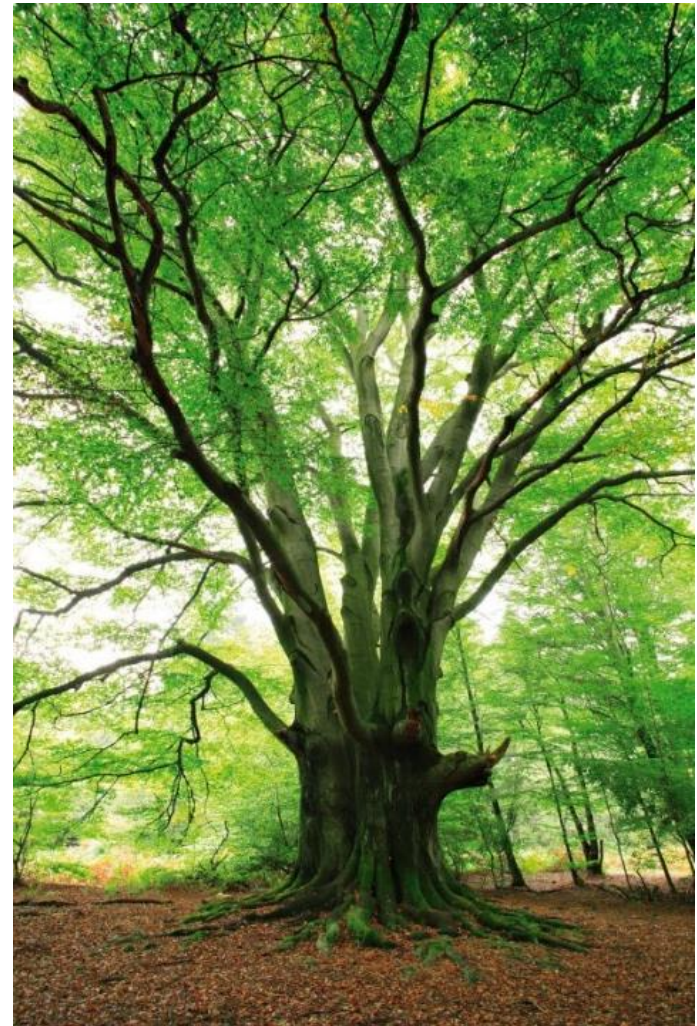


Natural benefits: Nature, Health and Protected Areas – an overview

Pete Rawcliffe

Head of the People and Places Unit
Scottish Natural Heritage



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“Everybody needs beauty as well as bread,
places to play in and pray in, where nature
may heal and give strength to body and soul”



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The connection with the earth has given me a sense of belonging. It has brought meaning and purpose back into my life”.

“



“My doctor says I’m much stronger ... thought I’m ready to come off the anti-depressants”.



