

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

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- Short presentation of current experiences: national/regional strategies and case studies
- Group discussion to identify other interesting initiatives and to highlight the most useful contents for future documents

National / Regional Experiences

- Scotland – national overview
- Estonia – national overview
- Finland – national overview
- Barcelona – regional overview

Health and Protected Areas



Healthy nature, healthy people, Oulu Parks (FI) © Parks & Wildlife Finland

Scotland – national overview

- Robust policy framework:**

Objectives at the highest level (National Performance Framework):
Healthier and Greener Scotland.

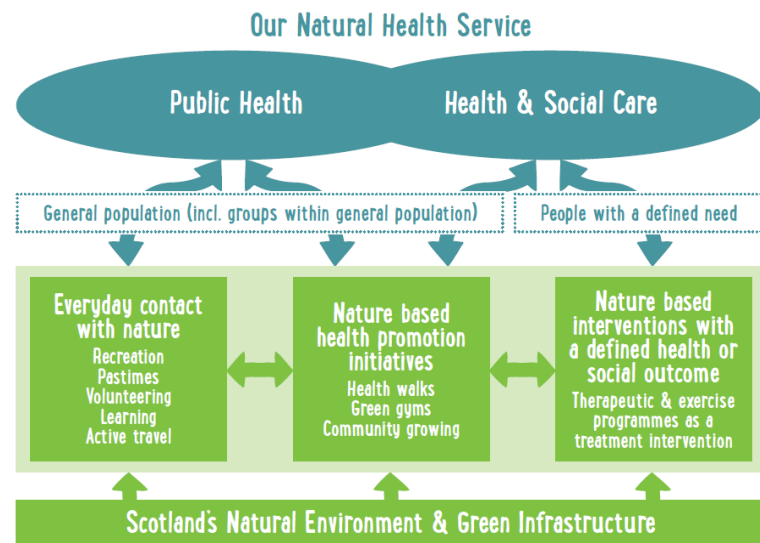
Implication of National and Local Gov's, Gov. Agencies and NGO's in policies and strategies.

- Our Natural Health Service Initiative:**

Cross-sector partnership involving planning, transport, education, sport, health and environment, led by SNH.

- Focus on areas with low levels of physical activity and health inequalities:**

Local partnerships co-ordinate activity and co-produce outputs that contribute directly to local health and social care priorities.



Estonia— national overview

- Health Board:**

Policy of shaping life and learning environment that improves and supports health.

- Environmental Board :**

Offering practical and accessible environmental education for all.

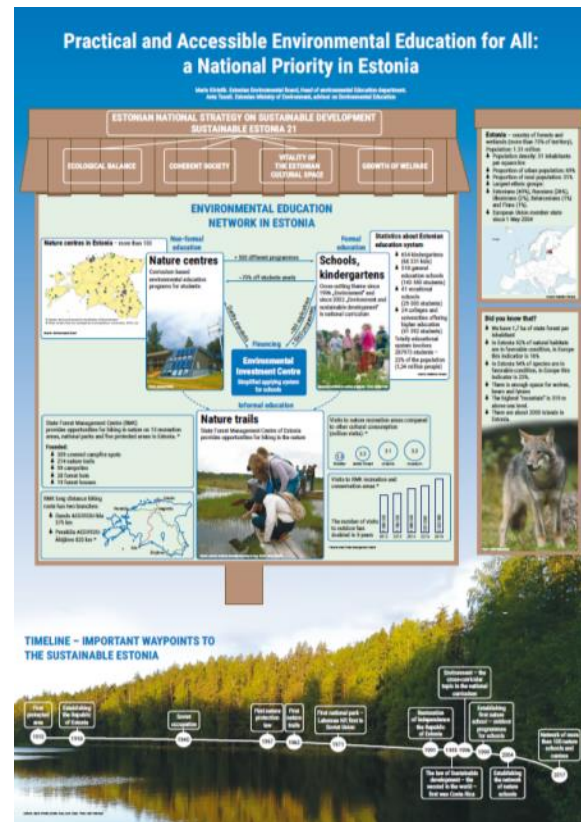
- Environmental education:**

Non-formal nature centres offer environmental education for students.

Formal- topics such as environment and environment & sustainable development are cross-cutting themes in national curriculum.

Informal- nature trails provide opportunities for health and well-being.

- Need of more cross-sector cooperation**



Finland— national overview

- **Policy framework:**

Several Ministries implied with no clear guiding body responsible.

Increasing cross-governmental cooperation and development between various sectors of the state administration and experts.

- **Healthy Parks Healthy People Finland 2025 Programme:**

Under Parks & Wildlife Finland in collaboration with public and private partners, specially from tourism sector.

Goal: to improve social, physical and mental well-being of the Finnish population through green space and contact with nature

- **Case studies:**

Many inspiring projects related mainly to improve access to nature.



Barcelona— regional overview

- **General approach:**

Maximising ecosystem services through natural parks network and land planning at regional and local scale.

Cross-cutting working group with experts on public health, urban planning, public space, housing, sport, roads, environment and natural areas.

- **Multiple initiatives:**

Trails of universal accessibility; specific trail for handicapped people; management works in parks done by disfavoured collectives; healthy menus in park facilities.

- **Health and Natural Areas Programme:**

Under preparation: key aspects of land planning and management, communication and dissemination, in close cooperation with other departments



Case Studies

- **Wandering the woods. Various locations around UK.**

Report “Living with dementia and connecting with nature – looking back and stepping forwards, exploring the benefits of green exercise for people living with dementia”.

VisitWoods pilot project: evidence of significant potential physical, social and emotional benefits for people living with dementia in care settings.

- **Fitness, Nature & Well-being. Regional Nature Parks of North of France.**

Collaborative project in the field of outdoor sport and health (together with the Regional Institute for Well-being, Medicine and Sport (IRBMS), the Mutualité Française (Health Insurance Fund) and Gîtes de France), to bring nature and sport together to counter sedentary lifestyles.



Case Studies

- **Active Senior Tourism. Alentejo, Portugal & Extremadura, Spain.**

Active ageing linked to health and rural development networks.

Training tourism sector, and the sectors that indirectly work with it, in the creation of services and products aimed specifically at travellers over the age of 55.



- **Following the Healing Bonanza. Kemerli National Park, Latvia.**

Tour linking unique gifts of nature to health: sulphurous mineral waters and curative mud forming under the area's virgin raised bogs.

Project by which local stakeholders joined forces to create an educational tour featuring health issues.



Case Studies

- **The Health Benefits Experienced by Visitors to Protected Areas. Finland.**
- **Encouraging the use of outdoors. Finland.**
- **A Path Accessible to All. Natural Parks in Castilla. Spain.**
- **Walkability Project. Pembrokeshire Coast National Park, Wales.**
- **Promoting “Green Health” in Scotland. Across all of Scotland.**

Several initiatives devoted to increase contact with nature and physical activity in green environments:

- Carefully planned and leaded by protected areas managers.
- Protection and use of natural heritage for health benefits.
- Collaboration with many public and private stakeholders.
- Research and monitoring to increase and strength evidences about the importance of nature for human health, following HPHP principles.



Suggested questions for the debate

- Do people have knowledge of other good practice they want to share/discuss?
- Are there other descriptions/ case studies we should develop?
- What sort of contents and presentation would people find most useful?