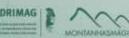


06 — 10 Montanhas Sep 2017 Mágicas®

### New Voices New Visions New Values

for People and Nature in Europe







# Workshop 5 - Health and Protected Areas

Nele Sõber Estonian Environmental Board

Montanhas





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











#### **Content:**

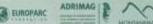
- Introduction
- Policy
- Evidence
- Delivery (strategic planning, site management, outreach, communications, monitoring & evaluation, staff training)
- Health Check-list





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









Sub-section, goals	Actions
<ul> <li>Site management:         <ul> <li>accessible and high quality destinations, opportunities for green exercise</li> </ul> </li> <li>identify and protect the qualities of PAs which are important for health outcomes</li> </ul>	<ul> <li>audit the accessibility</li> <li>provide information</li> <li>consider and provide for the needs of specific health programmes groups</li> <li>engage target groups</li> <li>review the provision and roles of rangers, wardens or other staff</li> <li>ensure that sites are managed and protected effectively</li> <li>identify and develop the potential of areas important for health outcomes</li> <li>promote opportunities to discover wildlife first-hand without disturbance</li> </ul>











#### Sub-section, goals

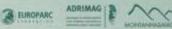
#### **Outreach:**

- versatile, high quality destinations and services that meet diverse needs and provide equal opportunities
- ➤ PA staff understand how health and wellbeing 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

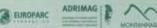






Sub-section, goals	Actions
<ul> <li>Communications:</li> <li>Health professionals / raise awareness of health benefits by being more involved in PA management issues</li> </ul>	<ul> <li>find partners to "spread" the word on nature benefits</li> <li>regular meetings between PA &amp; professionals</li> <li>invite professionals to PA meetings</li> <li>work out a web-based "tool" to monitor your health and well-being</li> </ul>
Wider public / people spend more time in nature and they understand health benefits	<ul> <li>integrate health more into visitor programs</li> <li>organize promotion events/initiatives</li> <li>attractive messages for different target groups</li> </ul>







Sub-section, goals	Actions
<ul> <li>Monitoring &amp; evaluation:</li> <li>better understanding of health benefits arising from nature</li> <li>better documentation of health benefits of PAs</li> <li>better use of information in management and services of PAs</li> </ul>	<ul> <li>monitor &amp; measure health benefits</li> <li>implement visitor monitoring system</li> <li>evaluate &amp; report the results</li> <li>develop new approaches to exploring the various dimensions between nature and health with different partners</li> </ul>

