



Healthy Parks Healthy People

Healthy Parks Healthy People



Connection, advocacy,
behaviour

Protection and
conservation of nature
and cultural heritage

Community health and
wellbeing benefits

Park settings and
'ecosystem services'



*If you care for your Country your
Country cares for you*

Managing
Country™
Together



“...Nature itself is the best physician...”

Hippocrates



Dandenong Ranges National Park



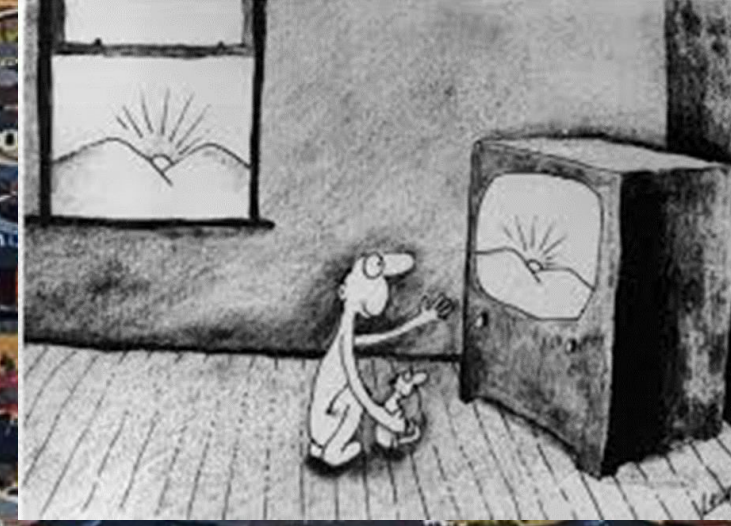
Wilson's Promontory National Park







Heart disease
Screen time
Diabetes
Obesity



Disconnection
Indoors
Immune disorders
Loss of culture
Depression
Back pain
Social isolation
Nature deficit

Healthy Parks Healthy People

Four key principles:

1. The wellbeing of all societies depends on healthy ecosystems
2. Parks nurture healthy ecosystems
3. Contact with nature is essential for improving emotional, physical and spiritual health and wellbeing
4. Parks are fundamental to economic growth and to vibrant and healthy communities



Benefits of nature for health

Viewing nature:

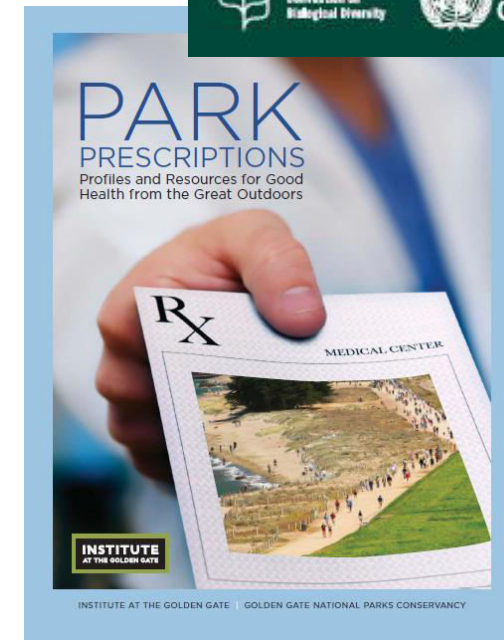
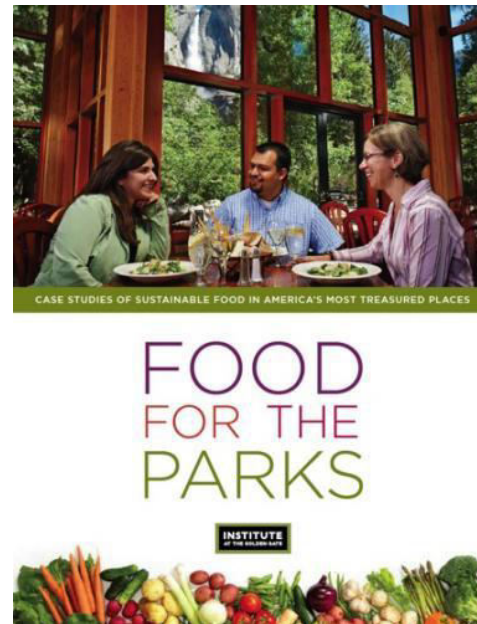
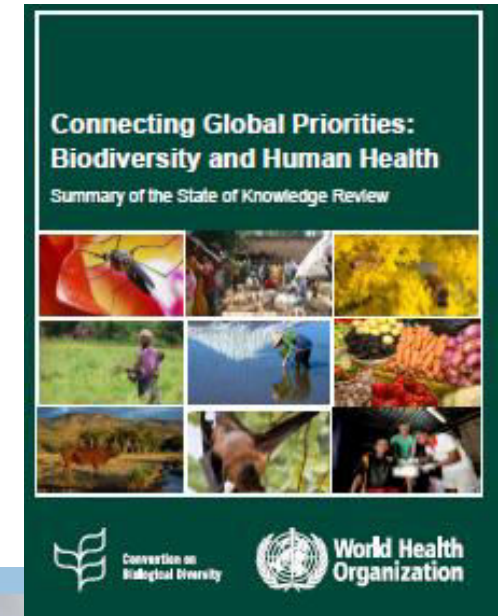
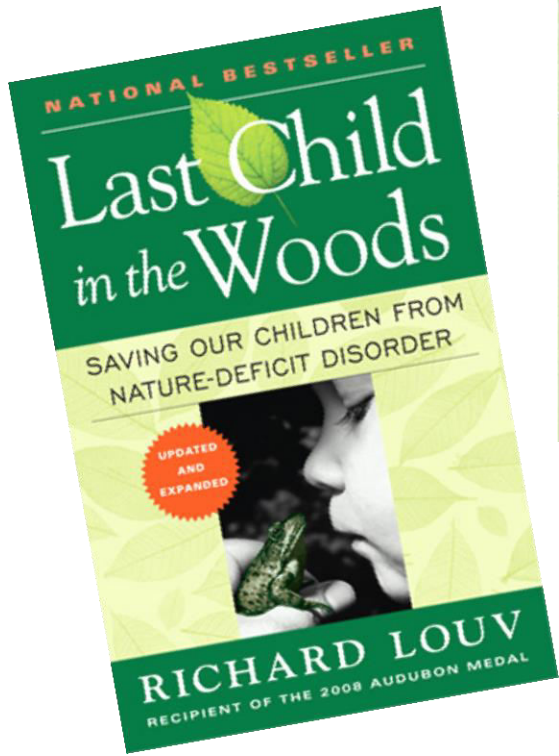
- stress ↓
- headaches ↓
- cognitive performance ↑
- concentration ↑

