

Nature on Your Mind – in Health workshop 3.2: Nature for your mind

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REPUBLIC OF ESTONIA
ENVIRONMENTAL BOARD

Nature



For: improved mental and physical health, lower stress and blood pressure, reduced risk of illness

Dosage: Take at least one dose a day with fresh air



Side effects: Improved mood, sleep, attention, creativity, social contact, energy and happiness



Warning: Keep in reach of children (and adults)

Healthy places support healthy people

Some general points about this workshop

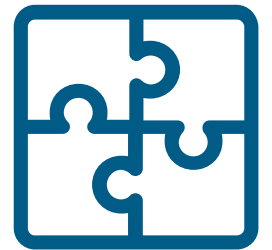
English is not the first language for the majority of participants, so...

- let's speak slowly and clearly
- let's be patient and allow people to absorb information
- please seek help with translation from colleagues



Let's keep this workshop interactive with good flow of discussion!

- There will be good time for discussion and questions
- Feel free to stand and move about!





The use of green environments can improve our physical and mental health & well-being



Realise
potential;
cope with
life's
stresses;
work
productively;
contribute.



Depression
is now the
largest
single
cause of
disability
worldwide

In Europe -



- Mental disorders are by far the most significant of the chronic conditions
- Depression is the leading chronic condition
- Mental disorders ranked highest contributor to the burden of disease in high income countries
- Lower income, ranked 4th or 5th

Health inequalities



- Health differences between high and low income groups are narrower in areas with more greenspace
- Greenspace helps mental health
- Greenspace reduces chronic stress in deprived urban areas
- Greenspace supports social cohesion
- Positive relationship between good quality local greenspace and levels of physical activity

Linking nature & health in other countries

Zurich vitaparcours - sponsoring fitness for all

- 1968 – Zurich began sponsoring Vitaparcours training circuits
- Today over 85% of the people in Switzerland are familiar with the free outdoor fitness courses in forests and parks.
- There are around 500 Zurich vitaparcours across Switzerland



TAKE Notice

FIND A MOMENT TO TAKE IN
THE *beauty* OF nature



5 Ways to Wellbeing in Nature

As life becomes busier, we're realising how important it is to protect our mental health and wellbeing. The Five Ways to Wellbeing are an easy way to improve mental wellbeing no matter where you are or what time it is and in a way that suits you.

Nature is the ideal place to practice the Five Ways to Wellbeing. Evidence from across the world is showing that spending time in nature makes us feel healthier, happier and more optimistic.



Gov of South
Australia -
**5 Ways to
Wellbeing**, linked
to nature:

- Be active
- Connect
- Keep learning
- Give
- Take notice



East Bay
Regional Park District
Healthy Parks Healthy People

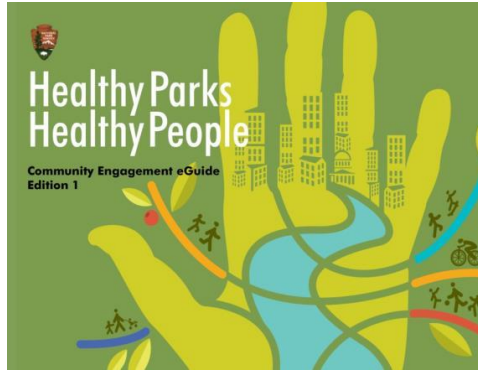


IUCN
WORLD PARKS
CONGRESS
SYDNEY 2014

*Improving Health and Wellbeing:
Healthy Parks Healthy People Stream*



**HEALTHY
PARKS
HEALTHY
PEOPLE
BAY AREA**



Healthy Parks Healthy People

- cross-sector policy and priority
- up-scale nature-based projects
- invest in parks & protected areas
- inclusive access & responsible use
- cross-sector partnerships
- communicate the contribution parks & protected areas can make



HEALTH AND PROTECTED AREAS



Following the Healing Bonanza



Uniting nature and health related products into one joint tour

Outcomes

Cooperation with tourism businesses increased the number and effectiveness of interpretation measures normally used by the protected area's managing body when explaining natural values and the importance of their conservation. In addition to the existing interactive and exciting ways of communicating the purely biological aspects, it became possible to tell a more holistic

ĶEMERI NATIONAL PARK

LATVIA

Summary

This project delivered a process by which local stakeholders (protected area managers in the Pierīga Regional Administration of the Nature Conservation Agency, the NGO Ķemeri National Park Foundation, and tourism businesses) joined forces to create an educational tour featuring health issues.

