



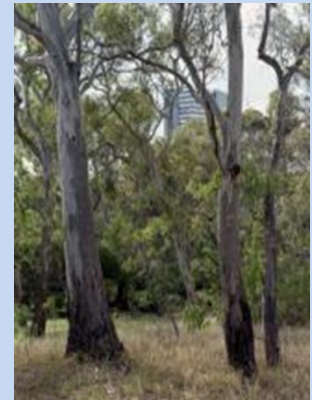
**International Best Practice Guidelines
for
'Healthy Parks Healthy People'**

John Senior - Project Manager

What is meant by Healthy Parks Healthy People?

An approach to park management built on the knowledge that the health and wellbeing of society depends on the health of ecosystems.

- Well-managed parks ensure that ecosystems are healthy and resilient.
- Contact with nature can improve individual physical and mental health and wellbeing.



What is health?

“A state of complete physical, mental, and social wellbeing **and not merely the absence of disease or infirmity”**

World Health Organisation 1946

‘Wellbeing’ includes:

- satisfactory human relationships
- meaningful occupation
- opportunities for contact with nature, creative expression, and making a positive contribution to human society

Furnass 1996



HPHP Best Practice Guidelines

Scope:

- all parks (not just protected areas)
- health & well-being focus
- hard copy volume (initial) + “LIVING” on-line version
- values of parks in different socio-economic, cultural and environmental settings



Task Force:

34 international members – multicultural & multidisciplinary;
from developed/developing countries = partnership approach
- to progressively review content, identify key research,
input ideas and ‘recruit’ case studies

HPHP Best Practice Guidelines – timelines

❖ commenced mid-2013

❖ presentations and workshops at:

▪ ‘National Parks & Wildlife as Natural Health Providers’ - Conference, Wales: April 2014 - input workshop

▪ Malaysia Urban Green Space & IFPRA Asia Pacific Conference, Penang: June 2014 - input workshop

▪ Parks & Leisure Australia National Conference, Cairns: August 2014 - input workshop

▪ **World Parks Congress, Health & Well-being Stream = awareness & workshop**

>>> Launch mid-2015



HPHP Best Practice Guidelines

Q - What are the biggest challenges that park agencies face when trying to establish partnerships with the health sector?

A - The most critical is that of developing meaningful partnerships.

To do so requires park managers to:

- **be initiators and innovators = ‘think outside the park’**
- **build rapport with the health and wellbeing sector**
 - **Identify relevant bodies**
 - **understand the key local health and wellbeing issues**
 - **learn the related health and wellbeing terminology**
- **learn from others through the extensive range of case studies which illustrate, inform and inspire**



Examples from collection of 30+ Case Studies

- Walking to Health for those with Alzheimer's, diabetes, weight loss and smoking issues – Cairngorms, Scotland
- Elephant assisted Autism recovery – Thailand
- “Wood if We Could” Dementia programs - England
- “Healthy, Sustainable Societies” - Cardamom Mountains, Cambodia
- “Open Air” project to reduce health inequalities – Finland
- “Forest bathing” therapy - Japan
- Health-related tourism products – Latvia

Would be delighted with more, especially from Asia, Africa and South America > jgsenior@bigpond.com

HPHP Guidelines Workshop

8:30 to 10:00 am Tuesday 18 November
in XXXXX Room

- The importance of the health/parks relationship > challenges & opportunities to achieve such partnerships
- Illustration of the diverse range of approaches to suit different socio-economic, cultural and environmental settings
- XXXXXX

*the workshop will discuss the main challenges
and opportunities for adoption of the HPHP approach
and contribute to meaningful Guidelines content*

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