

5<sup>th</sup> September 2018

# EUROPARC Webinar

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## Parks & Protected Areas as “Natural Health Centres”

*Introduced by: Carol Ritchie, EUROPARC Federation*





**WEBINAR**

Parks & Protected Areas as  
**'Natural Health Centres'**

***5<sup>th</sup> September 2018 - 14:30 CEST***



## Introducing the tool-kit

**Pete Rawcliffe**  
**Scottish Natural Heritage**

**Chair of the Europarc Federation**  
**Commission on health and**  
**protected areas**





## Tool-kit Overview

- **Aim** – help PAs contribute to delivery of health outcomes
- **Structure** – key messages; the importance of policy frameworks; sources of evidence; case studies: check-list
- **The goal** – develop the toolkit to encourage use of nature as ‘core business’ – in both the environment and health sectors



# Why should parks and Protected Areas be involved in supporting health outcomes?

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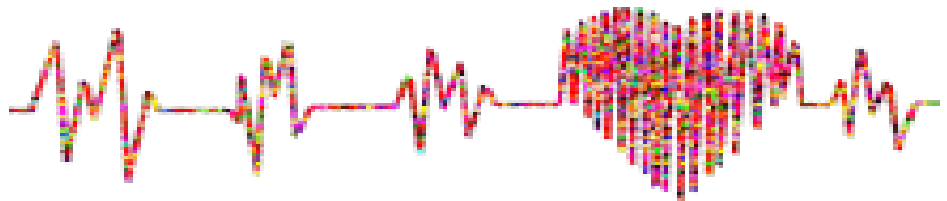
The following Guiding Principles have been adopted by the EUROPARC Federation.

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.

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

# Evidence



Key benefits include:

**better physical and mental health  
and guarding against future illness;  
therapeutic and restorative qualities  
which enhance recovery;  
reduced social isolation and greater  
community cohesion;  
and opportunities to establish  
lifelong healthy behaviours.**

- **A Dose of Nature: addressing chronic health conditions by using the environment 2014** University of Exeter
- **Evidence statement on the links between natural environments and human health 2017** DEFRA and University of Exeter
- **The Great Outdoors: how a green exercise environment can benefit all 2013** Gladwell et al
- **Natural outdoor environments and mental and physical health: relationships and mechanisms 2015** Triguero et al



Planning and delivery of site management to achieve health objectives should be informed by and delivered through:

## 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 & 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 and 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.

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

These principles have been developed from the *Healthy Parks Healthy People* philosophy as set out in the Melbourne Communiqué of 2010 which has been endorsed by the EUROPARC Federation.



# Developing national and regional approaches







# EUROPARC Webinar Parks & Protected Areas as “Natural Health Centres”

# Developing protected areas approaches

**HEALTH AND PROTECTED AREAS**

**Following the Healing Bonanza**

**EMERSONNATIONAL PARK**  
LATVIA

**Uniting nature and health related products into one joint tool**

**Summary**

The project delivered a process to which local stakeholders (Greater Latvia) engaged in the Energy Regional Administration of the Nature Conservation Agency, the IBCO (Baltic International Park Development), and local business and tourism development partners to create an advertisement for their healthy lifestyle.

**Outcomes**

- Highly valued products offered by local suppliers, local education events in the area, including activities such as “Forest walking”, “Forest education events”, “Forest walking”, and “Forest walking”.
- Advertisement for the project was created in the form of a joint tool, including a presentation and a “Healthy lifestyle” website. The joint advertisement was published in the local media and on the website of the project.
- While the advertisement was created, the website and health material was developed in the form of a “Healthy lifestyle” website. The website was published on the website of the project and the local media.

**HEALTH AND PROTECTED AREAS**

**The Health Challenge and a Label for Gîtes de France:**

**Fitness, Nature & Well-being**

**REGIONAL NATURE PARKS OF THE MORDANNE VALLEY**  
CAPS ET MARAIS D'EUSSAY, SCAVRE-ESCAULT  
FRANCE

**Bringing nature and sport together to counter sedentary lifestyles**

**Summary**

Bringing nature and sport together to counter sedentary lifestyles, supported by nature guides.

**Outcomes**

- It involves countering the trend towards sedentary lifestyles and lack of exercise, encouraging people to undertake a variety of physical activities in the natural environment of the park.
- An informal AI supported the support available to participants.