<http://www.europarc.org/knowledge-hub/health-green-exercise/>



EUROPARC Toolkit

Health & Well-being benefits from Parks & Protected Areas

3.2 – Nature for your mind

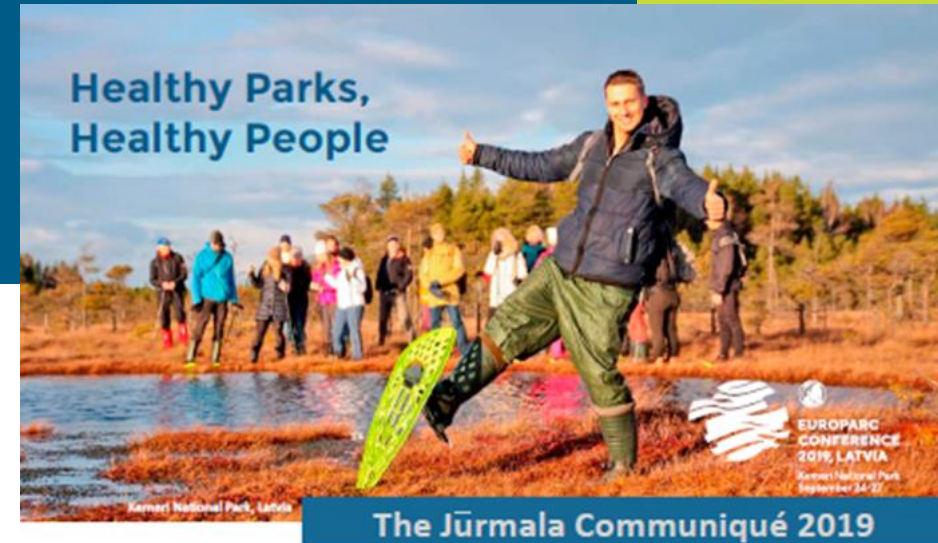
How can Parks and Protected Areas use nature-based programmes to improve the health and wellbeing of people and nature?

Structure:

- Case studies
- What are the information gaps?
- Key issues – the ‘diagnosis’
- What should we do – the ‘green prescriptions’



What green prescription would we write to nurture a sense of purpose and belonging needed to deliver the vision of “healthy parks healthy people”?



Our Parks and Protected Areas are a health promoting asset. They have a crucial role in nurturing healthy ecosystems which sustain our societies. In providing opportunities for people to experience and enjoy nature, they also support the mental, physical, social and spiritual health and well-being of people and communities across Europe.

We consider that the **Healthy Parks Healthy People** approach offers great potential to:

deliver **better health** outcomes for people and to make parks and protected areas more relevant to an increasingly urbanised Europe;

support the case for **further investment and a strategic approach** to Parks, protected areas and associated green infrastructure which can deliver better outcomes for both people and nature.

Developing a European approach

Healthy Parks, Healthy People (HHP) Europe is an initiative of EUROPARC, created in response to the need for parks and protected areas to become active actors in delivering health and well-being for Europe's citizens.

This work will enable Parks and protected areas to make a clearer and more valued contribution to the delivery of good national and European health outcomes, but importantly it will also enable them to seek greater resources to fulfil this vital role.

At the heart of HHP Europe will be an exciting new platform for the exchange of ideas and good practice between the health, environment and other sectors. Through a range of advocacy, communications and events, it will seek a shift in policy toward the recognition of the value of nature-rich parks and protected areas as resources not just for healthy biodiversity but as the source of future medicines and treatments, and as a locus for human well-being.

Case studies:

Branching Out – positive mental health through nature

Nathalie Moriarty - Branching Out Manager, Scottish Forestry



Wilderness therapy programmes – a walk on the wild side

Jo Roberts – CEO, Wilderness Foundation, England



What are the information gaps?



How do you find out about health and nature?

- **What other sectors do you work with?**
- **Do we speak the same 'language'?**
- **Awareness of policy links?**
- **Evidence base / examples of good practice?**

EUROPARC Federation Toolkit - Guiding principles:

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.

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.

Our contribution to 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 and innovation** – a strong evidence-base is supported by many examples of good practice, with innovative projects being shared throughout the parks & protected areas network



What needs to be done
to contribute more to
positive health
outcomes?

Discussion groups: the 'diagnosis'

What are the issues / challenges?

- Policy?
- Partnerships?
- Practice?
- Support?
- Leadership?

Top 3 issues :

1.

2.

3.

= Key issue

Discussion group: 'green prescriptions'

What needs to happen?

- Address current needs
- Seek new opportunities

Today

- for you / your organisation

and Friday's Euro Café

- for us all

“ As a medical doctor and public health scientist, it is in my professional opinion that conservation biologists can actually save more lives, promote more well-being and prevent more illness than the health sector.

**Dr Johnathon Patz MD MPH,
University of Wisconsin**

Thank you!

<https://www.europarc.org/knowledge-hub/health-green-exercise/>