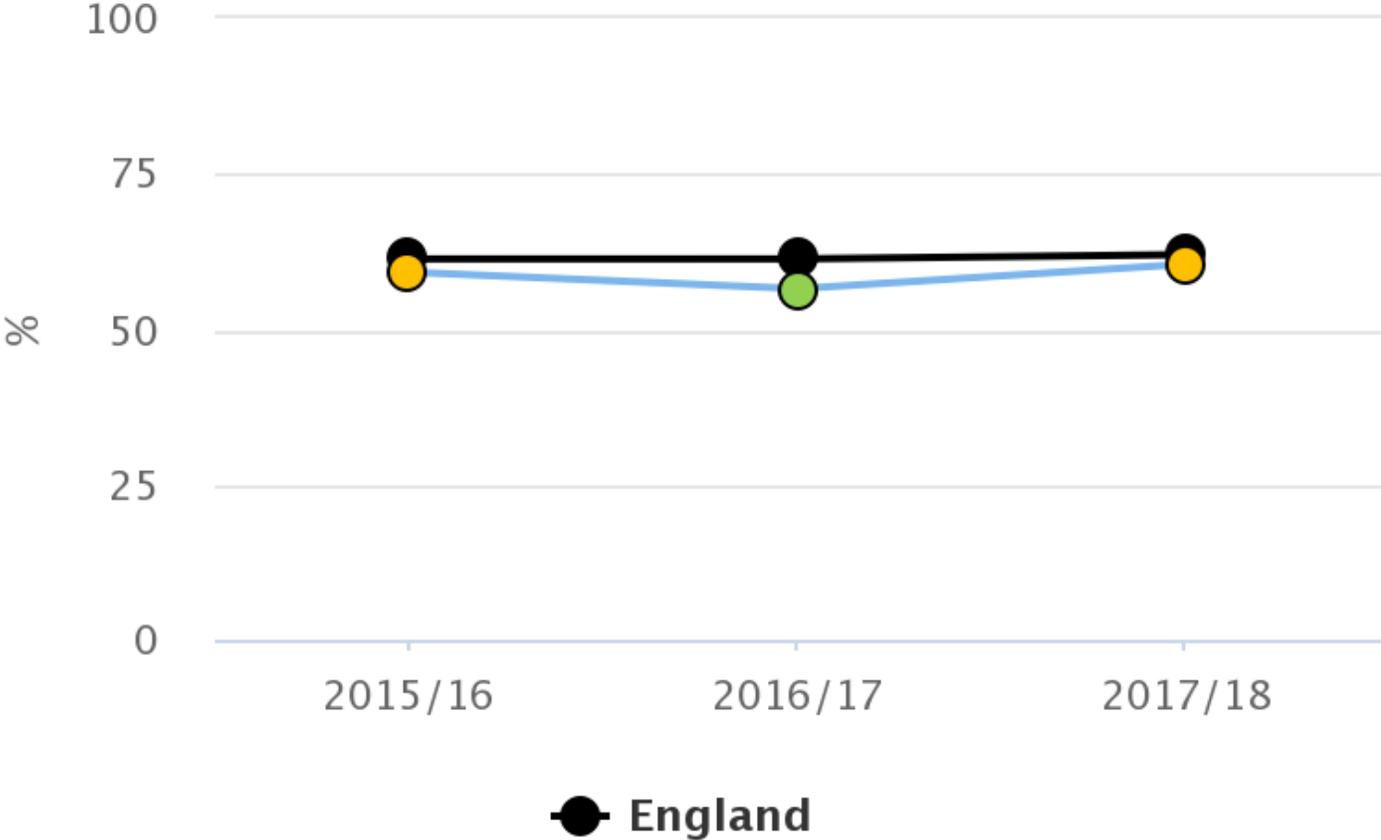
