child social and physical development
- Child wellbeing and happiness

Link <http://nationalperformance.gov.scot/>

The NPF explicitly links this Outcome to the **UN Sustainable Development Goal No. 3:**

- **Ensure healthy lives and promote well-being for all at all ages**

Also:

- No.5: Ensure sustainable consumption and production patterns
- No.10: Reduce inequalities within and between countries
- No. 12: Ensure sustainable consumption and production patterns

Link <https://sustainabledevelopment.un.org/sdg3>

1.2 Public Health Priorities for Scotland (2018)

The new Public Health Priorities for Scotland (published on 14 June 2018) are:

Priority 1: A Scotland where we live in vibrant, healthy and safe places and communities

Priority 2: A Scotland where we flourish in our early years

Priority 3: A Scotland where we have good mental wellbeing

Priority 4: A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs

Priority 5: A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all

Priority 6: A Scotland where we eat well, have a healthy weight and are physically active

Link <http://www.gov.scot/Resource/0053/00536757.pdf>

Extracts from the Foreword by Minister for Public Health and COSLA Health and Wellbeing Spokesperson:

“In a vibrant, modern Scotland it should be possible for everyone to be as healthy as they can be. It should be the case that the social, economic and physical environments we live in help create health and wellbeing, and that local communities and public services make it possible for individuals to take positive decisions about their own health and feel supported to do so.

Unfortunately, for too many people in Scotland and in too many places, this is not the case...

We want Scotland to be a place where everybody thrives. We want to reset how Scotland thinks about wellbeing and health. Wellbeing cannot be created and sustained by the NHS alone.

... it's not primarily in our hospitals or our GP surgeries that health is first created. It is in our homes and our communities, in the places we live and through the lives we lead. These are the places where we must work to make it easier for people to be healthy, and the efforts of society as a whole must increasingly turn towards supporting this sort of 'wellbeing creation'.

... these priorities are not just for our public health professionals. This document is intended to be a foundation for the whole system, for public services, third sector, community organisations and others, to work better together to improve Scotland's health, and to empower people and communities. It is a starting point for new preventative approaches, and a new awareness around wellbeing, that will develop and strengthen in the coming years”

Priority 1: A Scotland where we live in vibrant, healthy and safe places and communities

The places we live, work and play, the connections we have with others and the extent to which we feel able to influence the decisions that affect us – all have a significant impact on our health and wellbeing. The immediate physical environment, the social networks we belong to, the local economy, our workplace and the accessibility of services are all important.

How we design our surrounding environment provides opportunities to develop local approaches to improving people's health that draw on all the assets and resources of a community, including how we integrate public services and how we build community resilience.

How will we make a difference?

We want to change the places and environments where people live so that all places support people to be healthy and create wellbeing. Whether it is physical improvements to help us move from place to place with ease; empowering communities to make decisions that directly affect them; improving local access to green spaces; or shifting the commercial environment towards the availability of healthier options. The evidence is strong that improvements to our environment have a positive and lasting impact on the public's health.

Planning, construction, social housing and transport policy all lie outside the remit of the health service, but all materially impact our health. The extent to which long term considerations of health are taken into account and balanced against other priorities when making decisions about the places in which we live varies – but there is consensus for closer collaboration between those who design and build places, those who live in them and those with an interest in improving the public's health. For example, the **Scottish Government's 2017-18 Programme for Government** includes a commitment around planning systems and the food environment in our schools, and councils are working with partners, including local communities, to tackle fuel poverty, reduce violence, prevent accidents and co-design environments that support more active travel.

Assets-based approaches, focusing on the strengths of a place to build locally directed improvements, are a positive way to engage with people and support the prevention agenda.

Councils across Scotland are actively working with local communities and the voluntary sector to achieve improvements in the quality of the local environment, through the use of regulatory powers, planning responsibilities, and regeneration of urban environments. Examples include strategic approaches to play provision, green spaces, sustainable transport networks and dementia friendly communities.

Priority 6: A Scotland where we eat well, have a healthy weight and are physically active

We want everyone in Scotland to eat well, have a healthy weight and enjoy being physically active. A healthy diet and regular exercise bring a wide range of benefits for both physical and mental health. They play an important role in attaining and maintaining a healthy weight and help protect us from a wide range of serious health conditions. Conversely, poor diet, an unhealthy weight and physical inactivity are all major and growing issues for Scotland and impact across all public services and communities, and with significant costs to the economy.

Our diet and activity levels are influenced by multiple factors, many of which are outside our individual control.

For physical activity, highlighted priorities included building the need for movement into our daily lives and making the walking or cycling route the most attractive option.

How will we make a difference?

Addressing complex challenges like diet and physical inactivity requires the whole system to work collaboratively, bringing together local and national decision-makers within healthcare, transport, planning, education and many other sectors. Success depends on clear leadership and effective partnership working at all levels to deliver meaningful and lasting change.

