

NE LINCOLNSHIRE JSNA INDICATOR SUMMARY

TITLE:	UTILISATION OF OUTDOOR SPACE FOR EXERCISE/HEALTH REASONS
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SUBTITLE:	1.16 Percentage of people using outdoor space for exercise/health reasons.
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Domain:	Domain 1: Improving the wider determinants of health
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Frequency of Availability:	Annual
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Time Period Of Data Analysis:	2011-2015
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AVAILABLE COMPARISONS

TYPE	AVAILABLE
National, Regional or Peer Group	Yes
Electoral Ward / NELCCG Practice	No
Neighbourhood	No
Socioeconomic Differences	No
Targets, Trends & Projections	Yes

KEY POINTS

- *From the MENE survey undertaken between March 2014 and February 2015, 17.1% of respondents in North East Lincolnshire use green space for exercise/health reasons, this was broadly in line with the England estimate (17.9%) and slightly below the regional estimate (19.4%). It should be noted that, due to small survey numbers, data at local authority level may not be representative of larger samples.*
- *National and regional estimates show an improving upward trend.*
- *National analysis indicates that the influence of health or exercise on visits to the outdoors increased with age. Around two-fifths of visits taken by 16-44 year olds were motivated by this compared to just over half taken by those aged 55 and over.*

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DESCRIPTION

Data is taken from the Monitor of Engagement with the Natural Environment (MENE) surveys to give an estimate of the proportion of residents in each area taking a visit to the natural environment for health or exercise reasons. Visits to the natural environment are defined as time spent 'out of doors' and could be anything from a few minutes to all day. It does not include routine shopping trips or time spent in one's own garden. Each person interviewed is asked to indicate how many visits they have taken to the natural environment in the last 7 days.

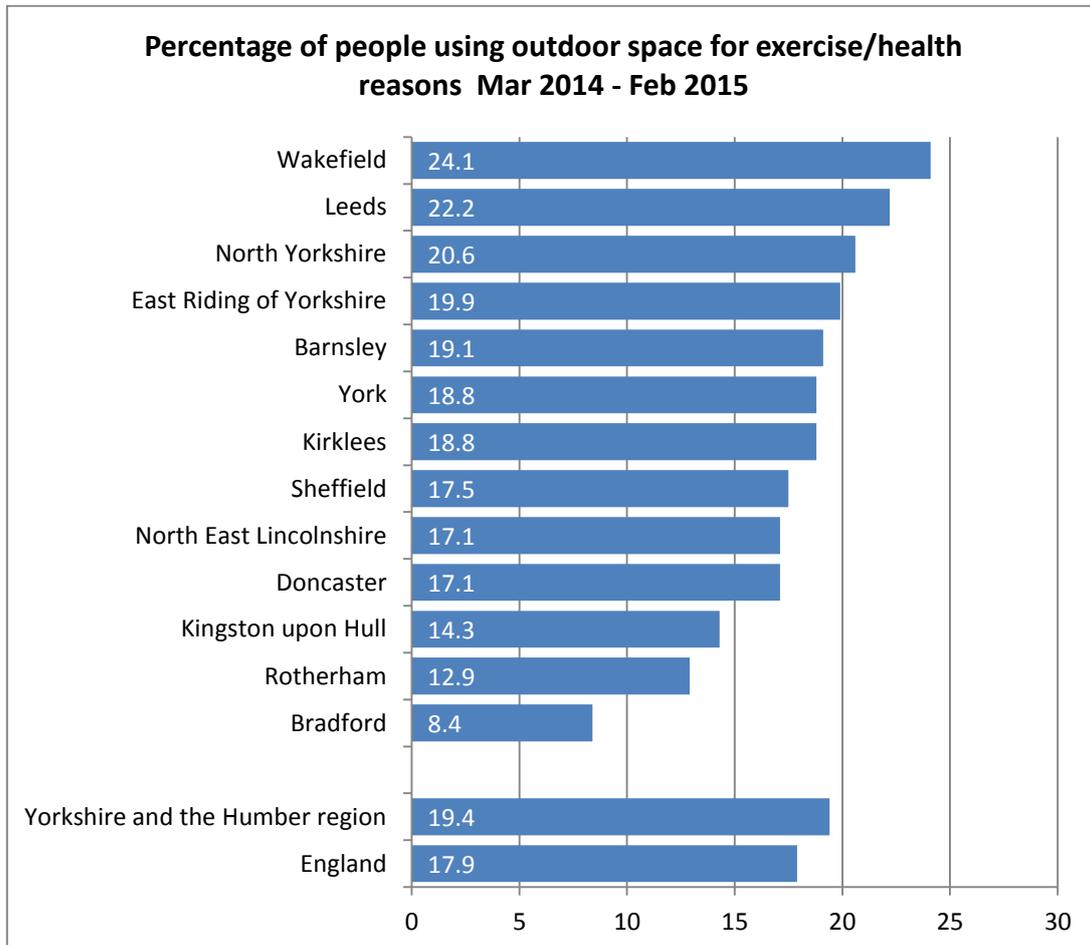
The numerator for this indicator is the number of people reporting to have taken a visit to green space for health or exercise over the previous seven days and the denominator is the total number of respondents to the survey.

