

Nature & Health

Brussels, 2015 - June 4

NATURE



Green Week Brussels
3-5 June 2015

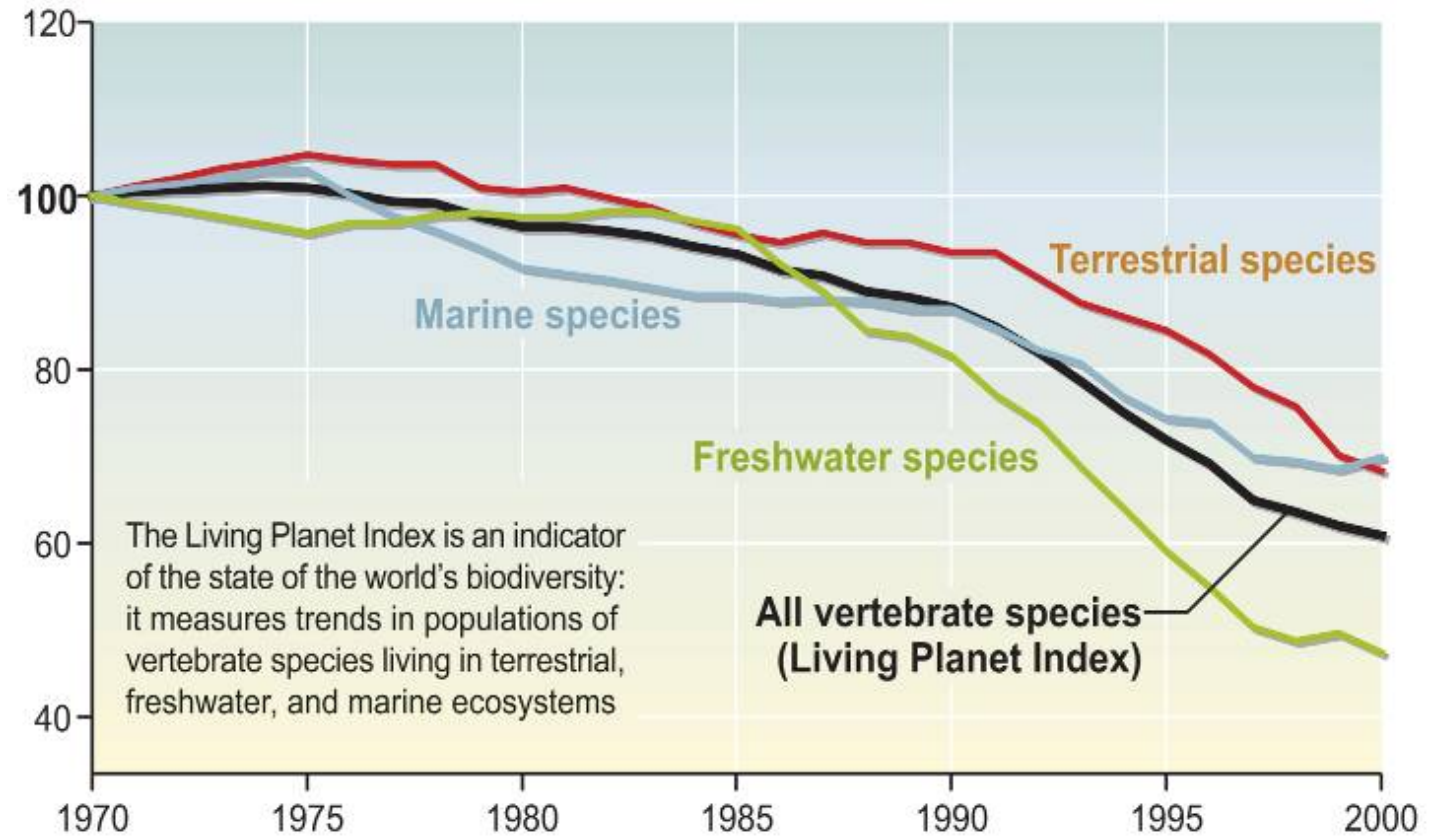
Ignace Schops
President
EUROPARC Federation



