IMPLEMENTING IN PRACTICE

FROM HEALTH EFFECT

How activities in nature can strengthen the life quality of the citizens

WE ARE PARCS – EUROPARC CONFERENCE 2016

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VORDINGBORG MUNICIPALITY

Where is Vordingborg?
What are we known for?
Who am I?
THE NEXT 20 MINUTES

THE HEALTH EFFECT FROM NATURE
• Background and context
• Stories from practice
PARTNERSHIP

Since 2007 cooperation with Naturstyrelsen
Since 2013 ranger employed in the Health Department
Multidisciplinary staff offers
Preventional and structural services to citizens, specific patient education, cooperation with other municipality sectors and patient organizations

Board of Health and Psychiatry secures
Political approval of health actions and priorities
VORDINGBORG IS NATURE

Economy (it’s free!)

Near by

For all
EVIDENCE OF NATURE'S POSITIVE EFFECTS ON HUMAN HEALTH

Physical
Blood pressure
Pulse

Mental
Stress
Depression
Anxiety
IN PRACTICE

Preventional activities for citizens and patient education

Concepts: Structural conditions, target groups, timebound, multidisciplinary, recruitments, medical referrel

Documentation, implementation and evaluation

Use of nature
WITH YOUNG MOTHERS AND

FAMILIES
WITH DAYCARE
WITH YOUNG STUDENTS
WITH UNEMPLOYED
WITH STRESS
WITH 100% FRESH AIR

(Stop Smoking)
WITH CRONIC DISEASES
WITH NATURE AND SENSEPATHS
WITH VOLUNTEERS
https://youtu.be/AvKCuHxv1g

WITH GO-PRO
WITH YOU PEOPLE!