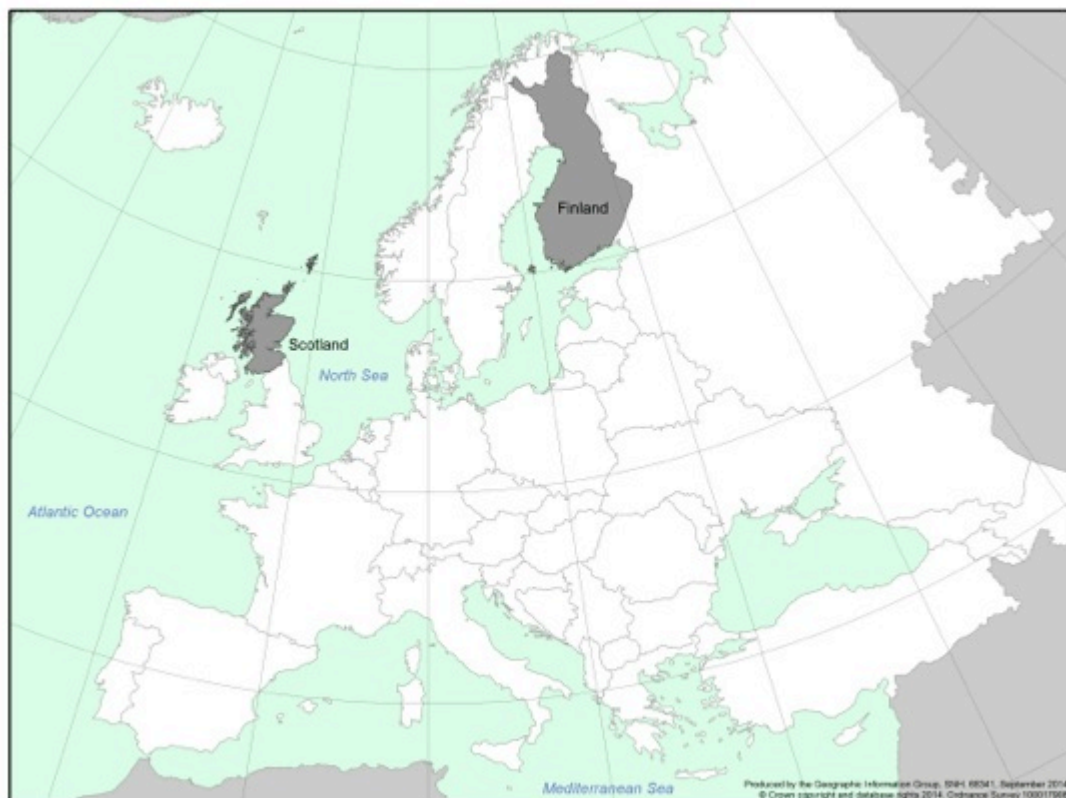


Connecting People with Nature at the Top End of Europe: Developing our Natural Health Service



METSÄHALLITUS



Scottish Natural Heritage
Dualchas Nàdair na h-Alba

All of nature for all of Scotland
Nàdar air fad airson Alba air fad

Matti Tapaninen
Regional Manager



Healthy Parks Healthy People Finland

VISION and OBJECTIVES

Public health improves as people get out into natural settings, enjoy positive and authentic experiences, and improve their health through a wide range of outdoor activities.

Cooperation and partnerships

Research and monitoring

Accessibility

Equality



Healthy Parks Healthy People Finland

Connecting locally

- 'Outdoors Zone' – concept
- prevention of social exclusion
- various forms of rehabilitation
- occupational well-being
- people to nature – nature to people



Healthy Parks Healthy People Finland

Measuring benefits

- Continuous monitoring of benefits for health and well-being perceived by visitors.
- Measuring effectiveness of actions





Bridget Finton
Policy & Advice
Officer



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Healthy people & 'Parks'

**Scotland's outdoors: our
Natural health service**

Green Exercise Partnership

- **health benefits from
healthcare settings**



Connecting locally

Health Walks groups

- National programme - 300,000 attendances / year
- Cairngorms National Park 'Walking to Health'



Other initiatives:

‘Branching Out’

‘Green Gym’

local links – people & places



Conclusion

HEALTH AND PROTECTED AREAS

 **EUROPARC**
FEDERATION

Encouraging the Use of the Outdoors

Open: Oulu Parks –
Enjoying Nature



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.

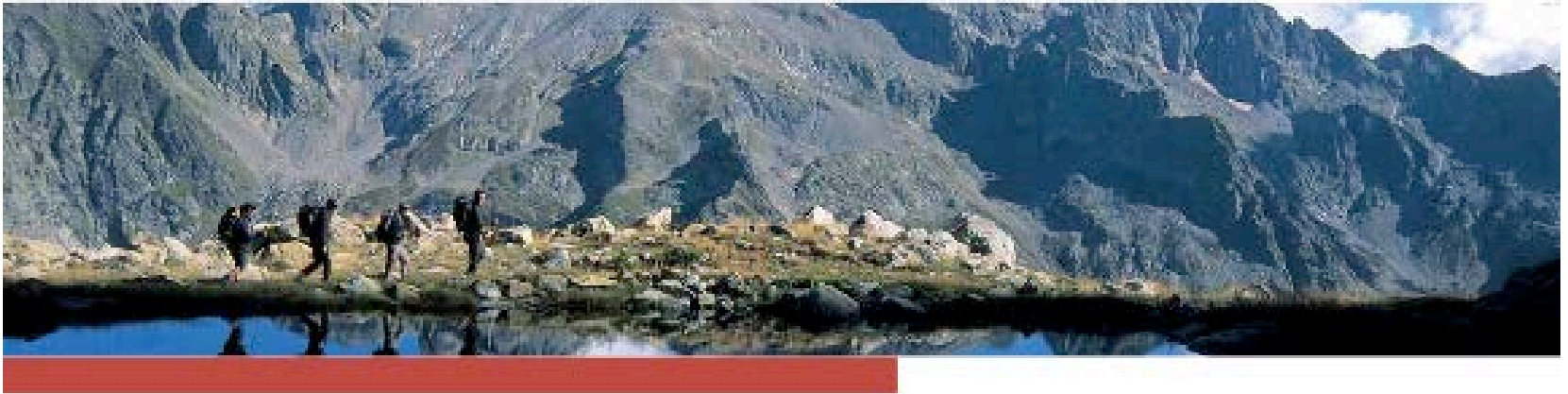
Outcomes

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.

www.europarc.org/what-we-do/health-and-protected

www.snh.gov.uk/snh-for-you/health-professionals/

EUROPARC Federation



People
Passion
Protected Areas
40 Years Working for Nature

Europe's Largest Protected Area Network Organisation
www.europarc.org





IUCN
WORLD PARKS CONGRESS
SYDNEY 2014

Parks, people, planet: inspiring solutions

12 – 19 November 2014

Thank You!



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