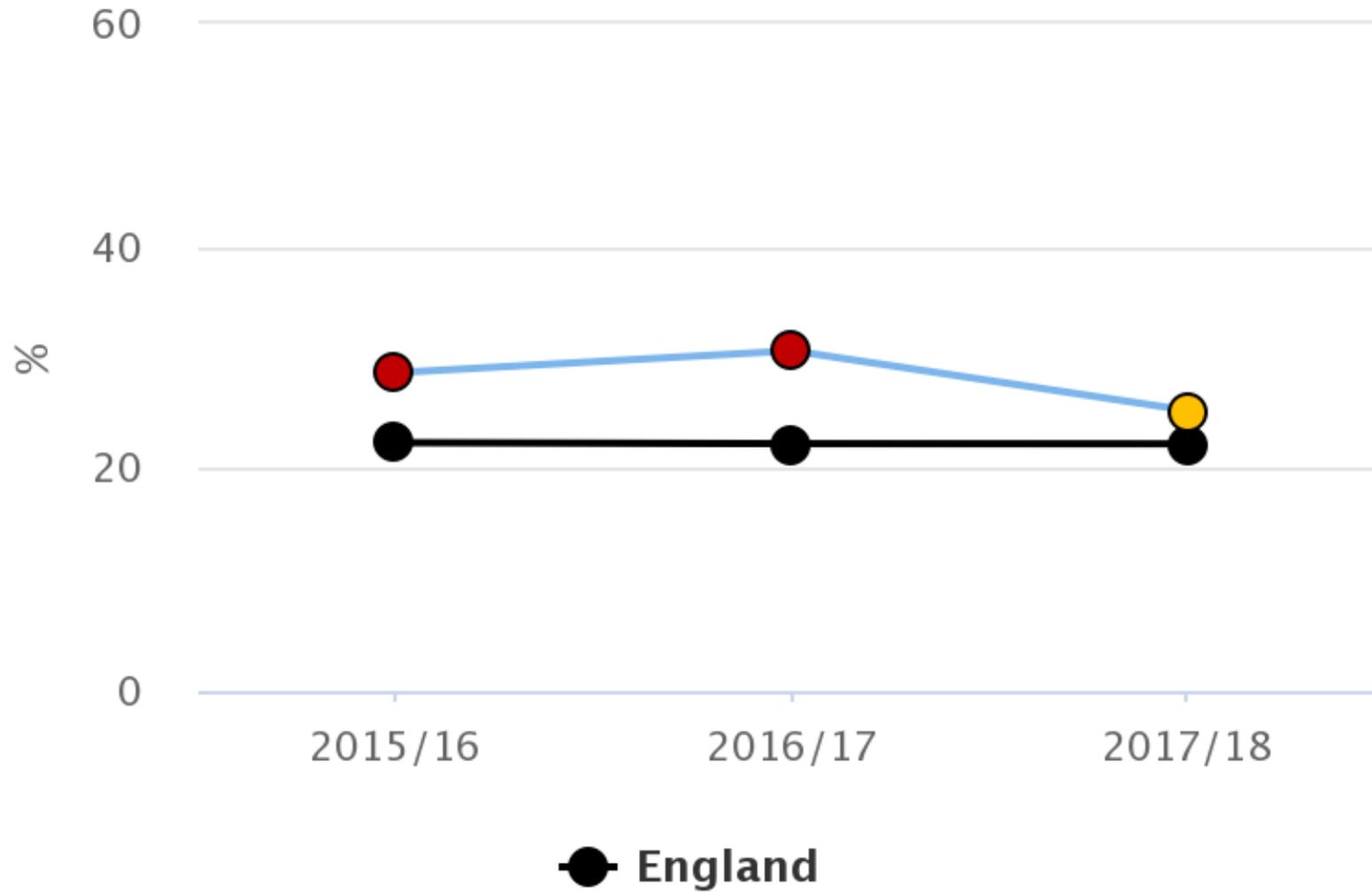


