



Diputació
Barcelona

ESPARC
2018

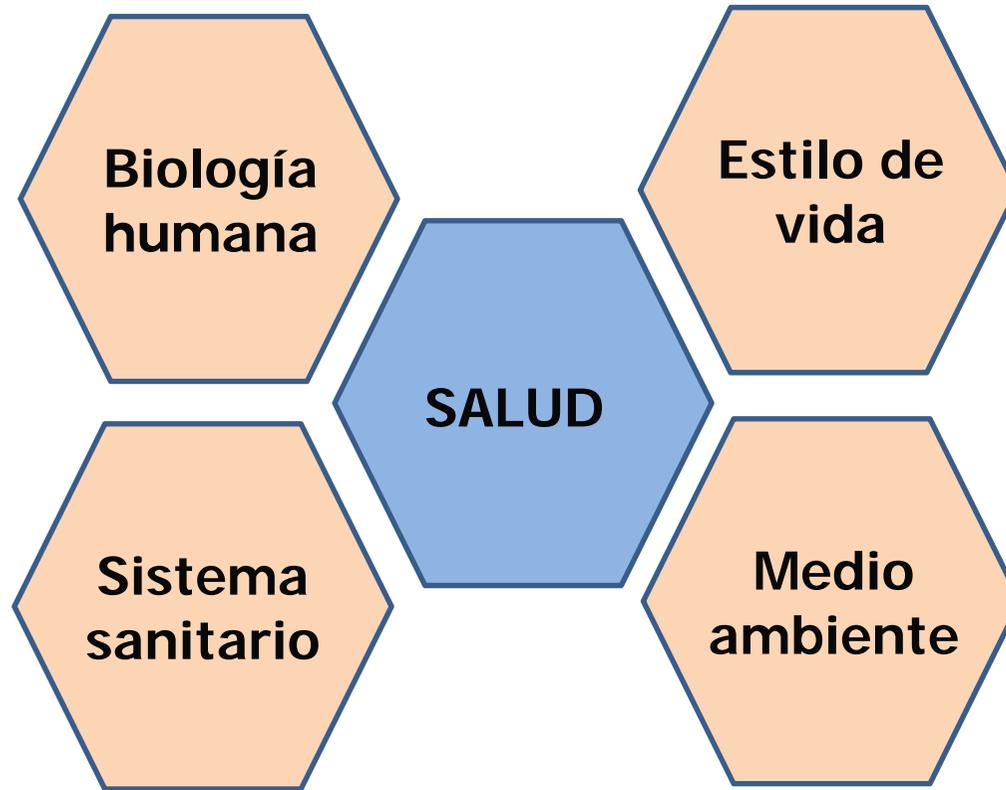
23 al 27 mayo

Parque Nacional Picos de Europa
Covadonga y Cangas de Onís

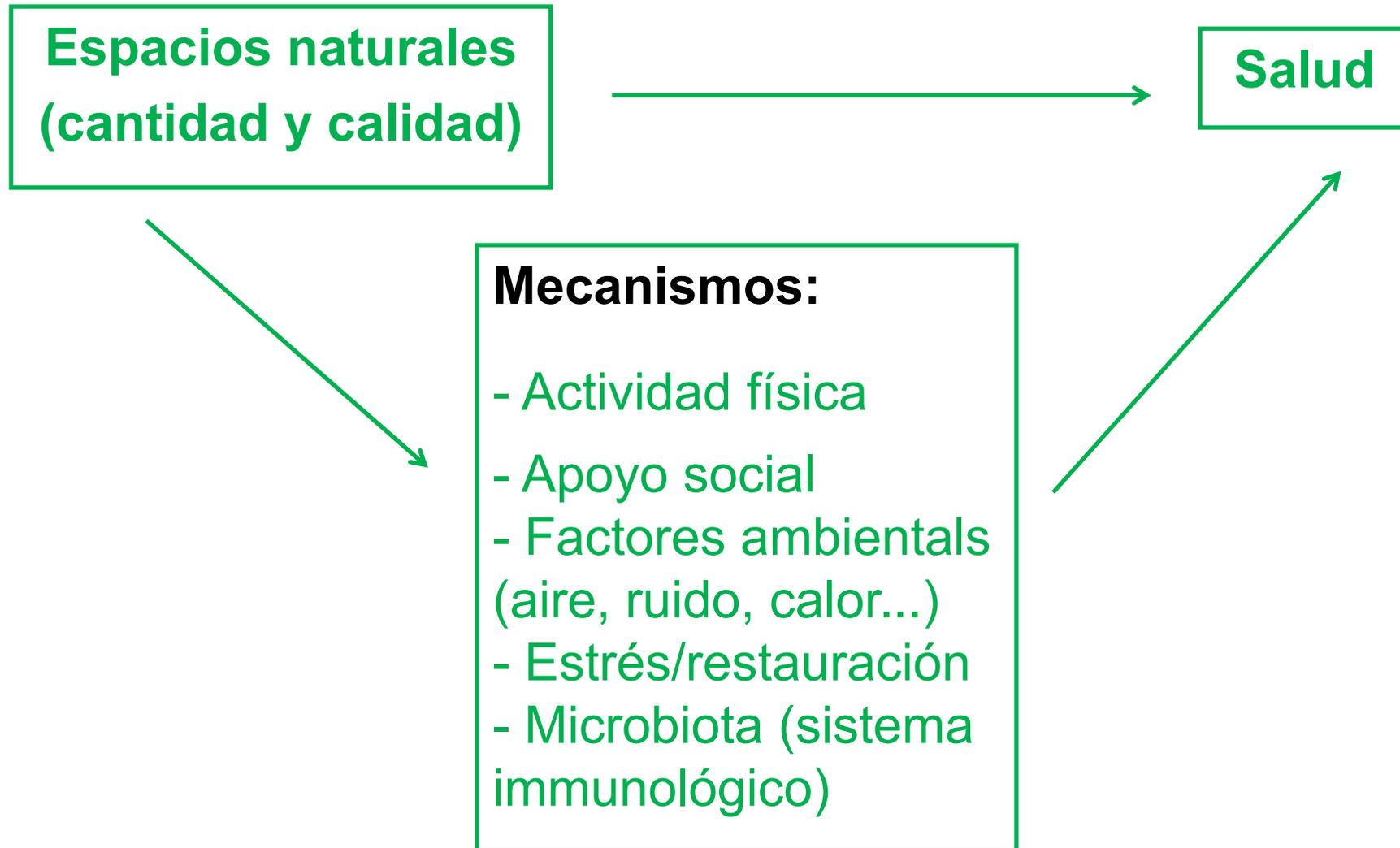
Salud y áreas protegidas

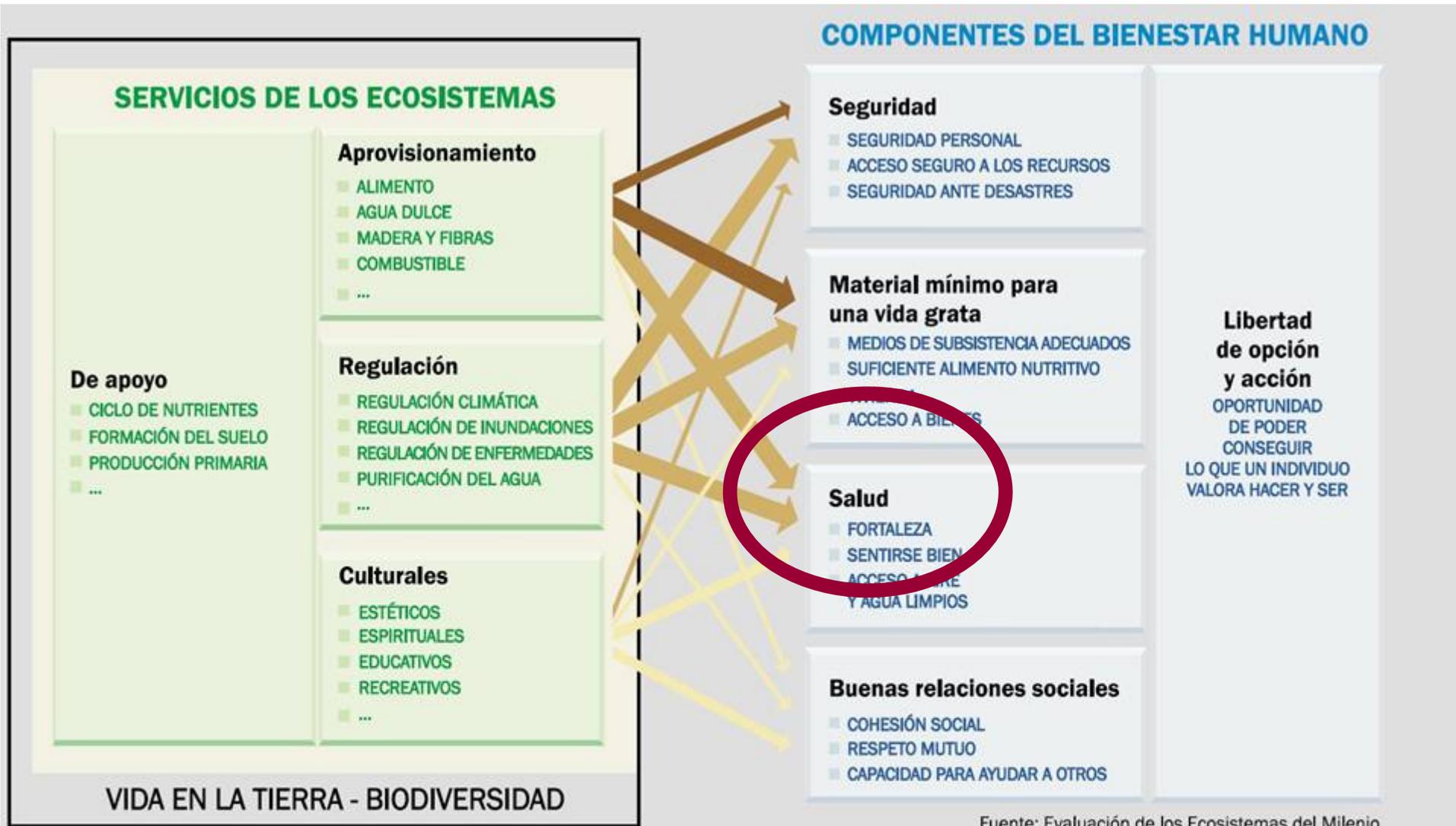
Carles Castell

Gerencia de Espais Naturales
Área de Territorio y Sostenibilidad
Diputació de Barcelona



Lalonde, 1974





Fuente: Evaluación de los Ecosistemas del Milenio

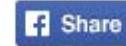
COLOR DE LAS FLECHAS
 Potencial de que los factores socioeconómicos ejerzan una influencia

- Bajo
- Medio
- Alto

ANCHO DE LAS FLECHAS
 Intensidad de los nexos entre servicios de los ecosistemas y bienestar humano

- Débil
- ▭ Medio
- ▭ Fuerte

Healthy Parks Healthy People *Central*



Healthy Parks Healthy People explores the links between nature and human health

HPHP Central is a place to access and share the latest international research, innovations and programs that focus on the health benefits of human contact with the natural world.

Find Us On :





IUCN
WORLD PARKS
CONGRESS
SYDNEY 2014

A strategy of innovative approaches and recommendations to **improve
health and well-being in the next decade**

Submitted on 22 December 2014, following the deliberations of the
IUCN World Parks Congress 2014

Salud y áreas protegidas en España

Identificación de los beneficios de las áreas protegidas
sobre la salud y el bienestar social.

Aplicación de casos prácticos en la sociedad.



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EUROPARC

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Health and Protected Areas Commission



Social and health benefits of Nature

Health & Well-being benefits from Parks & Protected Areas

Practical advice on the delivery of Health & Well-being benefits from Parks & Protected Areas



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Toolkit < Back to main site

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Health & Well-being benefits from Parks & Protected Areas

Practical advice on the delivery of Health & Well-being benefits from Parks & Protected Areas

What is this toolkit for?

This toolkit is intended to provide simple and practical advice on how parks and protected areas can support health outcomes for people.

