

From Sydney to Scotland: connecting to the Healthy Parks Healthy People approach



Bridget Finton
Scottish Natural Heritage

- **World Parks Congress, Sydney**



*Improving Health and Wellbeing:
Healthy Parks Healthy People Stream*

- **HPHP in Europe**



- **Green Health in Scotland**



Health Theme at WPC Sydney

Aims of the Theme:

- Share knowledge
- Highlight practical experiences
- Build a global coalition to promote the value of parks for human health

**IUCN best practice guidelines
on HPHP**



Healthy Parks Healthy People

HPHP World Congress - 2010

**Promoting links between
Nature and Human health**

US National Parks Service

**Helping to tackle global
health issues**



INSTITUTE AT THE GOLDEN GATE

HPHP: Pilot Programs

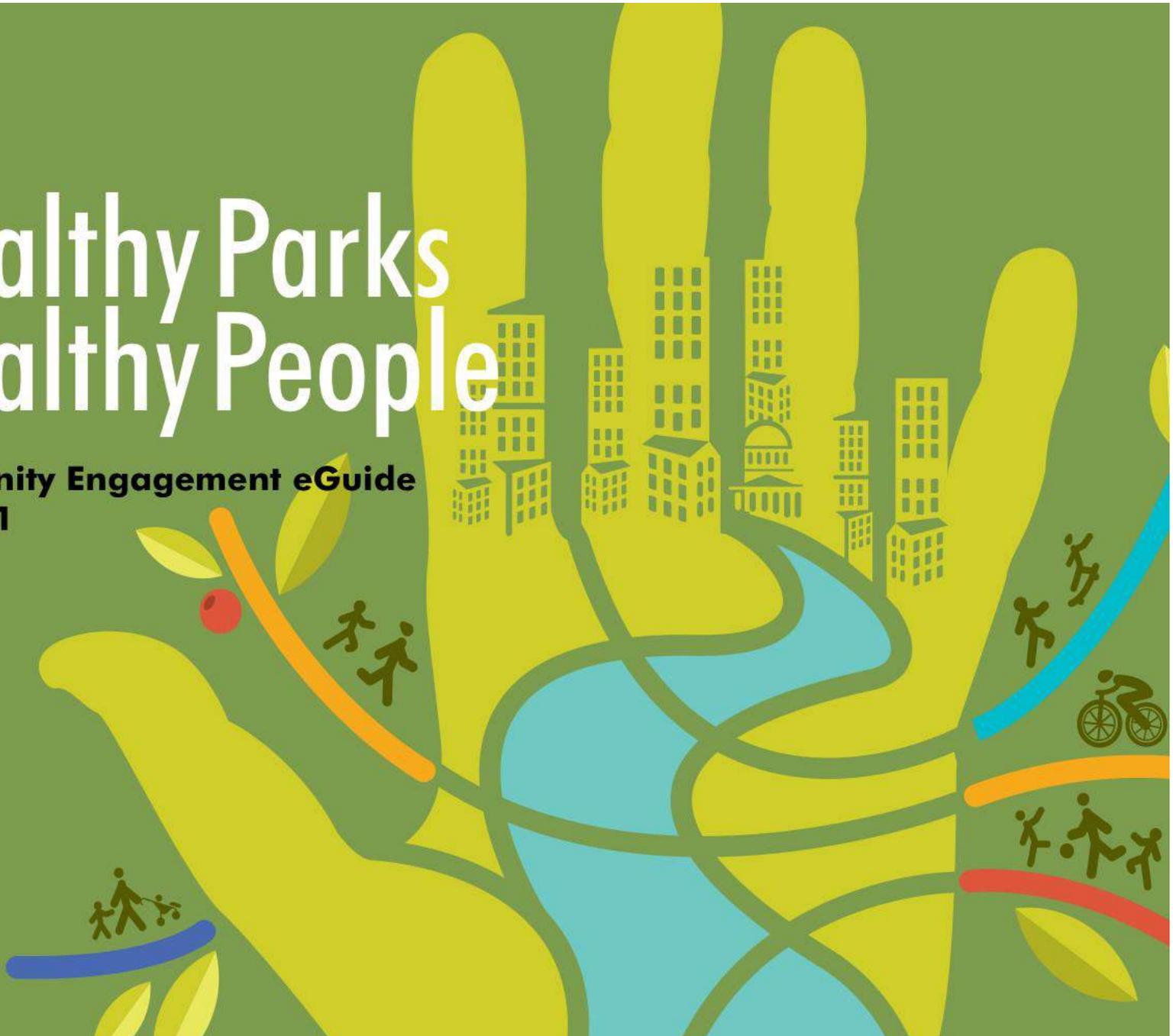


- 50 parks, health, and community agencies
- Nine counties
- Free
- Over 100 'First Saturday' programs
- 37 park locations
- 150 new park users/month
- Additional HPHP programs throughout the week