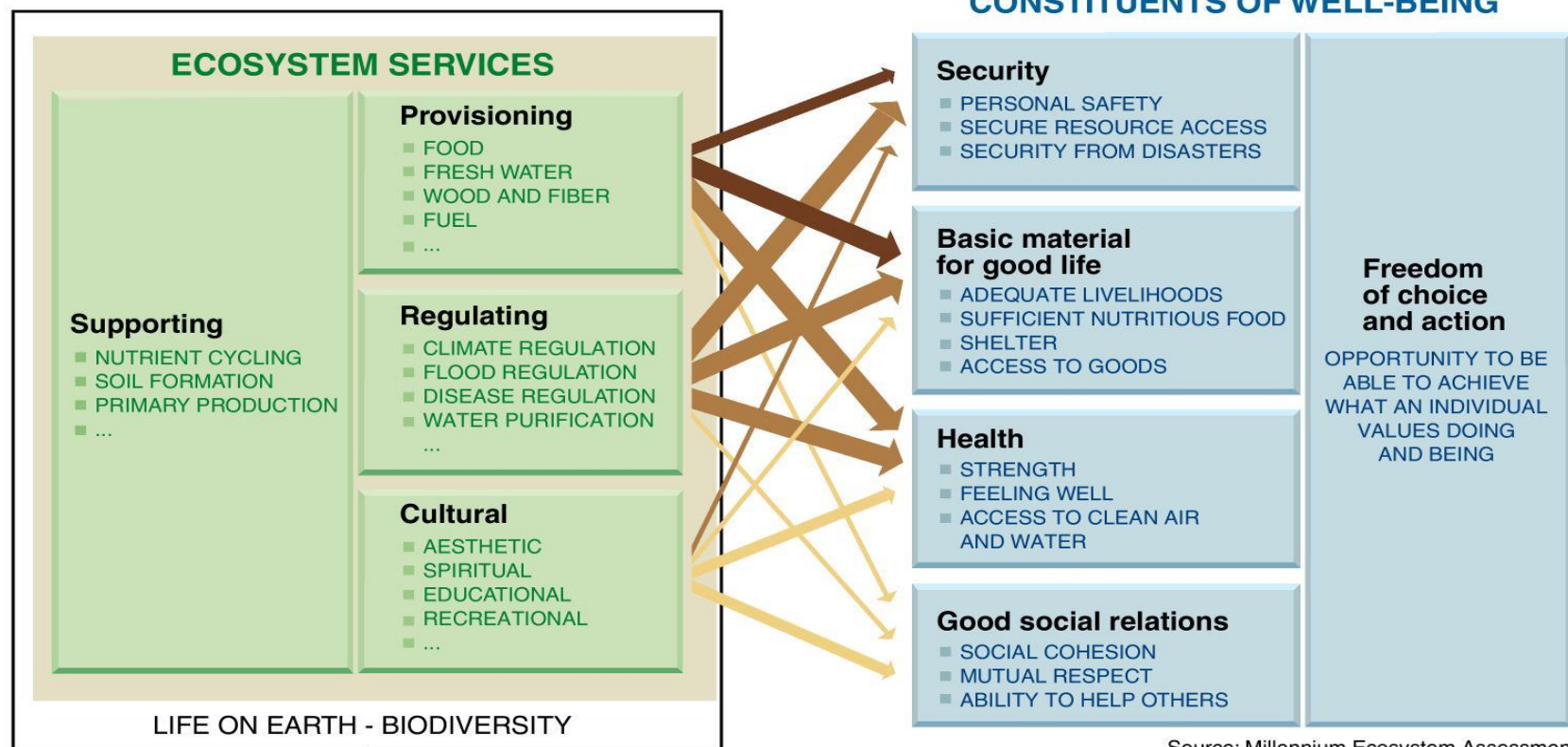
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FEDERATION



“The potential benefits of physical activity to health are huge. If a medication existed which had a similar effect, it would be regarded as a ‘wonder drug’ or ‘miracle cure’”

$O + (N \times S) + CPM/T + HE!$





Source: Millennium Ecosystem Assessment

ARROW'S COLOR
Potential for mediation by socioeconomic factors

Low
Medium
High

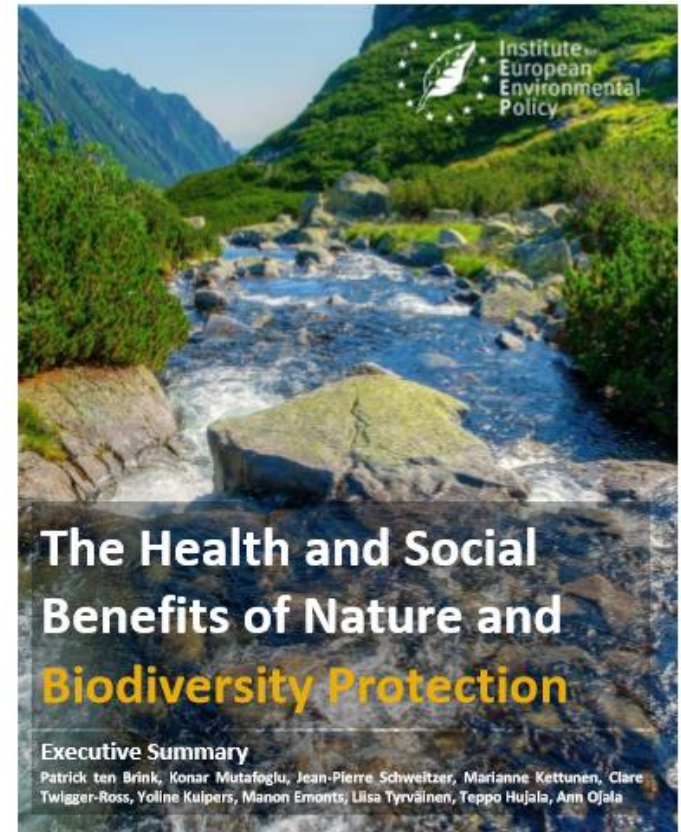
ARROW'S WIDTH
Intensity of linkages between ecosystem services and human well-being