Participating in nature and outdoors:

- blood pressure ↓
- stress hormones ↓
- heart rate ↓
- mental health ↑
- cognitive function ↑
- quality of life ↑
- physical recovery ↑
- immune system ↑



National and International context...



Journey and key milestones



2010: Healthy Parks, Healthy People Congress

USA, Korea
Finland
Scotland
South Africa
Canada
Singapore

2012: IUCN World Conservation Congress endorse HPHP

Promise of Sydney links nature & health (stream 3)

2014 IUCN World Parks Congress

Parks for the Planet Forum (Salzburg Global and IUCN)

Salzburg Challenge for Nature, Health & New Urban Generation

SA launch HPHP Strategy with Health Dept.

NSW parks partner with Health Dept.

2015 Sustainable Development Goals

2016 IUCN World Conservation Congress endorses Nature & Health via Resolution #64

Launch of #NatureForAll campaign

UN adopts new Urban Agenda

2017 *The Child in the City: Health, Parks & Play (Salzburg)*

15th World Congress on Public Health & “*Victorian Memo for Health and Nature*”

UNICEF Strategic Plan 2018-2021 links children and environment

UN Environment Day (5 June) – “*Connecting People with Nature*”



IUCN
WORLD PARKS
CONGRESS
SYDNEY 2014

Improving Health and Wellbeing: Healthy Parks Healthy People Stream

Recommendation:

*Unlock the value of parks for our health
and wellbeing, while conserving
biodiversity*





Healthy Parks
Healthy People®

Now global policy: Resolution #64

“Strengthening cross-sector partnerships to recognise the contributions of nature to health, well-being and quality of life.”

The World Conservation Congress, at its session in Hawai‘i, United States of America, 1-10 September 2016:

1. REQUESTS the Director General to work in collaboration with the World Health Organisation to develop global and regional programmes that advance the value of nature, including parks and protected areas, for health and well-being benefits;





**Health and Well-being
Specialist Group**

Facilitating nature-based solutions



IUCN WCPA

Parks and People

**Health and Well-being
Specialist Group**

**Chair: Ms. Jo Hopkins
(Australia)**

jo.hopkins@parks.vic.gov.au

Health & Well-being

Parks and Protected Areas

- Nature provides the ultimate foundations of life and health.
- Our parks and PA's are vital for accessing the health benefits of nature.



