

Health and well-being: some resources and a reflection

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Amateur and generalist – orienteer; fell runner; trail rider; wannabe motorcycle adventurer – not particularly good at any of the above

Member of:

- The Fell Runners Association & Goyt Valley Striders
- British Orienteering (Grade C Controller) & Manchester and District O Club
- The Motorcycling Club; the Auto-Cycle Union; the TRF; RallyMoto
- The Bob Graham Club (member no. 1418)
- The Canal and Riverside Trust
- The National Trust
- The Hedgehog Preservation Society (life member)



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- Quick tour of some resources to quantify the effects of access to green space
- Reflection on why we must keep pushing this agenda



Things we already know

Access to green and blue space can improve

- Levels of physical activity and willingness to exercise
- Mental health
- Wellbeing

Barriers to access

- Who has a public right of way? An analysis of provision and inequity in England and Wales: Dr Alex Chapman, Poorva Prabhu and Antony Scott [Volume 1 - Who has a Public Right of Way? \(ramblers.org.uk\)](#)

Stark inequality

- PRow provision is deeply unequal and missing from the communities that need it most.
- “The most deprived communities in England and Wales are missing out on the greatest proportion of PRowS...and would have around 63% more in their local area today if all PRow had been accurately registered in legal records”.











▲ Paul Ryding

We all know that being in nature is good for our health and mental well-being. But how does it work its magic? For example, what explains the finding that, following gall bladder surgery, people who could see a verdant scene from their hospital window recovered three times faster and needed far less pain medication than those who only looked out over a brick wall?

Finding the evidence - resources

RESEARCH ARTICLE | 

A synthesis of health benefits of natural sounds and their distribution in national parks

[Rachel T. Buxton](#)  , [Amber L. Pearson](#) , [Claudia Allou](#)  , and [George Wittemyer](#) 

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Finding the evidence – resources from my world

- [Clinicaltrials.gov](https://www.clinicaltrials.gov)
- [Study Details | Blue-green Space Physical Activity: the "Parco Del Mare" Study | ClinicalTrials.gov](#)
- [Study Details | The Emotional, Physical and Cognitive Benefits of Purposeful Green Space Activities on Seniors | ClinicalTrials.gov](#)
- [PubMed](#)
- [green space - Search Results - PubMed \(nih.gov\)](#)



Things we perhaps didn't know

Exercise throughout the Cancer Treatment Continuum

Studies have demonstrated consistently that exercise enhances physical and psychosocial function, resulting in an improved quality of life (^{11,26}). Improvements in the side effects of chemotherapy treatment include reduced nausea, fatigue, anxiety, and depression and increased integrity of bone and muscle mass (²⁸). Exercise may improve timely completion of full-dose chemotherapy regimens, enhancing treatment benefit (⁵). Increased tumor sensitivity may occur in individuals exercising during chemotherapy administration (²¹). Aerobic exercise may be beneficial in the prevention and treatment of the cardiotoxic effects of doxorubicin and trastuzumab as well as in the improvement of cardiorespiratory fitness (^{28,34,38}). The benefit of upper extremity exercise in the management of lymphedema in breast cancer has been documented, dispelling the myth of restricting use of the affected extremity (³²). Sixty percent of patients with breast cancer gain weight during adjuvant chemotherapy, which increases the risk of recurrence. Exercise can ameliorate this risk factor (¹⁸).

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- EXERCISE IS MEDICINE
 - The Role of Exercise in Cancer Treatment
 - Bridging the Gap
 - Kimmel, Gary T. MD¹; Haas, Barbara K. RN, PhD²; Hermanns, Melinda PhD, RN, BC, CNE²
 - [Author Information](#) *Current Sports Medicine Reports* 13(4):p 246-252. July/August 2014. | DOI: 10.1249/JSR.0000000000000068

- FREE



Things we perhaps didn't know

- [Spiritual care of cancer patients by integrated medicine in urban green space: a pilot study - PubMed \(nih.gov\)](#)
- [Program Guide – ASCO Meeting Program Guide](#)



Reflection

- Access to green and blue space (even photographs of it) and to the sounds and smells of the natural world can have a significant beneficial effect on mental and physical health.
- There are significant inequities in provision of access across England and Wales ([Volume 1 - Who has a Public Right of Way? \(ramblers.org.uk\)](#))
- Part of our role is to push for greater equity, against a background of austerity measures and competing demands for resource which sometimes 'shout louder' than access.
- Hope I've provided some novel resources for you to refer to in providing evidence.
- Exercise can significantly improve clinical outcomes and reduce the risk of recurrence in some cancers. Exercise in green space *may* be even more beneficial.
- 1 in 2 of us will get cancer. Let's keep pushing for more PRowWs and equity of access.

