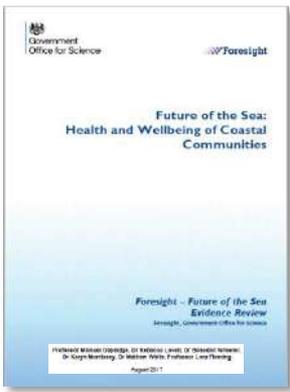
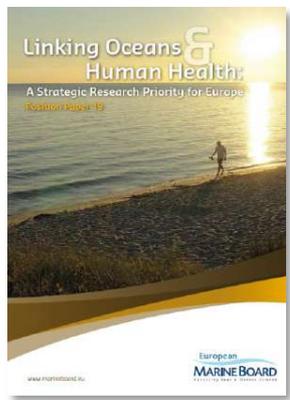


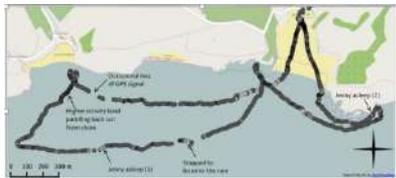
Oceans & human health: Latest findings & a roadmap for European research

(Mat White, University of Exeter)

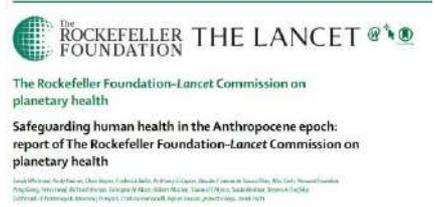
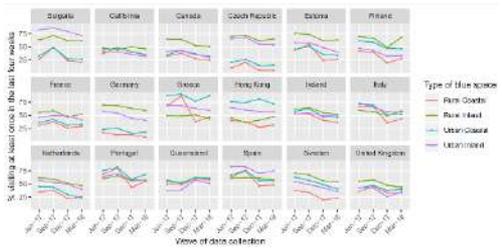
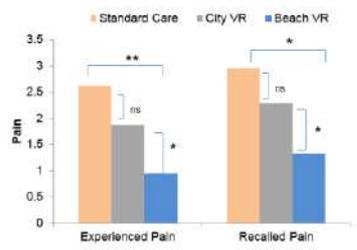
The threats to human health from the marine environment are well known



Evidence of the benefits to health & wellbeing is growing



Research exploring these issues globally is underway





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David Cameron promises in/out referendum on EU

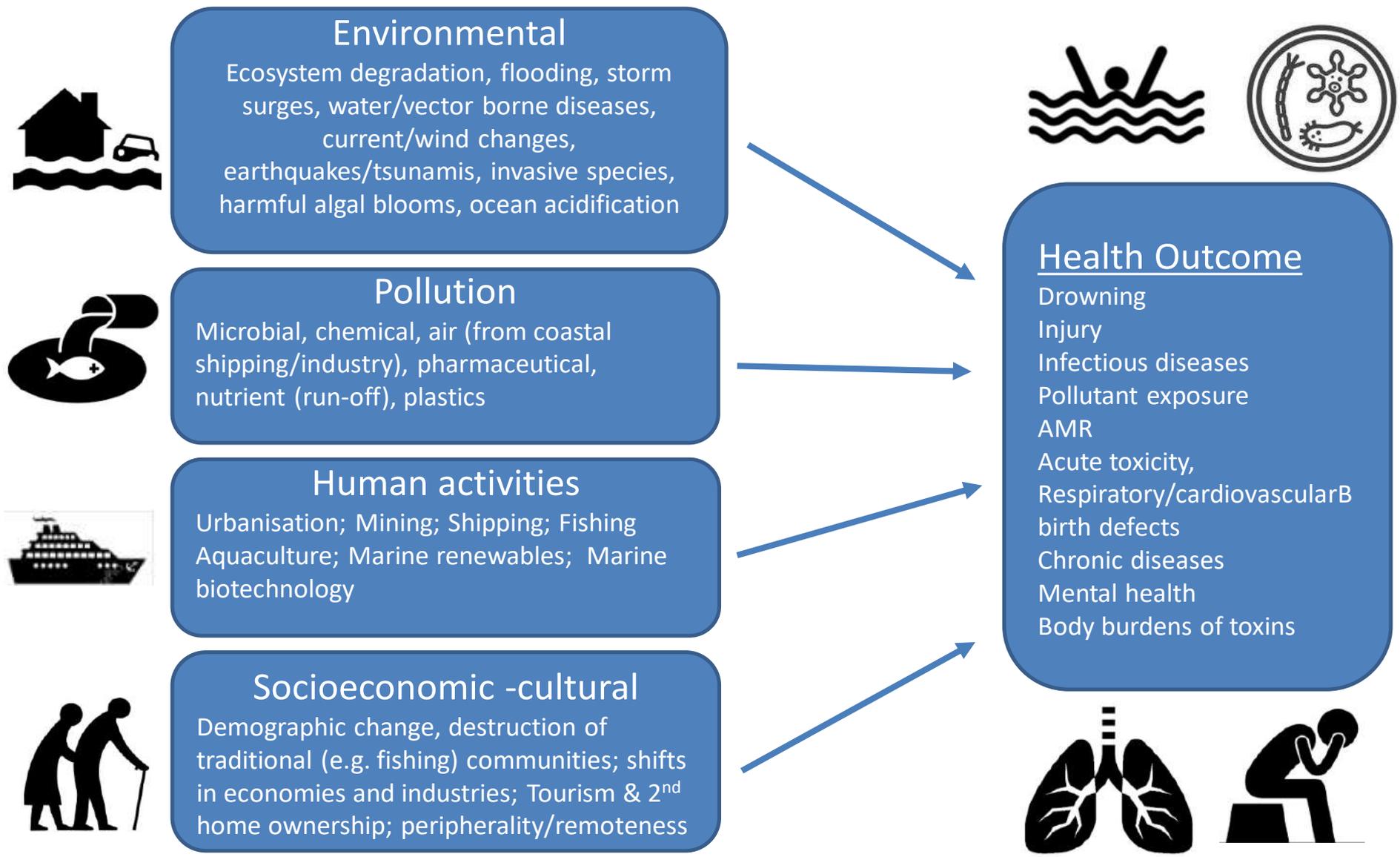
23 January 2013



Share



PM David Cameron: "We will give the British people a referendum with a very simple in or out choice"





- **Health inequalities**: Lower at the coast¹
- **Depression/anxiety**: Lower at the coast²
- **Physical activity**: Higher at the coast³
- **Stress reduction**: Strongest on coastal visits⁴

1. Wheeler et al. (2012). Does living by the coast improve health and wellbeing?. *Health & place*, 18(5), 1198-1201.84
2. White et al., (2013). Coastal proximity and health: A fixed effects analysis of longitudinal panel data. *Health & Place*, 23, 97-103.
3. White et al. (2014). Coastal proximity and physical activity. *Preventive Medicine*, 69, 135-140.
4. White et al. (2013). Feelings of restoration from recent nature visits. *Journal of Environmental Psychology*, 35, 40-51.



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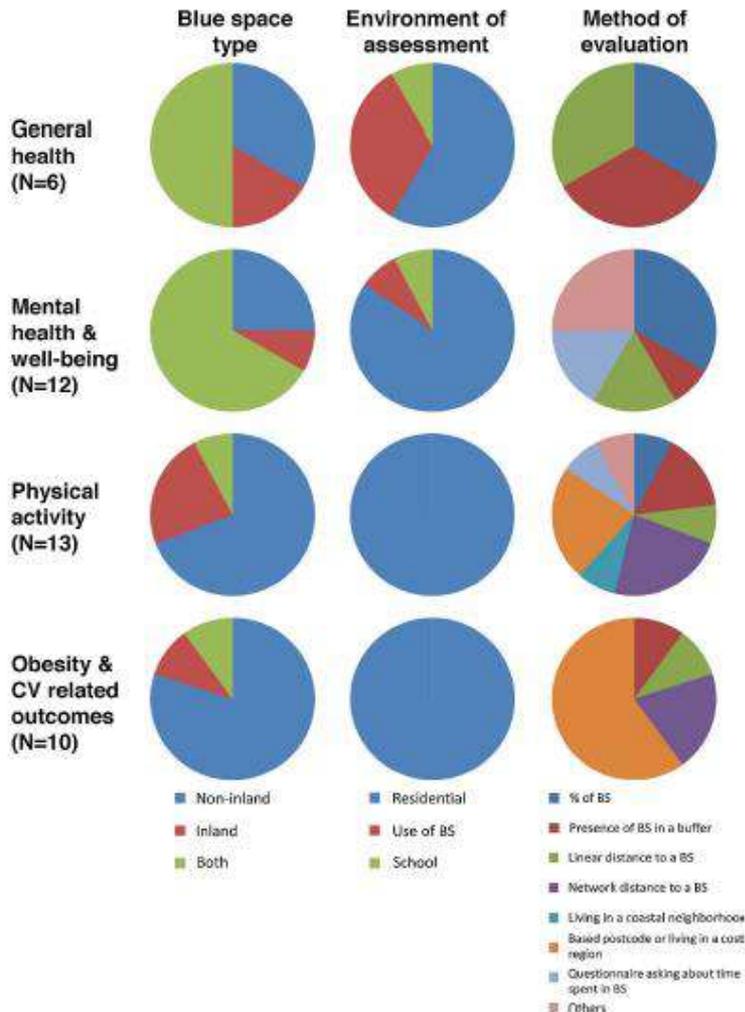


Fig. 2. Summary (%) of the blue space type, environment of assessment and the method of evaluation used in the studies included by each outcome assessed. BS: blue space; CV: cardiovascular.

