

Local Access Forum

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The Built & Green Environment

- Term “Obesogenic Environment” appeared in last decade as early as 1996.
- *“...it has become normal to eat lots of high-fat food, spend hours watching TV and use the car instead of walking even short distances.”* (Professor Wardle – UCL. *Independent on Sunday* Jan 2002)



Evidence

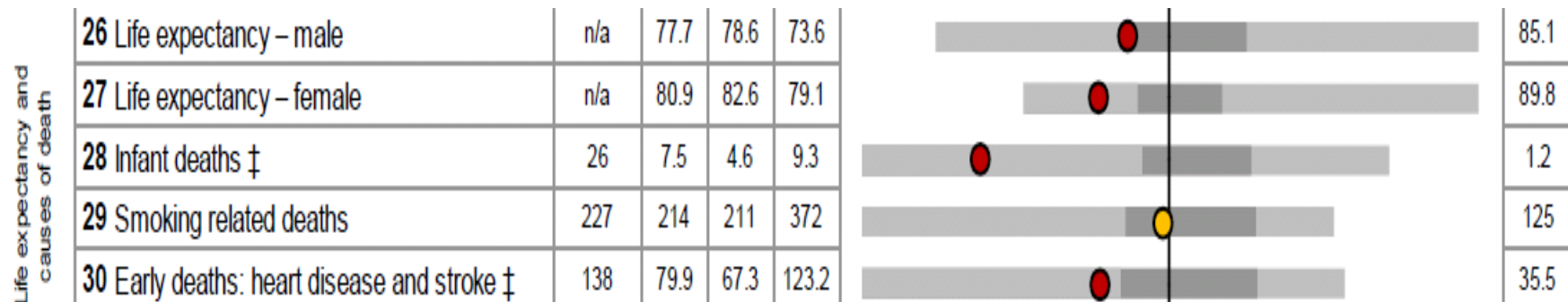
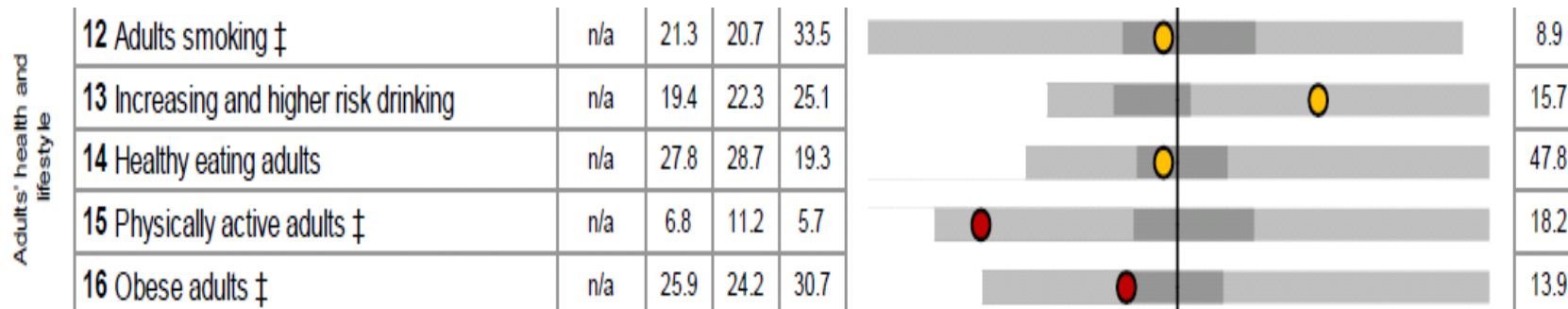
- **NICE Public Health Guidelines**
 - PH8: Physical Activity & the Environment
 - PH29 & 31: Preventing Unintentional Road Injuries among Under 15's: Road Design
 - PH41: Local Measures to support walking and cycling as forms of travel and recreation



"...and here's the shanty town for the key workers"