# Allotments and Public Health

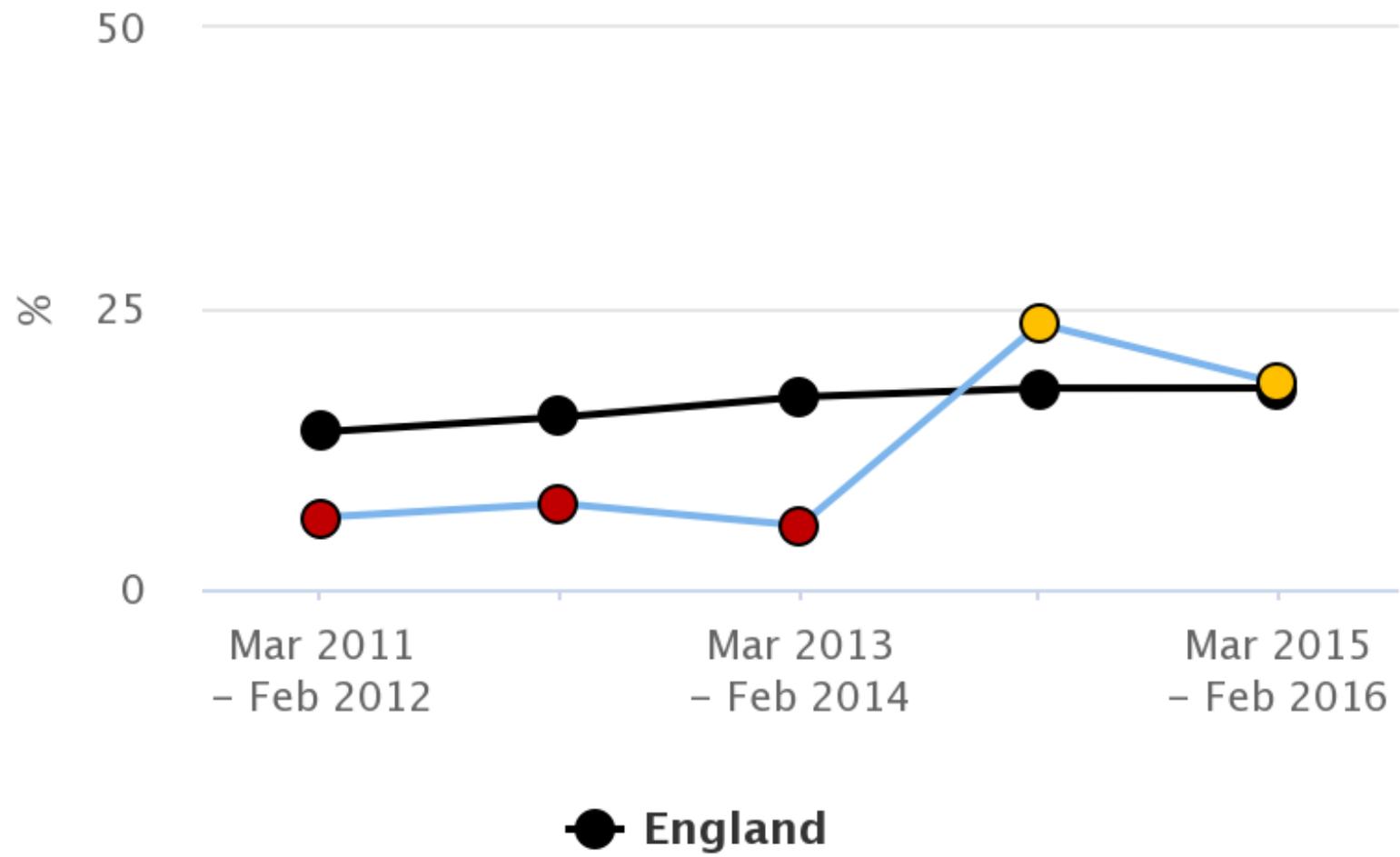
Percentage of adults (aged 18+) classified as overweight or obese for Hounslow



