

A person wearing a red hat and dark clothing is walking across a wet, reflective beach at sunset. The sky is filled with large, dramatic clouds illuminated by the low sun, creating a warm orange and yellow glow. The ocean waves are visible in the background, and a dark landmass is on the right horizon.

Discovering
Outdoor
Lifestyles
BMOE5001

Denise Leonard

Introduction to Module



What is in it for me?

What would you like to get out of this module?

Learning Outcomes for the Module



Review affordances of the outdoor environment for positive mental and physical health benefits



Critically analyse health and wellbeing benefits of different environments



Interpret data using recognised psychometric measures and interpret results



Context! Related Global Challenges

- Chronic/Non-communicable diseases (NCD's)(Gov.UK, 2014)
- 71% of all deaths are from NCD's - 41 Million (Cardiovascular, Respiratory, Cancer, Diabetes)
- Improvements in life expectancy are beginning to slow (NHS, 2020) despite advances in medicine; why?





Key Facts

NCDs are responsible for

71%
of all deaths worldwide
(41 million people)



Each year...
the lives of

15 million people
are cut short due to NCDs

Nearly **800,000**
people die from suicide

Every **2 seconds**
someone aged 30 to 70 years
dies prematurely from NCDs



Poorer people are
disproportionately
affected by NCDs and
mental health conditions



(WHO, 2021)

Obesity is fuelling a rise in Type 2 diabetes

If trends persist, **1 in 3**
people will be obese by 2034



and **1 in 10**
will develop Type 2 diabetes



In 2021, **4.1 million** people in the UK were living with a diagnosis of diabetes



90% of these people have type 2 diabetes



Diabetes costs the NHS around **£10 billion** a year.



**MOST PREMATURE DEATHS
AND SUFFERING FROM NCDs
ARE AVOIDABLE**

THE BENEFITS

Invest for a healthy future



These interventions can save
8.2 million
lives in poorer countries
and generate
US\$350 billion
in economic growth by 2030



Every US\$1 invested to tackle NCDs
will have a return of at least US\$7 by
2030

- Benefits of investing in health promotion (Salutogenesis)

(WHO, 2021)



Implement policies, engage the public



**Ensure
healthy diets**



**Make health
risks clear**



Leverage taxes



**Tighten laws
and regulations**



**Generate data
for health**



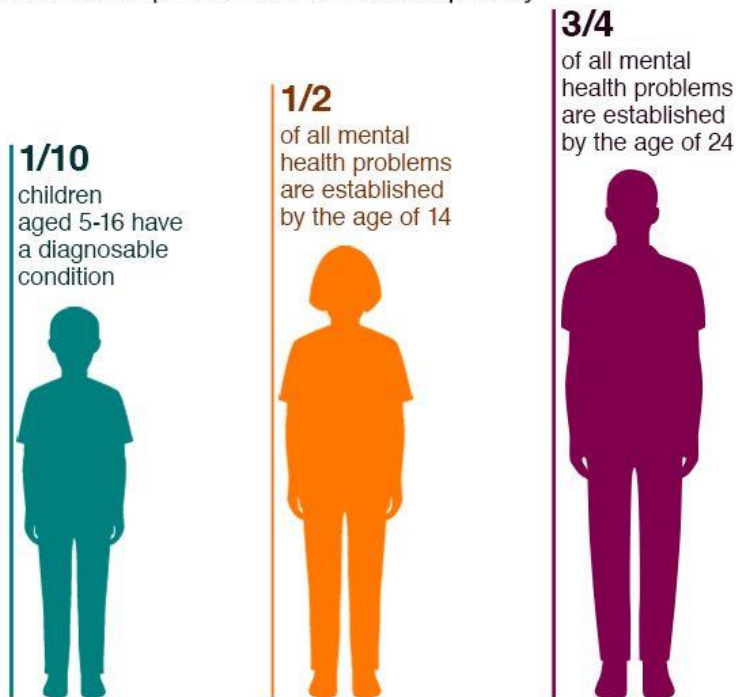
**Create healthy
cities and
environments**

