

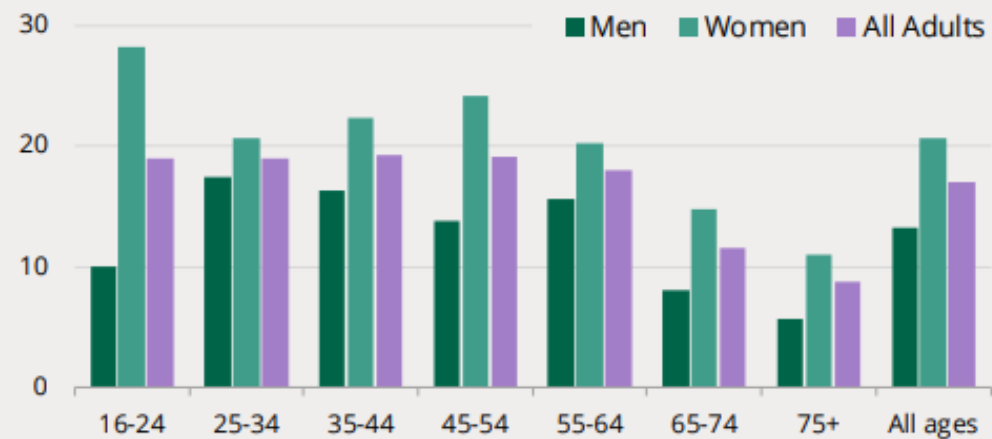
A conceptual image featuring a lightbulb with a single green leaf inside it, positioned centrally. The background is a dense, vibrant green field of small, rounded leaves, creating a textured, natural setting. The lightbulb is transparent, showing the leaf inside, and has a metallic base.

Nature Connectedness, Health & Wellbeing

BMOE7013 Health, Wellbeing & the Outdoors

Prevalence of common mental disorders by age and sex

Percent reporting CMD within the last week, England, 2014



Source: NHS Digital, [Adult Psychiatric Morbidity Survey: 2014](#), Table 2.3

By Carl Baker,
Esme Kirk-Wade

1 March 2024

Mental health statistics: prevalence, services and funding in England

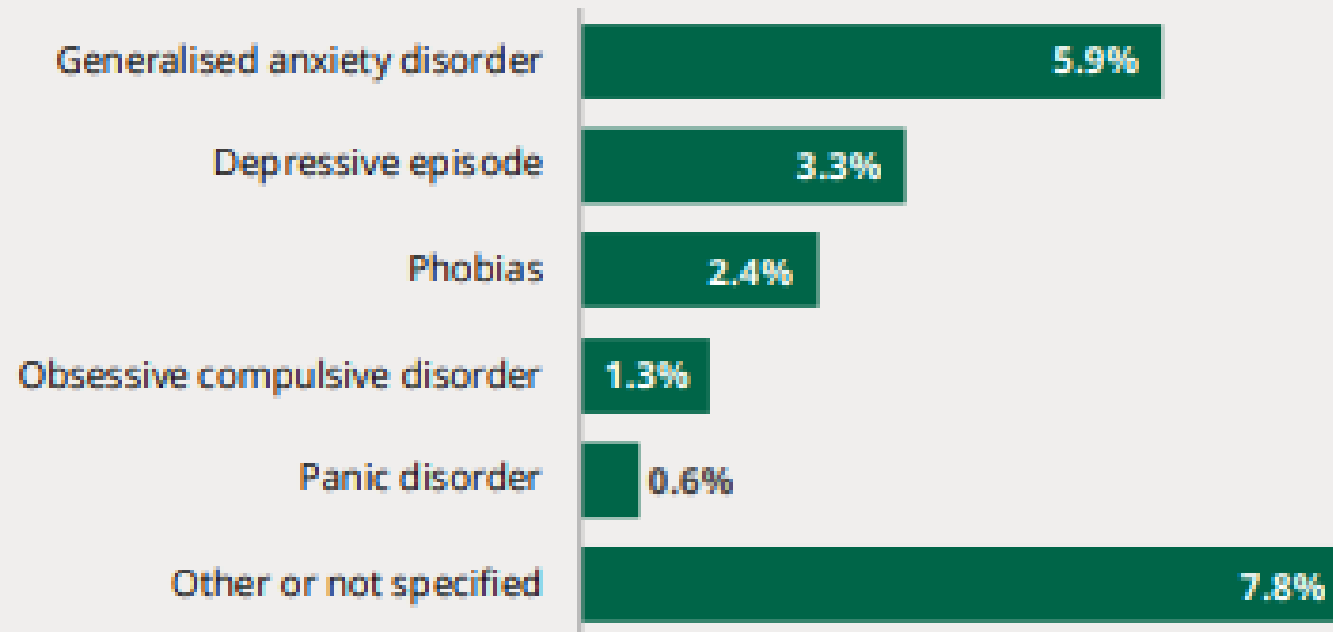


Summary

- 1 How widespread are mental health conditions?
- 2 Depression, the Covid-19 pandemic, and the rising cost of living
- 3 NHS mental health services
- 4 NHS talking therapies for depression and anxiety (formerly IAPT)
- 5 Waiting times for other mental health services in England
- 6 Funding for mental health services
- 7 Where to find data on mental health for UK countries