Studies: N = 35 (22 good quality)

“The balance of evidence suggested a positive association between greater exposure to outdoor blue spaces and benefits to both mental health and wellbeing and physical activity...

The evidence for ... general health, obesity, CVD and related outcomes was less consistent.”



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Participants: n =442 residents of Wellington, NZ.

Outcomes: Psychological distress Kessler-10

Exposure: ‘Vertical Visibility Index’
of green & blue spaces

Results: Blue (but not green) views
had with less psychological distress

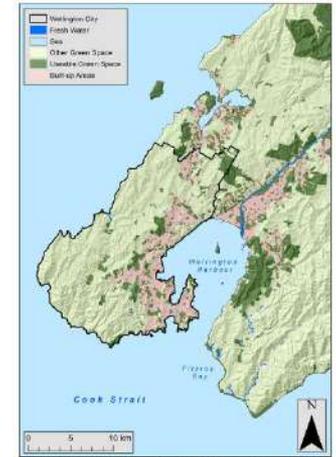


Fig. 1. Distribution of natural environments throughout Wellington City and the green spaces.

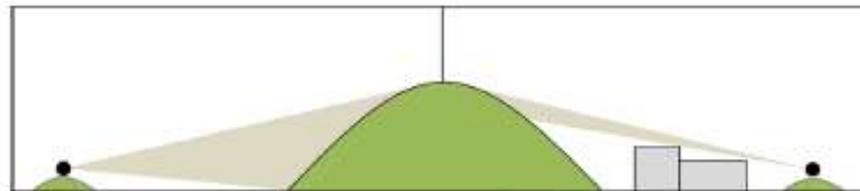
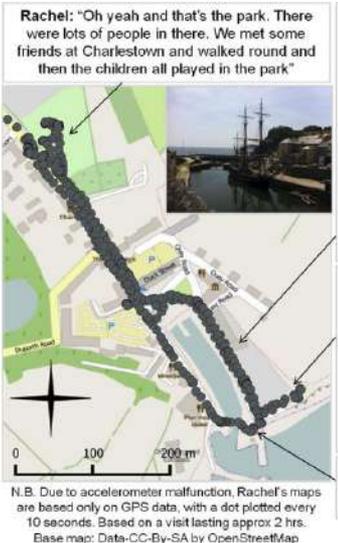


Fig. 2. Cross-sectional diagram of the VVI measure, highlighting how visibility can be represented as degrees of visibility. The observer on the left (indicated by the dot) has higher visibility of the grassy hill (indicated by a higher VVI value).



N.B. A dot is plotted every 10 seconds (provided the GPS could detect signal). The colour of the dot corresponds to the relative activity level detected by the accelerometer, whilst the location of the dot is determined by the associated GPS reading. Darker coloured dots indicate relatively greater accelerations per 10s time period (i.e. participants were being more active). The greater the distance between the dots, the faster the GPS unit was travelling. This canoe trip lasted approx. five hours.



Rachel: "Oh yeah and that's the park. There were lots of people in there. We met some friends at Charlestown and walked round and then the children all played in the park"

Rachel: "I just love it down there. There's just something so chilled out and everyone's on holiday so they exhibit that relaxed tendency... I've noticed a complete personality shift since becoming a mum... you've got weird pressures in the stress of getting them ready or being with them all the time... but you've got a lot of time and people on holiday also have a lot of time, so when we get somewhere there's no, we're not necessarily aiming to do anything so it's just nice to chat to people and be in that frame of mind whereas generally wherever you are, everyone is kind of 'I have got my agenda, I'm off on that ...I've got....' you know missions! ((laughs)) So I think that's the holiday feel that I like, it's just people have time to talk"

Rachel: "I think that night it was quite, um, intense waves. We couldn't get onto the beach, so we walked round that bit of it instead to see it, and watched the mad children. Like parents were letting their children in that - it was really crashing down! There's two walls aren't there at Charlestown, and it doesn't take much for a wave to crash you in. I mean I know you'd have gone down and you'd have got them out but they'd have still got a good bash on the head. So, anyway, yeah we watched from a distance! ((laughs))"

Rachel: "There's the little, we have to do the tunnel 'cos my husband has to be the monster in the tunnel for the children ((laughs)). He has to run away!"

Fig. 3. Seeking a positive social ambience at the coast.

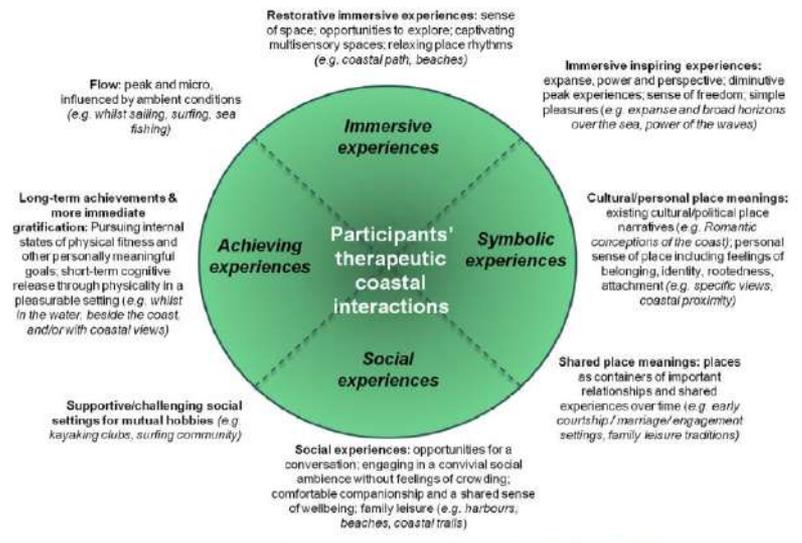


Fig. 4. Four overlapping therapeutic experience dimensions (building on Völker and Kistemann, 2013).



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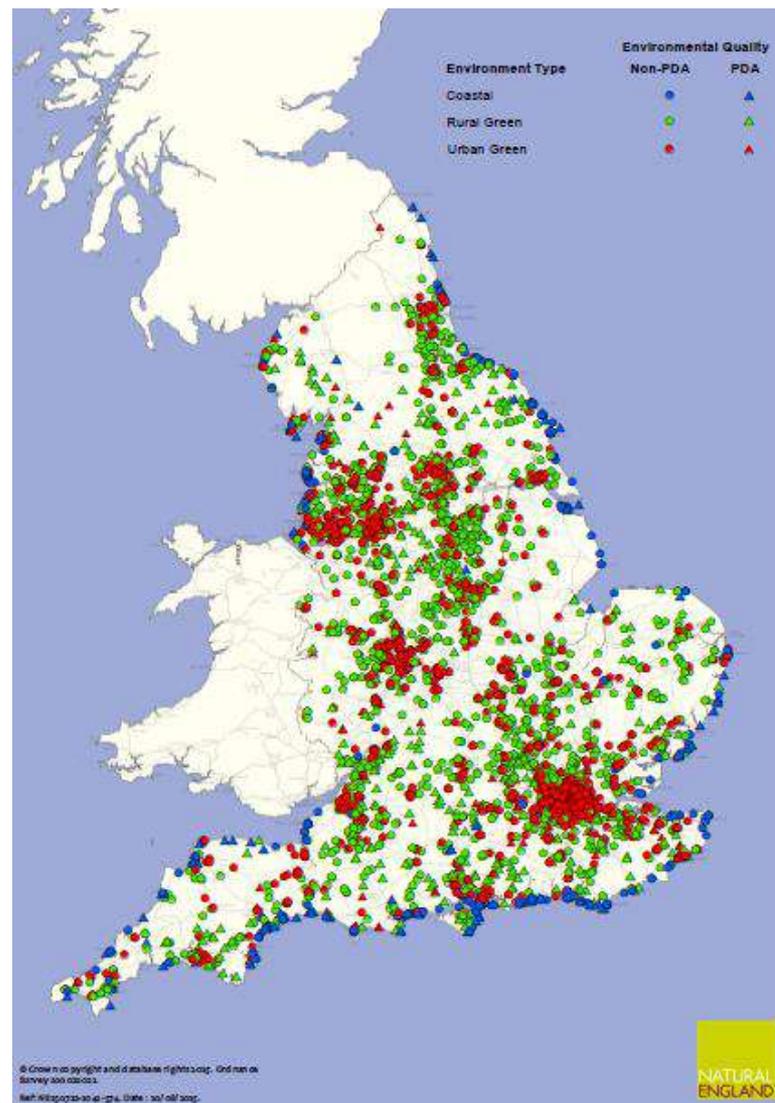