Collective leadership and partnership working can also make a real difference on the ground, especially in achieving benefits through multiple, targeted interventions. Councils and their partners are working to create community environments that support healthier eating and make it easier to stay active through strategies and programmes such as the “Daily Mile” initiative, community gardens and numerous projects focused on food as well as the work of local government in developing cycling and walking networks and green spaces.

All of this involves taking a multi-faceted approach, involving among other things, the public and private sector working together to help transform the environment to support healthier choices.

NOTE also Key Principles underpinning public health reform:

- Reducing inequalities
- **Prevention and early intervention**
- Fairness, equity and equality
- **Collaboration and engagement**
- Empowering people and communities
- Intelligence, evidence and innovation

1.3 The 2020 Vision (2011)

In 2011, the Scottish Government set out its strategic vision for achieving sustainable quality in the delivery of healthcare services across Scotland, in the face of the significant challenges of Scotland’s public health record, our changing demography and the economic environment.

The 2020 Vision provides the strategic narrative and context for taking forward the implementation of the Quality Strategy, and the required actions to improve efficiency and achieve financial sustainability.

The Scottish Government's 2020 Vision is that by 2020 everyone is able to live longer healthier lives at home, or in a homely setting and, that we will have a healthcare system where:

- We have integrated health and social care
- There is a focus on prevention, anticipation and supported self-management

- Hospital treatment is required, and cannot be provided in a community setting, day case treatment will be the norm
- Whatever the setting, care will be provided to the highest standards of quality and safety, with the person at the centre of all decisions
- There will be a focus on ensuring that people get back into their home or community environment as soon as appropriate, with minimal risk of re-admission

Link <http://www.gov.scot/Topics/Health/Policy/2020-Vision>

A Route Map to the 2020 Vision for Health and Social Care highlights the following key challenges and describes 12 priority areas for action.

The Challenges:

Over the next 10 years, the proportion of over 75s in Scotland's population – who are the highest users of health and care services – will increase by over 25 per cent. By 2033 the number of people over 75 is likely to have increased by almost 60 per cent. Over the next 20 years demography alone could increase expenditure on health and social care by over 70 per cent. These challenges will augment the specific impact of inflation on health and care services.

Despite efforts to address the challenge of health inequalities in Scotland over recent years, we have made very little progress. This remains a key priority area.

There will be a continuing shift in the pattern of disease towards long-term conditions, particularly with growing numbers of older people with multiple conditions and complex needs such as dementia. Estimates suggest that the number of people with dementia is set to rise from 71,000 to 127,000 within the next 20 years. If we do not dedicate resource to dementia there will be tremendous financial costs to the NHS and social services as well as the health and cost impact on carers.

For the NHS Lothian Greenspace and Health Strategic Framework, the following action areas are particularly relevant:

- Increasing the role of primary care – *keeping people healthy in the community for as long as possible*
- Integrating health and social care
- Improving our approach to supporting and treating people who have multiple and chronic illnesses
- Early years
- Reducing health inequalities
- Preventative measures on physical activity
- Increase efficiency and productivity through more effective use of unified approaches coupled with local solutions and decision making where appropriate

Link <http://www.gov.scot/Resource/0042/00423188.pdf>

1.4 Health Promoting Health Service: Action in hospital settings - Chief Medical Officer's Letter (2015)

NOTE: Delivery actions for the Health Promoting Health Service set out in the CMO's 2015 Letter have been superseded by the CMO's 2018 Letter

"Every healthcare contact is a health improvement opportunity"

The vision for a Health Promoting Health Service (HPHS) is a cultural transformation that ensures that every healthcare contact is a health improvement opportunity. Although this ethos applies to patients and visitors, the promotion of staff health and wellbeing is equally central to the HPHS vision.

Prevention lies at the heart of the HPHS policy. It is about promoting healthier behaviours and discouraging detrimental ones by ensuring that healthier choices are the easier ones and that appropriate support systems are in place to encourage and reinforce these choices. HPHS is transformative in its mission to bring preventative action to the fore and actively change the culture of hospitals to help support this.

We need to continue to drive forward actions in three key areas: staff health and wellbeing; a health promoting environment where healthier choices are the norm; and person-centred care with a focus on addressing inequalities.

HPHS applies to all acute, mental health, maternity, paediatric and community hospitals. Clinicians, managers of patient services, estates, human resources, finance and procurement colleagues all have potential leadership roles with respect to HPHS.

For the NHS Lothian Greenspace and Health Strategic Framework, the following action areas are particularly relevant:

- [Person-centred care] Encourage physical activity and active travel
- [Person-centred care] Promote physical health for patients in mental health units
- [Staff health] Encourage and support physical activity and active travel
- [Hospital environment] Ensure healthier food and drink choices are the norm
- [Hospital environment] Develop and enhance therapeutic NHS estate green spaces
- [Hospital environment] Promote physical activity opportunities in and around NHS grounds

Link http://www.knowledge.scot.nhs.uk/media/13196803/cmo%20letter%202015_18.pdf

Performance measures		Required evidence
23.	NHS Boards develop an infrastructure to enable and signpost patients, staff and visitors to access local physical activity opportunities, accounting for equitable access for all.	<p>A. Evidence of current use and plans for improved access and use of the outdoor estate for physical activity (green exercise and active travel) for staff, patients and the local community.</p> <p>B. Examples of successful physical activity support and services provided for individuals and populations experiencing inequalities, such as those with long term conditions, disabilities, in receipt of benefits, carers or living in areas of deprivation, including:</p> <ul style="list-style-type: none"> i. System for referral ii. Assessment of use and, if possible, impact

1.5 Health Promoting Health Service - Chief Medical Officer's Letter (2018)

There is far greater recognition that the complexity of our health challenges requires a collective and sustained endeavour across the public sector and within our communities, focussed on prevention and early intervention.

