

# Healthy Parks Healthy People Europe - Toolkit

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**HPHPe TOOLKIT**  
Health & Well-being benefits  
from Parks & Protected Areas

## What is this guidance for?

The purpose of this document is to encourage understanding of and commitment to the principles of Healthy Parks Healthy People Europe (HPHPE). It provides a practical toolkit to aid the delivery of programmes and projects by Parks and Protected Areas which will contribute to people's health and well-being.

## Who should read this?

This guidance is aimed at those responsible for the management of Parks and Protected Areas. It is intended to provide simple and practical advice to a range of Park and Protected Areas staff, including planners, site managers, wardens and rangers.

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# The Checklist Summary:

## 1) 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 ✓

## 3) Project development is there:

A project / range of activity programmes specifically designed to improve health & well-being and delivered directly, or through green exercise providers ✓

A mechanism which enables you to connect and work with local partners from the health sector to co-produce nature-based projects aimed at health improvement ✓

## 5) 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 ✓

## 7) 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 ✓

## 2) 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 of activity programmes delivered directly, or through green exercise providers ✓

Staff who are well trained to support visitors with health issues ✓

## 4) 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 ✓

## 6) 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 ✓

## Other opportunities are you able to:

Identify local health sector partnerships and provide a place / activity programme / visual identity for green exercise referrals / sign-posting ✓

Make access to information easier for health professionals and target groups to find by inputting into / establishing a central information service for a wide range of Parks / Protected Areas ✓

## Site management - A range of good and well-managed provision for visitors is essential if Parks and Protected Areas are to deliver health outcomes for everyone.

### Goal

Identify and protect the qualities of the national Park and other Protected Areas which are important for health outcomes.

A range of accessible destinations and opportunities for green exercise that meet diverse needs.

### What to do

Ensure that places important for wildlife, landscape and scenery and quiet enjoyment are managed and protected effectively alongside other uses of the area.

Identify and develop the potential of areas important for health outcomes viewpoints, places to relax and eat, trails near water or native woodland etc.

Promote opportunities to discover wildlife first-hand without disturbance, viewing hides; interpretation points; hands-on displays etc.

Audit the accessibility of key paths and places to ensure that the range of provision provides opportunities for all to experience and enjoy nature.

Provide information online and on-site to the public on the facilities they can expect at key sites and on the accessibility of paths and trails.

Consider and provide for the needs of specific health programme groups – this may include all-ability paths, regular seating, and provision of areas for meeting, undertaking activity and rest.

**Project development** - Nature-based health projects can be developed at various levels, from national public health communications campaigns to targeted health interventions delivered on-site. Projects should be developed in partnership with health and other relevant sector staff.



## Goal

Partnerships developed with healthcare practitioners, green exercise providers and community-based services / groups

A range of opportunities available that help people maintain, improve or recover their health and well-being

## What to do

Identify key stakeholders to discuss the site's potential to offer beneficial activities for people with physical / mental health issues

Develop project proposals that will increase the site's contribution to addressing local health priorities and seek partnership funding as appropriate

Agree a monitoring & reporting framework

Provide and promote opportunities provided by site-based staff or voluntary sector green exercise providers / community-based groups

Implement monitoring & reporting framework

## Outreach

### Goal

Parks & Protected Area staff understand how health and well-being can be enhanced through connection with nature, and have the skills to connect to and communicate with target groups

Outreach programmes that influence healthy behaviours by inspiring and enabling people to connect to Parks and Protected Areas

## Communications

### Goal

Health professionals have greater awareness and understanding of the health and well-being benefits from contact with nature

Health practitioners and the public have easy access to information about local nature places and opportunities to participate in health- promoting activities

# Thank You!



<https://www.europarc.org/nature/healthy-parks-healthy-people-europe/hphpe-toolkit/>