



Natural England

Walking for Health Programme

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About this presentation



NATURAL
ENGLAND

- About Natural England
- About Walking for Health
- Progress to date
- Targets & next steps



Natural England – an introduction



Natural England is the adviser to the UK Government on the natural environment

We're working towards

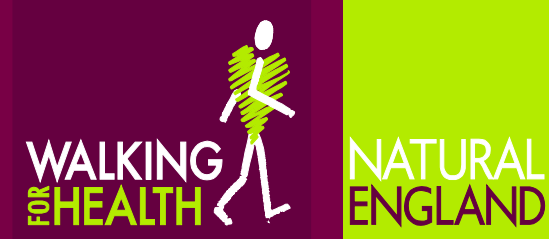
- a healthy natural environment**
- inspiring people to value the natural environment**
- sustainable use of the natural environment**
- a secure environmental future**

The “Natural Health Service“ was launched in 2009

- to help raise awareness of green space**
- to ensure good access to green space and**
- to support health services to make better use of it.**



Walking – a fantastic physical activity!



- Physical inactivity and sedentary lifestyles are major concerns, creating many major avoidable health problems such as obesity, diabetes, heart disease, mental health problems and some cancers.
- The recommended minimum frequency of physical activity is 5 x 30 minutes of moderate activity per week (according to the Chief Medical Officer)
- Walking is a fantastic form of moderate activity, it's a great preventative health measure, its simple and it's free.



WfH aims to get more people regularly active in the natural environment to improve their health and wellbeing

What is a health walk?



A walk that

- Is planned, risk assessed and led regularly by a trained walk leader
- Lasts between 30 and 90 minutes
- Takes place on easy flat terrain
- Is led at a pace which is brisk for the individual
- Increases an individual's breathing
- Raises the pulse rate