HPHS provides a framework for the continued development and improvement of prevention, health improvement and inequalities activity in acute and community hospitals, as part of the broader strategic approach to improving health and wellbeing in board areas.

In addition to the three key outcomes from previous years: **patient pathways; staff health & wellbeing; and the hospital environment**, a fourth key outcome emphasises **effective leadership** and the systems change and organisational development needed to enable clinicians, managers and practitioners to play an effective role in creating the right conditions and supporting the delivery of health improvement and inequalities practice. This draws on experience of what has worked well and the barriers to delivery.

In 2018, the current focus of HPHS in acute and community hospitals is maintained.

For 2018-19 and beyond, NHS Boards are asked to self-evaluate against all the outcomes and indicators in the new framework.

Link [http://www.knowledge.scot.nhs.uk/media/13192831/cmo%20letter%20-%20hphs%20april%202018%20sqhd_cmo\(2018\)3.pdf](http://www.knowledge.scot.nhs.uk/media/13192831/cmo%20letter%20-%20hphs%20april%202018%20sqhd_cmo(2018)3.pdf)

1.6 A More Active Scotland: Building a Legacy from the Commonwealth Games (2014)

Physical inactivity results in around 2,500 premature deaths in Scotland each year (7 a day), costs the NHS around £91 million annually and is the second biggest cause of mortality (joint with smoking, behind high blood pressure). Being physically active can help prevent and treat more than 20 chronic diseases.

The *Toronto Charter for Physical Activity* makes a strong case for increased action and greater investment on physical activity as part of a comprehensive approach to noncommunicable disease prevention. The Charter identifies the seven best investments that work for promoting physical activity:

1. Whole of school programmes
2. Transport policies and systems that prioritise walking, cycling and public transport
3. Urban design that provides for equitable and safe access for recreational physical activity
4. Physical activity and NCD prevention integrated into primary healthcare systems
5. Public education, including mass media to raise awareness and change social norms on physical activity
6. Community-wide programs that mobilise and integrate community engagement and resources
7. Sports systems and programs that promote 'sport for all' and encourage participation across the life span

The National Physical Activity Implementation Plan is structured around five Delivery Themes – Environment, Health & Social Care, Sport & Active Recreation are particularly germane to the NHS Lothian Greenspace and Health Strategic Framework – the following extracts are particularly relevant:

Delivery theme 3: Health & Social Care

NHS, Local Government and care services will promote the recommended levels of physical activity

Within five years of the 2014 Commonwealth Games:

- The National Physical Activity Pathway will be embedded in all appropriate clinical settings across the healthcare system
- Hospitals will routinely support patients and staff to be more physically active
- New links will be forged between the health system and the community, enabling signposting to local opportunities
- Integrated care services will routinely take account of physical activity

Within ten years of the 2014 Commonwealth Games:

- More people will be physically active as a result of interventions by health and care services, resulting in fewer people requiring treatment

Delivery theme 1: Environment

Scotland's natural and built environments promote increased levels of physical activity

Within five years of the 2014 Commonwealth Games:

Better designed places for physical activity:

- More active and inactive people will know about and use local opportunities to be more active
- Urban and rural environments will be designed to increase physical activity

Increased use of our natural environment:

- Increased use of Scotland's outdoors

More active travel:

- More people use active travel for work
- More people use active travel for leisure

Within ten years of the 2014 Commonwealth Games:

- Better designed environments that encourage physical activity
- More people active in the natural environment
- Active travel as the norm for short, everyday journeys

Delivery theme 5: Sport & active recreation

Everyone in Scotland will be more active in their leisure time

Within five years of the 2014 Commonwealth Games:

- More children will have opportunities for active and outdoor play

Within ten years of the 2014 Commonwealth Games:

- More children will routinely take part in play, sport or, other forms of active recreation
- More adults will routinely take part in sport, or other forms of active recreation

Link <http://www.gov.scot/Resource/0044/00444577.pdf>

1.7 Active Scotland Outcomes Framework

Vision: A More Active Scotland

Physical activity is about getting people moving. Daily walking, playing in a park, going to a gym, training with a team or aspiring to win a gold medal - it really doesn't matter how people get active, it just matters that we do.

Being physically active contributes to our personal, community and national wellbeing.

Our vision is of a Scotland where more people are more active, more often.

