



## Workshop 5 - Health and Protected Areas

Chair - Pete Rawcliffe, Scottish Natural Heritage

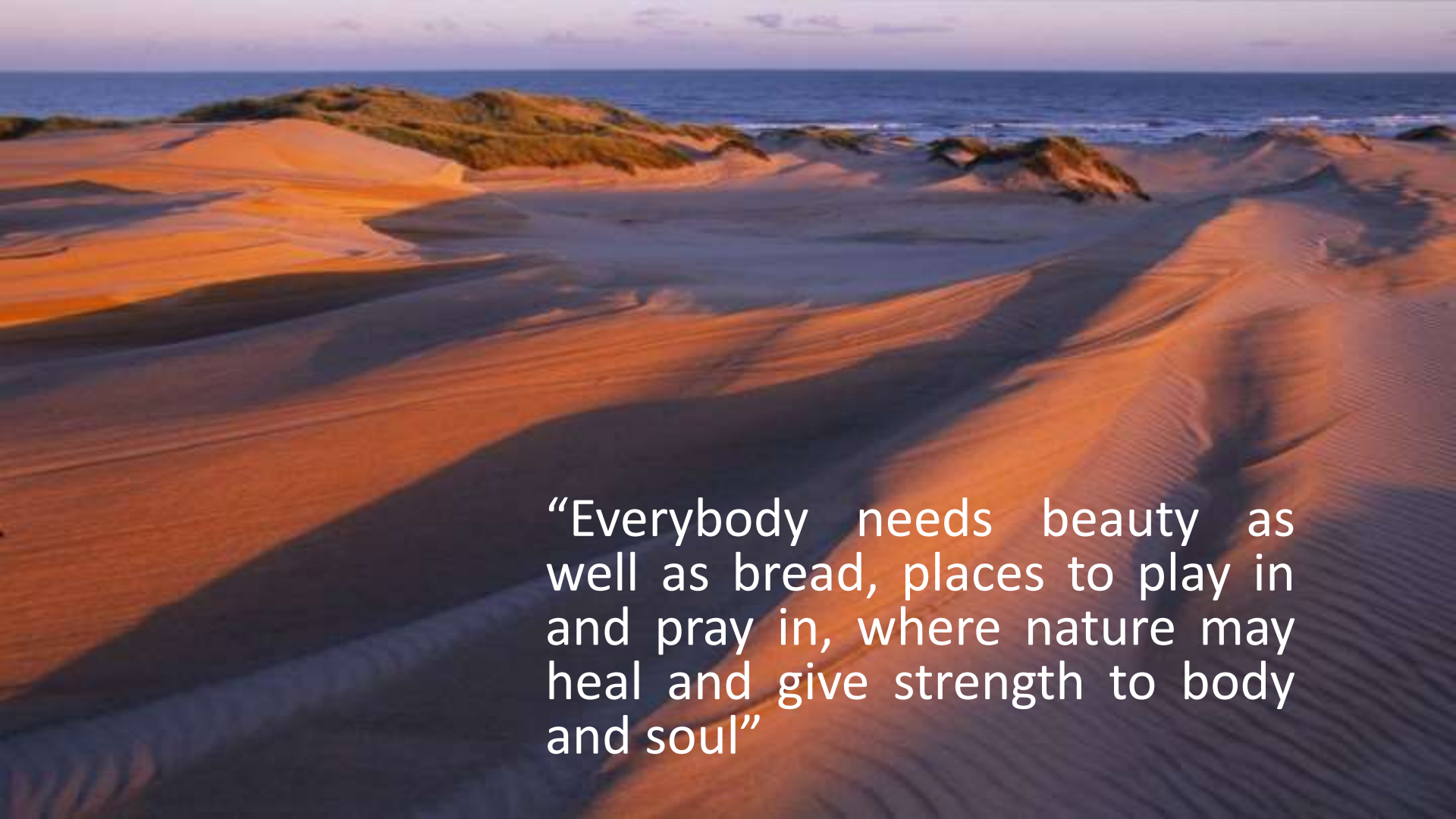
**New Voices  
New Visions  
New Values**