Prevalence of specific common mental disorders

Percent reporting specific CMDs within the last week, England, 2014



Source: NHS Digital, [Adult Psychiatric Morbidity Survey: 2014](#), Table 2.3

Since a person can have more than one CMD, these figures sum to more than the total prevalence of CMDs.

Mental Health Prevalence – UK & Wales (Latest Stats)

- England (APMS 2023-24): 18.3% adults with common mental health conditions; 10% severe.
- Children & Young People (UK, 2023): 20% aged 8–16 and 23% aged 17–19 had probable mental disorder.
- Wales (Nat. Survey 2022-23): Average well-being score dropped to 48.2 (from 50.9 in 2016–17).
- Wales (Mental Health Foundation, 2023): 73% adults felt anxious in last 2 weeks; 26% said anxiety interfered most/all of the time.
- England & Wales (ONS 2023): 6,069 suicides registered (rate: 11.4 per 100,000).

Health Stats

- [Mental health statistics: prevalence, services and funding in England - House of Commons Library](#)
- [Mental well-being \(National Survey for Wales\): April 2022 to March 2023 \[HTML\] | GOV.WALES](#)
- [Our new research reveals anxiety is gripping Wales as many people suffer in silence and struggle to cope | Mental Health Foundation](#)
- [Understanding the mental health landscape in Wales : Mentally Healthy Schools](#)



Work-related stress, depression or anxiety

914,000

Workers suffering from work-related stress, depression or anxiety (new or long-standing) in 2021/22

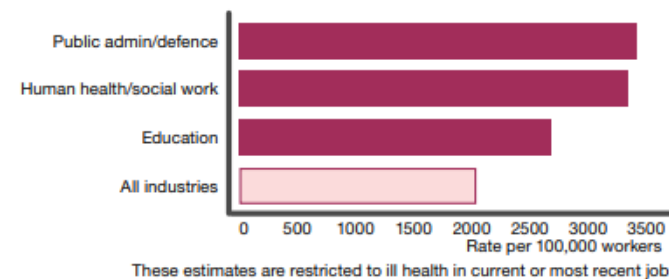
372,000

Workers suffering from a new case of work-related stress, depression or anxiety in 2021/22

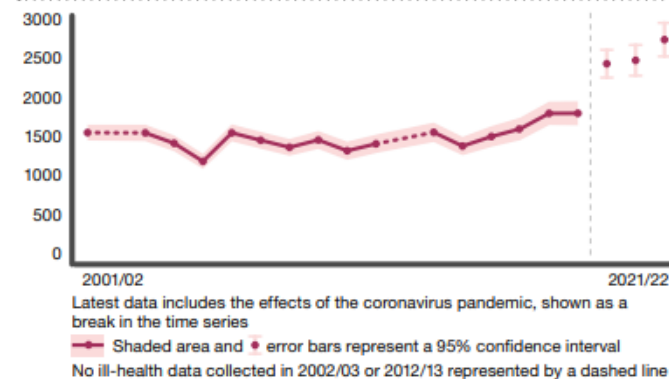
17.0 million

Working days lost due to work-related stress, depression or anxiety in 2021/22

Industries with higher-than-average rates of work-related stress, depression or anxiety, averaged 2019/20–2021/22



Rate of work-related stress, depression or anxiety per 100,000 workers: new and long-standing



In the recent years prior to the coronavirus pandemic, the rate of self-reported work-related stress, depression or anxiety had shown signs of increasing. The current rate is higher than the 2018/19 pre-coronavirus levels.

Working days lost per worker due to self-reported work-related stress, depression or anxiety shows no clear trend.

In 2021/22, the effects of the coronavirus pandemic were found to be a major contributory factor to work-related stress, depression or anxiety.

