

IMPLEMENTING IN PRACTICE

# FROM NATURE EFFECT

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

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# VORDINGBORG MUNICIPALITY

Where is Vordingborg?

What are we known for?

Who am I?



VORDINGBORG  
KOMMUNE



Klaipėda LT - Kiel DE  
Travemünde - Treile



# 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 Departement



# DEPARTMENT OF HEALTH

## **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 HUMAN HEALTH EFFECTS

## 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 referral

Documentation,  
implementation and  
evaluation

Use of nature





# FAMILIES WITH YOUNG MOTHERS AND





**WITH DAYCARE**





**WITH YOUNG STUDENTS**





**WITH UNEMPLOYED**





**WITH DRAGONHEARTS**







**WITH STRESS**



A photograph of two women outdoors, wearing black vests over dark clothing. They are focused on a small pink flower held by the woman on the left. The woman on the right is pointing at the flower with her index finger. The background consists of lush green foliage and a clear blue sky. A large white text overlay is positioned at the bottom of the image.

**WITH 100% FRESH AIR  
(STOP SMOKING!)**





**WITH CRONIC DISEASES**



A group of elderly people, mostly women, are walking along a paved path that runs alongside a calm pond. In the foreground, two women are using blue metal walking frames. Behind them, a larger group of people, including men and women of various ages, are walking. A large, mature tree with dense green foliage stands prominently on the left side of the path. To the right of the path, there are several houses with light-colored walls and dark roofs. The sky is blue with some light clouds. The overall scene suggests a peaceful, community-oriented outdoor activity in a suburban or rural setting.

WITSENATURE AND

VORDINGBORG  
KOMMUNE







**WITH VOLUNTEERS**







WITH...





<https://youtu.be/AvKCJuHxv1g>

**WITH GO-PRO**





**WITH YOU PEOPLE!**