



IUCN
WORLD PARKS
CONGRESS
SYDNEY 2014

Parks, people, planet: inspiring solutions
www.worldparkscongress.org



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Improving Health and Well-Being: Healthy Parks Healthy People

The IUCN World Parks Congress 2014 is the premier global event on protected areas held once every ten years. Building on the theme *Parks, People, Planet: Inspiring Solutions*, it will pave the way for a new era where protected areas are valued and conserved by all parts of society as natural solutions to global challenges.

The programme streams are at the heart of delivering the Congress outcomes. The **complementary suite of eight streams will look ahead to anticipate and address prominent issues and challenges faced by protected areas**, which will be vital to positioning them firmly within the broader goals of sustainable development and community well-being through the next decade and beyond.

STREAM FOCUS

For a sustainable future, the well-being of all societies depends on healthy ecosystems. Protected areas can conserve healthy ecosystems and improve our health and well-being.

The Improving Health and Well-being – *Healthy Parks Healthy People* stream will **explore the diverse health benefits provided by protected areas**, including medicines, **disease regulation, livelihood support, mental and spiritual well-being, and settings for physical activity**. It will also explore the concept of healthy parks in various contexts.



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DELIVERING GLOBAL ACTION

The stream will encourage the **exchange of ideas and knowledge, build lasting partnerships and harness support for a new global movement that will sustain parks and improve human health.**

To achieve this it will **deliver capacity development opportunities;** including workshops on the **Healthy Parks Healthy People best practice guidelines** and sessions on rebuilding healthy communities after natural disasters. The stream will **launch a series of new publications and initiatives** to assist practitioners in implementing a *Healthy Parks Healthy People* approach and reactivate ***hphpcentral.com – a clearing house for practitioners and researchers in the field.***

The stream will also facilitate the launch of the third edition of '**The benefits of contact with nature**', an **interactive science agenda for Healthy Parks Healthy People**, and host technical field trips in the State of Victoria, Australia after the Congress.

TOWARDS THE PROMISE OF SYDNEY: THE FUTURE OF PROTECTED AREAS

This stream will harness support for a new global movement involving protected areas and health sectors that will result in concerted global actions to sustain parks and protected areas and contribute to improving the health of individuals and communities around the world. Ultimately, **maximizing the health co-benefits for parks and people.**

The **setting of a Healthy Parks Healthy People global research agenda will provide a body of evidence to influence key policy directions of global and regional authorities**, such as the Convention on Biological Diversity, and the World Health Assembly. With the support of these authorities, *Healthy Parks Healthy People* will be a guiding factor in advancing relevant Sustainable Development Goals.

Another key component of this stream's outcomes will include the delivery of the **2nd International Healthy Parks Healthy People Congress and Expo** in Atlanta, USA in July 2015.

WHY INVEST IN THE CONGRESS PROGRAMME?

Your contribution is essential to promote nature-based solutions to the most pressing environmental and sustainable development challenges humanity faces today. **Investing in the IUCN World Parks Congress 2014 will support a unique event in convening a broad variety of actors interested and actively involved in protected areas and sustainable development.** The Congress provides an exceptional opportunity for different sectors to demonstrate commitment, share expertise and knowledge and take a responsible approach to shape the global agenda for protected areas in the next decade and beyond. **Be part of the solution!**



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Did you know?

A study has found that visiting forest parks enhances natural killer cell activity in the body which increases anti-cancer proteins and reduces stress. This study found that visiting parks for three consecutive days once per month has a preventive effect on human cancer generation and progression.

Non-communicable diseases (NCDs) have surpassed infectious diseases as the leading cause of death (63% of all deaths, 36 million people). The leading NCD deaths are cardiovascular diseases, cancers, respiratory diseases, and diabetes.

The consequences of biodiversity loss also have implications for human health, particularly in the prevalence of allergies and chronic inflammatory diseases such as eczema and asthma.

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