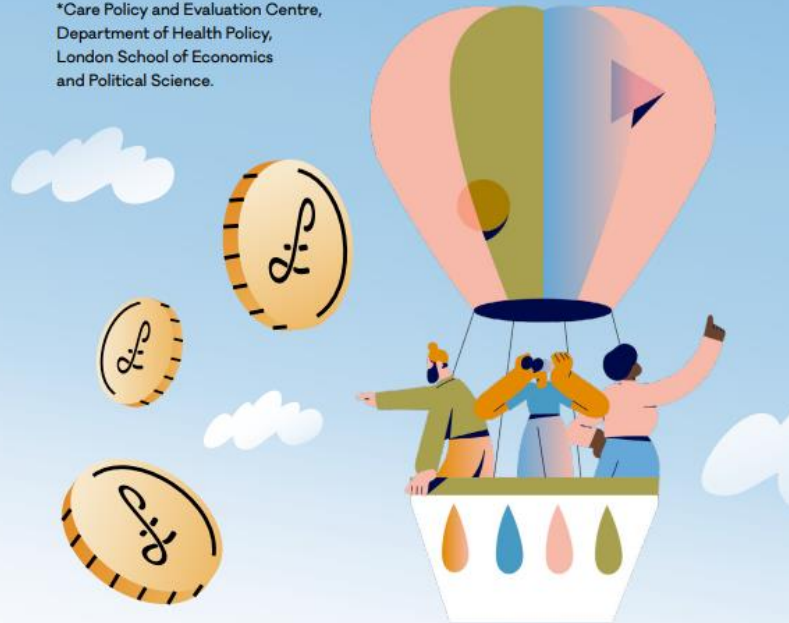
Estimates of work-related stress, depression or anxiety based on self-reports from the Labour Force Survey (LFS)

To find out the story behind the key figures, visit <https://www.hse.gov.uk/statistics/causdis/stress.pdf>

The economic case for investing in the prevention of mental health conditions in the UK

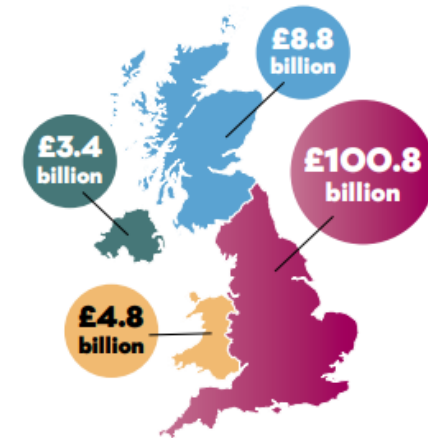
David McDaid* and A-La Park*

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Department of Health Policy,
London School of Economics
and Political Science.



February 2022

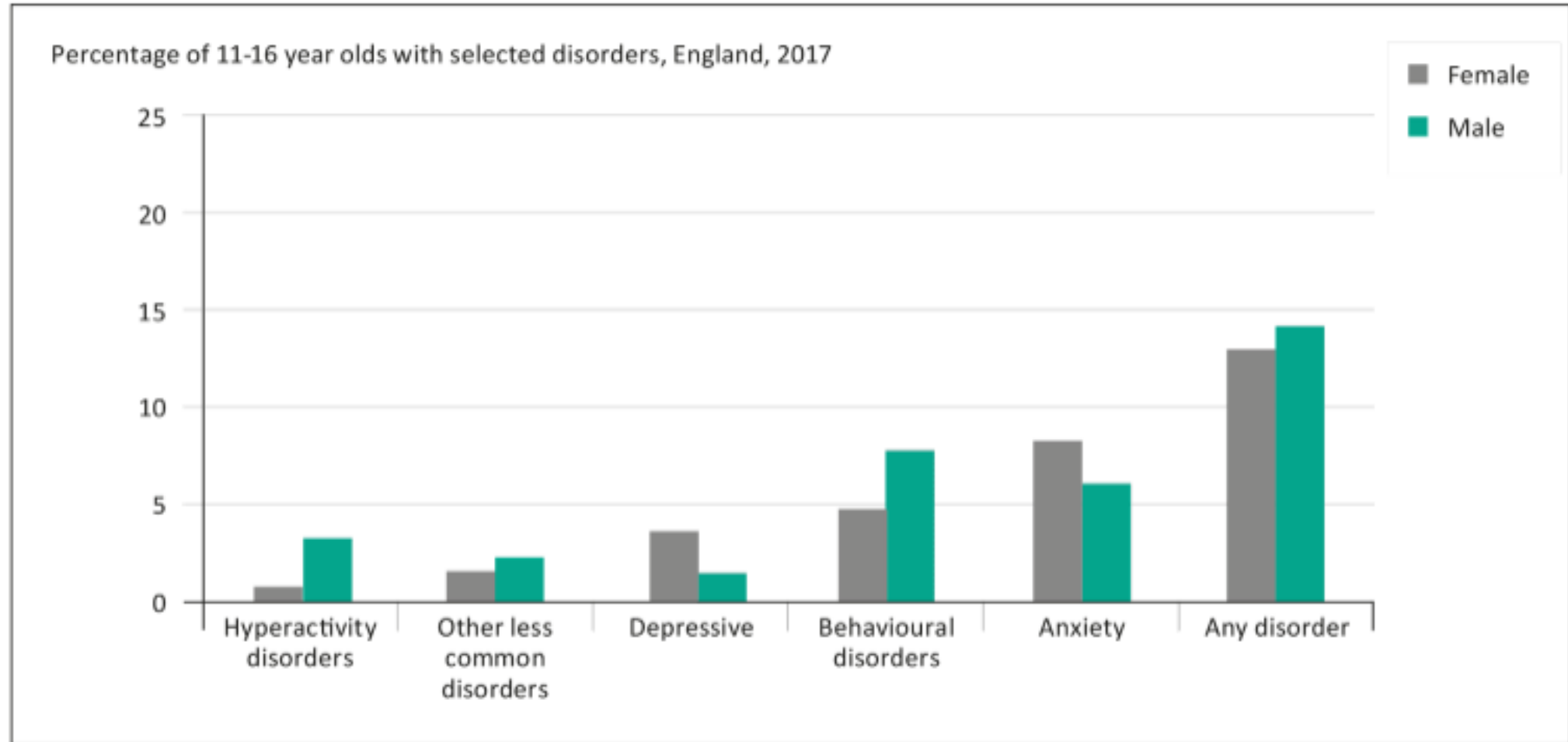
Mental health problems cost UK economy at least £117.9 billion per year