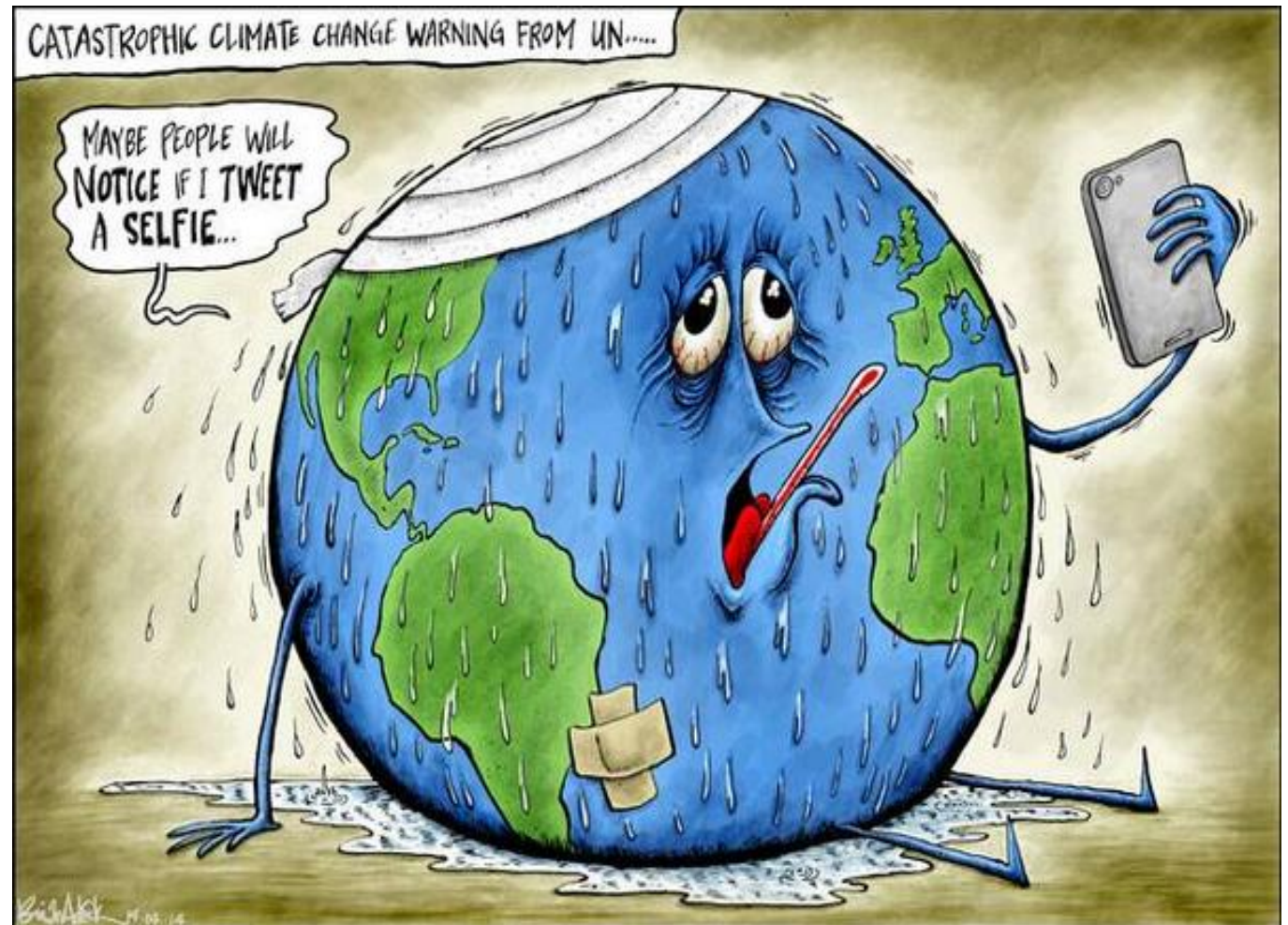
One planet



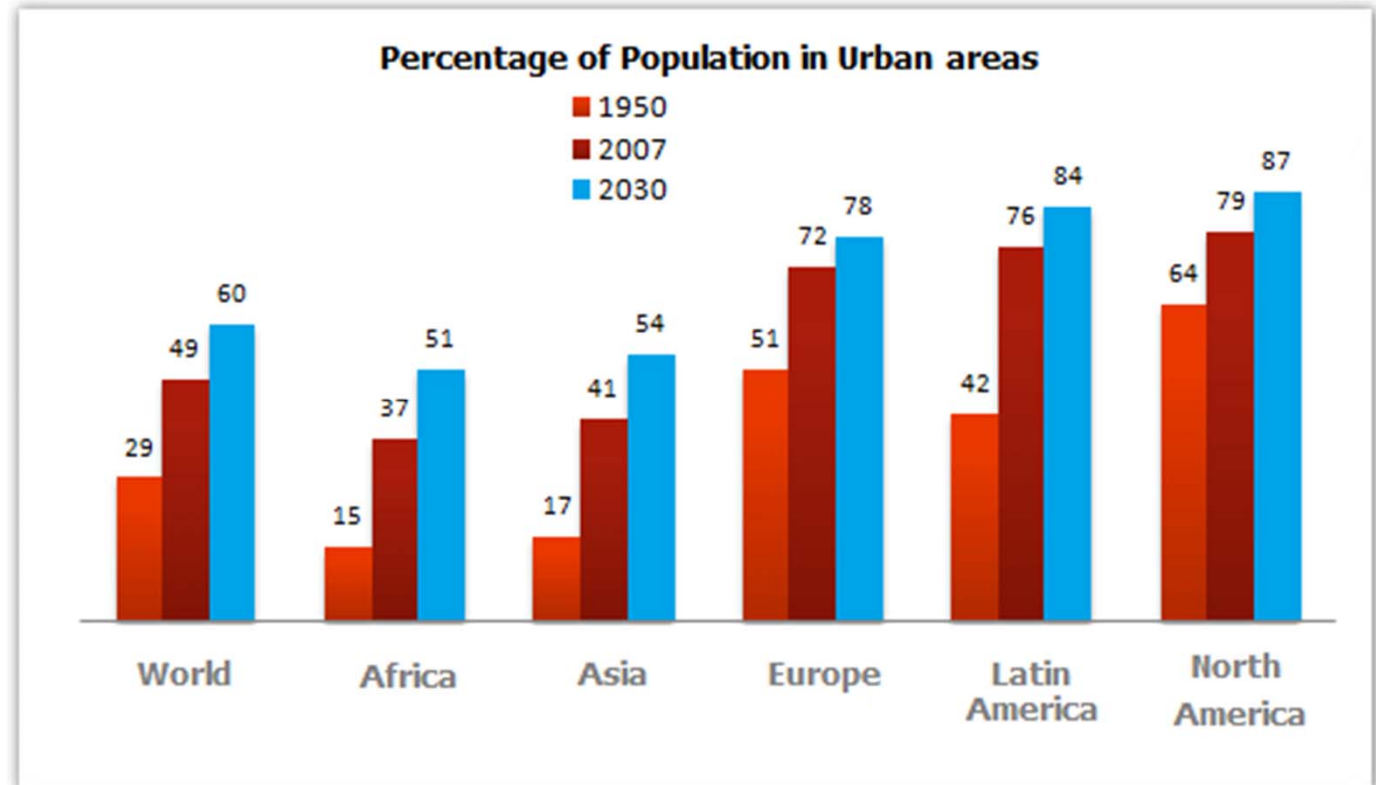
Living Planet Index



Status of the planet



Population in urban areas



Health problems

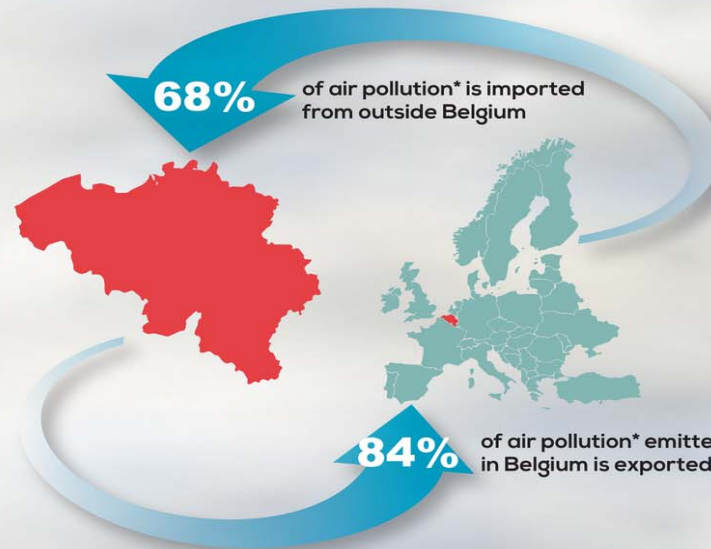
- Physical & mental health problems
- Depression
- Burn-out
- Dementia
- Respiratory diseases - air pollution