Evidence

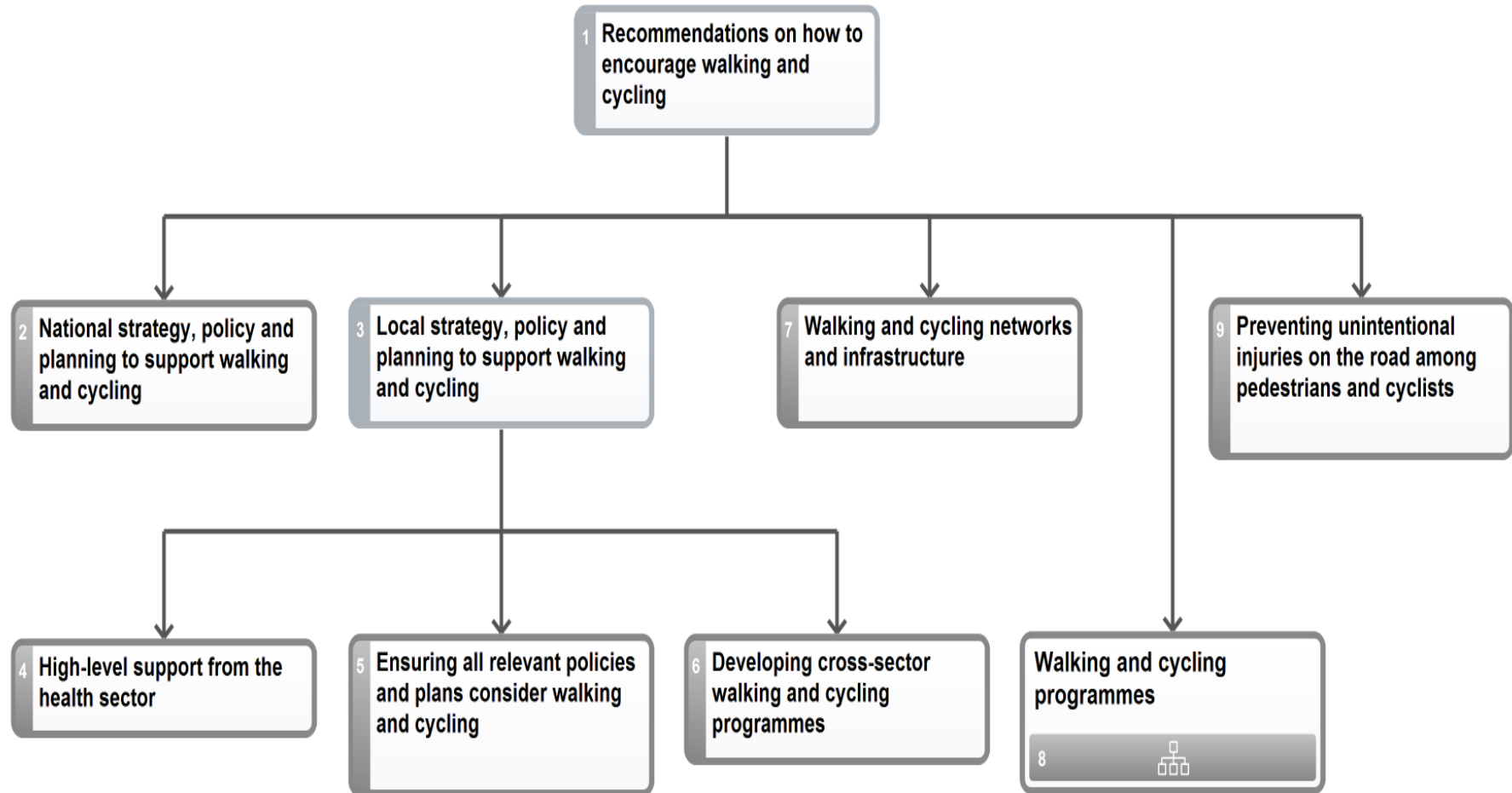
Luton Health Profile 2013:



Benefits of Walking and Cycling

- Reducing the risk of coronary heart disease, stroke, cancer, obesity and type 2 diabetes.
- Keeping the musculoskeletal system healthy.
- Promoting mental wellbeing.
- Reduce car travel, leading to reductions in air pollution, carbon dioxide emissions and congestion.
- Reduce road danger and noise.
- Increase the number of people of all ages who are out on the streets, making public spaces seem more welcoming and providing opportunities for social interaction.
- Provide an opportunity for everyone, including people with an impairment, to participate in and enjoy the outdoor environment.

Walking and Cycling Pathways



Dallow Downs

- Dallow Downs leaflet with footpaths, wildlife and history of the site.
- Community project with local volunteers clearing the rights of way and schools planting trees.
- Trail workshops for schools and the community.
- Joint project by Faith Woodlands Communities with Luton Borough Council - Natural Environment Team and Parks Department



Dallow Downs & Runley Woods

Can You Spot These?

How many of these can you find and tick off?



Animals and insects

 Foxes	 Muntjac Deer	 Hedgehog	 Shrews	 Voles
 Mole	 Sparrowhawk	 Kestrel	 Pheasant	 Partridge
 Redwing	 Shoveler	 Small Blue Butterfly	 Chalkhill Blue Butterfly	 Dark Green Fritillary Butterfly

Trees and plants in the woods

 Hawthorn	 Sorb	 Sycamore	 Field Maple
 Holly	 Beech	 Ash	 Holly

Countryside code

Please feel free to walk around and enjoy the site, but to remain safe and avoid harming or disturbing plants and animals, we ask you to observe these simple rules:

- Keep to the paths as much as possible.
- Keep dogs under control and clean-up after them.
- Do not cycle over the site.
- Prevent plants and animals.
- Take your litter home.
- Take care while management, such as cutting and burning is taking place.
- Remember that ash from fires can stay hot for a long time.

Map Key

- Access Point
- Path
- Woodland
- Water
- Watercourse
- Electricity

Why not follow the Faith Woodlands Path?

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WHO HEAT

- **Health economic assessment tool (HEAT) for cycling and walking**
- HEAT is an online resource to estimate the economic savings resulting from reductions in mortality as a consequence of regular cycling and/or walking
- HEAT calculates the answer to the following question: ***“if x people cycle or walk y distance on most days, what is the economic value of mortality rate improvements?”***



Contact Details

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