To put this figure into context the monetary costs of the NHS in England in 2019/20 were £150.4 billion, whilst the cost of the furlough scheme to protect the income of workers during the COVID pandemic was approximately £70 billion.

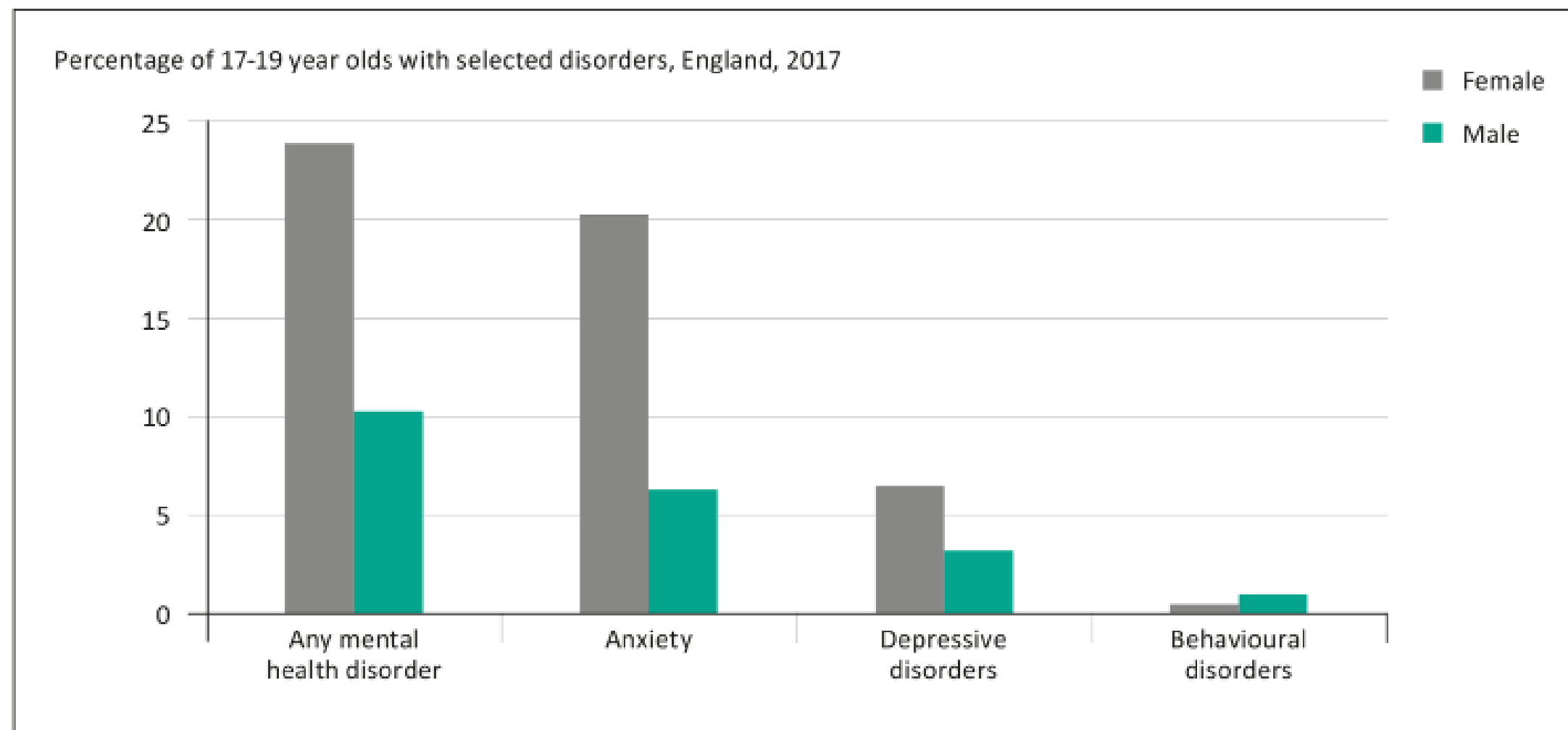
With approximately 85% of the population, £100.8 billion of these mental health condition costs are incurred in England, with the remaining £3.4 billion, £8.8