MENE Subset (n = 4,515)
asked about experiences

Stress reduction & connectedness to nature: To what extent did they feel 'x' after the visit:

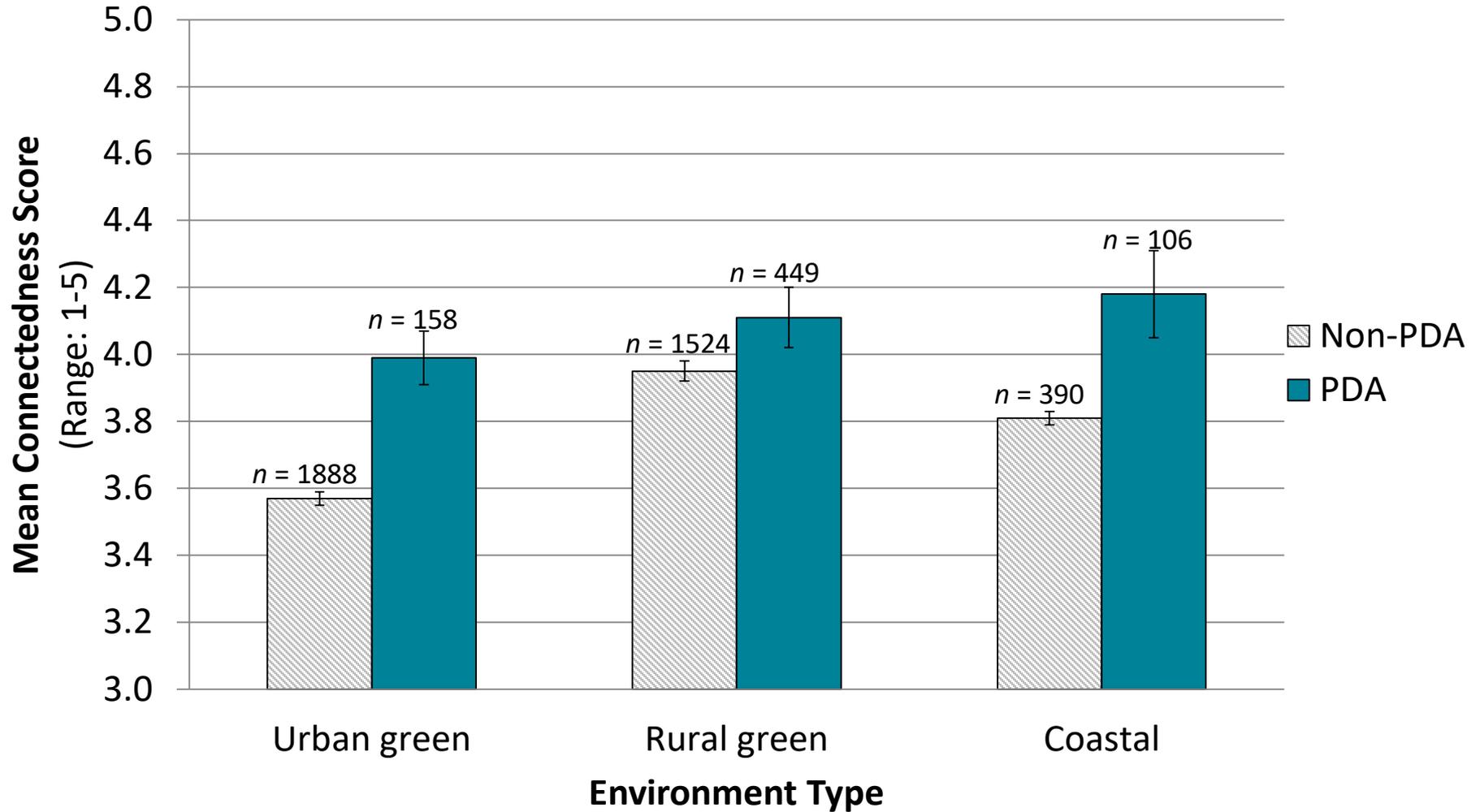
- 1) Calm & relaxed
- 2) Refreshed & revitalised
- 3) Close to nature

Controlled for Who (Age, gender, SES) & What (activities, duration, who with, distance travelled etc.)





Importance of protected/designated areas?





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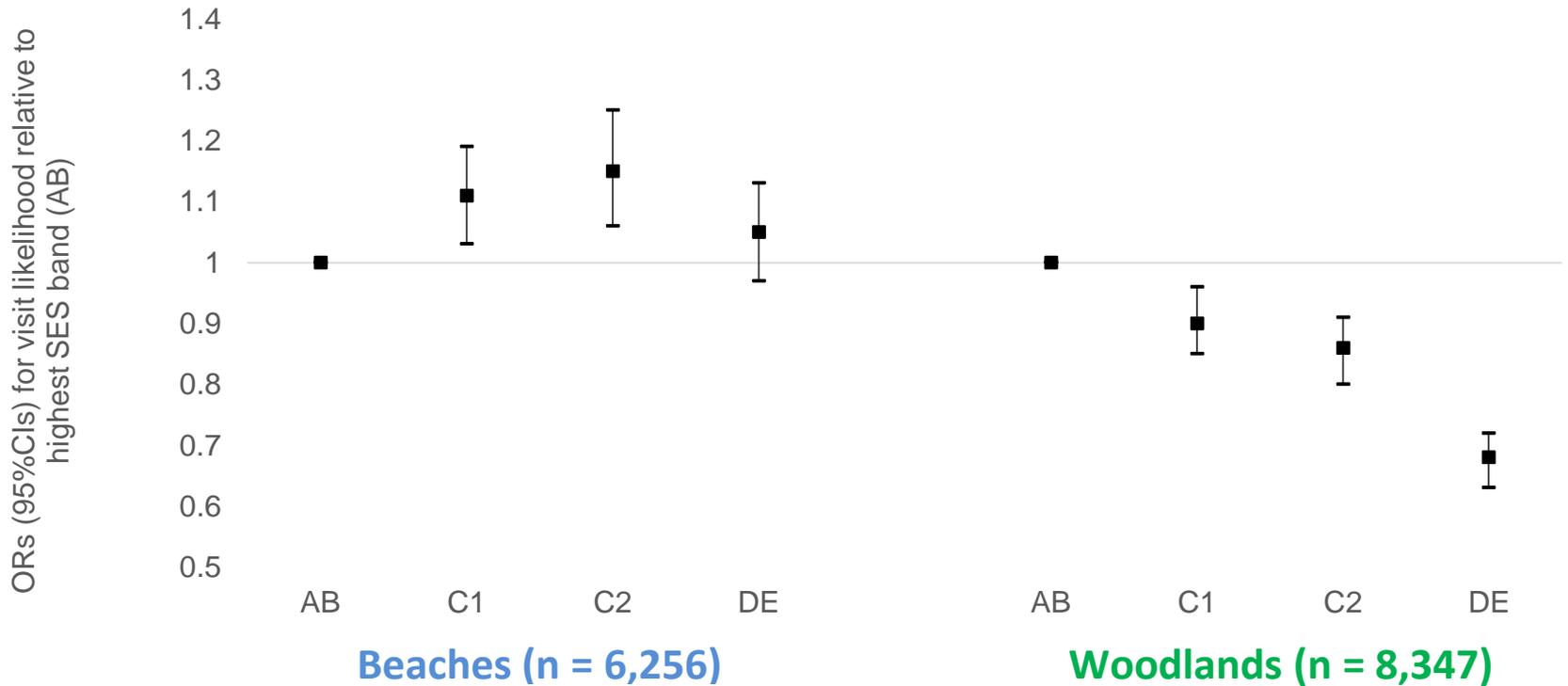
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MENE n = 82,322 visits (urban parks most)