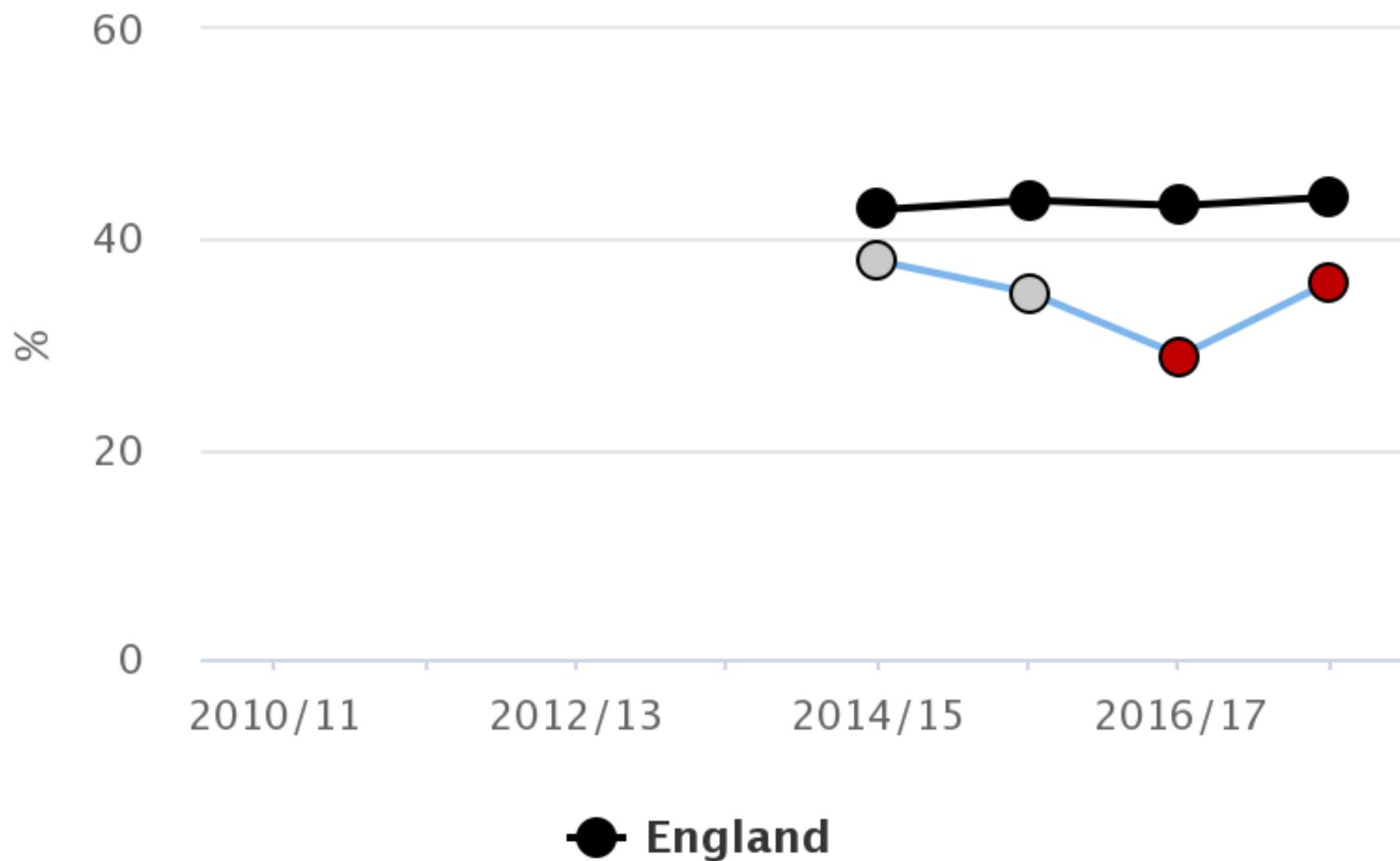
Percentage of physically inactive adults for Hounslow



# Utilisation of outdoor space for exercise/health reasons for Hounslow



Social Isolation: percentage of adult social care users who have as much social contact as they would like (65+ yrs) for Hounslow



## Access to good quality green space is associated with:

- improvements in mental health and wellbeing, such as depression, stress, dementia
- increased longevity in older people
- lower body mass index (BMI) scores, overweight and obesity levels and higher levels of physical activity
- better self-rated health

