



# EUROPARC CONFERENCE

06 — 10  
Sep 2017  
Portugal *Montanhas  
Mágicas®*

**New Voices  
New Visions  
New Values**

*for People  
and Nature  
in Europe*



ADRIMAG



## Workshop 5 - Health and Protected Areas

Nele Sõber  
Estonian Environmental Board

# **Toolkit „Practical advice on the delivery of Health & Well-being benefits from Parks & Protected Areas“ draft**

## Content:

- Introduction
- Policy
- Evidence
- **Delivery** (strategic planning, site management, outreach, communications, monitoring & evaluation, staff training)
- **Health Check-list**

## Sub-section

## Actions

### Strategic planning:

- assessment of land uses/vegetation/landscape in terms of health impact
- assessment of accessibility and facilities for public use
- assessment of current uses related to physical activity and wellbeing
- other aspects: land ownership, other existing initiatives: guided walks, rural tourism, health facilities, sport and wellbeing facilities, etc.

## Sub-section, goals

### Site management:

- accessible and high quality destinations, opportunities for green exercise
  
- identify and protect the qualities of PAs which are important for health outcomes

## Actions

- audit the accessibility
- provide information
- consider and provide for the needs of specific health programmes groups
- engage target groups
- review the provision and roles of rangers, wardens or other staff
- ensure that sites are managed and protected effectively
- identify and develop the potential of areas important for health outcomes
- promote opportunities to discover wildlife first-hand without disturbance

## Sub-section, goals

### Outreach:

- versatile, high quality destinations and services that meet diverse needs and provide equal opportunities
- PA staff understand how health and well-being can be enhanced through nature, and have the skills to connect to and communicate with target groups
- ✓ outreach programmes that influence healthy behaviour

## Actions

- engage target groups in assessing the suitability of sites / services
- provide activity programmes
- audit local healthcare & produce outreach programmes
- work with partners to deliver learning exchange
- ✓ identify & work with local stakeholders connected with target groups
- ✓ share information about PAs
- ✓ help people get to PAs
- ✓ provide specific site-based activities
- ✓ signpost to wider opportunities

## Sub-section, goals

### Communications:

- Health professionals / raise awareness of health benefits by being more involved in PA management issues
- Wider public / people spend more time in nature and they understand health benefits

## Actions

- find partners to “spread” the word on nature benefits
- regular meetings between PA & professionals
- invite professionals to PA meetings
- work out a web-based “tool” to monitor your health and well-being
- integrate health more into visitor programs
- organize promotion events/initiatives
- attractive messages for different target groups

## Sub-section, goals

### Monitoring & evaluation:

- better understanding of health benefits arising from nature
- better documentation of health benefits of PAs
- better use of information in management and services of PAs

## Actions

- monitor & measure health benefits
- implement visitor monitoring system
- evaluate & report the results
- develop new approaches to exploring the various dimensions between nature and health with different partners