- Heat stress
- Stress (in general)
- Allergies
- Immunity
- Fertility
- ...

- ! Basic Human Right (WHO)
- ! Aichi Targets - CBD (target 14)
- ! UNEP
- ! IUCN
- ! WWF
- ! EUROPARC Federation
- ! ...
- !!! Scientific proof
- !!! Policy

Particulate Matter

Air Pollution Belgium

Air pollution knows no borders



In 2010 **air pollution**** in **Belgium** caused:



#cleanair

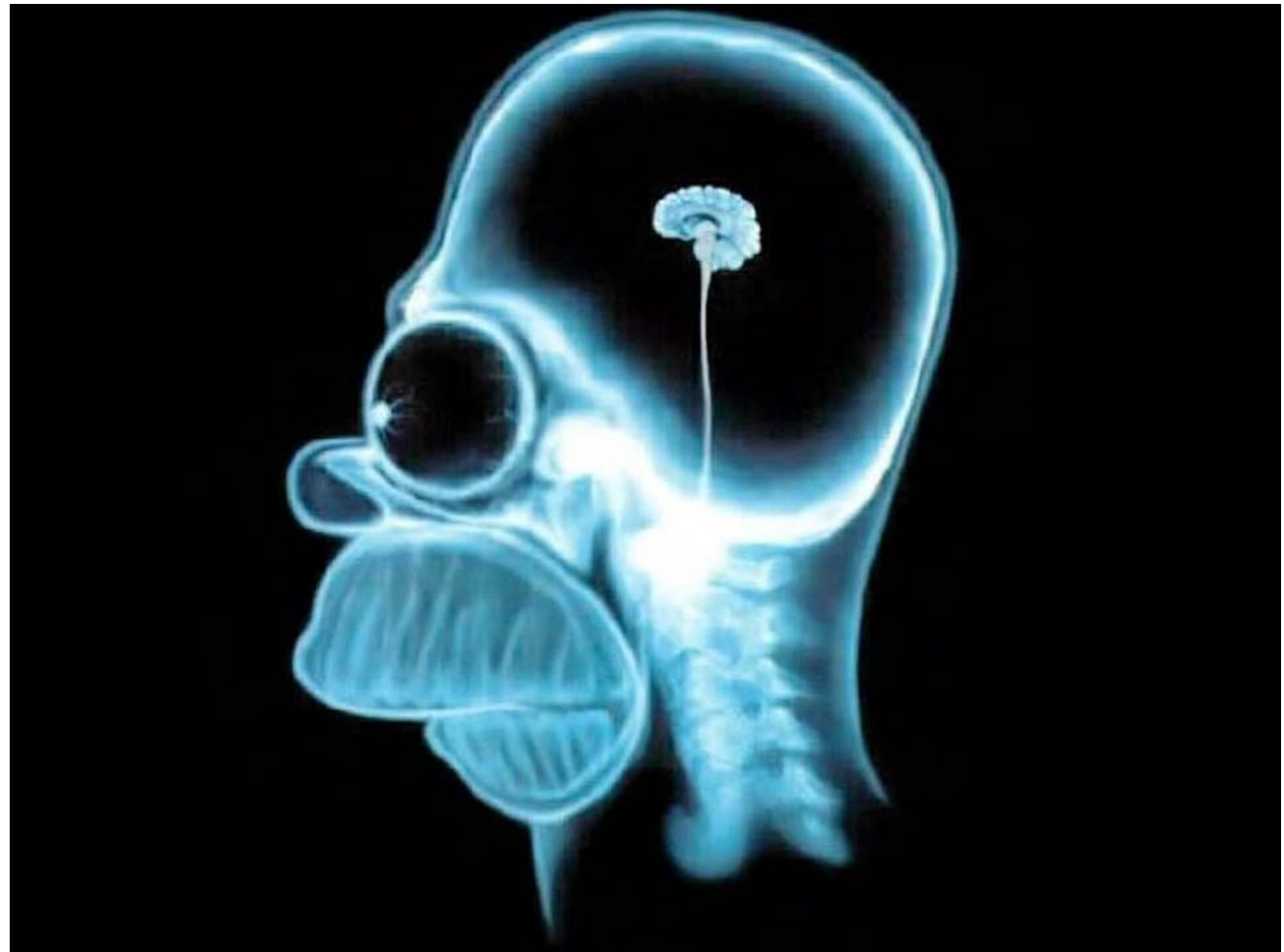
*Total amount of Particulate Matter (PM) precursors SO₂, NO_x and NH₃ deposited or emitted in the country in 2012. PM are tiny, very harmful particles which can be formed by other pollutants (precursors). Source: EMEP Status Report 1/2014.