Other natural areas (e.g. woodlands) are dominated by the middle classes



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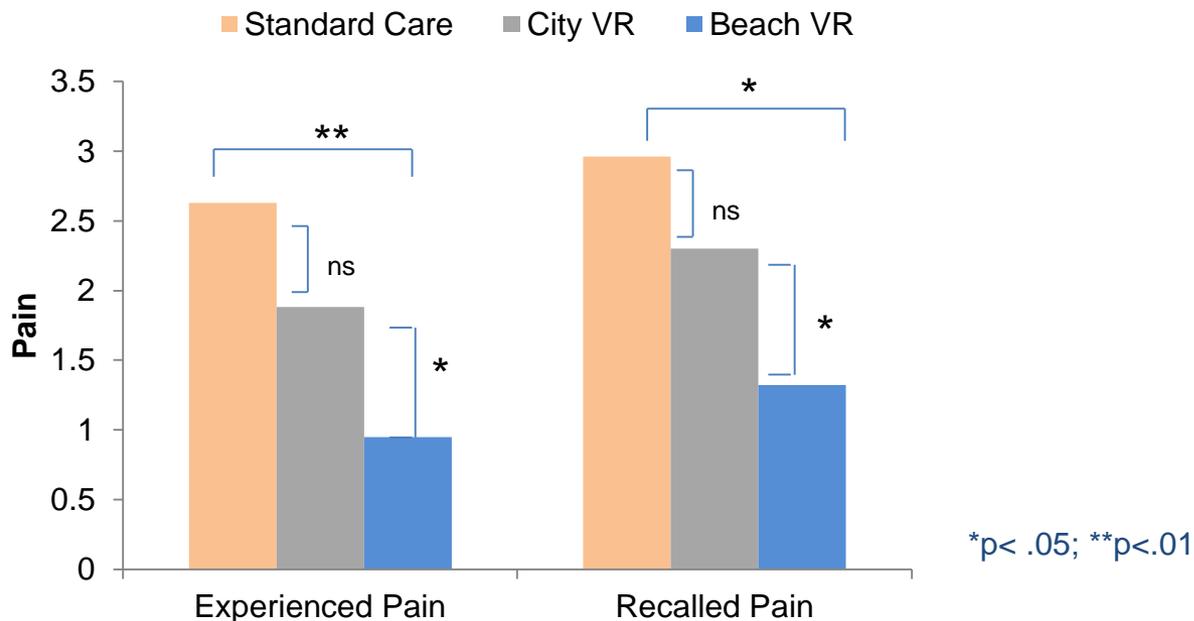
5. Some closing thoughts



Participants: 70 dental patients undergoing minor treatment (fillings etc., mean duration = 13 mins)

Exposure: Standard Care vs Virtual City vs. Virtual Beach

Outcomes: Pain a) immediately + b) 7 day recall



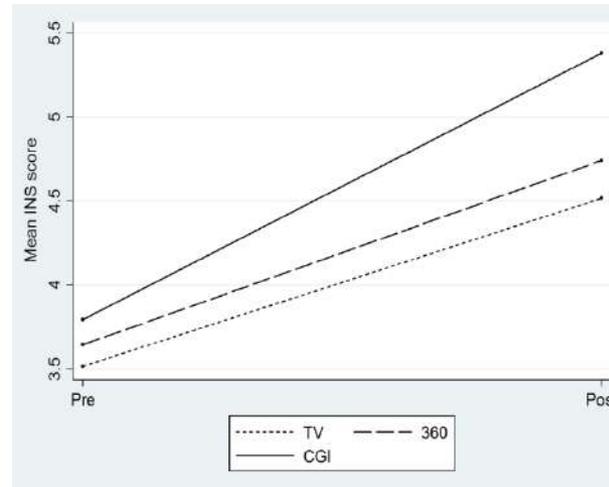
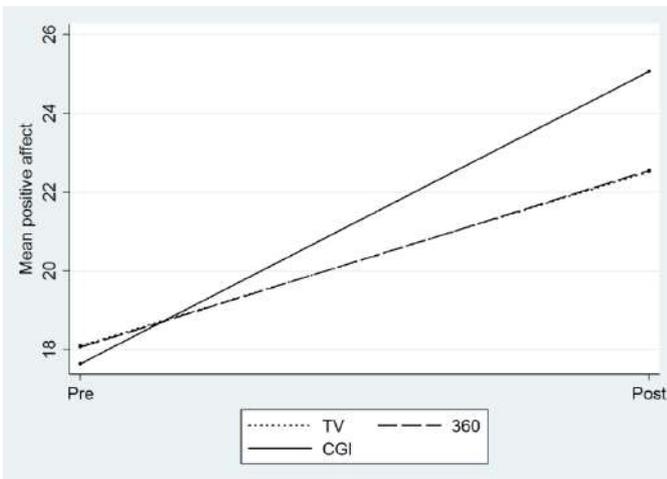


Participants: n=96 general adult public

Manipulation: Boredom induction (boring video)

Exposure: TV or 360-VR or CGI-VR underwater scenes (matched content)

Outcomes: Pre/post: boredom, affect, cognition, nature connectedness. Post: presence





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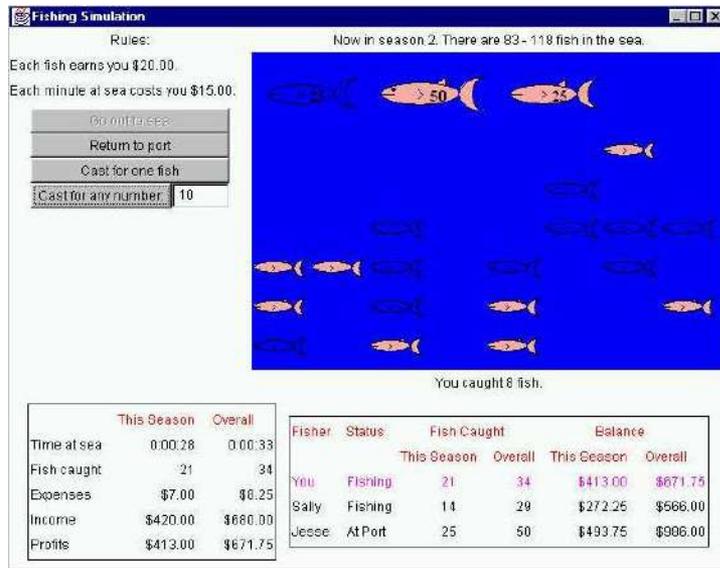
5. Some closing thoughts



Participants: 2 Studies, S1: n = 111; S2: n =121 - students

Exposure/Design: 12 min videos: Nature (BBCs Planet Earth – no fish!) vs Urban (Walks with an Architect - NYC)

Outcomes: Commons dilemma – selfish fishing?



25% less fish exploitation
following BBC Planet Earth video



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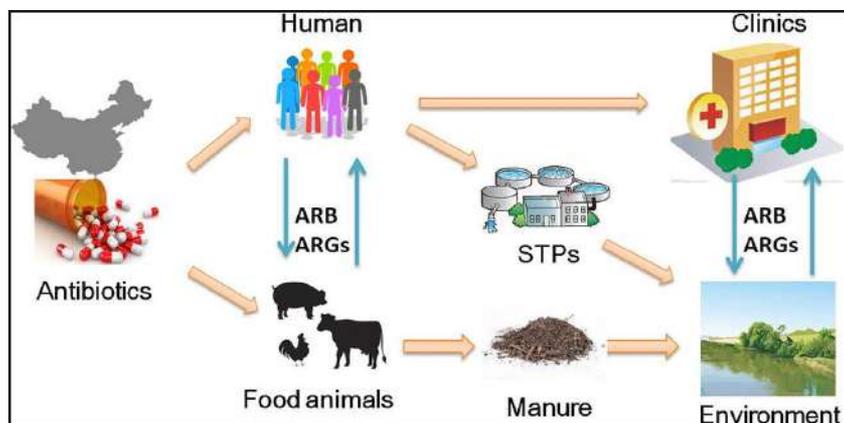
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The number (%) of surfers and controls colonised by antibiotic-resistant *E. coli*.

	Surfers (N = 143)	Controls (N = 130)	Risk ratio (95% CI)	<i>p</i> value
Carriage of cefotaxime-resistant <i>E. coli</i>	13 (9.1%)	4 (3.1%)	2.95 (1.05 to 8.32)	0.040
Carriage of <i>bla</i> _{CTX-M} bearing <i>E. coli</i>	9 (6.3%)	2 (1.5%)	4.09 (1.02 to 16.4)	0.046



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Participants: n = 280,790 English population (MENE)

Exposure: Physical activity in nature

Outcomes: % of people who achieve PA recommendations all or in part in nature

Table 3
In which type of natural environments did 'active visits' in England take place (2009/10–2014/15)?

	Moderate intensity visits 3–5.99 METs (Annual M)		Vigorous intensity visits ≥6 METs (Annual M)	
	N/%	(Std error)	N/%	(Std error)
Town parks	272,409,5007	(12,2970,703)	13,644,500	(1,333,222)
	23.4	(0.4)	20.7	(0.9)
Play areas	88,372,167	(2,181,257)	2,550,833	(277,520)
	3.7	(0.1)	3.9	(0.2)
Open space towns	59,812,833	(3,707,415)	3,257,000	(558,036)
	5.1	(0.1)	5.1	(0.8)
Allotments	4,600,333	(349,158)	0	(0)
	0.4	(0.0)	0	(0)
Country parks	75,291,500	(3,745,706)	4,355,000	(366,573)
	6.5	(0.2)	6.7	(0.3)
Woodlands	102,087,833	(3,369,598)	4,626,500	(463,317)
	8.8	(0.2)	7.0	(0.4)
Inland waters	66,643,333	(3,369,597)	3,540,167	(325,030)
	5.7	(0.1)	5.5	(0.5)
Open countryside	83,000,333	(4,477,708)	3,715,000	(170,544)
	7.2	(0.6)	5.8	(0.3)
Farmland	46,245,000	(1,585,392)	1,794,833	(205,460)
	4.0	(0.1)	2.9	(0.4)
Uplands	17,043,667	(1,566,540)	1,715,333	(360,272)
	1.5	(0.1)	2.6	(0.5)
Pathways	52,354,333	(2,053,455)	9,583,833	(504,654)
	4.5	(0.1)	4.2	(0.4)
Beaches	51,364,167	(2,495,8343)	1,681,833	(259,204)
	4.4	(0.2)	2.5	(0.3)
Other coast	27,983,167	(1,174,162)	1,057,333	(208,246)
	2.4	(0.1)	1.6	(0.2)
Other	28,309,333	(2,137,877)	2,553,167	(363,243)
	2.5	(0.2)	4.0	(0.5)
Multi-environment	188,627,167	(15,037,827)	11,109,333	(971,702)
	16.1	(0.8)	17.1	(1.1)
Total	1,164,152,000	(40,479,926)	65,191,667	(4,243,887)
	100*		100*	

Bold/italic = defined as 'Active visits' in the present analysis.