National Outcomes

Business	Employment	Research and Innovation	Young People	Early Years	Healthier	Inequalities Tackled	Life Chances
Safe from Crime	Sustainable Places	Resilient Communities	Environment Valued	National Identity	Impact on Environment	Older People Supported	Public Services

Active Scotland Outcomes

We encourage and enable the inactive to be more active	We encourage and enable the active to stay active throughout life	We develop physical confidence and competence from the earliest age
We improve our active infrastructure – people and places	We support wellbeing and resilience in communities through physical activity and sport	We improve opportunities to participate, progress and achieve in sport

Equality: Our commitment to equality underpins everything we do

Link <http://www.gov.scot/About/Performance/scotPerforms/partnerstories/Outcomes-Framework>

1.8 Let's Get Scotland Walking: National Walking Strategy (2014)

Our Vision: A Scotland where everyone benefits from walking as part of their everyday journeys, enjoys walking in the outdoors and where places are well designed to encourage walking.

Our 3 Strategic Aims are:

- Create a culture of walking where everyone walks more often as part of their everyday travel and for recreation and well-being
- Better quality walking environments with attractive, well designed and managed built and natural spaces for everyone
- Enable easy, convenient and safe independent mobility for everyone

Relevant recommendations for action;

To deliver on creating a culture of walking where everyone walks more often as part of their everyday travel and for recreation and well-being:

9. Community Walking Programmes should be developed and available in every village, town and city in Scotland

11. Health and Care Service providers should proactively facilitate walking opportunities within their delivery programmes e.g. GP referral

12. Workplaces should be supported to encourage staff to walk more on a daily basis.

Link <http://www.gov.scot/Resource/0045/00452622.pdf>

National Walking Strategy Delivery Action Plan 2016-2026

1.2 Walking opportunities increase within Health and Care Service delivery programmes eg. health walk referral, walking routes at hospitals

- Increase the priority for walking within a range of health and care policy and strategy areas
- Increase health walking opportunities within all communities across Scotland through a range of partnerships
- Expand Medal Routes across the whole NHS estate and sign routes in strategic locations

Link <http://www.stepchangescot.scot/action-plan.html>

1.9 Good Places, Better Health: A new approach to environment and health in Scotland (2008)

Good Places, Better Health offers an innovative approach to understanding the complexities and to finding more effective and inclusive ways to engage national and local stakeholders. Only through organising to deliver can we shape and implement the policies to make a real difference to the places where we live.

When it comes to health and wellbeing, it is often said that 'everything matters'. Our challenge is to translate this understanding into effective policy and action.

Good Places, Better Health recognises that to deliver on the Government's purpose, themes, and national outcomes there is a need for greater connections around how physical environment influences health.

The relationship between environment and health is complicated and creating safe and positive environments for health requires us to think, plan and deliver in new and more effective ways.

Good Places, Better Health will ensure greater connections between environment and health policy and actions. It will aim to ensure that the complexities of the relationship are understood and transparently mapped out, that we improve the collation and interpretation of evidence and that this improved knowledge is translated into policy and actions which can be applied nationally and locally to develop health-nurturing environments.

Link <http://www.gov.scot/Resource/Doc/254447/0075343.pdf>

The Good Places, Better Health approach has informed the NHS Lothian's Greenspace and Health Strategic Framework with the development of an underpinning logic model.

1.10 Good Places Better Health for Scotland's Children (2011)

Three elements of the Vision are particularly relevant to the *NHS Lothian's Greenspace and Health Strategic Framework*:

A Scotland where...

- Children play, explore and relax outdoors in streets, parks, green places, open spaces and have contact with nature in their everyday lives
- The presence of children outdoors is welcomed, supported and valued by parents and the wider community
- Neighbourhoods are well maintained, safe, appealing, support healthy food choices and have a strong sense of community

As well as the underpinning mechanisms to support delivery:

- *Bend the spend* – identify how to bend existing programmes and policies to encompass the creation of healthy places for children
- *Provide the policies* – create new and direct programme and policy interventions where needed
- *Consider the consequences* – identify and amend policies which have unintended consequences that counteract the content of this report

- *Build the capacity* – to ensure local communities and the public sector work together for effective change. This could often be achieved by simply giving permission for something to happen and supporting initiatives.

Relevant recommendations include:

- Provision of suitable spaces for all age groups, including teenagers
- Multi-functional spaces allow for intergenerational mixing
- Natural spaces offer children contact with nature
- Encouraging physical exercise through trails, play areas for younger children and free spaces for older children
- Actively supporting and promoting the development of outdoor nurseries
- Public spaces are well-maintained
- Communities empowered in the management and use of outdoor areas
- Encourage and support food co-operatives, allotments and community gardens

Link <http://www.gov.scot/resource/0039/00398236.pdf>

Actions and deliverables emerging from this report include the **Place Standard** <http://www.healthscotland.scot/tools-and-resources/the-place-standard-tool> – which could be applied within health estate settings.