Health & Well-being

Areas of focus

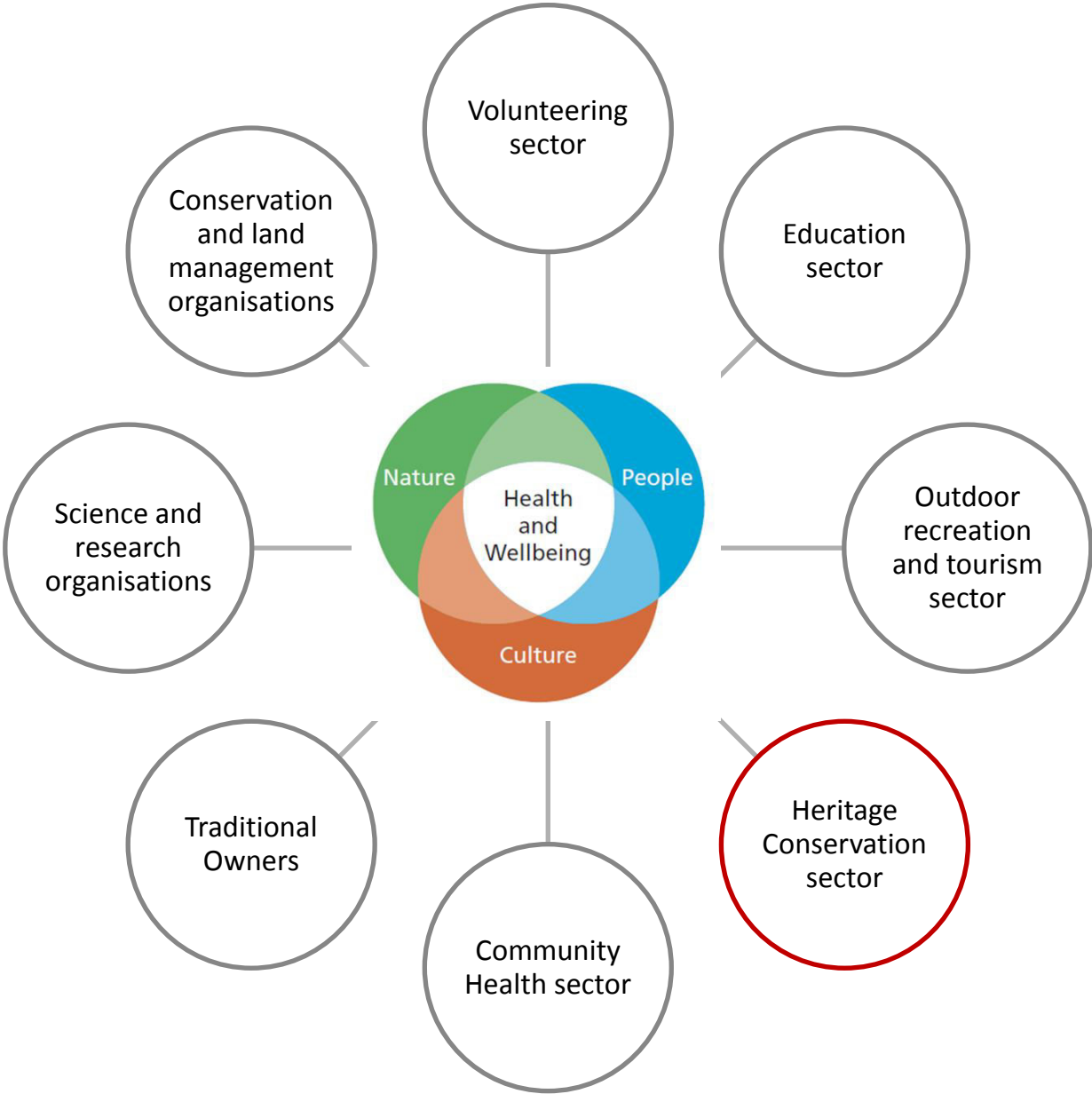
1. Mainstream health and well-being benefits of nature across sectors.
2. Facilitate partnerships to influence policies and plans.
3. Continue to support the building of evidence.
4. Encourage the development of standard metrics to measure benefits.