*for People  
and Nature  
in Europe*

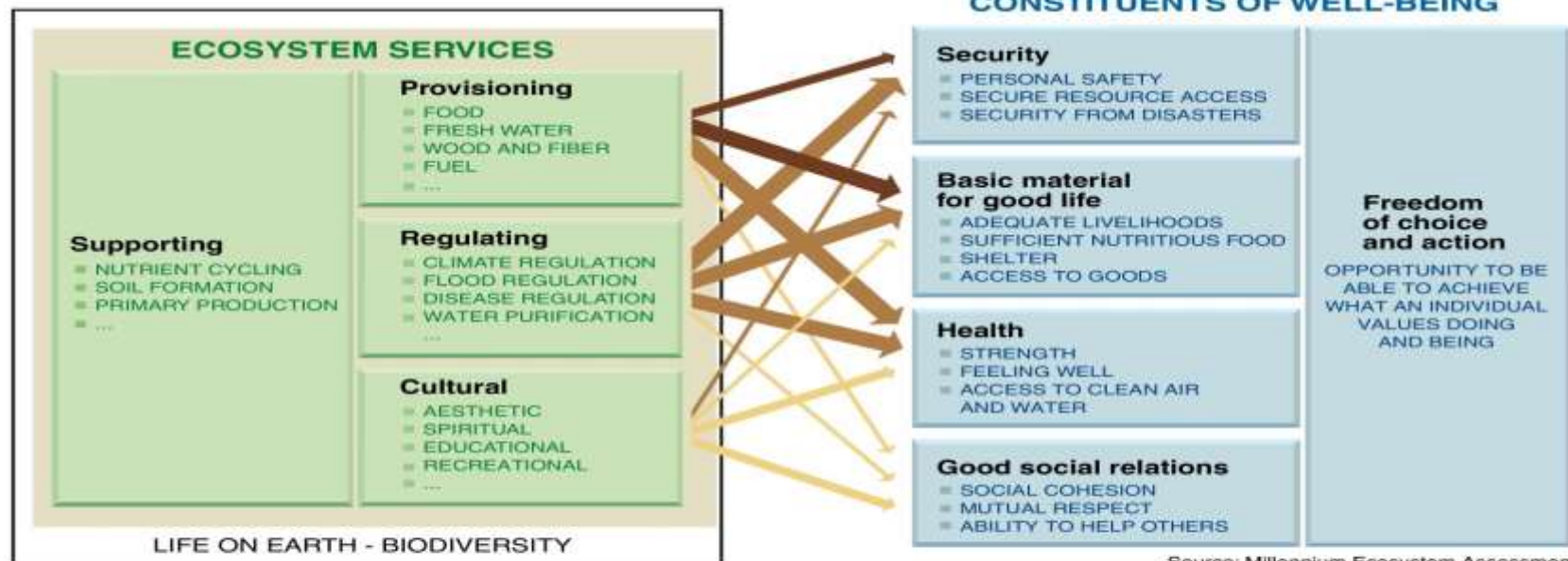


ADRI-MAG



A wide-angle photograph of a coastal landscape. In the foreground, large, undulating sand dunes are illuminated by the warm, golden light of a low sun, creating long, dark shadows. The sand has a fine, rippled texture. In the middle ground, a calm body of water, possibly a lagoon or a bay, reflects the sky. The background shows the ocean meeting a clear, pale sky at the horizon. The overall mood is peaceful and serene.

“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”



