We are healthier parks!

(s'associer au domaine de la santé)
# Workshop structure

<table>
<thead>
<tr>
<th>Session 1 - context</th>
<th>1000 - 1100</th>
<th>1. Welcome and introductions</th>
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<td>2. Scene setting and objectives for the day</td>
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<td>Break</td>
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<td>Session 2 - current practice</td>
<td>1100 - 1230</td>
<td>3. Experience from Denmark - Susanne Rosenild, Municipality of Vordingborg, Denmark</td>
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<td>4. Experience from Scotland, Pete Rawcliffe, Scottish Natural Heritage</td>
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<td>Lunch</td>
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<td>Session 3 - supporting future practice</td>
<td>1400- 1500</td>
<td>5. Scoping the new Europarc Federation commission, Matti Tapaninen, Metsähallitus</td>
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<td>6. Conclusions and Next steps</td>
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Who you are and which Park or area you are from

Something unique about the Park

A key objective for you from today
“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”
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”. 
Scottish Natural Heritage  Dualchas Nàdair na h-Alba

ECOSYSTEM SERVICES

Provisioning
- Food
- Fresh water
- Wood and fiber
- Fuel
- ...

Supporting
- Nutrient cycling
- Soil formation
- Primary production
- ...

Regulating
- Climate regulation
- Flood regulation
- Disease regulation
- Water regulation
- Water purification
- ...

Cultural
- Aesthetic
- Spiritual
- Educational
- Recreational
- ...

LIFE ON EARTH - BIODIVERSITY

CONSTITUENTS OF WELL-BEING

Security
- Personal safety
- Secure resource access
- Security from disasters

Basic material for good life
- Adequate livelihoods
- Sufficient nutritious food
- Shelter
- Access to goods

Health
- Strength
- Feeling well
- Access to clean air and water

Good social relations
- Social cohesion
- Mutual respect
- Ability to help others

Freedom of choice and action

Opportunity to be able to achieve what an individual values doing and being

Source: Millennium Ecosystem Assessment
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
Promoting ‘Green Health’ in Scotland

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

www.europarc.org/nature/health-protected-areas/
Issues and Challenges?

➢ Lack of general awareness of green exercise opportunities by GPs and patients
➢ Lack of staff time
➢ Professional and public buy-in

But

➢ a range of NHS staff would be willing to refer/signpost their patients as part of a consultation or treatment plan.
➢ Need to embed further in strategic policy and practice
Group work – issues and challenges
Scotland’s Outdoors – Developing the contribution of our natural health service

Pete Rawcliffe
People and Places Unit Manager
Scottish Natural Heritage
Key outdoor resources for realising health outcomes

- Places
- Paths
- Access rights
- Information
- Organisations
Trends in participation

- Main types – everyday, countryside visits, volunteering, commercial leisure
- Key constraints – time and mobility; and health
- Key trend towards re-localisation of recreation
- Provision should focus on
  - more & better accessible local greenspace and local path networks
  - (fewer) high quality countryside destinations
- On-going interventions required - importance of targeted campaigns
- Action on health outcomes
The evidence base

- Improved physical and mental health through physical activity
- Natural contribution to effective recovery
- Wider social health and well-being benefits
- Young people and sustained benefits
Drivers towards shared action on health outcomes

- Policy direction (and evidence base)
- Establishment of the Green Exercise Partnership – FCS, SNH and NHS HS
- Development of outcome frameworks
  - National Planning Framework/NPI 41 – visits to the outdoors
  - Active Scotland Outcomes Framework
  - RAFE
- Development of a Natural health service action plan
natural health service concept

Natural environment and associated green infrastructure - foundation & enabler.

Realising the health benefits of these assets dependent on:

• improving the supply, quality and accessibility of nature;

• increasing the number of people who regularly engage with nature; and

• the extent to which the benefits are recognised in health policy and practice
What does success look like?

Outcome

Improved collaboration between environment and health sectors maximising the contribution of the natural environment and associated green infrastructure to the attainment of public health and health and social care priorities at a population level.