**From PM_{2.5} (fine particles) and ozone. Source: European Commission Impact Assessment on Clean Air Policy Package.

Sometimes
you have to
look from a
different
perspective



Be smart



Bees

- Value cultivated crops:
153 billion euro/year/world
(Gallai et al., 2008)
- Value wildlife: ? A plurality!



70%

Around 70 percent of all new drugs introduced in the United States in the past 25 years have been derived from natural products (*Journal of Natural Products*)

The findings show that despite increasingly sophisticated techniques to design medications in the lab, Mother Nature is still the best drug designer



Health Stream

- **Jonathan Patz**, professor & director of the **Global Health Institute** - University of Wisconsin (US)

"It is my opinion that conservation and park management can save more lives, promote more health and deal with more ill health than the public health sector can achieve"

Dr. Joe Dispenza

- NY-times bestselling author
- Rutgers University (US)

"In clinical studies, we have proven that 2 hours of nature sounds a day significantly reduce stress hormones up to 800% and activates 500-600 DNA segments known to be responsible for healing and repairing body"

Ecosystem Services

ECOSYSTEM

Supporting

- NUTRIENT CYCLING
- SOIL FORMATION
- PRIMARY PRODUCTION
- ...

LIFE ON EARTH

ECOSYSTEM INVOICE



Period

Mar 2018

Watch out!

The globe is running out of resources ...

We have a choice!

Think Globally,

Act locally and

Change personally

FREE

*As long as
supplies last*

Free of charge

Earth company (c)

WELL-BEING

**Freedom
of choice
and action**

OPPORTUNITY TO BE
ABLE TO ACHIEVE
WHAT AN INDIVIDUAL
VALUES DOING
AND BEING

Human Ecosystem Assessment

An eye on the
world



Value is in the
eye of the
beholder



L – Local
A – Authentic
T – Traceable
T – Trustworthy
E – Ethical



Nature does not fit in a USB-stick





What did your doctor prescribe?