Chart 6.7: The types of disorders experienced vary by gender in 11-16 year old



Source: NHS Digital, Mental Health of Children and Young People in England, 2017

Chart 6.8: The types of disorders experienced vary by gender in 17-19 year olds



Source: NHS Digital, Mental Health of Children and Young People in England, 2017

Physical Activity – UK & Wales (Latest Stats)

- England (2022–23): 67.1% of adults physically active; 22.6% inactive.
- England (2021–22): 63.1% met the 150 min guideline; 25.8% inactive.
- Wales (2022–23): ~56% of adults meet physical activity guidelines.
- Wales (2023 survey): 42% active 5+ days/week; 16% report no exercise.

Sources:

[Physical Activity - Public Health Network Cymru](#)

[Adults' activity levels in England bounce back to pre-pandemic levels | Sport England](#)

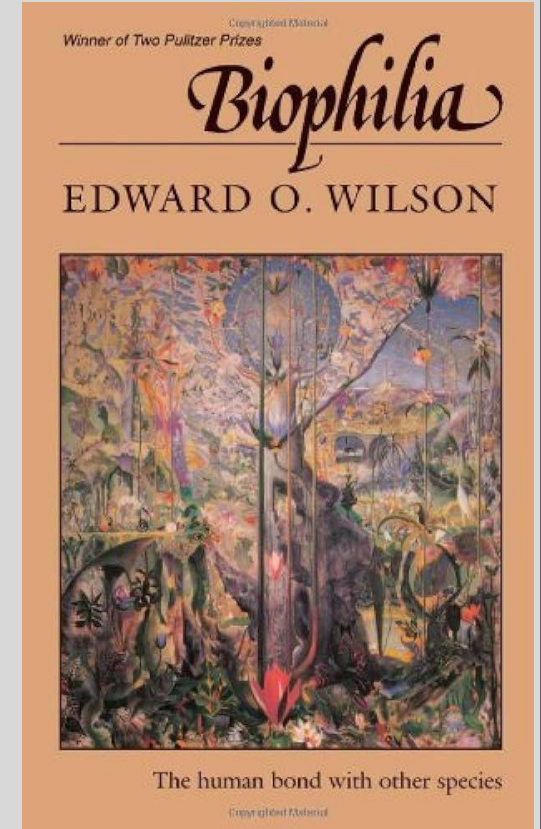
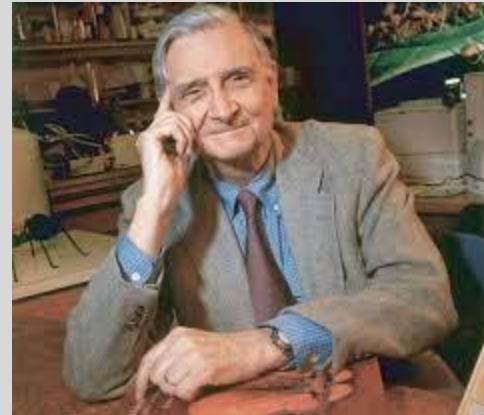
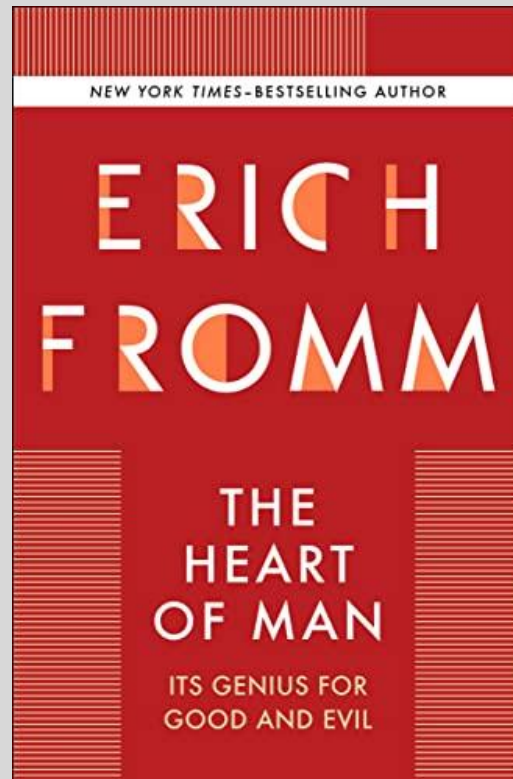
[Physical activity - GOV.UK Ethnicity facts and figures](#)

[Physical activity up among secondary school pupils in Wales, but data also reveal increase in bullying - Public Health Wales](#)

Nature Connection

Nature connection refers to an individual's subjective sense of their relationship with the natural world. Encompassing both affective and experiential sense of belonging to the natural world and relating to a person's sense of their interconnectedness with nature or their sense of inclusion in nature (Lumber, Hunt, Richardson, & Harvey, 2016).