Parks Victoria's approach

- The purpose of HPHP programs in Victoria is inclusive, mutually beneficial partnerships with the community that contribute to healthy parks and healthy people

Our partnerships with community organisations

- Government
 - NGOs
- Philanthropy sector
 - Community organisations
- Corporate partners



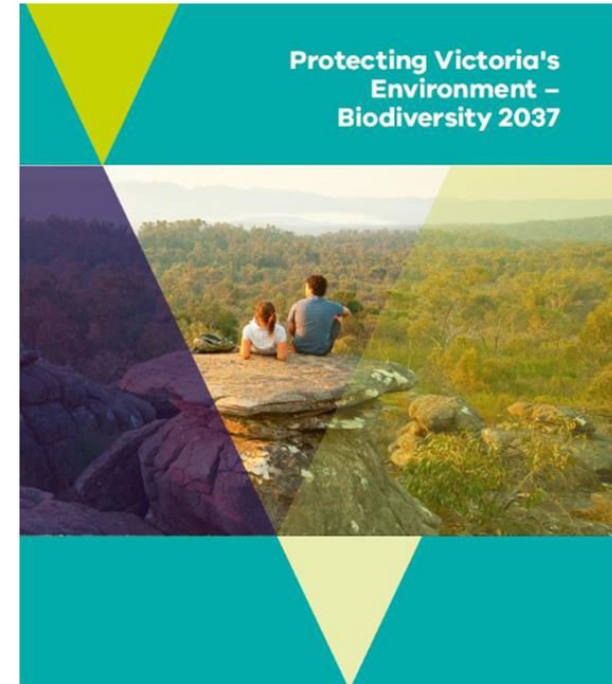
Victorian Memorandum for Health and Nature, 2017

Victorian public health and wellbeing plan
2015–2019



“..Ensure that we can maximise the physical and mental health benefits to all Victorians of spending time in, enjoying and actively caring for the environment.”

<https://www.environment.vic.gov.au/biodiversity/victorian-memorandum-for-health-and-nature>



Protecting Victoria's
Environment –
Biodiversity 2037

Implementing the Memorandum

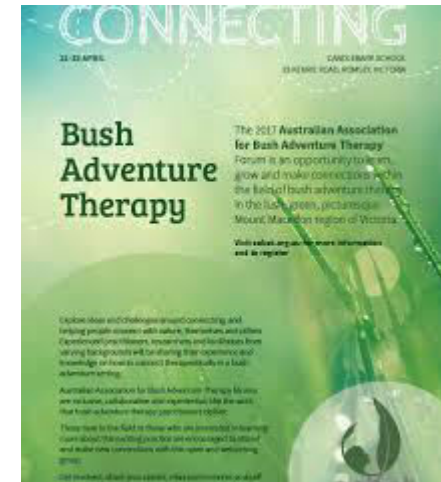


Parks as health settings

Prevention

Risk Management

Therapy and rehabilitation



Target groups – different needs and opportunities

- Child and adolescent development
- Youth mental health and resilience
- At-risk inactive adults
- Strong, connected seniors
- Indigenous communities – enable connection to Country
- Disadvantaged communities- removing physical, social or cultural barriers
- ‘Already Actives’

Accessibility and inclusion

Disability Action Plan Cultural Diversity Action Plan

- Create and inclusive environment
- Reduce social and cultural, physical barriers
- Attitude
- Accessible (universal) design
- Alliances and collaborations
- Expand 'beyond boundaries' model





Nature is Good Medicine Summit



Opportunities

Advocacy, capacity and collaboration

- Nature for Health Alliance
- Aust Memorandum for Health and Nature
- Common messages, and cross-sector media and ‘industry’ stories and campaigns
- Education, professional development and toolkits for health professionals

Policy and planning

- Metro Urban Forest Strategy

Evidence And Evaluation

- Integrated research agenda and ‘clearing-house’
- Communication resources of existing evidence
- Integrated evidence reviews and standards

• Opportunities

Partnerships and Programs

- Activate 'green prescriptions' programs
- Health ranger pilot program
- Re-invent 'Active in Parks' initiative (green exercise etc)
- Nature assisted therapies for at-risk children and youth (including Bush Therapy)
- Site based health hubs
- Connect healthcare patients (hospitals) to parks for nature-based recovery and rehab
- Indigenous health and wellbeing through connection to Country
- Mental wellbeing and mindfulness through Forest Bathing
- Sensory modulation in nature (e.g. occupational therapy for dementia, autism etc)
- NDIS opportunities



NSW Healthy Parks, Healthy People

Commitment to the Promise of Sydney

Supporting IUCN and WCPA events & motions

Supporting HPHP partners in Australia

NSW Healthy Parks Healthy People Strategyin development

Promote – our existing visitor, education and joint management programs

Measure – our health and well being impact

Influence – non traditional partners to recognise value of nature for health and well being

Design – NPWS operations and programs to maximise health and well being outcomes

Questions