Source: Millennium Ecosystem Assessment

**ARROW'S COLOR**  
Potential for mediation by socioeconomic factors

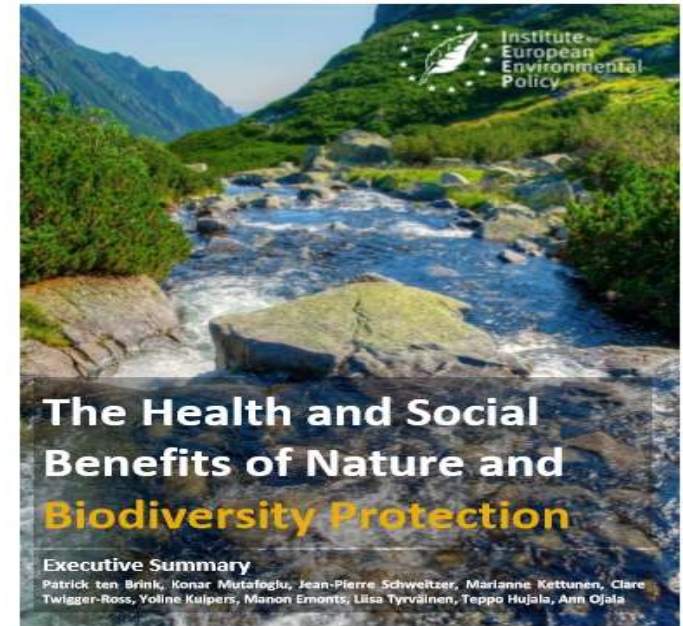
- Low
- Medium
- High

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

- Weak
- Medium
- Strong



- 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



## Key messages – State of Play

- Growing engagement in health activity by PAs across Europe
- Range of good practice developed/developing
- Strong evidence base – needs to be communicated better; more emphasis on M&E to help make case at programme level too
- Significant challenges for PAs in terms of political and professional relevance; funding; developing new partnerships with new sector/stakeholders
- Significant opportunity for PAs in terms of demonstrating the benefits of nature for people



## Key messages – Protected areas

- Start building awareness and capacity in my organisation on health
- Look for opportunities to make links to local health professionals and develop new partnerships around health promoting use of Parks
- Do more on Monitoring and Evaluation when developing health projects
- Continue to learn from good practice elsewhere
- Look to build links within/to research community





## Key messages – Federation activity

- Establish and support new commission with representatives from each section
- Focus activity to provide benefits to members – position statement for policy makers; collation of information and examples of good practice; development of guidelines etc.
- Explore scope for network of Parks and health professionals to actively share experience and champion this work
- Build links with European bodies - EEA, WHO and IUCN-Healthy Parks, Healthy People initiative; medical associations etc.
- Seek sponsorship /alliances with health industry and insurance companies



## Scope and remit of the new Commission – 1<sup>st</sup> year

Main areas of focus?	Key Outputs?
➤ <b>Short policy briefing paper</b> on the role of PAs in health agenda, utilizing new and existing case studies.	✓ Briefing paper produced and widely disseminated
➤ Completion of <b>practical guidance/tool-kit for PAs</b> on how to establish health-orientated agenda in their parks	✓ Toolkit and case-studies published online
➤ Developing a <b>European version of Healthy Parks Healthy People (HPHP)</b> 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	



# Today's agenda

1. Introductions
2. Making more of the good practice from across Europe – key lessons from emerging practice – Carles
3. Tools and resources for developing partnerships with the health sector – Joel and Nele
4. Next steps and key messages from the workshop

**Our aspiration = your perspiration = everyone's inspiration!**



Age of the Park?

Who you are and which Park or  
area you are from?

A key objective for you from today  
in terms of the health agenda?



Making more of the good practice from across  
Europe – key lessons from emerging practice –  
Carles

# **Tools and resources for developing partnerships with the health sector**

1. Toolkit „Practical advice on the delivery of Health & Well-being benefits from Parks & Protected Areas“ draft
2. Examples of partnerships with health sector



## Content:

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

Sub-section	Actions
<b>Strategic planning:</b>	<ul style="list-style-type: none"><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
<p><b>Site management:</b></p> <ul style="list-style-type: none"><li>○ accessible and high quality destinations, opportunities for green exercise</li></ul> <p>➤ identify and protect the qualities of PAs which are important for health outcomes</p>	<ul style="list-style-type: none"><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></ul> <p>➤ ensure that sites are managed and protected effectively</p> <p>➤ identify and develop the potential of areas important for health outcomes</p> <p>➤ promote opportunities to discover wildlife first-hand without disturbance</p>