* Column totals may not sum to 100% due to rounding.



Green spaces worth £2.2bn to public health in England

By Mark Kinver
Environment reporter, BBC News

© 20 September 2016 | Science & Environment





Participants: n = 8,290 English population (Health Survey for England)

Exposure: Water sports

Outcomes: Annual energy expenditure

Table 5
Potential QALY gains and health benefits valuation for water based PA for England (lower estimate).

	Estimated number of participants	MET per hour	Total hours	Total METhr	Potential QALY gain for England	QALY valuation for England		
						Low	Central	High
						£0.73	£2.45	£3.08
Sailing	110,541	3.3	22,958,235	75,762,177	7778	£55,306,389	£185,617,333	£233,347,504
Kayaking/ canoeing	78,945	5.4	10,753,203	58,067,295	5961	£42,389,125	£142,264,872	£178,847,268
Fishing/angling	73,708	3.5	19,609,040	68,631,639	7046	£50,101,096	£168,147,515	£211,385,447
Surfing	42,113	3.0	3,763,831	11,291,493	1159	£8,242,790	£27,664,157	£34,777,797
Rowing	31,596	5.8	855,712	4,963,127	510	£3,623,083	£12,159,662	£15,286,432
Scuba diving	26,315	7.0	2,862,199	20,035,395	2057	£14,625,838	£49,086,717	£61,709,016
Water skiing	15,798	6.0	57,047	342,285	35	£249,868	£838,597	£1,054,237
Wind surfing	10,517	5.0	341,812	1,709,059	175	£1,247,613	£4,187,195	£5,263,903
Snorkelling	10,517	5.0	256,359	1,281,794	132	£925,710	£2,140,397	£2,947,927
Total	400,050	-	61,457,438	242,084,263	24,853	£176,721,512	£593,106,445	£745,619,531



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€6,000,000

2016  **2020**

**Investigate the
relationship** between
urban blue infrastructure
and health and
wellbeing in Europe





Pan European project looking at blue space & health across 14 European (+ 4 non-European countries).

WP1 - Management

WP2 – Large surveys

WP3 – Natural experiments

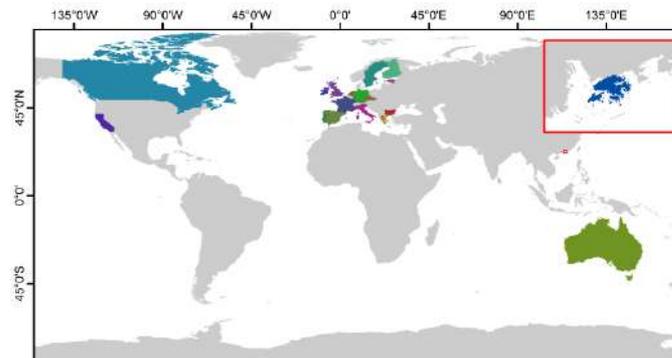
WP4 – Health care & VR

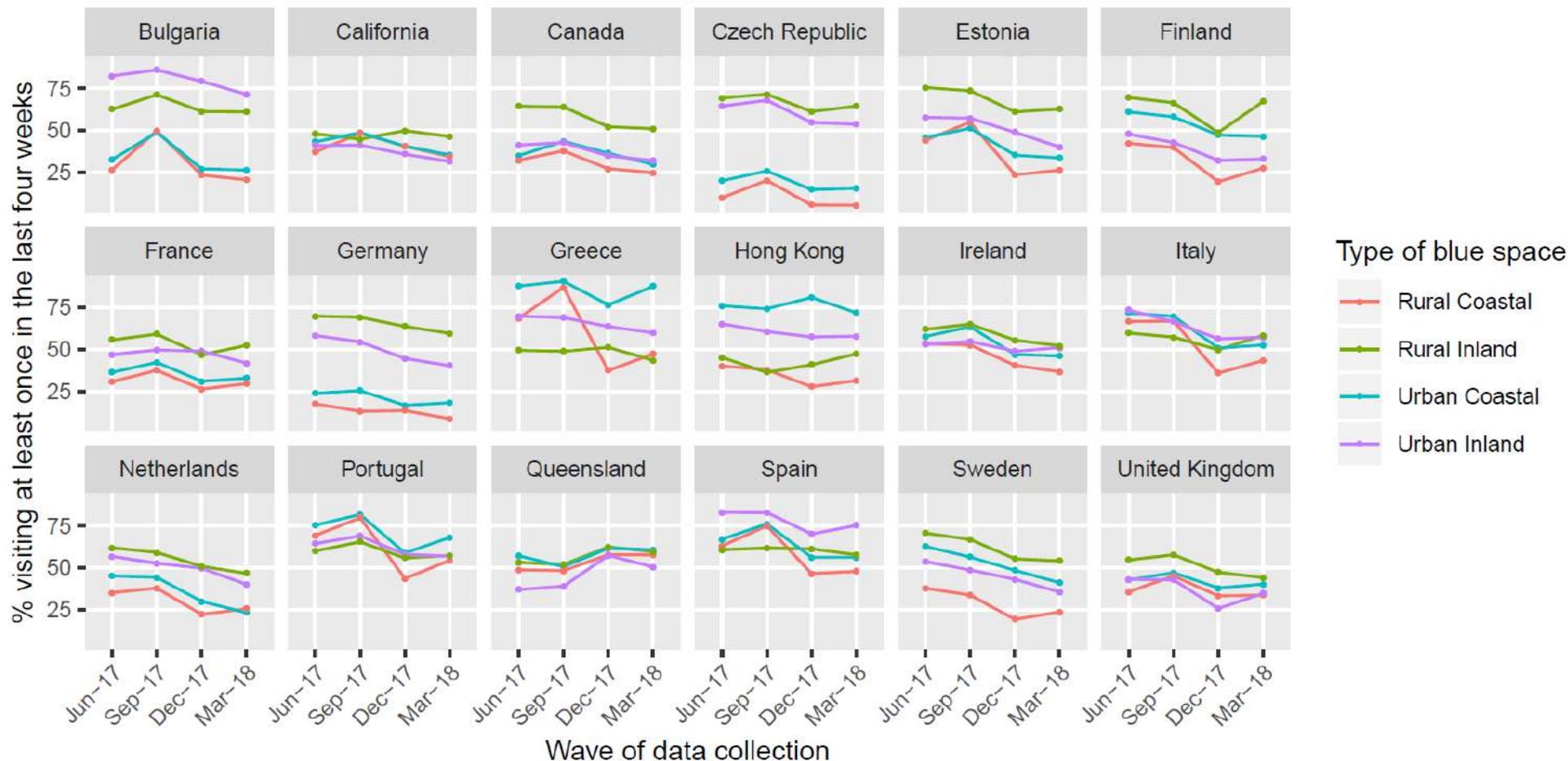
WP5 – Acupuncture interventions

WP6 – Future scenarios

WP7 – Policy development (WHO)

WP8 – Communication/Dissemination





Frequency of visits to different locations across the world during different seasons