Biophilia





Green Social Prescribing

"Green Social Prescribing (GSP) is the practice of supporting people in engaging in nature-based interventions and activities to improve their mental health. Social prescribing Link Workers (and other trusted professionals in allied roles) connect people to community groups and agencies for practical and emotional support, based on a '*what matters to you*' conversation."

(Natural England, 2022)



Nature-based outdoor activities for mental and physical health: Systematic review and meta-analysis

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ARTICLE INFO

Keywords:

Greenspace

Bluespace

Nature-based intervention

Mental health

Physical health

ABSTRACT

Mental health problems are associated with lower quality of life, increased unscheduled care, high economic and social cost, and increased mortality. Nature-based interventions (NBIs) that support people to engage with nature in a structured way are asset-based solutions to improve mental health for community based adults. However, it is unclear which NBIs are most effective, or what format and dose is most efficacious. We systematically reviewed the controlled and uncontrolled evidence for outdoor NBIs. The protocol was registered at PROSPERO (CRD42020163103). Studies that included adults (aged ≥ 18 years) in community-based settings with or without mental and/or physical health problems were eligible for inclusion. Eligible interventions were structured outdoor activities in green and/or blue space for health and wellbeing. We searched ASSIA, CENTRAL, Embase, Greenfile, MEDLINE, PsycINFO, and Web of Science in October 2019; the search was updated in September 2020. We screened 14,321 records and included 50 studies. Sixteen studies were randomised controlled trials (RCTs); 18 were controlled studies; and 16 were uncontrolled before and after studies. Risk of bias for RCTs was low to moderate; and moderate to high for controlled and uncontrolled studies. Random effects meta-analysis of RCTs showed that NBIs were effective for improving depressive mood -0.64 (95% CI: 1.05 to -0.23), reducing anxiety -0.94 (95% CI: 0.94 to -0.01), improving positive affect 0.95 (95% CI: 0.59 to 1.31), and reducing negative affect -0.52 (95% CI: 0.77 to -0.26). Results from controlled and uncontrolled studies largely reflected findings from RCTs. There was less evidence that NBIs improved physical health. The most effective interventions were offered for between 8 and 12 weeks, and the optimal dose ranged from 20 to 90 min. NBIs, specifically gardening, green exercise and nature-based therapy, are effective for improving mental health outcomes in adults, including those with pre-existing mental health problems.



Who 'prescribes'?

Community connectors
Community mental health practitioners
GPs (general practitioners)
Practice nurses
Other allied healthcare professionals

Social prescribing – addressing people's needs in a holistic way

GPs and other healthcare professionals can refer people to a range of local, nonclinical services, supported by a link worker or connector