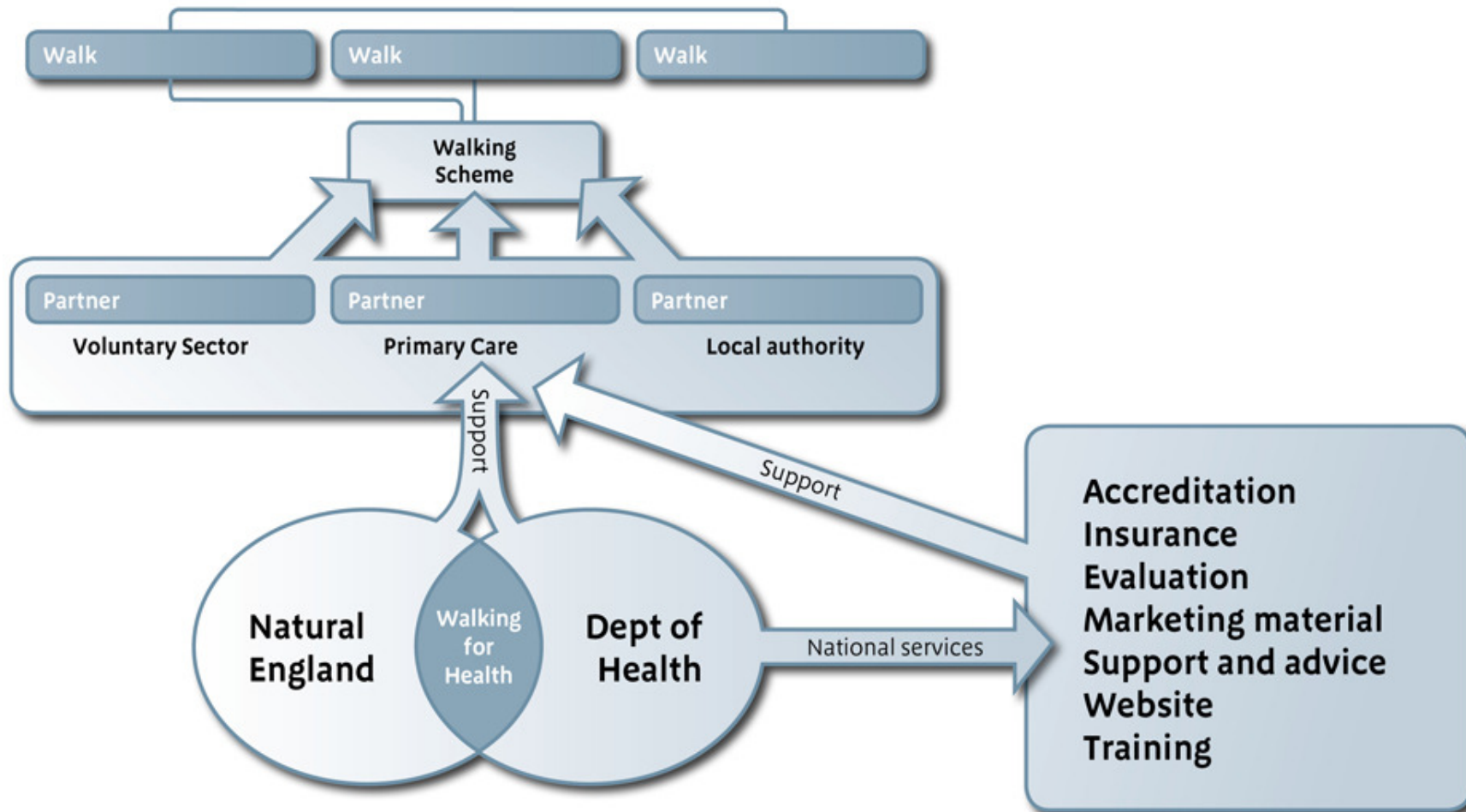
Walking for Health – progress to date



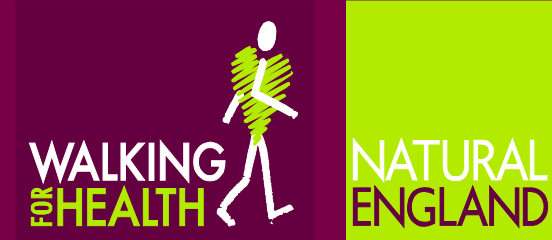
- **Launched in 2000**
- **The largest programme in the UK promoting physical activity to sedentary people in urban and rural areas**
- **32,000 people each week to take part in led health walks in their local natural environment**
- **Almost 600 active walking schemes set up**
- **6,500 volunteer walk leaders trained a year**
- **Over 1000 WfH walkers in Derbyshire.**



The Walking for Health 'model'

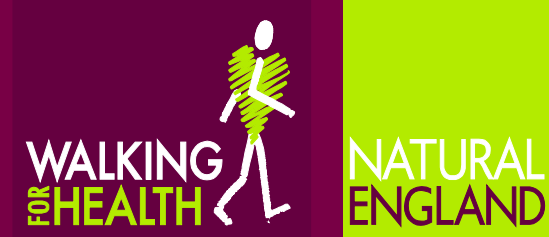


What does Natural England provide?



- **Training using a cascaded training model**
- **Support for regional walking partnerships & health networks**
- **Regional advisors to support and advise**
- **Approved insurance scheme for walks**
- **Accreditation mark to assure high standards**
- **A secure database for evaluating WfH**
- **Regularly updated website, including “Walkfinder “ section**
- **Regular e-newsletters**
- **Promotional materials - leaflets, case studies, DVDs, banners**
- **Influencing at national, regional and local levels**

Our expansion target



130,000 people per week on WfH health walks in England by 2012

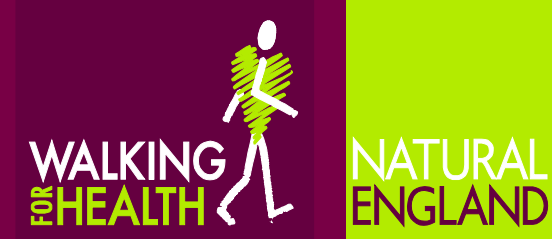
- **More schemes**
- **More short walks via existing schemes**
- **More walkers on existing walks**
- **More volunteers trained as walk leaders**
- **Increased sustainability**



To support this Natural England

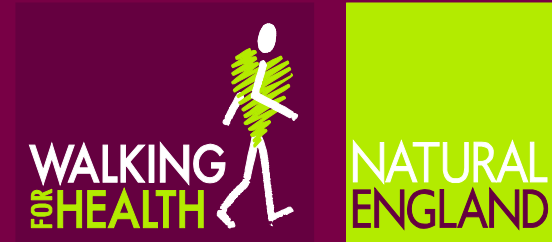
- **Is expanding its national and local teams**
- **Is developing a better more focussed training scheme**
- **Is developing more promotional material & new website**

What's in it for Derbyshire?



- **Achieve more people being active in your communities and achieving lasting behaviour change**
- **More people using your local parks and footpath networks**
- **Safer communities**
- **Activities for your community's residents**
- **Referral into physical activity for range of health issues**
- **A cost effective intervention using a tried and tested model with plenty of support to develop and deliver it.**

Next steps for Natural England & Walking for Health in Derbyshire



- **Work with Derbyshire County PCT; Derbyshire Sport and other partners to deliver the Active Derbyshire Plan walking targets**
- **Understand and help support the objectives of the County and Borough Councils Physical Activity plans & priorities**
- **Help to create a countywide network of WfH scheme coordinators and walk leaders**
- **Support existing schemes and walks and help to establish new ones**