1.11 Health and Social Care Delivery Plan (2016)

The aim is a Scotland with high quality services, that have a focus on prevention, early intervention and supported self-management. Delivery of the plan is focused on three areas (the ‘triple aim’):

- improve the quality of care for people by targeting investment at improving services, which will be organised and delivered to provide the best, most effective support for all (**‘better care’**)
- improve everyone’s health and wellbeing by promoting and supporting healthier lives from the earliest years, reducing health inequalities and adopting an approach based on anticipation, prevention and self-management (**‘better health’**)
- increase the value from, and financial sustainability of, care by making the most effective use of the resources available to us and the most efficient and consistent delivery, ensuring that the balance of resource is spent where it achieves the most and focusing on prevention and early intervention (**‘better value’**)

Better health

To improve the health of Scotland, we need a fundamental move away from a 'fix and treat' approach to our health and care to one based on anticipation, prevention and self-management. The key causes of preventable ill health should be tackled at an early stage. There must be a more comprehensive, cross-sector approach to create a culture in which healthy behaviours are the norm, starting from the earliest years and persisting throughout our lives. The approach must acknowledge the equal importance of physical and mental health as well as the need to address the underlying conditions that affect health.

This can only be done by health and other key public sector services (such as social care and education) working together systematically.

Better value is not just about increasing efficiency of what we currently do, but doing the right things in different ways.

A concerted, sustained and comprehensive approach to improving population health is needed through targeting particular health behaviours, acting to reduce avoidable harm and illnesses and taking a population- and lifetime-wide approach to prevention and early intervention treatment. Public health improvement actions include joint health partnerships between local authorities, NHS Scotland and others – and mainstreaming a joined-up approach to public health at a local level.

<http://www.gov.scot/Resource/0051/00511950.pdf>

1.12 Other relevant national policies - health

- **Good Mental Health for All** (2016) Scottish Government, NHS Health Scotland and COSLA

More needs to be done if our population is to enjoy good, equitable mental health. There is a range of things in the physical environment that have an impact on mental health and wellbeing, including: access to local greenspace, access to active travel, opportunities for play, good-quality, affordable, safe housing. Local partnerships should share knowledge and understanding of how physical environment impacts on mental health and wellbeing across a range of partners.

Healthcare should be universal and accessible, promoting good mental health as well as treating ill health. For people with mental health problems, access to good-quality physical health service provision should be maximised.

Link <http://www.healthscotland.scot/media/1805/good-mental-health-for-all-feb-2016.pdf>

- **2017-27 Mental Health Strategy** (2017) Scottish Government

The guiding ambition for mental health is that we must prevent and treat mental health problems with the same commitment, passion and drive as we do with physical health problems. Link <http://www.gov.scot/Resource/0051/00516047.pdf>

- **Dementia Strategy 2017-2020** (2017) Scottish Government

A key outcome includes there being more dementia-friendly and dementia-enabled communities, organisations, institutions and initiatives.

Link <http://www.gov.scot/Publications/2017/06/7735>

- **NHS National Services Scotland (NSS) - Sustainable Development Strategy for NHS Scotland (2012)**

The six key areas for action include:

- **Travel** – implementing green travel plan; encouraging people to make active and sustainable travel choices, such as walking and cycling, thereby contributing to health improvement and being consistent with the concept of a ‘Health Promoting Health Service’; ensuring health services can be accessed by good quality footpaths and cycle routes.

- **Facilities management** – protecting green space and biodiversity on the healthcare estate – promoting green space and the outdoor estate as a healthcare ‘facility’ and health promoting health service opportunity

Example action: in accordance with Green Exercise Partnership (GEP) principles, consider how to make use of the estate as an attractive outdoor space suitable for promoting physical activity by patients, staff and visitors, as well as for other therapeutic and wildlife benefits

- **Community engagement** – engaging local people in the design and use of the outdoor healthcare estate and promoting access to it; maximise benefits of ‘green exercise partnership’ opportunities and similar initiatives for local people and wildlife.

All NHS Scotland bodies should:

- Ensure that the management structure includes key roles such as a Champion for Sustainability and an Environmental Management Representative

Consider best options for:

- Instilling an integrated approach
- Conducting site-based assessments to identify opportunities for improvement
- How frontline, facilities and estates staff can be supported to deliver the challenging improvements required for more sustainable outcomes

Each NHS Scotland body must have a Sustainable Development Action Plan

Note: no URL – can only access doc as pdf through google search

NSS Sustainability Strategy 2015-2035 (2016)

Relevant actions from Action Plan include:

2019/20: Evidence of enhancing communities through stakeholder engagement and improving health outcomes and reducing health inequalities.

2025/35: Every product and service contributes to healthy lives, healthy communities and healthy environment.

Link <https://nhsnss.org/media/2133/b1675-sustainability-strategy.pdf>

1.13 Other relevant national policies – not health specific

- **Community Empowerment (Scotland) Act 2015**

<https://beta.gov.scot/publications/community-empowerment-scotland-act-summary/>

The Community Empowerment Act aims to make it easier for communities to have more influence over the decisions that affect their area. The **Planning (Scotland) Bill** aims to strengthen these powers further and to develop a greater link between community planning and development planning – working towards communities themselves being able to devise plans for their places. The Bill also includes a commitment to work with local authorities to better support people to live an active lifestyle.