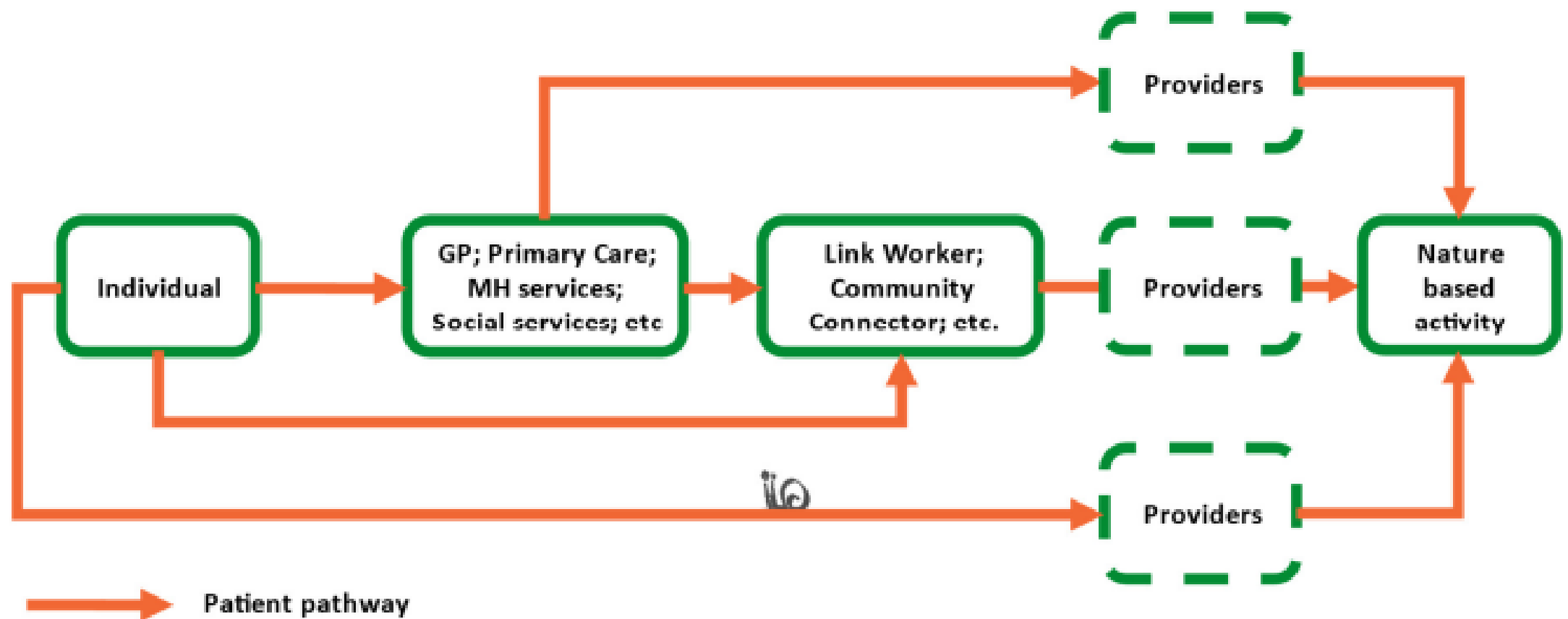


Figure 3 the patient pathway through the social prescribing process



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

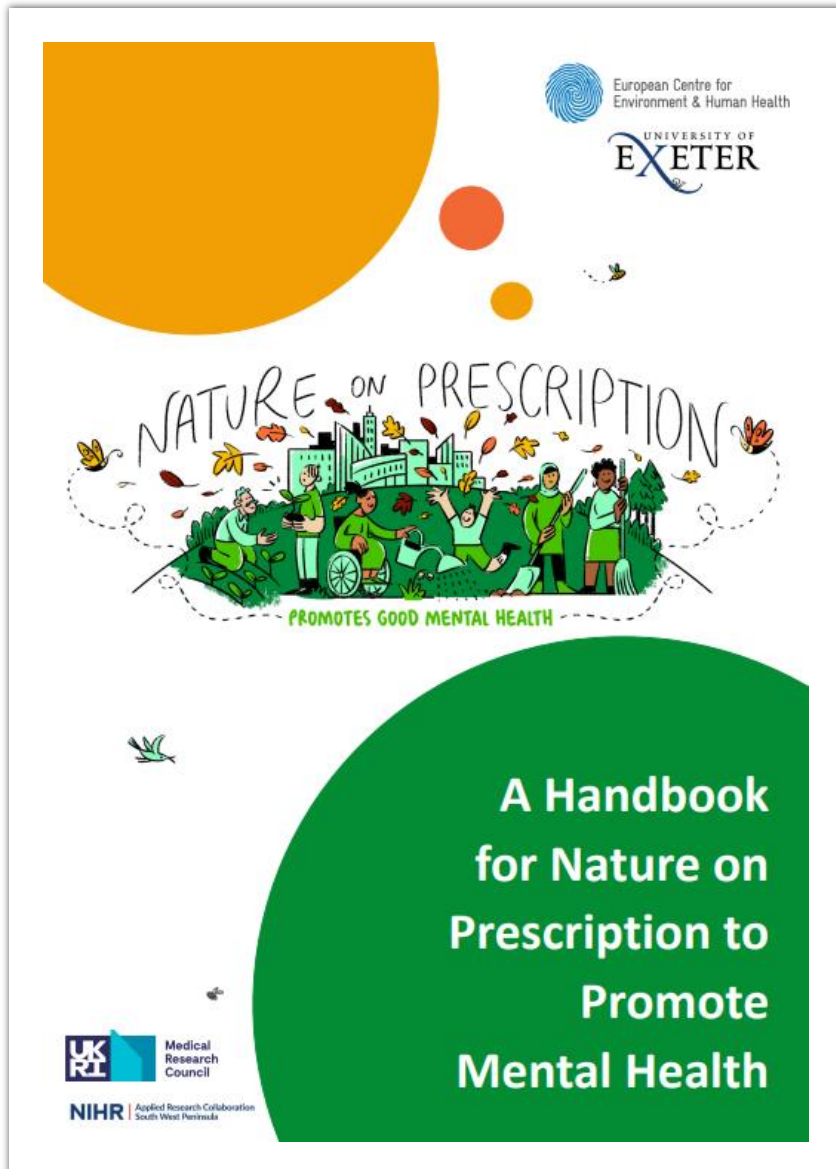


Your time,
your words,
your presence



A HANDBOOK FOR NATURE ON PRESCRIPTION TO PROMOTE MENTAL HEALTH

<https://www.ecehh.org/research/nature-prescription-handbook/>
FULLAM, J, HUNT, H, LOVELL, R, HUSK, K, BYNG, R, RICHARDS, D, BLOOMFIELD, D,
WARBER, S, TARRANT, M, LLOYD, J, ORR, N, BURNS, I, GARSIDE, R. (2021)