Our next
medicine



Our next
Medicine

Outdoor ©

Healing therapy system 50h



50 wildlife experiences *** active life prolonging

Cardiovascular health, physical & mental health



Protected Areas

Biodiversity
WE ARE ALL IN THIS TOGETHER



Protected Areas are the Health Centers of the world

Healthy treatments



EUROPARC
Federation



EUROPARC Federation

The screenshot displays the EUROPARC Federation website. The header features the organization's logo and name, social media icons, a language selector, and a search bar. The navigation menu includes links for Home, About us, EUROPARC Network, Nature & People, Get Involved, European Policy, News, and Library. The main content area is divided into two columns. The left column contains a vertical list of menu items: Nature & People, European Charter for Sustainable Tourism in Protected Areas (ECST), Transboundary Protected Areas, Young People, Health and Protected Areas (highlighted), Europe's Nature-Regional-Landscape Parks, Resource Efficiency, and Green Infrastructure. Below this list is a small icon and a list of links: [Transboundary](#), [TransParcNet](#), [Conference](#), [Projects](#), [Training](#), [Sustainable Tourism](#), and [publications](#). The right column features a large image of a person lying in the snow, with the title 'Health and Protected Areas' above it. Below the image is a caption: 'Healthy nature, healthy people, Oulu Parks (FI) © Parks & Wildlife Finland'. Underneath the image is a section titled 'Health and Protected Areas: Case Studies' with the following text: 'We can all agree that physical activity and contact with nature is essential for human health, and that 'Green exercise' can make a significant and sustained contribution to good physical and mental health and well-being. However, as this is a relatively new field of work there has been a clear need to build the evidence base to demonstrate the public health benefits that Protected Areas provide.'

EUROPARC Federation

Health
Working Group
www.europarc.org

HEALTH AND PROTECTED AREAS



Wandering in the Woods

Enabling people living with dementia to benefit from visiting woodlands



Outcomes

Raised awareness of the needs of people living with dementia

- Increased confidence of care home staff, carers and family members of the potential benefits of visits to the outdoors
- Connected local care home staff with environmental organisations
- Won a prize for the most innovative partnership at the 2013 Scottish Dementia Awards
- Some 4,000 copies of the advice booklet "Wood if we Could" report printed and distributed.

Summary

With the increase in human life spans, the demands of caring for large numbers of people with dementia have become more acute. It is important that people, and those who care for them, can live well with dementia. Anecdotally the therapeutic value of nature for people with this condition has been recognised, but several organisations have sought to gather evidence to give this credence.

In February 2011 Dementia Adventure published a report entitled "Living with dementia and connecting with nature – looking back and stepping forwards, exploring the benefits of green exercise for people living with

VARIOUS LOCATIONS
AROUND THE UK

HEALTH AND PROTECTED AREAS



Following the Healing Bonanza



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 story, including personal, and thus more convincing, experiences of "how this relates to me" (mud treatments, walking exercises etc.). For the first time tourism businesses became aware of protected area managers as stakeholders in health-related matters, which in turn increased their interest in nature-related matters.

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.

The tour highlighted Ķemeri National Park's unique values of sulphurous mineral waters and

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HEALTH AND PROTECTED AREAS



The Health Benefits Experienced by Visitors to Protected Areas

A survey to gather visitors' experiences on the health benefits provided by state-owned protected areas.



Hikers in the Pyhä-Luosto National Park, Lapland.

Outcomes

Preliminary results were presented at the Healthy Parks Healthy People Finland seminar in Oulu in March 2014, with the main report to be published in May 2014. They indicate that the benefits perceived by visitors were very positive in all aspects of health and well-being – physical, mental and social. They also provide new evidence on the benefits and importance of human contact with nature.

Summary

Metsähallitus Natural Heritage Services (NHS) created and field tested a survey designed to gather visitors' experiences on health benefits provided by the state-owned protected areas.

Results published in March 2014 show that recreation and contact with nature have diverse and profound health-enhancing effects that are highly valued by the visitors of protected areas.

KEVO STRICT
NATURE RESERVE
REPOVESI
NATIONAL PARK
PATVINSUO
NATIONAL PARK
KURJENRAHKA
NATIONAL PARK
FINLAND

HEALTH AND PROTECTED AREAS



Encouraging the Use of the Outdoors

Open: Oulu Parks – Enjoying Nature



Outcomes

OPEN: The Oulu Parks concept brings together different types of sites in the region in a green continuum, from large park-like nature sites in the city centre to the national parks in wilderness, regardless of the site owner.