- **Getting It Right For Every Child**

<http://www.gov.scot/Topics/People/Young-People/gettingitright>

- **Biodiversity Duty**

<https://beta.gov.scot/publications/guidance-biodiversity-duty-reporting/>

Under the Nature Conservation (Scotland) Act (2004), all public bodies in Scotland are required to further the conservation of biodiversity when carrying out their responsibilities. The Wildlife and Natural Environment (Scotland) Act (2011) requires public bodies in Scotland to provide a publicly available report, every three years, on the actions which they have taken to meet this biodiversity duty.

1.14 Policies in development

- **Reducing loneliness and isolation** - the Scottish Government is developing a vision for a more Connected Scotland to tackle loneliness and isolation, where physical spaces make it easier for communities to gather together for mutual support and self-help – consultation closed on 30 April 2018 <https://beta.gov.scot/news/reducing-loneliness-and-isolation/>
- **A Healthier Future - Action and Ambitions on Diet, Activity, and Healthy Weight**
– consultation closed on 31 January 2018 <http://www.gov.scot/Publications/2017/10/1050>
- **Child and Adolescent Health and Wellbeing Action Plan** will take a cross-policy, rights-based approach to improving the physical, mental and emotional health and wellbeing of children and young people across Scotland.
<https://beta.gov.scot/policies/maternal-and-child-health/child-and-adolescent-health-and-wellbeing-action-plan/>
- New **Active Scotland Delivery Plan** will set out actions across many areas to support people to eat well, have a healthy weight and to be more physically active.

2. REGIONAL

2.1 Our Health, Our Care, Our Future: NHS Lothian Strategic Plan 2014 – 2024

NHS Lothian works to help people live healthier, longer lives – no matter who they are or where in the region they live.

In relation to the **NHS Estate**, the Plan identifies that NHS Lothian has too many buildings and more than it needs to provide a modern and effective health service. Reviews are underway to detail the demand and capacity of every hospital speciality. A number of property assets have been identified as “stakes in the ground” with masterplanning focusing on:

- Royal Infirmary of Edinburgh
- St John’s Hospital in Livingston
- Western General Hospital
- Royal Edinburgh Hospital Campus

Other potential future developments include:

- Lauriston Campus
- Royal Victoria Hospital
- East Lothian Community Hospital
- Liberton Hospital
- and a review of primary care premises

Site masterplans are being assessed in line with future programmes of investments to address backlog of maintenance and anticipated service demands.

Link <https://www.nhsllothian.scot.nhs.uk/OurOrganisation/OurHealthOurCareOurFuture/Pages/default.aspx>

Also:

Health Inequalities Strategy

Improving the health and well-being of Lothian’s children and young people: The NHS Lothian Strategy for Children and Young People 2014 - 2020

2.2 Greenspace for Health: NHS Lothian Grounds – The way forward (2017)

Mission: A strategy to maximise the use of NHS Lothian's groups and gardens for health improvement, healing and increased biodiversity with minimal operating cost.

Key strands of the strategy include:

- Maximising the use of the gardens and groups for healing and health improvement
- Actively promoting schemes for 'greening the estate'

In *existing sites*, there are opportunities to bring underused land into active use to provide therapeutic gardens, growing places, outdoor gym, woodland walks and green infrastructure links.

In *new facilities*, ensure good quality greenspace design is written into the specifications and procurement processes for new build hospitals and refurbishment programmes.

It should be noted that 'a key aim of the strategy is to achieve a financial position which is no worse than cost neutral, although there is an expectation that savings will be realised over the current position.' Therefore, looking at greenspace opportunities which tap into external funding and opportunities to work with Lothian Health Foundation to provide labour for any schemes they fund.

2.3 National Planning Framework (NPF3) Central Scotland Green Network

The Central Scotland Green Network (CSGN) remains a national development with a broad purpose and scope to achieve multiple benefits as it increasingly delivers transformational projects on the ground. Remediation of derelict land, prioritised action in disadvantaged communities and active travel (walking and cycling) should be the priorities for the CSGN Trust and others during the lifetime of NPF3. A more integrated approach and 'greening' of the urban environment through green infrastructure and retrofitting can improve quality of life within our towns and cities, alongside enhancing their longer-term environmental performance and climate resilience.