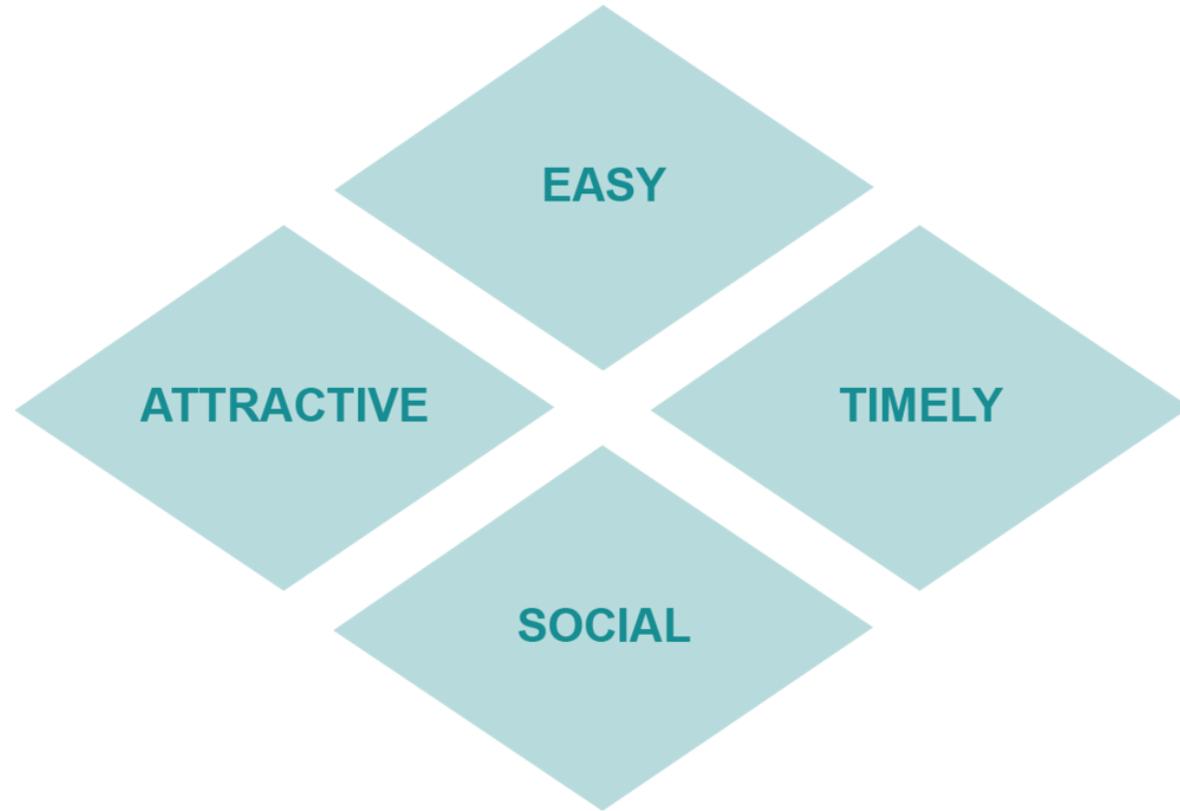
# Allotments & Gardening

- Allotment gardeners, compared to non-gardeners, reported better perceived general health, subjective health complaints, mental health and social cohesion.
- Increases fruit & vegetable uptake in children

- **So why are so many adults struggling to be physically active?**

# Behavioural Science

- **Application of research around human behaviour and decision making to policy, communications, and intervention design**
  - Psychology
  - Behavioural Economics
  - Sociology
  - Anthropology



- Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

# Physical activity for adults and older adults

Benefits health	Reduces your chance of	Type II Diabetes -40%
Improves sleep		Cardiovascular disease -35%
Maintains healthy weight		Falls, depression etc. -30%
Manages stress		Joint and back pain -25%
Improves quality of life		Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

## Be active

at least

# 150

minutes  
moderate intensity  
per week

increased breathing  
able to talk

OR

or a combination of both

at least

# 75

minutes  
vigorous intensity  
per week

breathing fast  
difficulty talking

*to keep muscles, bones and joints strong*

## Build strength

on at least

2

days a week

### Minimise sedentary time

Break up periods of inactivity

### Improve balance

For older adults, to reduce the chance of frailty and falls

**2 days a week**

# Elderly Evaders



55-74  
64% (193)



Children in HH  
23% (75)



Retired  
41% (214)



AVERAGE  
AB 32% (120)



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## IN THEIR OWN WORDS...

"At the moment I do not want to be more active. Maybe if all those exercises and activities were fun and easy, I would start being more active"

"I don't want to be more active. I have far more things to do. I prefer cerebral activities"

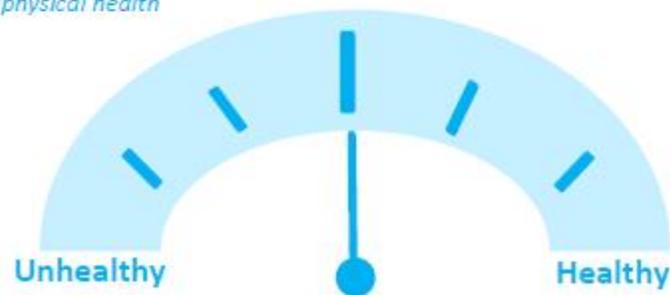


## ACTIVITIES MAKE THEM FEEL...

UNINTERESTED	58% (294)
UNEASY	19% (99)
ANNOYED	7% (110)
REPULSED	5% (191)

## PERCEIVED HEALTHINESS

*Lifestyle, routine, mental/physical health*



# Want-to-but-can't



65-74  
33% (182)



Children in HH  
19% (67)



Unemployed/  
retired  
59% (203)

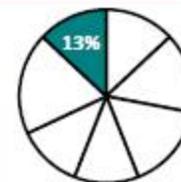


LOW  
E 28% (194)



## IN THEIR OWN WORDS...

"I have severe arthritis so exercise is an issue for me, I do as much as I feel able to but I would like to be able to do more in the future"



"As a disabled person, I would enjoy the company of other people working together to get fit in a relaxed friendly atmosphere, but I would need transport to access such an activity"