(WHO, 2021)

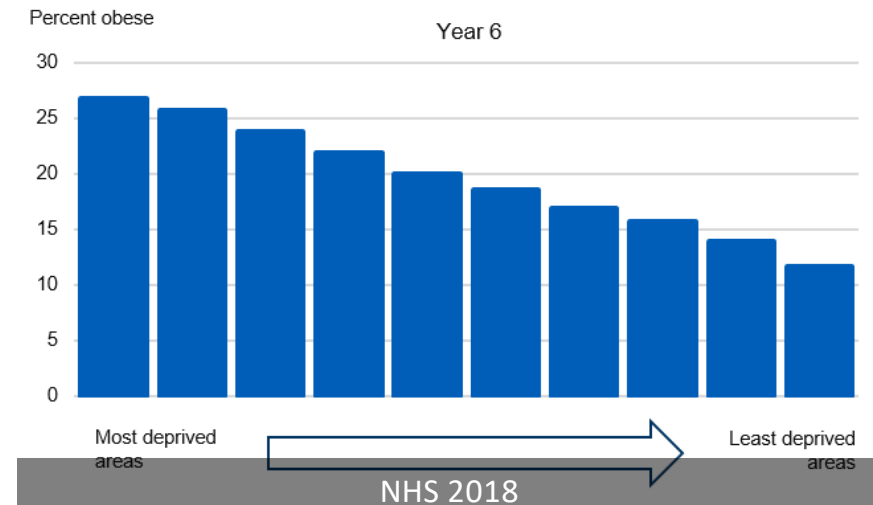
Mental and Physical Health

Children & young people

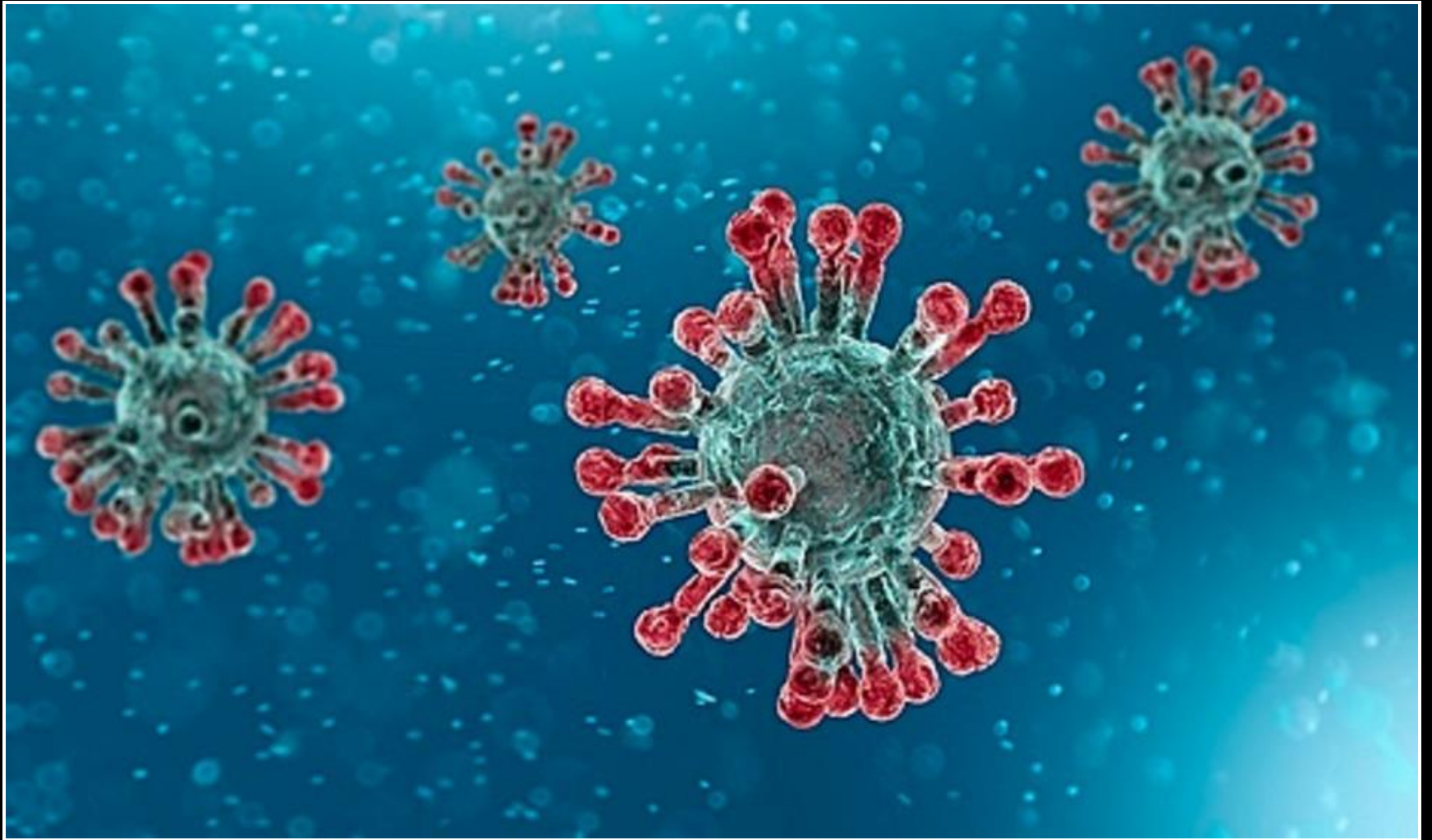
Mental health problems often develop early