Central Scotland Green Network

The '**A place to feel good**' theme captures the CSGN's ambitions for health and wellbeing:

'Creating an environment which supports healthy lifestyles and good physical and mental well-being'

Outcomes:

- People feel good about their physical surroundings
- More people use and enjoy outdoor spaces
- Improved levels of physical and mental well-being
- A reduction in health inequalities
- A reduction in cases of preventable health problems

Ambitions:

- Creating attractive, safe, and well-maintained green space or accessible countryside within easy walking distance of every home in Central Scotland
- Significantly increasing the area of land used by the community for growing plants, fruit and vegetables, such as allotments, orchards and gardens
- Developing a strategic network of high-quality routes for active walking and cycling and recreation throughout Central Scotland

Link <http://www.centralscotlandgreennetwork.org/delivering/our-themes/a-place-to-feel-good>

2.4 Edinburgh and Lothians Forestry & Woodlands Strategy (2012-2017)

The Vision: By 2050, expanded networks of woodland in Edinburgh and the Lothians contribute to a strong, sustainable economy, are a key part of a healthy, resilient environment and play an important role in the quality of life of the region's communities.

A key objective includes: Improving woodlands' contribution to wellbeing

- QL3 Promote the role of woodlands in providing a resource for physical activity, accessible to all parts of society close to where people live and work.
- QL4 Prioritise woodland based projects designed to deliver physical and mental health benefits, particularly in areas with higher levels of deprivation and poorer health.

Link http://www.lfgnp.org.uk/wp-content/uploads/2016/07/elws_final_strategy_sept12.pdf

3. LOCAL

3.1 Edinburgh

3.1.1 Health and Social Care Strategy

The Edinburgh Integration Joint Board identifies **health inequality** in Edinburgh as one of the most serious results of social and economic inequalities. Health inequality means shorter lives and more disability and illness for those who are amongst the poorest or most vulnerable. The Edinburgh Partnership is committed to reducing health inequalities in the city and the Health Inequalities Standing Group has the lead responsibility to achieve this.

The **Integrated Framework and Action Plan to Tackle Health Inequalities 2013 – 2016** aims to reduce the gap between the most advantaged and disadvantaged whilst improving the health of all residents. Shared objectives include:

- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill-health prevention
- Give every child the best start in life

Link http://www.edinburgh.gov.uk/info/20215/health_and_social_care/821/health_and_social_strategy

Link http://www.edinburgh.gov.uk/transformedinburgh/info/12/integration/14/decision_making

‘Live Well in Later Life’ is Edinburgh’s strategy for older people’s health, wellbeing and care

Link http://www.edinburgh.gov.uk/transformedinburgh/info/18/live_well_in_later_life/37/about_live_well_in_later_life

The Edinburgh Partnership works across four **Locality Areas**: north-east, north-west, south-east, south-west – each with distinct socio-economic, health and demographic characteristics.

3.1.2 Local Outcomes Improvement Plan

The Edinburgh Partnership has produced **four Locality Improvement Plans**: north east, north west, south east and south west – these also include small area priorities for clusters of social deprivations (with specific priorities and actions). Health and Social outcomes include:

South west: Supported older people, reduced social isolation, mental health is supported and promotion of healthy living

South East: People lead healthier lifestyles both physically and mentally

High level actions include:

- identify target groups that have low levels of physical activity and promote affordable and accessible opportunities for people to become more active in their day to day lives
- promote local walking and cycling routes, ‘friends of parks’ groups, local growing initiatives and activities in communities

North west: Reduce poor mental health and isolation by providing more opportunities for social engagement

High level actions include:

- promote the wide-range of opportunities for people to engage in activities enhancing physical and mental wellbeing such as friends of parks groups, community gardeners, walking groups, and community cafes/hubs
- establish a programme of intergenerational activity across the locality such as Duke of Edinburgh participants linking with various client groups

North east: Reduced loneliness and social isolation, increased physical activity

Link http://www.edinburgh.gov.uk/info/20017/our_main_offices/1663/locality_improvement_plans

Edinburgh Partnership Community Plan 2015/18

The priorities identified by communities and described in the Local Community Plans include:

Building a healthier community:

- Caring for the most vulnerable residents and combating social isolation in older people
- Encouraging physical activity and healthy eating and promoting healthy lifestyles for all ages
- Increasing awareness of mental health issues and mental wellbeing

Strategic outcomes include:

- *Edinburgh's citizens experience improved health and wellbeing with reduced inequalities in health* | Strategic Priorities include: Reducing health inequalities
- *Edinburgh's children and young people enjoy their childhood and fulfil their potential*
Strategic Priorities include: improving early support

Link http://www.edinburgh.gov.uk/downloads/file/1457/the_edinburgh_partnership_community_plan

3.1.3 Edinburgh's Open Space Strategy 2021

Improving access to good quality greenspace for everyone across the city benefits health and wellbeing.

A Social Return on Investment (SROI) study to measure the impact of services provided through the city's parks estimated that every £1 spent on Edinburgh's parks delivers £12 of social, economic and environmental benefits, and individuals gain health and wellbeing benefits worth around £40.5 million.

Greenspace standards: All homes should be within 800 metres walking distance of an accessible large greenspace of at least 2 hectares AND within 400 metres walking distance of a 'good' quality, accessible greenspace of at least 500 square metres

Locality plans (NW, NE, SW, SE) identify spatial priorities and provision.