Measures of success

• Greater public awareness of the benefits & opportunities for contact with nature as part of everyday lives.
• An increase in the number of people being active through contact with the nature.
• Greater awareness in health professionals of the contribution of nature-based health promotion and interventions to physical and mental health and well-being.
• Public Health and Health & Social Care sectors routinely embracing nature-based health promotion and interventions across the full range of relevant programmes for prevention, treatment and care.
• Increased commissioning of, and stable funding for, nature-based health promotion programmes and interventions by health and social care partnerships.
• Role of nature-based health promotion and interventions mainstreamed in the planning and use of the public estate.
## Natural health service action plan - workstreams

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<th>Contents</th>
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<tr>
<td><strong>1. Evidence and Research</strong></td>
<td>Develop the evidence base and survey information for the Natural Health Service</td>
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<td><strong>2. Information and Digital</strong></td>
<td>Develop better SG web-based provision on opportunities to be active outdoors as part of emerging Digital Scotland framework</td>
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<tr>
<td><strong>3. Green Exercise</strong></td>
<td>Build the capacity, delivery, quality and resilience of green exercise programmes</td>
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<td>Develop and promote a Green Exercise kite mark system to help promote green exercise programmes more effectively to the health sector</td>
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<td>Establish a national network of green exercise providers to share experience and develop practice</td>
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<td>Develop key information resources and training on green exercise for health practitioners and green exercise providers to help support the development and mainstreaming of green exercise programmes</td>
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<td><strong>4. NHS Greenspace intervention</strong></td>
<td>Work with NHS HS and HFS to mainstream provision, management and use of greenspace in everyday NHS practice, including 4 pilot community partnerships to manage and promote use of the outdoor estate; and develop advice, good practice and training on use of the NHS estate</td>
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<td><strong>5. Green Infrastructure health and well-being intervention</strong></td>
<td>Develop a series of targeted intervention projects to raise levels of physical activity close to areas of greenspace improved as part of the ERDF Green Infrastructure programme</td>
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<td><strong>6. Local Green Health Partnership intervention</strong></td>
<td>Support the establishment of a series of local Green Health Partnerships to connect health and environment sectors and add value through co-ordinated local development and promotion of green exercise opportunities; and develop a monitoring and evaluation programme to assess their impact</td>
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<tr>
<td><strong>7. Communications</strong></td>
<td>Develop communication tools and material for policy makers; medical practitioners and key public audiences</td>
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NHS Greenspace

Phase 1
- Range of demonstration projects
- Good practice developed
- Impact evaluated

Phase 2
- Community partnerships
- Sharing good practice
- Mainstreaming
Green Infrastructure

- £40 million investment in urban environments
- Expected programme of 15 – 20 projects
- Targeted at areas suffering higher levels of disadvantage
- c.34,000 households within 300m of potential projects predominantly “Underprivileged & Inactive”
- Development of local initiatives to activate and sustain use
Local green health partnerships

- Mapping of green exercise assets
- Targeted investment in green infrastructure and green exercise programmes
- Information and training for GPs, clinicians and other health practitioners.
- A range of information products: digital; information panels, or maps, DVD and walking leaflets.
- Physical Activity Pathway (brief advice and brief intervention).
- Better integration into other health, physical activity programmes and initiatives (e.g. Well Connected programme, Sports hubs etc.)
Green Exercise Referrals

- Pilot studies in Dundee, Lanarkshire and Selkirk (Scottish Borders)
- Co-design and production of materials with individual GP practices

Key lessons

- Lack of general awareness of green exercise opportunities by GPs and patients
- Lack of staff time and buy-in – though highest take-up in disadvantaged areas
- Need to embed further in strategic policy and practice
- A range of NHS staff would be willing to refer/signpost their patients as part of a consultation or treatment plan.
Challenges

• Language & organisational structures
• Sectoral / corporate cultures
• Competing priorities
• Misplaced Perceptions
• Funding ....
Questions?
• Growing engagement in health activity by PAs across Europe
• Range of good practice developed/developing
• Strong evidence base – need more on M&E to help make case at programme level
• 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
Session 3
Key points for summary

• State of play
• Issues and Challenges
• Practical action – individual PAs
• Practical action – Europarc Federation
## Scoping a new Europarc Commission

### Main areas of focus?

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<th>Key Outputs?</th>
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<td>➢ Short policy briefing paper on the role of PAs in health agenda, utilizing case studies previously gathered.</td>
<td>✔ Briefing paper produced and widely disseminated</td>
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<tr>
<td>➢ Completion of practical guidance/tool-kit for PAs on how to establish health-orientated agenda in their parks</td>
<td>✔ Toolkit published online</td>
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<td>➢ Promotion of the new IUCN Healthy Parks Healthy People (HPHP) guidelines</td>
<td>✔ One funded workshop realised</td>
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<tr>
<td>➢ Steer EUROPARC’s relationship with HPHP and WHO - Commission to provide advice/assistance to Directorate and Council.</td>
<td>✔ One EU project application prepared and submitted</td>
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<tr>
<td>➢ Planning and application of new projects, or seeking of funds to commission research</td>
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