OPEN – OULU PARKS –
ENJOYING NATURE;
AIR – ACTIVATION,
INTERACTION,
RECREATION

THE OPEN AND
AIR PROJECTS
ARE CARRIED OUT
IN THE OULU REGION
OF FINLAND

Summary

OPEN and AIR form a project unity.

OPEN focuses on providing quality natural outdoor environments for the citizens of Oulu, aiming to activate people towards spending time in the outdoors and engaging in regular physical activity in green spaces. Communicated as a form of preventive medicine, it is hoped to replicate the model across Finland.

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HEALTH AND PROTECTED AREAS



Promoting 'Green Health' in Scotland

Encouraging greater use of the natural environment for better health and quality of life in Scotland.



Outcomes

Linking the Environment and Health sectors through establishment of a Green Exercise Partnership and turning policy into practice

- Increased profile of the benefits of Green exercise in the Health and Environment sectors
- Demonstration project showing how to maximise the health-promoting potential of environmental assets surrounding healthcare settings



Summary

Scotland has a poor record when it comes to public health, but in recent years has developed a policy framework embracing the natural environment and the health sector in order to change the status quo.

The Green Exercise Partnership brings together a range of actors so that a Natural Health Service can complement the National Health Service.

Nature and the environment are increasingly promoted as a health resource and progress in a number of health indicators is being made.

HEALTH AND PROTECTED AREAS



Walkability Project

Exercise Referral Scheme: Walkability Project uses group based walking to reduce sedentary behaviour, develop participants' fitness and improve health



PEMBROKESHIRE COAST NATIONAL PARK AND SURROUNDING LOCALITY

WALES

Summary

As a 'health asset' securing benefits for the community, the Pembrokeshire Coast National Park Authority hosted the Walkability Project, which sought to use walking as the basis for ameliorating or preventing a number of mild to moderate medical conditions.

Demand has been high and the cost of this therapy has been less than other comparable medical interventions.

There are significant challenges in ensuring the sustainability of the project.

Home | About | Articles & Research | Case Studies | Events | Congress

Healthy Parks Healthy People Central

Search

Participation and Learning [Explore Topic](#)

Conserving nature [Explore Topic](#)

Healthy Parks Healthy People explores the links between nature and human health

HPHP Central is a place to access and share the latest international research, innovations and programs that focus on the health benefits of human contact with the natural world.

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How nature naturally boosts your mood and happiness

Article
Happiness can't be as simple as a walk in the park... can it?
[Read more](#)



Consortium of Universities for Global Health: Bridging the Knowledge-Needs Gap

Article
The 5th annual meeting of the Consortium of Universities for Global Health (CUGH) was held in May 2014 in Washington DC. Over 1450 people attended representing 54 countries and over 205 institutions. The nexus between human health and the environment featured prominently in this year's CUGH conference, including the issue of food security and health.
[Read more](#)



Get moving — for your heart's sake!

Article
Dr Rob Grenfell was, until recently, the National Director of Cardiovascular Health for the Heart Foundation, an Australian organisation working to reduce the incidence and severity of cardiovascular disease, which accounts for 32% of total deaths in Australia each year. It does not take long to realise why he is such an outspoken and passionate advocate for the inclusion of green spaces in our metropolitan cities.
[Read more](#)



Outdoor green gyms in Johannesburg: getting active for free!

Article
The City of Johannesburg is a rapidly-growing metropolis, the largest city in South Africa, and it faces a series of huge challenges to meet the needs of its population, half of whom are under the age of 35.
[Read more](#)



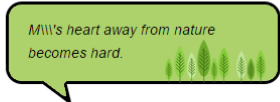
Benefits for children of time spent in nature

Article
Time spent playing outdoors is a classic childhood image - but it's one that has been declining over time due to a range of factors such as increased reliance on technology, reduced free time and perceived safety issues.
[Read more](#)



EUROPARC network case studies

Case study
We can all agree that physical activity and contact with nature is essential for human health, and that 'Green exercise' can make a significant and sustained contribution to good physical and mental health and wellbeing.