MENE data is weighted using a standard set of demographic indicators which include age, sex, socio-economic status and the regional distribution of the English adult population. While this weighting approach allows for the production of robust, representative data at the national and regional level, it is not designed to allow for the production of data at a lower geographic level.

Source: Natural England, MENE as published in <http://www.phoutcomes.info/>

NATIONAL, REGIONAL OR PEER GROUP

Figure 1: Percentage of people using outdoor space for exercise / health reasons



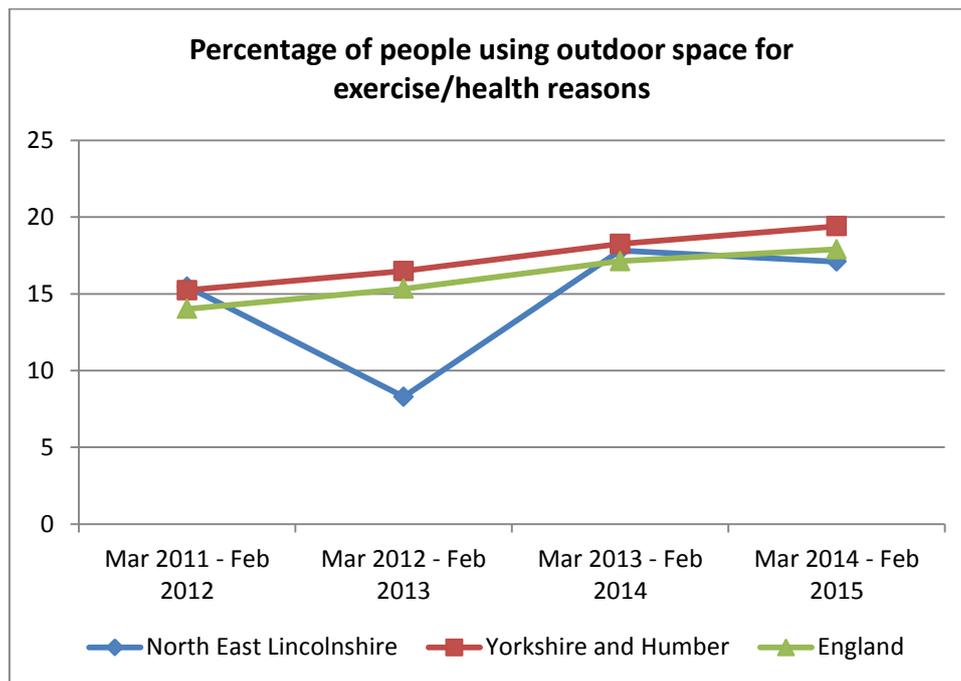
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Source: Natural England, MENE Survey as published in [PHOF](#) accessed 31/10/2016

Figure 1 shows that during 2014-2015 the proportion of people utilising outside space for exercise in North East Lincolnshire (17.1%) was broadly in line with overall England figures (17.9%) and slightly below regional figures. (19.4%)

Please note: Calderdale results were not published for 2014-15 as the number of cases was too small.

Figure 2: Percentage of people using outdoor space for exercise / health reasons - 3 year trend



Source: Natural England, MENE Survey as published in [PHOF](#) accessed 31/10/2016

Figure 2 shows that the overall trend in utilisation of outside space for exercise is for an increase at regional and national level. Estimates at individual authority level can be based on very small samples (around 100 for North East Lincolnshire) therefore they are less reliable and may show more variation than regional and national figures.

National analysis of the MENE survey 2013/14¹ states that:

- The influence of health or exercise on visits to the outdoors increased with age. Around two-fifths of visits taken by 16-44 year olds were motivated by this compared to just over half taken by those aged 55 and over.
- The reasons given for not visiting the outdoors frequently, or indeed at all, have not varied significantly over the years. A lack of time due to work remained the most frequently cited barrier.

¹ Natural England, 2015, MENE year 5 annual report, <http://publications.naturalengland.org.uk>

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- Walking was the most frequently undertaken activity with almost half of outdoor visits involving walking a dog.
- At face value, evidence of correlations between life satisfaction, self-worth, happiness and lower levels of anxiety with the regularity with which a person visits the natural environment seem to be apparent. However, as the relationship is merely associative, whether frequency of visiting natural environments influences well-being or having higher well-being causes more natural environment visits, is unclear.

Related information

Figure 3: Map of parks and open spaces in North East Lincolnshire



North East Lincolnshire is a small unitary authority covering an area of 192km². The majority of the resident population live in the towns of Grimsby and Cleethorpes with the remainder living in the smaller town of Immingham, or in surrounding rural villages.

Census figures classify 94.2% of the population of North East Lincolnshire as living in an urban environment.² However North East Lincolnshire has a wide variety of parks and open spaces. Figure 3 shows a map of parks and open green spaces in the local authority area.

² ONS, LA Classification (post April 2009)

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On the Northern border the Humber estuary has been designated as a Site of Special Scientific Interest and to the South the Lincolnshire Wolds are an Area of Outstanding Natural Beauty. Cleethorpes gained 4 Seaside Awards in 2016 for its beaches.³

Public Data Sources:	http://www.naturalengland.org.uk/ourwork/evidence/mene.aspx
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³ <http://www.keepbritaintidy.org>