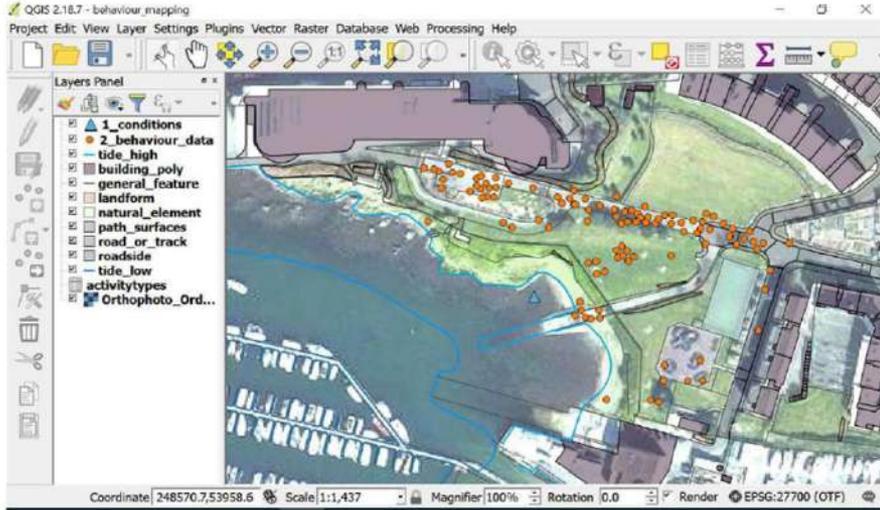


High deprivation, mainly social housing, and poorly maintained park/beach area





Site observations¹



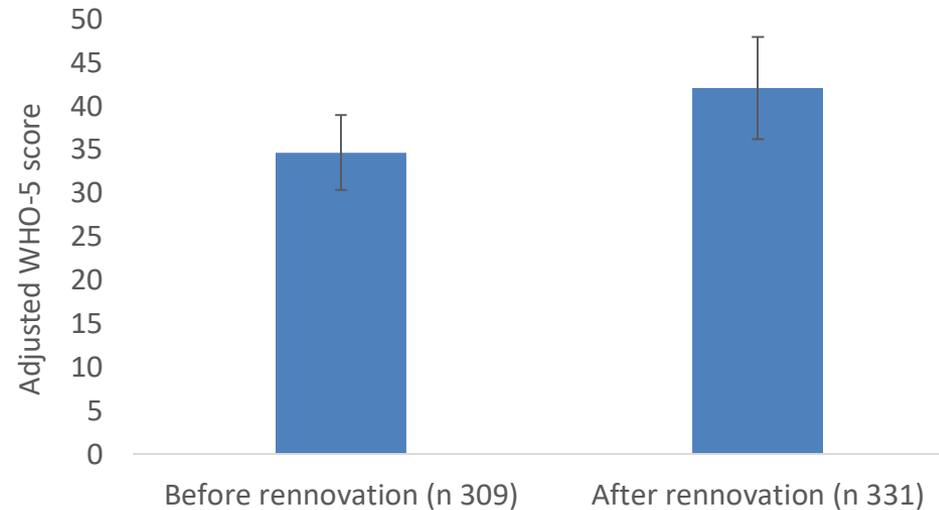
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Willingness to pay for the regeneration²

Local resident survey³

Well-being (WHO-5)



Adj: Age, gender, income, dog ownership, marital status, household composition, home distance,

1. Mishra, Bell, White, Elliott, et al. (in prep). Behavioural observational before and after a coastal regeneration project.
2. Sherlock, Hattam, Borger & White (in prep). A contingent valuation study of an urban bluespace regeneration project.
3. van den Bogerd, Elliott, White, Bell, Sekhra, Fleming (in prep). Urban blue acupuncture & well-being: A case study from a deprived area of Plymouth, UK.



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€6,000,000

2016  2020

Investigate the
relationship between
urban blue infrastructure
and health and
wellbeing in Europe



£6,000,000

2018  2022

Build capacity for
sustainable interactions
with marine ecosystems
for the benefit of health,
well-being, and
livelihoods of coastal
communities in
Southeast Asia



Bluehealth is funded by the European Union's
Horizon 2020 research and innovation
programme, grant agreement No. 666773.



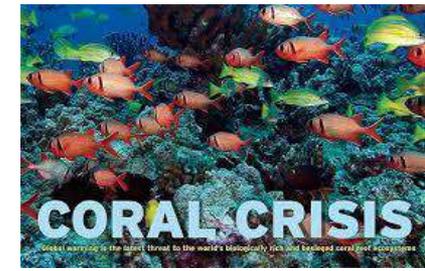


Beneficiaries

- China
- Philippines
- Indonesia
- Vietnam
- Malaysia

Case Study Areas:

- Cu Lau Cham-Hoi An, Vietnam
- Sabah Marine Parks, Malaysia
- Taka Bonerate-Kepulauan Selayar, Indonesia
- Palawan, Philippines
- Shankou Mangrove, China



Section 1: Perceptions of the marine environment in Palawan

In this section we would like you to think about Palawan, how has it changed over the last ten years, what do you think will happen in the next 10 years. In particular we would like you to think of the following activities:

Q1) Compared to 10 years ago (2009) would you say the state of the following features in Palawan is better, worse the same?	Much worse (1)	About the same (4)	Much better (7)	Don't know/ prefer not to answer				
Resources								
a) Amount (number) of wild fish, diversity of fish types	1	2	3	4	5	6	7	99
b) Amount of wild shellfish, diversity of shellfish types	1	2	3	4	5	6	7	99
c) Amount of fish aquaculture (e.g. fish cages)	1	2	3	4	5	6	7	99
d) Amount of shellfish aquaculture (e.g. mussel lines)	1	2	3	4	5	6	7	99
e) Amount of seaweed farming	1	2	3	4	5	6	7	99
Habitats								
f) Quality of coral reefs, diversity of coral types	1	2	3	4	5	6	7	99
g) Seagrass coverage, number of seagrass species	1	2	3	4	5	6	7	99
h) Mangrove coverage, diversity of mangrove types	1	2	3	4	5	6	7	99
i) Other beach tree cover	1	2	3	4	5	6	7	99
Water quality								
j) Amount of farming pesticides/fertilisers in the water	1	2	3	4	5	6	7	99



1. Quick reminder from Jan 23rd 2013
2. Update on findings from the last 6 years
 - Systematic review
 - New methods (e.g. viewsheds & geo-narratives)
 - 'Quality' matters
 - Tackling inequalities
 - Virtual coasts
 - Encourage pro-environmentalism?
 - New risks
 - Monetising 'value'
3. Ongoing research
 - BlueHealth
 - Blue Communities
4. Gaining traction & next steps (help please)
 - Planetary health initiative
 - SOPHIE (Seas Oceans & Public Health in Europe)
5. Some closing thoughts



The Rockefeller Foundation-Lancet Commission on planetary health

Safeguarding human health in the Anthropocene epoch: report of The Rockefeller Foundation-Lancet Commission on planetary health

Sarah Whitmore, Andy Haines, Chris Boyer, Frederik Dalgaard, Anthony C. Capran, Daniela Ferreira de Souza Dias, Amy Cori, Howard Franklin, Fang Gong, Peter Hoeg, Richard Horton, Georgina M. Mason, Robert Munn, Samuel S. Myers, Samio Nkhata, Steven A. Osofsky, Subhrendu K. Pattanayak, Manting J. Peng, Cristina Ravaroli, Agnes Szwed, Jeanette Vega, Derek Yach

Search terms: marine (22); ocean* (44); coast* (23)