Standing Bear

Videos

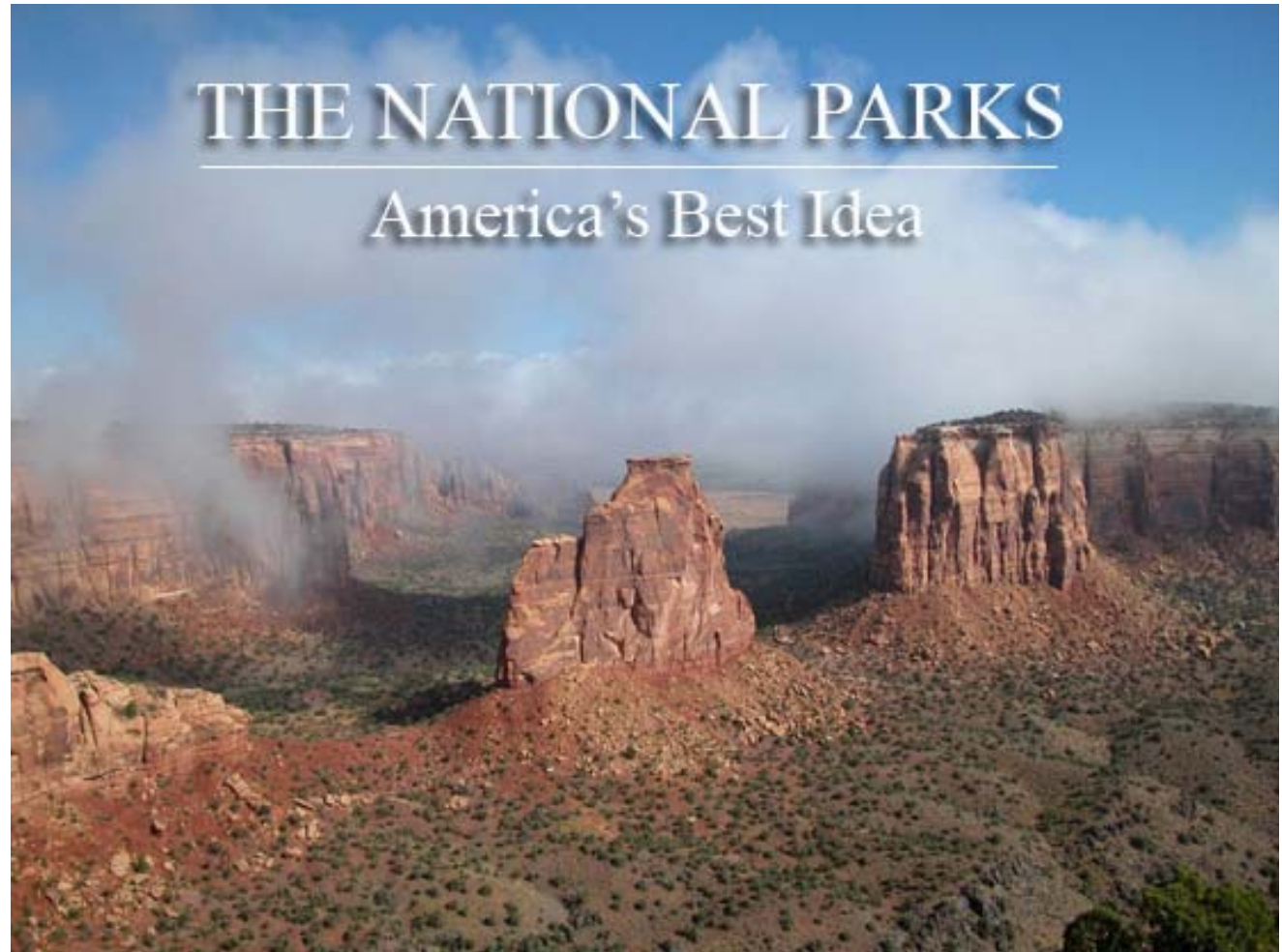


prev 1 2 3 next



prev 1 2 3 next

2016
100 years of
National Park
Service – US





2015, Europe's best Idea:

Europe (EU) takes the global lead for the health of our planet!

If we don't do it, who will do it

If we don't do it now, when will we do it

If we don't do it together, how will we do it