Weak
Medium
Strong



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- Reducing exposure to pollutants
- Mitigating noise stress
- Mitigating heat stress
- Reducing stress and maintaining everyday well-being (preventative)
- Providing spaces for effective treatment and rehabilitation (therapeutic)
- Supporting children's development
- Promoting recreation and sustainable mobility
- Supporting social cohesion
- Social support and reduce social isolation
- Contributing to employment



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Building the evidence base

- ✓ Improved physical and mental health through green exercise
- ✓ Natural contribution to effective recovery
- ✓ Wider social health and well-being benefits
- ✓ Young people and sustained benefits



The screenshot shows the BBC News website interface. At the top is the BBC logo and a search bar. Below is a red banner with the word 'NEWS' and 'LIVE BBC NEWS CHANNEL'. A sidebar on the left lists various news categories, with 'Health' highlighted. The main content area features an article titled 'Green spaces 'reduce health gap'' with a sub-headline: 'A bit of greenery near our homes can cut the "health gap" between rich and poor, say researchers from two Scottish universities.' The article text discusses how even small parks can protect against strokes and heart disease by reducing stress and encouraging exercise. It mentions a study from The Lancet that linked green spaces to a reduction in thousands of deaths. A quote from Dr. Terry Hartig of Uppsala University, Sweden, states: 'This study offers valuable evidence that green space does more than 'pretty up' the neighbourhood.' The article concludes that councils should introduce more greenery to improve wellbeing and that people living in poorer areas are more likely to be unhealthy and die earlier.





Variations in strong agreement for several statements by place of residence. Typically higher amongst those:

Living in rural areas
Living outside of the 15% most deprived areas in Scotland

Benefits gained from outdoor visits (agree strongly) – SPANS 2013/4

All who visited the outdoors in the last 4 weeks (1,155)





IUCN
WORLD PARKS CONGRESS
SYDNEY 2014

Parks, people, planet: inspiring solutions

12 – 19 November 2014

www.hphpcentral.com

www.activeinparks.org



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HEALTH AND PROTECTED AREAS



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Promoting 'Green Health' in Scotland

Encouraging greater use of the natural environment for better health and quality of life in Scotland.



Nature and the environment
are a health resource

Summary

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HEALTH AND PROTECTED AREAS



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Encouraging the Use of the Outdoors

Open: Oulu Parks –
Enjoying Nature



OPEN – OULU PARKS –
ENJOYING NATURE:
AIR – ACTIVATION,
INTERACTION,
RECREATION

THE OPEN AND
AIR PROJECTS
ARE CARRIED OUT
IN THE OULU REGION
OF FINLAND

Summary

OPEN and AIR form a project unity.

OPEN focuses on providing quality natural outdoor environments for the citizens of Oulu, aiming to activate people towards spending time in the outdoors and engaging in regular physical activity in green spaces. Communicated as a form of preventive medicine, it is hoped to replicate the model across Finland.

Outcomes

OPEN: The Oulu Parks concept brings together different types of sites in the region in a green continuum, from large park-like nature sites in the city centre to the national parks in wilderness, regardless of the site owner.



www.europarc.org/nature/health-protected-areas/



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Issues and Opportunities

- Policy convergence
- Working with the health sector
- Target groups – health inequalities
- Tailored approaches
- Building on good practice



Scoping a new EUROPARC Commission

Main areas of focus?	Key Outputs?
➤ Short policy briefing paper on the role of PAs in health agenda, utilizing case studies previously gathered.	✓ Briefing paper produced and widely disseminated
➤ Completion of practical guidance / tool-kit for PAs on how to establish health-orientated agenda in their parks	✓ Toolkit published online
➤ Developing a European version of Healthy Parks Healthy People (HPHP) guidelines	✓ One funded workshop realised
➤ Develop EUROPARC's relationship with WHO Europe and HPHP	✓ One EU project application prepared and submitted
➤ Planning and application of new projects, or seeking of funds to commission research	



Get involved!

- Join the wider email group
- Come to the EUROPARC Annual meeting - health workshop
- Look out for EUROPARC website updates
- Join the next Webinar in early 2018