Sub-section, goals	Actions
<p><b>Outreach:</b></p> <ul style="list-style-type: none"> <li>○ versatile, high quality destinations and services that meet diverse needs and provide equal opportunities</li> <li>➤ 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</li> <li>✓ outreach programmes that influence healthy behaviour</li> </ul>	<ul style="list-style-type: none"> <li>○ engage target groups in assessing the suitability of sites / services</li> <li>○ provide activity programmes</li> <li>➤ audit local healthcare &amp; produce outreach programmes</li> <li>➤ work with partners to deliver learning exchange</li> <li>✓ identify &amp; work with local stakeholders connected with target groups</li> <li>✓ share information about PAs</li> <li>✓ help people get to PAs</li> <li>✓ provide specific site-based activities</li> <li>✓ signpost to wider opportunities</li> </ul>



Sub-section, goals	Actions
<p><b>Communications:</b></p> <ul style="list-style-type: none"><li>○ Health professionals / raise awareness of health benefits by being more involved in PA management issues</li><li>➤ Wider public / people spend more time in nature and they understand health benefits</li></ul>	<ul style="list-style-type: none"><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><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, goal	Actions
<p><b>Monitoring &amp; evaluation:</b></p> <ul style="list-style-type: none"><li>○ Understand health benefits arising from nature</li></ul>	<ul style="list-style-type: none"><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>

# Next Steps and key messages – Pete



# Healthy people, healthy parks – developing guidelines for Europe?

Positive contact with nature is important for human health. It can create well-being, prevent public health problems and promote an active lifestyle.

Parks & protected areas connect people with nature and represent a valuable natural asset that can provide specific contributions to the delivery of positive health outcomes.

The importance of parks & protected areas for health promotion and improvement adds to the case for investment in these assets.

Parks & protected areas contribute to individual and community health and well-being, and to wider aspects of economic health and growth.

Planning and delivery of site management to achieve health objectives should relate to:

- Policy – a policy framework at national, regional and / or local level that establishes the connection between the natural environment and health benefits supports management objectives
- Partnerships – community engagement and cross-sector partnerships in implementation reflect joined-up working and provide wider benefits
- Best practice and innovation – a strong evidence-base is supported by many examples of good practice, with innovative projects being shared throughout the parks & protected areas network

The delivery of health objectives by parks & protected areas is a natural extension of their traditional role in providing for access and recreation – it illustrates the environment sector responding to social needs and should be embedded as part of park management bodies' core business



# Policy briefing

Audience?	➤ Decision takers and policy makers in the health and environment sectors across Europe
Key messages?	<ul style="list-style-type: none"> <li>➤ Europe's nature is a health promoting asset. There is increasing evidence that access to the natural environment can help guard against, treat and manage key health issues such as: depression, coronary heart disease and stroke, type 2 diabetes, obesity and dementia.</li> <li>➤ Europe's national parks and other protected areas are well placed to support health outcomes for people who live in or near them or who visit them.</li> <li>➤ There is a range of good practice in Europe's National Parks and other protected areas in increasing physical activity, improving mental health and addressing health inequalities through green exercise and contact with nature through - outdoor recreation, volunteering, learning, gardening and active travel.</li> <li>➤ We believe that the contribution of Europe's National parks and other protected areas to health outcomes can be strengthened through recognition in relevant policy, practice and funding at the European, national and regional level.</li> <li>➤ Future revisions to the EU strategies on biodiversity and green infrastructure should make more direct reference to health benefits. A new Life Fund on health and nature could help stimulate and mainstream good practice.</li> </ul>

# Key messages from the workshop

1. Main success and challenges raised
2. What new voices do we need?
3. How can Europarc enable these voices to be included?









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## Get the recognition you deserve!

The **Natura 2000 Award** is dedicated to rewarding excellence in the management and promotion of the network and to raising awareness about Natura 2000 and its benefits to European citizens.







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**Open to any organisation or person involved in Natura 2000.**

**Five different categories of Award:**

- Conservation
- Socio-Economic Benefits
- Communication
- Reconciling Interests/Perceptions
- Cross-Border Cooperation and Networking

... and you can vote for the **European Citizens' Award (public voting).**

<http://ecf.europa.eu>

