Developing the European Approach to Healthy Parks, Healthy People – from principles to practice

Carles Castell - Provincial Council of Barcelona
Joel Erkkonen – Parks & Wildlife Finland
Bridget Finton - Scottish Natural Heritage
Welcome!

- Purpose & structure of Workshop
- EUROPARC Federation Commission on Health & Protected Areas
- Who we all are
### Structure and Content of the Workshop

<table>
<thead>
<tr>
<th>Structure</th>
<th>Content</th>
</tr>
</thead>
</table>
| **Part 1 (30m) CC - Introduction** | • Welcome and objectives  
• Warm-up exercise |
| **Part 2 (1 hr) BF – Context and case studies** | • International context BF (10 mins)  
• Case studies – 25 mins x 2 –  
  o Healthy People – the Parks Victoria story - Lily Brown  
    Parks Victoria  
  o Active Cairngorms - Adam Streeter Smith - Cairngorms National Park Authority & Paul Hibberd - FCS  
  o Zerrin KARAARSLAN |
| **Break** | |
| **Part 3 (1.5) JE – Group work** | • Introduction to tool-kit  
• Discussion (3 groups led by JE, CC and BF)  
  o Prioritise checklist in terms of future work of the Commission  
  o How are youth involved in this agenda? |
| **Part 4 (0.5) – Conclusions (CC)** | • Results from group session  
• Final questions and thanks |
State of Play for Protected areas?

• Growing engagement in health activity by PAs across Europe

• Range of good practice developed/developing

• Strong evidence base – needs to be communicated better; more emphasis on M&E to help make case at programme level too

• 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
Key steps in developing the role of Protected Areas

• Build organisational awareness and capacity on health
• Look for opportunities to make links to local health professionals
• Develop new partnerships around health promoting use of PAs
• Do more on monitoring and evaluation of health outcomes when developing new outreach projects
• Continue to learn from good practice elsewhere
• Look to build links within/to research community
How the Federation is supporting this agenda

Now

• Establish and support new commission with representatives and engagement from many section
• Prepare material to help members – collation of information and examples of good practice; development of a tool-kit etc.

Future

• Build links with European public health bodies and medical associations etc.
• Develop a European “Healthy Parks, Healthy People” type programme to promote and embed this work in policy and practice
• Seek sponsorship / alliances with health industry and insurance companies

EUROPARC UNION
EUROPARC Toolkit
Health & Well-being benefits from Parks & Protected Areas

EUROPARC FEDERATION Commission – Health and Protected areas
Developing the European Approach to Healthy Parks, Healthy People – from principles to practice
EUROPARC Toolkit - 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

www.europarc.org/toolkit-health-benefits-from-parks/
Developing the European Approach to Healthy Parks, Healthy People – from principles to practice

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

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.

www.europarc.org/toolkit-health-benefits-from-parks/
Evidence

Key benefits include:

- Better physical and mental health and well-being
- Protection against future illness
- Therapeutic and restorative qualities
- Reduced social isolation and health inequality
- Establishing healthy behaviours in young people

www.europarc.org/toolkit-health-benefits-from-parks/
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.

www.europarc.org/toolkit-health-benefits-from-parks/
Good practice in developing national approaches

www.europarc.org/toolkit-health-benefits-from-parks/
Health Check-list

Are you delivering a health-promoting park / Protected Area?

Advice on possible goals and actions:

• Strategic planning
• Site management
• Outreach
• Communications
• Monitoring & evaluation
• Staff training

www.europarc.org/toolkit-health-benefits-from-parks/
International Context

www.europarc.org/toolkit-health-benefits-from-parks/
Developing the European Approach to Healthy Parks, Healthy People
– from principles to practice

Healthy Parks Healthy People

2010 Melbourne communique

2014 World Parks Congress

IUCN Programme and Specialist Group

www.hphpcentral.com
HPHP: Pilot Programmes

INSTITUTE OF THE GOLDEN GATE -

• 50 parks, health, and community agencies
• Nine counties
• Free
• Over 100 ‘First Saturday’ programs
• 37 park locations
• 150 new park users/month
• Additional HPHP programs throughout the week
Active in Parks programs

- Adolescent Education Program
- Youth Ambassadors Program
- Green Referrals
- Storytime in the park
- Bush Groups
- New Migrants Program
- Green Rehabilitation
Developing a European approach to HPHP

Case studies:
- Parks Victoria
- Cairngorms National Park
Heath and well-being benefits from Parks and Protected areas

An introduction to the tool-kit

www.europarc.org/toolkit-health-benefits-from-parks/
Health Check-list of a health promoting park / PA

The Health Check-list is designed to help you think about:
✓ how best to plan, manage and promote your sites to a wider range of people to improve their general health and well-being; and
✓ how to link your sites to the health sector so that people at risk of or experiencing specific illness / health conditions can be supported to make use of your sites.