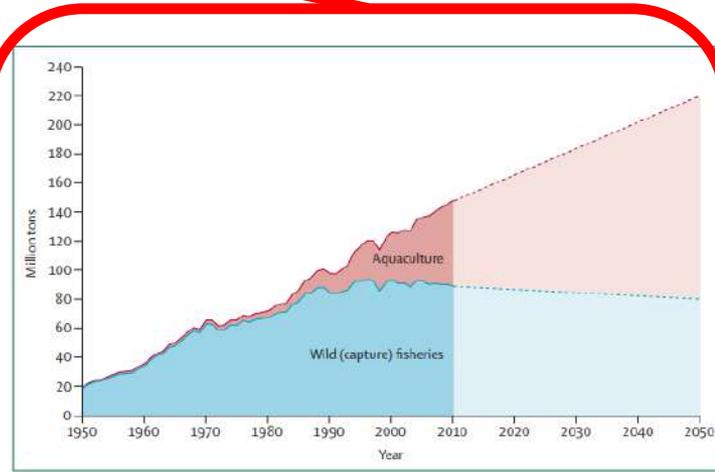
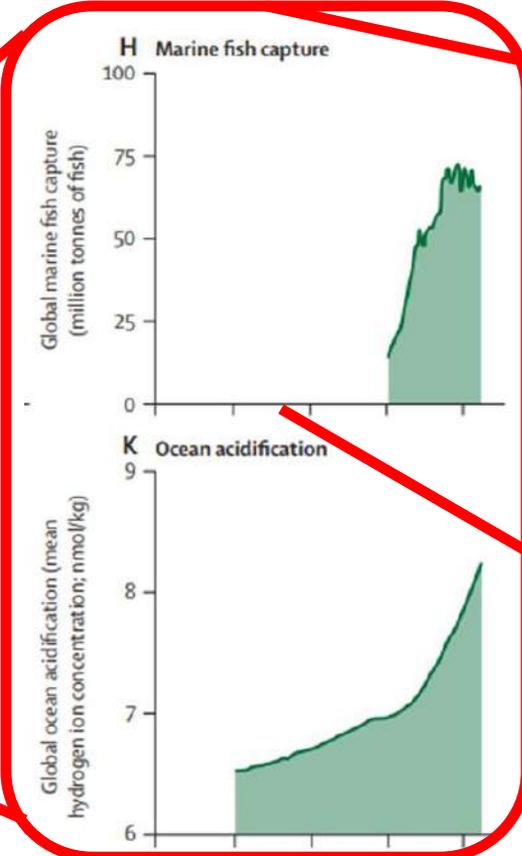
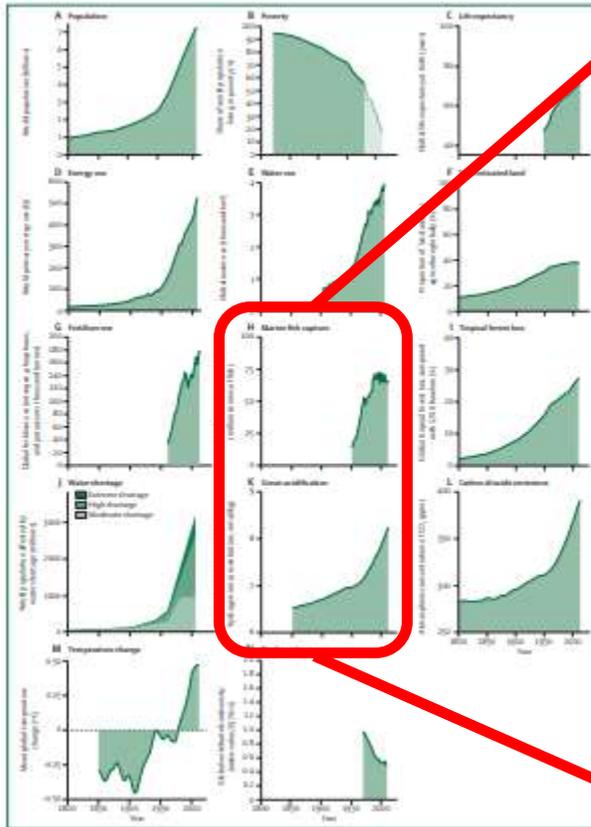
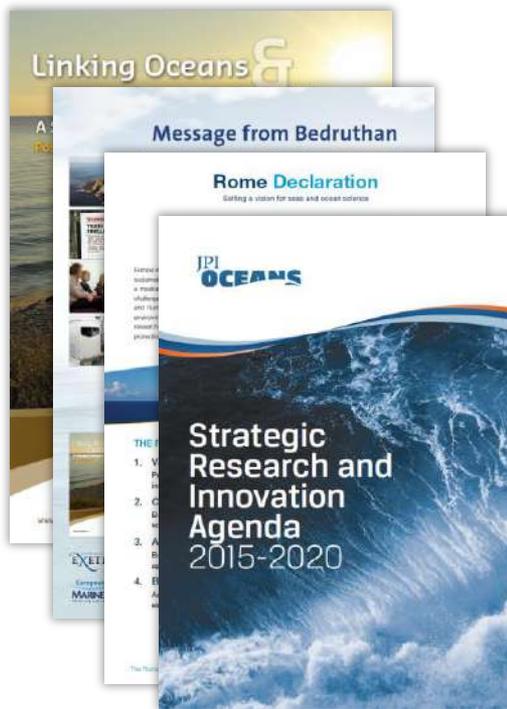


Figure 14: Aquaculture production is expanding to meet world fish demand (million tons), 2011-2050

14 Anthropocene trends

2 (mainly) marine

1 explored in detail





The Rome Declaration was adopted at the EuroOCEAN 2014 Conference, Rome, 08 October 2014.



Policy Goal 1: Valuing the Ocean

“Europe needs a coordinated, interdisciplinary and integrated programme on Oceans and Human Health, understanding and managing the **risks and benefits** of our interactions with the seas”

Rome Declaration

Setting a vision for seas and ocean science

Delivering impact, global leadership and sustainable blue growth for Europe

Europe is emerging from the worst financial crisis in recent history. Rebuilding our economy demands that we identify sustainable opportunities for jobs and economic growth. The ocean is a source of food, water, energy and raw materials; a medium for tourism, transport and commerce; and can provide solutions to many European and global policy challenges. But the ocean is neither inexhaustible nor immune to damage. In the context of rapid global change and human population growth, it is impossible to achieve human wellbeing by combining economic benefit with environmental protection. This presents a highly complex challenge. Collaborative and cross-disciplinary European research is the key to providing the knowledge and tools that we need to achieve ecosystem-based management and protection of valuable marine resources and services.



THE FOUR ROME DECLARATION GOALS

- 1. Valuing the ocean**
Promoting a wider awareness and understanding of the importance of the seas and ocean in the everyday lives of European citizens.
- 2. Capitalizing on European leadership**
Building on our strengths to reinforce Europe's position as a global leader in marine science and technology.
- 3. Advancing ocean knowledge**
Building a greater knowledge base through ocean observation and fundamental and applied research.
- 4. Breaking barriers**
Addressing the complex challenges of blue growth and ocean sustainability by combining expertise and drawing from a range of scientific disciplines and stakeholders.



The Rome Declaration was adopted on 8 October 2014 at the EuroOCEAN 2014 Conference (7-9 October 2014, Rome).



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Creating a research agenda for OHH in Europe



€6,000,000

2016 → 2020

Investigate the relationship between urban blue infrastructure and health and wellbeing in Europe



£6,000,000

2018 → 2022

Build capacity for sustainable interactions with marine ecosystems for the benefit of health, well-being, and livelihoods of coastal communities in Southeast Asia



Seas, Oceans & Public Health in Europe

Linking oceans and health research

€2,000,000

2017 → 2020

Produce a **research agenda** for oceans and human health for the European context



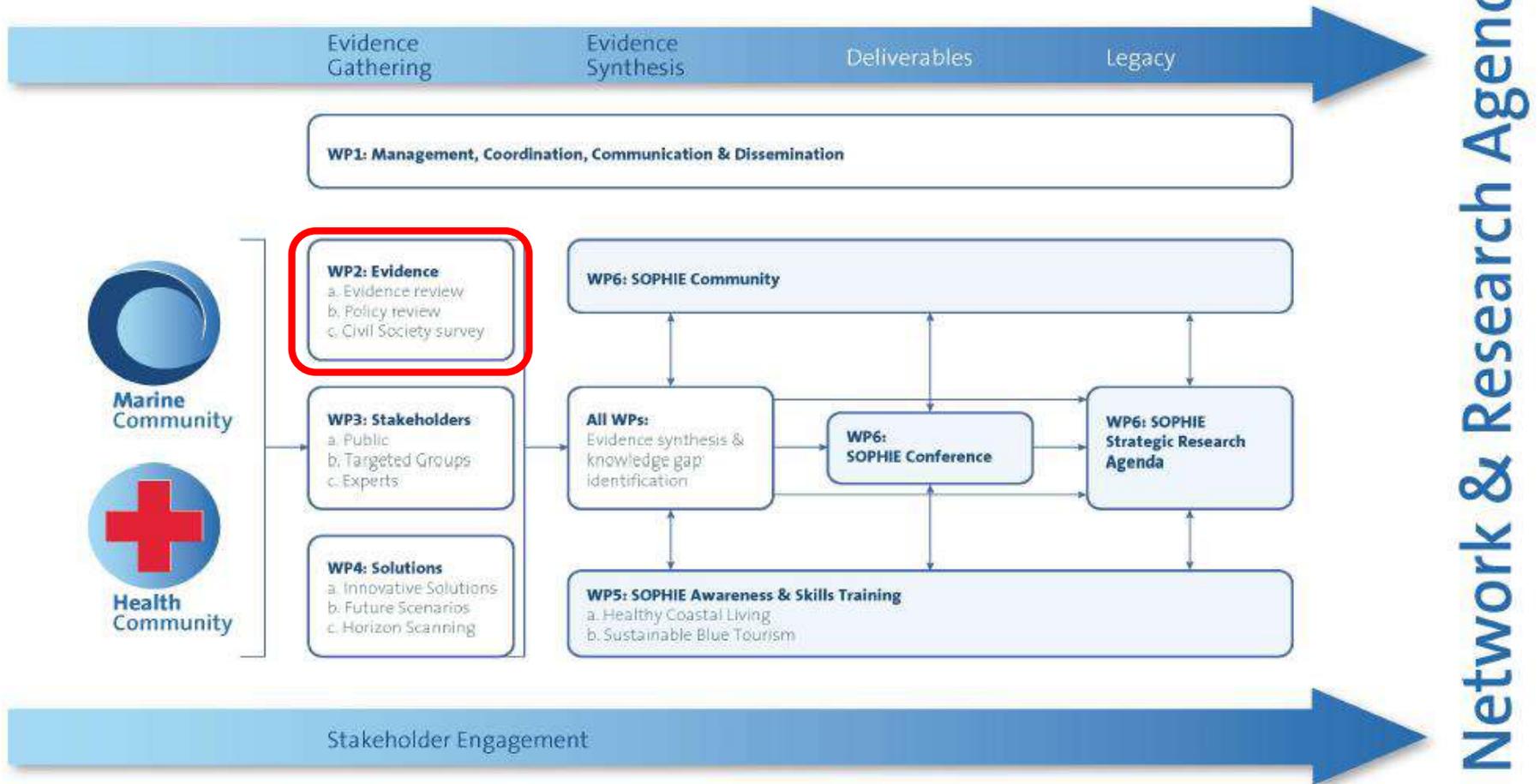
Bluehealth is funded by the European Union's Horizon 2020 research and innovation programme, grant agreement No. 666773.