Link http://www.edinburgh.gov.uk/info/20178/park_management_and_rules/427/open_space_strategy/1

3.2 East Lothian

3.2.1 Health and Social Care Partnership Strategic Plan (2015-2025)

East Lothian Health & Social Care Partnership (ELHSCP) (Integration Joint Board) Strategic Plan includes a strategic priority to 'improve prevention and early intervention' and identifies an immediate priority in relation to 'healthy active ageing', as well as addressing health inequalities.

Within East Lothian there are six established local area partnerships centred on the main towns and communities. However, the Plan indicates that the need to redesign and reshape care delivery within a partnership the size of East Lothian allows the opportunity to consider a more appropriate level of health and social care planning based on two localities – West (Musselburgh, Fa'side and Preston, Seton and Gosford wards) and East (Haddington and Lammermuir, North Berwick Coastal and Dunbar and East Linton wards). Whilst this gives two localities of different proportions (West has a population of approximately 60,000, East of approximately 39,000) it recognises the broadly differing demographics of the two areas.

Link https://www.eastlothian.gov.uk/info/210558/social_care_and_health/12236/integrating_health_and_social_care_in_east_lothian/1

3.2.2 Local Outcomes Improvement Plan – The East Lothian Plan

The Plan focuses particularly on reducing inequalities, especially in the light of the work of the East Lothian Poverty Commission which reported in 2017, and also on prevention and early intervention.

Outcome 3.2 People in East Lothian are enjoying healthier lives

Link https://www.eastlothian.gov.uk/downloads/download/12534/east_lothian_plan_2017-27

3.2.3 Open Space Strategy

Consultation on draft strategy in 2012 – no longer available online. Updated Strategy is currently in development.

3.3 Midlothian

3.3.1 Health and Social Care Joint Integration Board Strategic Plan 2016-19

The Midlothian Integration Joint Board (IJB) vision is that 'people will lead longer and healthier lives by getting the right advice, care and support, in the right place, at the right time'. This includes supporting people to stay healthy and well.

The Strategic plan is based on the West and East localities. East Midlothian includes three areas of multiple deprivation: Gorebridge, Mayfield and Woodburn (Dalkeith & District).

Link https://www.midlothian.gov.uk/info/1347/health_and_social_care/200/health_and_social_care_integration/1

3.3.2 Midlothian – A Great Place to Grow: Single Midlothian Plan 2018-19

The priorities for the 3 year period of the Community Plan include *reducing the gap in health outcomes*.

Adult Health and Care outcomes for 2019/20 budget year include:

- People are able to look after and improve their own health and wellbeing and live in good health for longer
- Health and Social Care have contributed to reducing health inequalities

Link https://www.midlothian.gov.uk/downloads/file/2795/single_midlothian_plan_2018-19

3.3.3 Open Space Strategy

High quality, accessible and functional spaces can have a positive and beneficial impact on the environment and people's health and wellbeing. Action plan sets out spatial and thematic priorities.

Link http://www2.midlothian.gov.uk/Council/Meetings/Public/Planning%20Committee/20130528/CM_PC_20130528_11_2.pdf

Midlothian Local Development Plan 2017 Draft Supplementary Guidance - Midlothian Green Network (Feb 2018)

Link http://midlothian-consult.objective.co.uk/portal/planningpolicy/supplementary_guidance/midlothian_green_network_draft_supplementary_guidance?pointId=4663278#document-4663278

3.4 West Lothian

3.4.1 West Lothian Integration Joint Board Strategic Plan 2016-26

The Vision is “To increase wellbeing and reduce health inequalities across all communities in West Lothian”. Key outcomes include: (1) People are able to look after and improve their own health and wellbeing and live in good health for longer and (4) Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services.

Strategic priorities include: tackling inequalities and, prevention and early intervention

A Strategic Needs Assessment identifies health and social care needs in each of West Lothian's two localities: East and West.

Link <http://www.westlothianchcp.org.uk/IJB-strategic-plan>

3.4.2 Local Outcomes Improvement Plan – Achieving Positive Outcomes (2013-2023)

The theme for the Local Outcomes Improvement Plan is ‘Tackling Inequality’

Outcome [all life stages]: We live longer, healthier lives and have reduced health inequalities

[Life Stages outcomes]: Older people live longer healthier more independent and fulfilling lives within a supportive community

Link https://www.westlothian.gov.uk/media/17003/West-Lothian-Local-Outcomes-Improvement-Plan-2013-2023/pdf/West_Lothian_Local_Outcomes_Improvement_Plan_2013-2023.pdf

3.4.3 Open Space Strategy

An Interim Review was published in 2010 – key findings include: West Lothian Council can make more of its Open Space resource in terms of the contribution that open space can make to quality of life, health, sustainable lifestyles, competitive place and economic development.

Link <https://www.westlothian.gov.uk/media/4401/West-Lothian-Open-Space-Strategy---Interim-Review/pdf/WestLothianOpenSpaceStrategyInterimReview.pdf>

The Strategy is currently under review, with work being carried out in-house to produce a new Strategy for 2020-2025. Work is taking place in parallel to develop a Local Food Growing Strategy.