



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 and 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; - to review content, identify key research, input ideas and ‘recruit’ case studies

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 cross-sector 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 of 30+ Case Studies collected

- Elephant assisted Autism recovery – Chiang Mai, Thailand
- Green Exercise Partnership - Scotland
- “Wood if We Could” Dementia programs - England
- “Healthy, Sustainable Societies” - Cardamom Mountains, Cambodia
- Active By Community Design (ABCD) - Queensland, Australia
- “Forest bathing” therapy – Japan
- Following the Healing Bonanza (Health-related tourism products) – Kemer National Park, Latvia

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

YOU are invited to
the HPHP Guidelines Workshop
8:30 - 10:00 am Tuesday 18 November
in Hordern 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

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

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