Check-list
✓ Strategic planning
✓ Outreach
✓ Monitoring & evaluation
✓ Communications
✓ Site management
✓ Staff training
✓ Other opportunities
Developing the European Approach to Healthy Parks, Healthy People – from principles to practice

**Strategic planning** - is there

- A link between the management objectives of your site, and the national / regional / local health and well-being policy framework
- A site management plan that engages with local health stakeholders and responds to health issues and priorities / target groups

**Outreach** – does your site have:

- Engagement with health sector, intermediary bodies and target groups to ensure activity programmes and volunteering opportunities cater for their needs
- Outreach programmes aimed at key target groups or communities

**Monitoring & evaluation** – does your site have:

- A visitor monitoring system that gathers feedback on health benefits
- Monitoring systems for the health benefits delivered through specific activity programmes / health interventions

**Communications** – is there:

- Active engagement with local health professionals, providing information and opportunities to experience the ways your site can support health outcomes
- A communications plan for your site that specifies appropriate messages for health professionals and for the public / target health groups
- Easily accessed information about the site and what it offers to a range of visitors

**Site management** – does your site have:

- Easily accessible information on the facilities provided at the site
- A sense of welcome for visitors
- Visitor facilities such as parking for people with disabilities; toilets
- A range of access provision, from easy-going paths for people with health issues / disabilities, to specific equipment / furniture to promote physical activity
- A range activity programmes delivered directly, or through green exercise providers
- Staff who are well trained to support visitors with health issues

**Staff training**

- Do site staff have appropriate skills and confidence to work with health groups
- Can you build wider awareness and capacity in your organisation on health
Group work: I

- Take a look at the check list, read them through
  - 5 min
- Discuss about them with your group (2-3 persons)
  - 10 min
- Select 3 the most important topics (3 individual votes)
  - 3 min
- Let’s go through the topics and see how important they are
  - 10 min
Prioritised Check List

- Site management (9)
- Outreach (9)
- Strategic planning (9)
- Communications (6)
- Monitoring & evaluation (4)
- Staff training (2)
- Other opportunities (2)
THANK YOU!

www.europarc.org/network/europarc-commissions/health-protected-areas-commission/
Thank you

Bridget Finton
bridget.finton@nature.scot

Cairngorms National Park, 19th September 2018
Group work: II

• Part I: What is the role of young people in terms of being engaged and participating in developing European Approach to Healthy Parks, Healthy People programme?
  • Provide 1 example or idea (individually)
  • Discuss about them in a group and combine them
• Part II: What is the relevance of health benefits from nature to the lives of young people, to enable them to live, work and study in rural areas?
  • Provide 1 example or idea (individually)
  • Discuss about them in a group and combine them
• Present your examples or ideas shortly to the audience
What is the role of young people in terms of being engaged and participating in developing European Approach to Healthy Parks, Healthy People programme?

- Ask a young person to be a member of the E Fed H&PAs Commission
- Make sure there is a genuine incentive ie there will be investment in future actions
- YP can be ambassador, and lead intergenerational discussion and activities
- Mobilise YPs networks to gather ideas of what PAs should offer
- YP as active decision makers
- Empower YP to engage and influence their peers & families

- Employ more young parks staff and ensure career progression
- Txt
- Txt
- Txt
- Txt
- Txt
What is the relevance of health benefits from nature to the lives of young people, to enable them to live, work and study in rural areas?

- Need to facilitate YP connection & ownership of natural assets in rural areas
- Rural populations experience health issues too – using the outdoors for physical activity can help tackle social isolation
- Outdoor activities in PAs can be a source of employment for YP
- The reality is that people move from rural to urban areas – we can encourage city-dwellers to use nearby nature

- Recognise that YP will go to where the jobs are
- Need more green jobs in rural areas to help YP stay – and thus gain health benefits
- Txt
- Txt
- Txt
- Txt
- Txt
THANK YOU!

www.europarc.org/network/europarc-commissions/health-protected-areas-commission/
Thank you

Bridget Finton
bridget.finton@nature.scot

Cairngorms National Park, 19th September 2018