Source: The five year forward view for mental health, Mental Health Taskforce, 2016



Close links between physical and mental health; Co-morbidities; [Centre for mental health.](#)



Covid-19

Arctic Sea Ice



The Peace of Wild Things

BY WENDELL BERRY

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives
may be,

I go and lie down where the wood drake
rests in his beauty on the water, and the great
heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Health and Wellbeing: What does it mean?

- **Well-being** can be understood as how people **feel** and how they **function**, both on a personal and a social level, and how they **evaluate** their lives. (NEF, 2012, p6)
- **Well-being** includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfillment and positive functioning. (CDC, 2018)
- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO, 2020)

Module Focus

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- Connection to Nature and the Biophilia Hypothesis
 - Review of evidence and literature related to outdoor lifestyles and health and wellbeing, NCD's and Mental Health.
 - Organisations, schemes and projects promoting wellbeing through the outdoor environment – Strategic use of the outdoors.
 - Social and cultural contexts for outdoor lifestyles; geographical, socio-economic, political etc.
 - Use of different natural environments for physical activity (affordances)
 - Emergence of mindfulness, ecotherapy and nature therapy in relation to wellbeing and mental health.
 - Psychology of outdoor activity/lifestyles, key theories. (SDT, ART)
 - The use of quantitative data as a measure of wellbeing and the impact of activity and environment.

Assessments

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- [Assessment 1](#): Essay 50% (2000 Words)
 - Strategic Use of the outdoors to promote Health and Wellbeing – Evaluation of literature to date.
 - [Assessment 2](#): Research Report 50% (2000 words)
 - Quantitative Data from four sessions
 - Pre and Post activity
 - Different settings and activities
 - Support findings with existing research

Data Collection Method

- Positive and Negative Affect Scale (PANAS)
Watson, Clark & Tellegen (1988)

positive & negative affect schedule

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark in the appropriate answer in the space next to that word. Indicate to what extent(*time instruction*).

Use the following scale to record your answers:

1	2	3	4	5
very slightly or not at all	a little	moderately	quite a bit	extremely
..... interested	 hostile	 inspired		
..... distressed	 enthusiastic	 nervous		
..... excited	 proud ...	 determined		
..... upset	 irritable	 attentive		
..... strong	 alert	 jittery		
..... guilty	 ashamed	 active		
..... scared		 afraid		

- Perceived Stress Scale (PSS 10) Cohen et al.