## ACTIVITIES MAKE THEM FEEL...

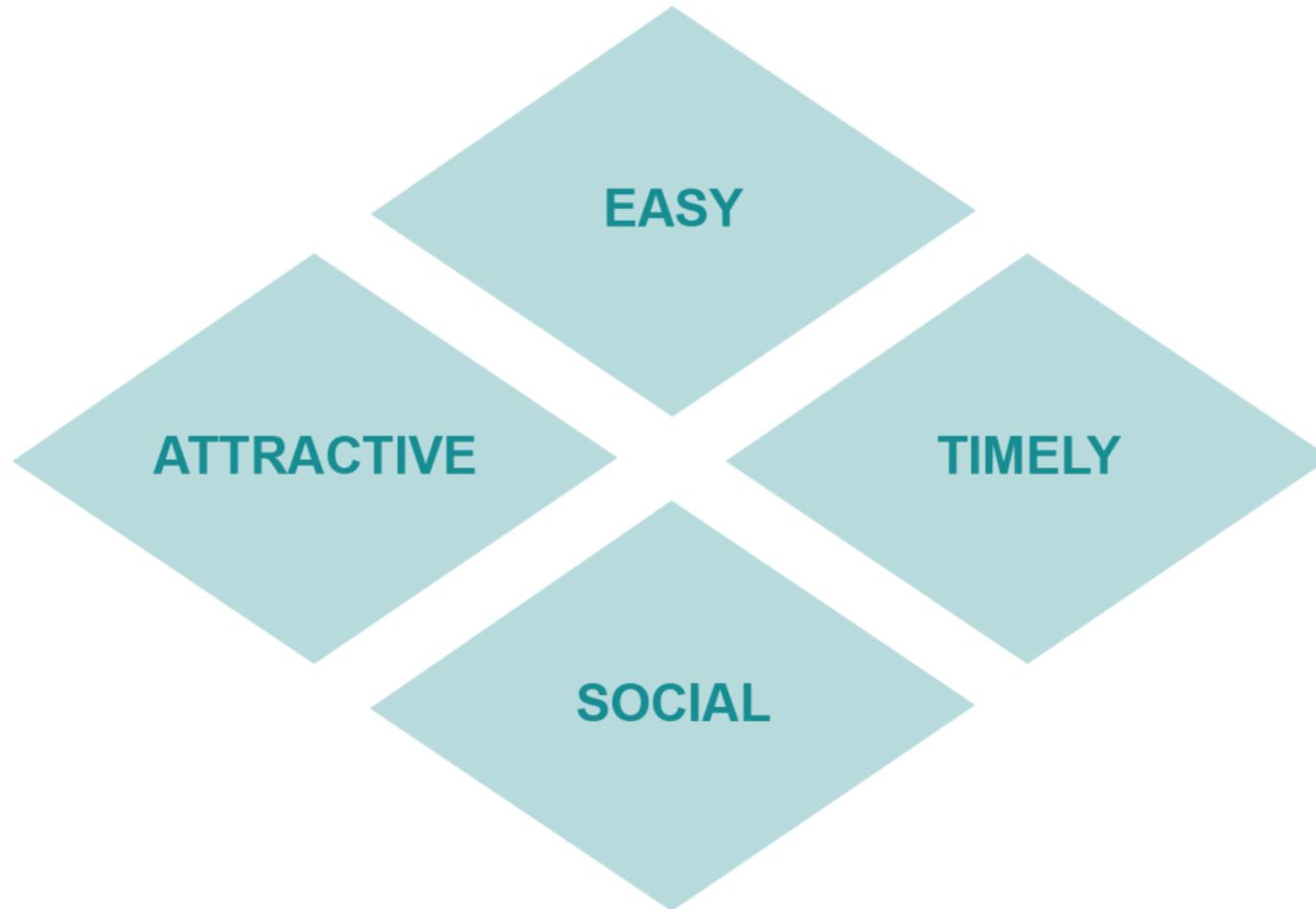
DOWNHEARTED	26% (200)
DESPAIRING	25% (234)
ANNOYED	11% (174)
HUMILIATED	8% (163)

## PERCEIVED HEALTHINESS

*Lifestyle, routine, mental/physical health*



# Gardening as behaviour change



- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still.
- Adults should do activities to develop or maintain strength in the major muscle groups. These could include heavy gardening, carrying heavy shopping, or resistance exercise. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.
- Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.