Who should read this?

This toolkit is aimed at those responsible for the management of parks and other protected areas. It is intended to provide simple and practical advice to a range of park and protected areas staff, including planners, site managers, wardens and rangers.

Authors

This advice has been prepared by the following EUROPARC members - **Pete Rawcliffe** (Scottish Natural Heritage), **Joel Erkkonen** (Parks and Wildlife Finland), **Nele Söber** (Estonia Environmental Board), **Carles Castell** (Diputació de Barcelona), **Tony Gates** (Northumberland National Park Authority), **Melissa Desbois** (Parc National des Calanques), **Bridget Finton** (Scottish Natural Heritage) and **Carol Ritchie** (EUROPARC Federation Directorate).

Comments on the advice and suggestions for further contents should be sent to Bridget Finton bridget.finton@snh.gov.uk.

Health & Well-being benefits from Parks & Protected Areas

Introduction

Intro



Why should parks and protected areas be involved in supporting health outcomes?

The following **Guiding Principles** have been adopted by the EUROPARC Federation. The EUROPARC Federation believes that:

- Positive contact with nature is important for human health. It can create well-being, prevent public health problems and promote an active lifestyle.
- Parks & protected areas connect people with nature and represent a valuable natural asset that can provide specific contributions to the delivery of positive health outcomes.
- Parks & protected areas contribute to individual and community health and well-being, and to wider aspects of economic health and growth.

Planning and delivery of site management to achieve health objectives should be informed by and delivered through:

- **Policy** – a policy framework at national, regional and / or local level that establishes the connection between the natural environment and health benefits supports management objectives
- **Partnerships** – community engagement and cross-sector partnerships in implementation reflect joined-up working and provide wider benefits
- **Best practice and innovation** – a strong evidence-base is supported by many examples of good practice, with innovative projects being shared throughout the parks & protected areas network
- The delivery of health objectives by parks and protected areas is a natural extension of their traditional role in providing for access and recreation – it illustrates the environment sector responding to social needs and should be embedded as part of park management bodies' core business.
- The importance of parks and protected areas for health promotion and improvement adds to the case for investment in these natural assets.

These principles have been developed from the [Healthy Parks Healthy People](#) philosophy as set out in the [Melbourne Communiqué](#) of 2010 which has been endorsed by the EUROPARC Federation.

Health & Well-being benefits from Parks & Protected Areas

Regional & National Frameworks

Regional & National Frameworks



The importance of relevant Policy Frameworks at the national and regional level

Protected areas operate within the framework of national and regional policy on health and the environment. Experience suggests that these frameworks can be very helpful in supporting the delivery of health outcomes by individual protected areas, especially when they include:

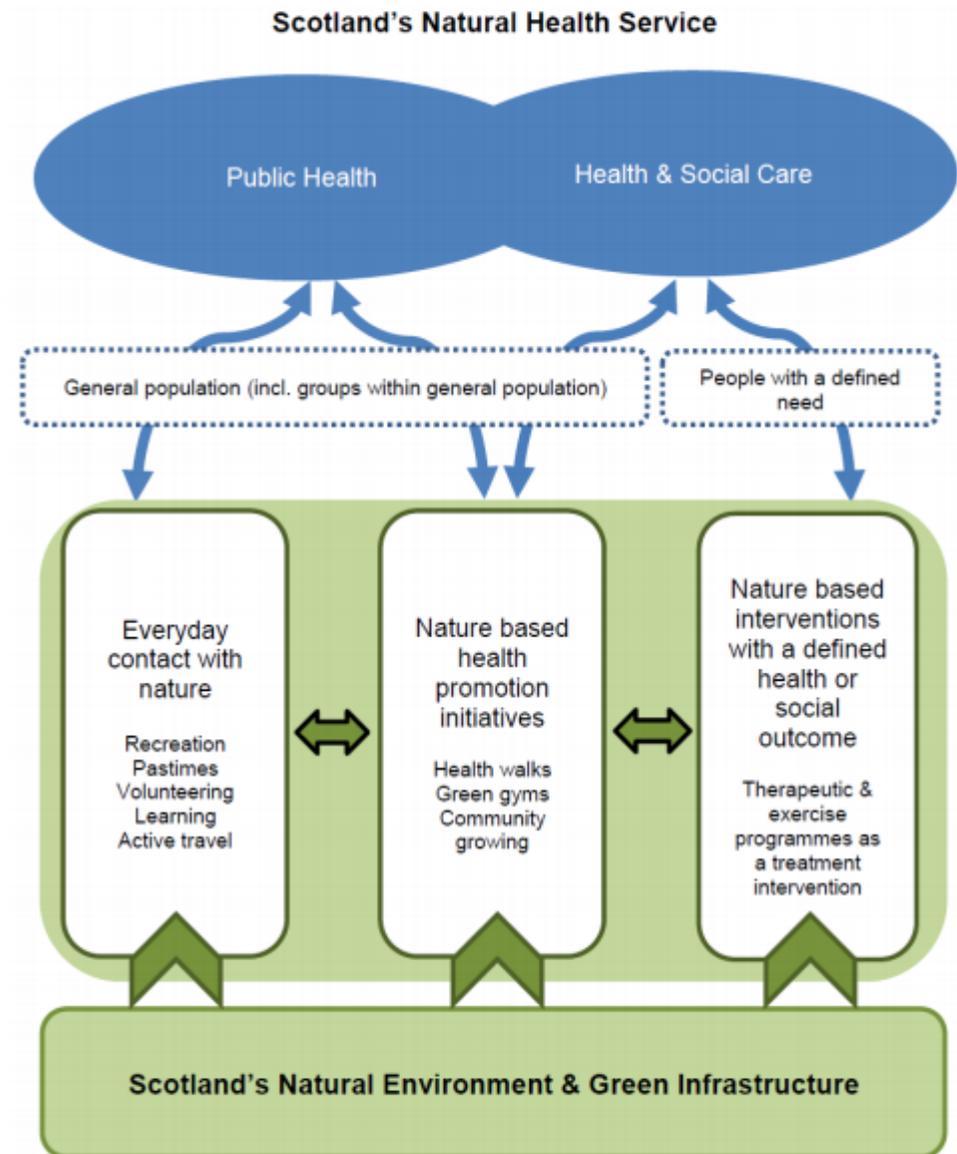
- Reference to contact with nature in health policy
- Structures and partnerships between relevant health and environment departments and organisations
- Sources of funding for delivery of health outcomes

Natural health service concept

Natural environment and associated green infrastructure - foundation & enabler.

Realising the health benefits of these assets is dependent on:

- sustaining a high quality and accessible resource
- increasing the number of people who regularly participate in green exercise; and
- greater connectivity between the environment and health sectors



***Our Natural Health Service* action programme - workstreams**

1. Evidence and Research	- Evidence base and Evaluation Framework for the Natural Health Service
2. Information and Digital	- Better web-based information on opportunities to be active outdoors
3. Green Exercise	<ul style="list-style-type: none"> - Quality and resilience of green exercise programmes - Develop and promote green exercise programmes more effectively to the health sector - Establish a national Green Exercise Network - Develop key information resources and training on green exercise for health practitioners and green exercise providers
4. Communications	- Development of information and promotion resources to raise awareness of and support the uptake of the Natural Health Service

Our Natural health service action programme - workstreams

5. Green Infrastructure health and well-being <u>intervention</u>	Develop a series of targeted intervention projects to raise levels of physical activity close to areas of greenspace improved as part of the <u>ERDF Green Infrastructure programme</u>
6. National Health Service Greenspace <u>intervention</u>	4 pilot <u>Greenspace for Health partnerships</u> to manage and promote use of the outdoor estate; and develop advice, good practice and training on use of the NHS estate
7. Local Green Health Partnership <u>intervention</u>	Establish a <u>series of local Green Health Partnerships</u> to connect health and environment sectors and add value through co-ordinated local development and promotion of green exercise opportunities

THE GOAL

Healthy Parks **HEALTHY PEOPLE**

Finland's diverse natural environment improves the health and well-being of its people.

The Finns are an active, outdoor people, for whom nature is an essential part of everyday life and leisure time. Their social, physical and mental well-being has improved due to the varied Finnish wilderness and their active relationship with nature.