The point is that it's so much more than a walk in nature, it's about developing a base for someone to have a sense of belonging to something and that might be the natural world, they might not have otherwise been able to access. So, by prescribing it you're in some way giving it value as a worthy thing to engage with. *GP and Nature-based provider*

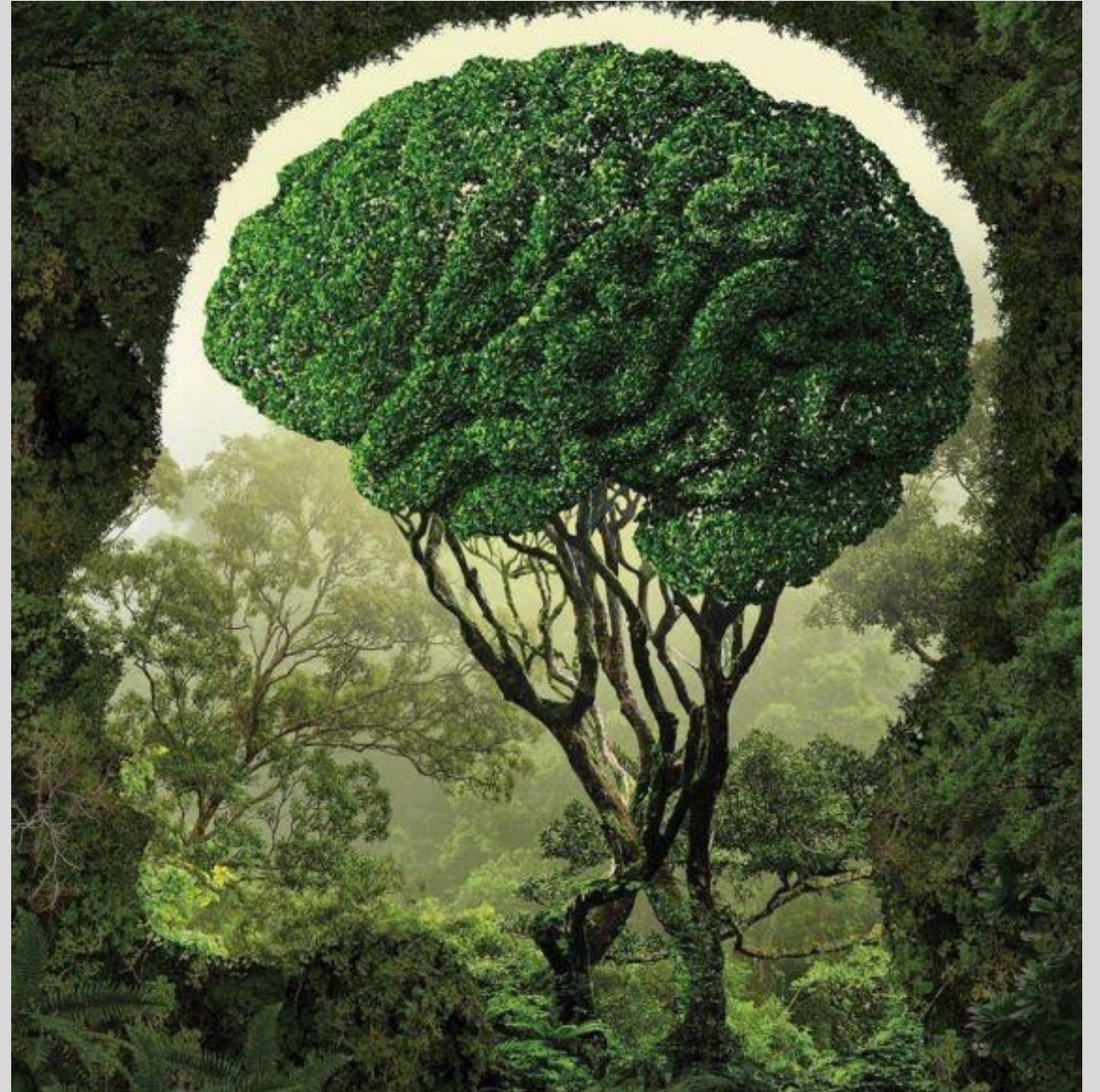
Building Resilience in the Community

Mental health projects focusing on wellbeing:

Actif Woods – Coed Lleol

TONIC

Care Farming (Pembrokeshire)



Green Social Prescribing Toolkit

Enter