SOPHIE is funded by the European Union's Horizon 2020 research and innovation programme, grant agreement No 774567.



Seas, Oceans and Public Health in Europe: SOPHIE





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- Research moving well-beyond the UK
- Rolling up our sleeves to try and improve situations on the ground



Search words: marine OR ocean OR coast

2015 (56pp)



2017 (51pp)



The Rockefeller Foundation–Lancet Commission on planetary health

Safeguarding human health in the Anthropocene epoch: report of The Rockefeller Foundation–Lancet Commission on planetary health

Sarah Whitmee, Andy Haines, Chris Beyrer, Frederick Boltz, Anthony G Capon, Bráulio Ferreira de Souza Dias, Alex Czeiz, Howard Franklin, Feng Gong, Peter Head, Richard Horton, Georgina M. Mace, Robert Marten, Samuel S Myers, Sumai Nishtar, Steven A Osofsky, Subhrendu K. Pattanayak, Monira J Pongpi, Cristina Romanelli, Agnes Soucat, Jeannette Vega, Derek Yach

Marine = 22
Ocean* = 44
Coast* = 23



The Lancet Commission on pollution and health

Philip J Landrigan, Richard Fuller, Nereus J R Acosta, Olusoji Adeyi, Robert Arnold, Niladri (Nil) Banu, Abdoulaye Bidi Baldé, Roberto Bertolini, Stephan Bose-O'Reilly, Jo Iney Bouffard, Patrick N Breyse, Thomas Chiles, Chulabharn Mahidol, Awa M Col-Seck, Maureen L Cropper, Julius Fobil, Valentin Fuster, Michael Greenstone, Andy Haines, David Hanrahan, David Hunter, Mukesh Khare, Alan Krupnick, Bruce Lanphear, Bindu Lohari, Keith Martin, Kåren V Mathiesen, Maureen A McTeer, Christopher J L Murray, Joharita D Ndahimananjara, Frederica Perera, Janez Potočnik, Alexander S Preker, Jairam Ramesh, Johan Rockström, Carlos Salinas, Leona D Semson, Karti Sandilya, Peter D Sly, Kirk R Smith, Achim Steiner, Richard B Stewart, William A Suk, Orino C P van Schayck, Gautam N Yadama, Kande Yumkela, Ma Zhong

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This online publication has been corrected. The corrected version first appeared at [thelancet.com](http://www.thelancet.com) on November 7, 2017.
See Comment pages 407 and

Executive summary

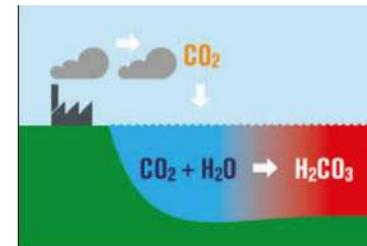
Pollution is the largest environmental cause of disease and premature death in the world today. Diseases caused by pollution were responsible for an estimated 9 million premature deaths in 2015—16% of all deaths worldwide—three times more deaths than from AIDS, tuberculosis, and malaria combined and 15 times more than from all wars and other forms of violence. In the most severely affected countries, pollution-related disease is responsible

Pollution endangers planetary health, destroys ecosystems, and is intimately linked to global climate change. Fuel combustion—fossil fuel combustion in high-income and middle-income countries and burning of biomass in low-income countries—accounts for 85% of airborne particulate pollution and for almost all pollution by oxides of sulphur and nitrogen. Fuel combustion is also a major source of the greenhouse gases and short-lived climate pollutants that drive climate change. Key emitters of

Marine = 3
Ocean* = 3
Coast* = 0

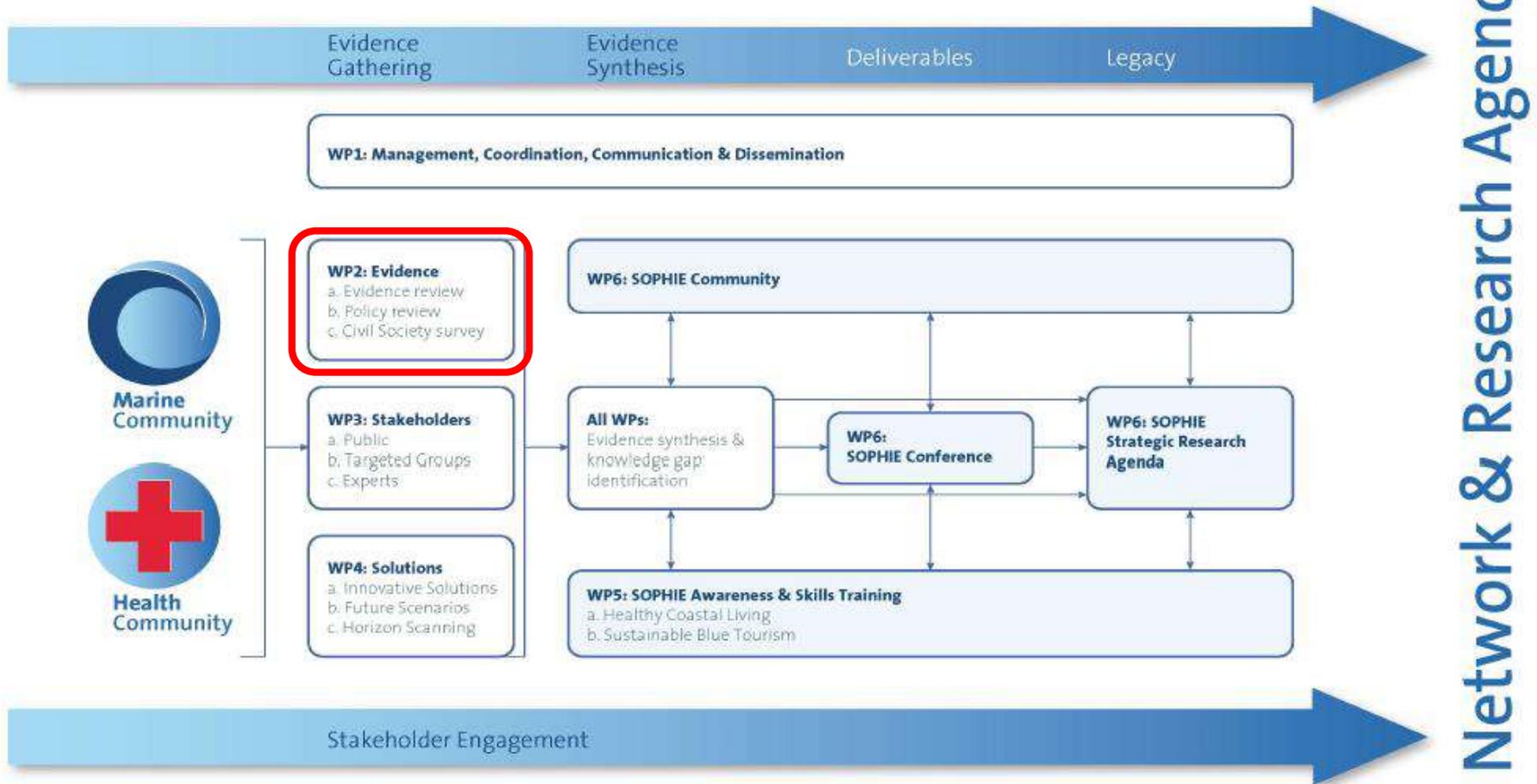
2017 Pollution & health report:

- Methylmercury discussed but no mention that the main source of human contact is through eating fish/shellfish
- Ocean acidification barely mentioned despite being a major (CO₂) pollution issue





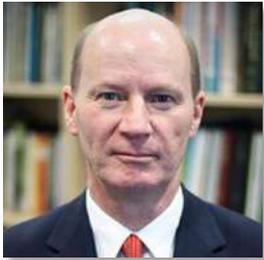
Seas, Oceans and Public Health in Europe: SOPHIE





Oceans & human health: Latest findings & a roadmap for European research

Mat White (<https://www.ecehh.org/people/dr-mathew-white/>)



Michael Depledge



Lora Fleming



Will Gaze



Connie Guell



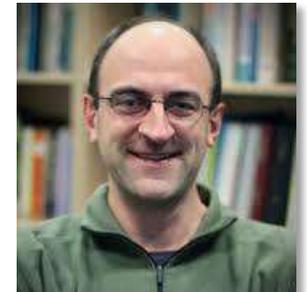
Rebecca Lovell



Karyn Morrissey



Mik Vos



Ben Wheeler

+ Ian Alcock, Sophie Davison, Sian de Bell, Claire Eatock, Jacqui Eales, Lewis Elliott, Jo Garrett, Ruth Garside, Caroline Hattam, James Grellier, Timur Jack-Kadioglu, Anne Leonard, Aimee Murray, Sabine Pahl, Rebecca Sherlock, Em Squire, Tim Taylor, Nicole van den Bogerd, Anastacia Voronkova, Nicky Yeo, Lihong Zhang.