Healthy Parks Healthy People

**Community Engagement eGuide
Edition 1**





Active in Parks

A Healthy Parks Healthy People program

Active in Parks programs



Adolescent Education Program



Youth Ambassadors Program



Green Referrals



Storytime in the park



Bush Groups



New Migrants Program



Green Rehabilitation



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

HPHP in Europe:

- Finland
- Scotland
- EUROPARC Federation



METSÄHALLITUS



Scottish Natural Heritage
Dualchas Nàdair na h-Alba

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



HEALTH AND PROTECTED AREAS



EUROPARC
FEDERATION

Promoting 'Green Health' in Scotland

Encouraging greater use of the natural environment for better health and quality of life in Scotland.



Nature and the environment are a health resource

Summary

Scotland is committed to... it comes... recent... frames... enviro... in order...

The Green... brings... that a... compl... Servic...

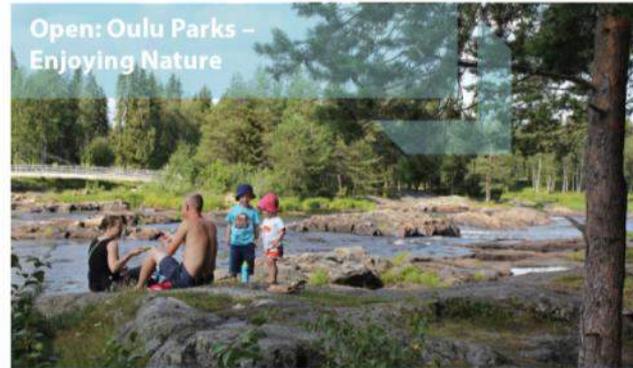
HEALTH AND PROTECTED AREAS



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.



HPHP in Scotland?

Robust cross-sectoral policy framework:

- Planning – Central Scotland Green Network
- Transport – Active Travel 2030
- Education – Curric for Excellence
- Health – A More Active Scotland
- Environment – 2020 Biodiversity



Get active outdoors

More physical activity and contact with nature will contribute to a healthier Scotland

feel more energetic

reduce risk of heart disease and diabetes

healthy eating

reduce stress and anxiety

learn new skills

aid recovery

Ambition into Action

- Challenges
 - Language
 - Culture
 - Integration
- Local examples
 - Dundee
 - Lanarkshire
- Green Exercise Partnership



The poster features a photograph of a sun-dappled forest path. In the top right corner, the Dundee City Council logo is visible with the tagline 'Dundee City Council' and 'Partnership CHANGING FOR THE FUTURE'. The main title 'Green Exercise in Dundee' is written in large white font, with the subtitle 'One small step....' below it. A green banner contains the text '....to feeling better!' followed by a list of activities: '- Visit a park - Take a stroll -', '- Countryside Ranger events -', '- Join a walking group - Get on a bike -', and '- Get more adventurous -'. Below this is the website 'www.dundee.gov.uk/greenexercise'. At the bottom, it says 'No internet? No problem...' and lists contact information for Dundee City Council Access Officer (01382 434000), Dundee Healthy Living Initiative (01382 435824), Dundee Volunteer Centre (01382 305705), Countryside Ranger Service (01382 431848), and Ancrum Outdoor Centre (01382 435911). The 'Green Health' logo, featuring stylized figures and the text 'a natural connection', is in the bottom right corner.

Keep healthy and happy...

Enjoy your local paths and green places.



Scottish Natural Heritage
Dualchas Nàdair na h-Alba

Green
Health
a natural connection

For inspiration go to
snh.gov.uk/simplepleasures

Conclusions

- **Recognition of the value of our environmental assets**
- **Build on policy, practice & partnerships**
- **Shared aims, targeted effort & integrated delivery**
- **Forthcoming resources**



Thank You!

www.hphpcentral.com

www.activeinparks.org

www.snh.gov.uk/land-and-sea/managing-recreation-and-access/healthier-scotland/