PERCEIVED STRESS SCALE (Modified – State Measure)

The following questions ask about your feelings right now. Although some of the questions are similar, there are small differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly.

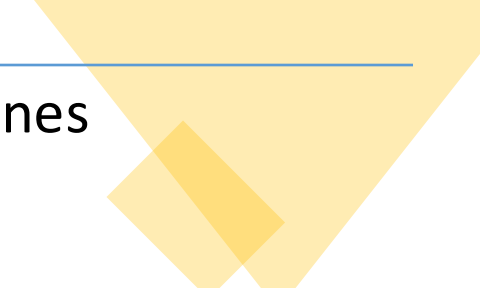
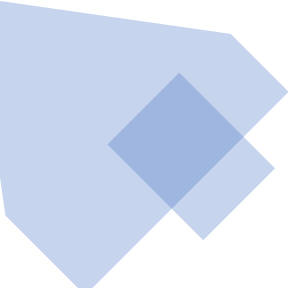
For each statement, please tell me if you agree with the statements: Strongly disagree, disagree, neither agree nor disagree, agree, strongly agree.

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
B.1. I am upset because of something that happened unexpectedly	0	1	2	3	4
B.2. I am unable to control the important things in your life	0	1	2	3	4
B.3. I feel nervous and stressed	0	1	2	3	4
B.4. I feel confident about my ability to handle my personal problems	4	3	2	1	0
B.5. I feel that things are going my way.	4	3	2	1	0
B.6. I feel that I cannot cope with all of the things that I have to do	0	1	2	3	4
B.7. I am able to control the irritations in my life	4	3	2	1	0
B.8. I feel that I am on top of things	4	3	2	1	0
B.9. I am angry because of things that are outside my control	0	1	2	3	4
B.10. My difficulties are piling up so high that I cannot overcome them	0	1	2	3	4

Perceived Stress Scale Scoring

Each item is rated on a 5-point scale ranging from strongly disagree (0) to strongly agree (4). Positively worded items are reverse scored, and the ratings are summed, with higher scores indicating more perceived stress.

Max score 40

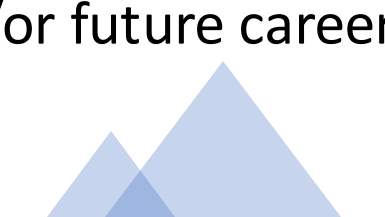


Review current media headlines

Recent BBC articles as a starting point...

Google; [WHO](#); [The Conversation](#)

Summarise your own thoughts on our current state of Health and Wellbeing and relevance to your chosen degree programme and/or future career



Write a short review on these three articles relating to nature connection. This will be the focus for the next 2 weeks

- [Guardian Article](#)
- [YouTube Video](#)
- [Academic Research](#)

References

- CDC (2018) *Health Related Quality of Life; Well-being Concepts*. Available at: <https://www.cdc.gov/hrqol/wellbeing.htm> (Accessed Jan 2020)
- Centre for Mental Health 'Co-morbidities: physical health and mental health problems together' Available at: <https://www.centreformentalhealth.org.uk/co-morbidities-physical-health-and-mental-health-problems-together> (Accessed Jan 2022)
- NEF (2012) *Measuring wellbeing; a guide for practitioners*. Available at: https://b3cdn.net/nefoundation/7a378df45afe612cc_a3m6i6g49.pdf (Accessed Jan 2020)
- WHO (2020) What is the WHO definition of health; Preamble to the Constitution of WHO as adopted by the International Health Conference, New York, 19 June - 22 July 1946 Available at: <https://www.who.int/about/who-we-are/frequently-asked-questions> (Accessed Jan 2021)
- WHO (2021) 'Noncommunicable Diseases' Available at: <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases> (Accessed Jan 2022)