**HEALTH AND PROTECTED AREAS**

**Walkability Project**

**Exercise Referral Scheme: Walkability Project uses group based walking to reduce sedentary behaviour, develop participants’ fitness and improve health**

**Pembrokeshire Coast National Park**  
BURTONWOOD LOCALITY  
WALES

**Summary**

As a “health cover” involving benefits for the community, the Pembrokeshire Coast National Park Authority hosted the Walkability Project, which sought to use walking on the coast to improve the health of people with sedentary lifestyles. The project was a joint effort between the National Health Service (NHS) and the Pembrokeshire Coast National Park Authority.

**Outcomes**

- The aim of the project was to provide a service that encourages the use of walking as a health intervention for sedentary lifestyles. In 2013 Pembrokeshire Coast National Park Authority hosted the Walkability Project, which sought to improve the health of people with sedentary lifestyles.
- The aim of the project was to provide a service that encourages the use of walking as a health intervention for sedentary lifestyles.

**HEALTH AND PROTECTED AREAS**

**The Health Benefits Experienced by Visitors to Protected Areas**

**A survey to gather visitors’ experiences on the health benefits provided by state-owned protected areas.**

**REUNIONNATIONAL RESERVE**  
INTERVUO NATIONAL PARK  
KURUNDIYANKA NATIONAL PARK  
FINLAND

**Summary**

Health benefits experienced by visitors to protected areas. The survey was conducted in March 2014 and the results were published in a report in May 2014.

**Outcomes**

Health benefits experienced by visitors to protected areas. The survey was conducted in March 2014 and the results were published in a report in May 2014.

Health benefit	2013	2014	2015	2016	2017	2018	2019
Improved mental health	100	100	100	100	100	100	100
Improved physical health	100	100	100	100	100	100	100
Improved social health	100	100	100	100	100	100	100
Improved spiritual health	100	100	100	100	100	100	100
Improved cultural health	100	100	100	100	100	100	100
Improved historical health	100	100	100	100	100	100	100
Improved scientific health	100	100	100	100	100	100	100
Improved artistic health	100	100	100	100	100	100	100
Improved literary health	100	100	100	100	100	100	100
Improved musical health	100	100	100	100	100	100	100
Improved dramatic health	100	100	100	100	100	100	100
Improved film health	100	100	100	100	100	100	100
Improved television health	100	100	100	100	100	100	100
Improved radio health	100	100	100	100	100	100	100
Improved newspaper health	100	100	100	100	100	100	100
Improved magazine health	100	100	100	100	100	100	100
Improved book health	100	100	100	100	100	100	100
Improved internet health	100	100	100	100	100	100	100
Improved mobile phone health	100	100	100	100	100	100	100
Improved tablet health	100	100	100	100	100	100	100
Improved smartwatch health	100	100	100	100	100	100	100
Improved fitness tracker health	100	100	100	100	100	100	100
Improved smart home health	100	100	100	100	100	100	100
Improved smart car health	100	100	100	100	100	100	100
Improved smart city health	100	100	100	100	100	100	100
Improved smart nation health	100	100	100	100	100	100	100
Improved smart world health	100	100	100	100	100	100	100

**HEALTH AND PROTECTED AREAS**

**A Path Accessible to All**

**Healthier walks for everybody in a natural park, especially people with disabilities**

**NATURAL PARK FUENTES CARRASQUERA**  
PROVINCE OF MALAGA, CANTABRIA  
SPAIN

**Summary**

The project has brought together health and accessibility in the region of Cantabria, Spain, to create a path accessible to all.

**Outcomes**

The project has brought together health and accessibility in the region of Cantabria, Spain, to create a path accessible to all.

**HEALTH AND PROTECTED AREAS**

**Active Senior Tourism**

**Provision and design of training, consulting and implementation of health and leisure activities for the tourism sector, to improve health through nature, whilst strengthening rural development**

**EXTREMADURA SOUTH WESTLY STATE**  
ALBUQUERQUE PORTUGAL

**Summary**

The project is about the design and implementation of health and leisure activities for the tourism sector, to improve health through nature, whilst strengthening rural development.

**Outcomes**

The project is about the design and implementation of health and leisure activities for the tourism sector, to improve health through nature, whilst strengthening rural development.

# Health Check-list

Are you delivering

a health-promoting park / Protected Area?

**Further advice on possible goals and actions:**

- **Strategic planning**
- **Site management**
- **Outreach**
- **Communications**
- **Monitoring & evaluation**
- **Staff training**