THE ROLE OF PARKS & WILDLIFE FINLAND

- Guardian of the diverse natural environment and a provider of high-quality services that meet the needs of local recreation, tourism, hiking, hunting and fishing
- Inspiring people to go out into the natural environment and strengthen their relationship with nature
- An active developer, partner and coordinator in collaboration



THEMES



From nearby nature to national parks

- The opportunity to experience nature forms the basis for building a relationship with it.
- Both easily accessible, nearby nature and attractive natural areas that provide an escape from the grind of daily life are necessary for outdoor recreation.
- Natural areas and historical and wilderness sites form part of nature destinations offered by municipalities and cities; they create a well-functioning, continuous green space serving the outdoor recreation requirements of local residents and tourists.
- The high-quality, attractive destinations with a range of natural attractions and the services offered by Parks & Wildlife Finland provide health and well-being benefits for local residents and tourists.

> *Nature areas and services*



Everyone outdoors

- Everyone has equal opportunities to enjoy the great outdoors. Our services create well-being, prevent public health problems and promote an active lifestyle.
- The threshold for outdoor recreation becomes lower, making it an easy and fun activity throughout the year. Experiences in nature motivate people to exercise.
- Finns learn to love outdoor recreation at an early age and make active use of various natural sites and nature's riches.
- People are encouraged to engage in and are inspired by outdoor recreation; this counteracts sedentary lifestyles and their detrimental effects.

> *Customer relations*



Results based on communications and cooperation

- Good communications in cooperation with the other actors encourage Finnish people to get out and about in the natural environment, in everyday life and during their leisure time.
- We reach a broad population base in cooperation with our partners.
- Parks & Wildlife Finland produces and compiles easily understandable, entertaining and reliable information on the health benefits of nature for in-house use, customers and decision-makers.
- The importance to public health and the economy of a diverse and healthy natural environment has been acknowledged.
- Nature's effects on well-being are important to the development and productisation of nature tourism.
- Parks & Wildlife Finland engages in active international cooperation in the production and sharing of knowledge and best practices.
- An increasing number of partners communicate about nature and outdoor recreation via their forums.

> *Everyone outdoors*

Health & Well-being benefits from Parks & Protected Areas

Evidence

Evidence



Physical and mental health are inter-related, and in many ways, inter-dependent. With an ageing population and more people with multiple health issues, the breadth of benefits offered from green exercise make it a useful tool for the health sector. Re-connecting with the environment through green exercise can help patients, their carers, and the general population in terms of healthy lifestyles and prevention of poor health / illness.

General evidence references:

- [NHS Forest – evidence summary](#) of health, social, environmental and financial benefits
- [Evidence statement on the links between natural environments and human health](#) 2017 DEFRA and University of Exeter
- [A Dose of Nature: addressing chronic health conditions by using the environment](#) 2014 University of Exeter
- [The Great Outdoors: how a green exercise environment can benefit all](#). 2013 Gladwell et al
- [Benefits of connecting children with greenspace](#) – range of evidence
- [Nature-based integration Nordic experiences and examples](#). 2017 Pitkänen et al
- [Natural outdoor environments and mental and physical health: Relationships and mechanisms](#). 2015 Triguero et al

Health & Well-being benefits from Parks & Protected Areas

Evidence

Evidence



Visiting the outdoors can help address issues of poor health and health inequalities

Visiting the outdoors, whether it's urban greenspace close to home, countryside around towns or remote and wild areas of land and water, can help deliver a range of health benefits and can contribute to the attainment of national targets for physical activity.

- A brisk 30 minute walk on five days of the week can reduce the risk of: Heart attack and stroke by 20-30%; Diabetes by 30-40%; Hip fractures by 36-68%; Bowel cancer by 30%; Breast cancer by 20% ; Depression/dementia by 30% ([Annual Report of the Chief Medical Officer 2011 'transforming Scotland's Health, NHS Scotland'](#))
- There is a significant relationship between self-reported stress and the proportion of greenspace in the local area (*Ward Thompson et al, 2012*)
- Health disparities between high income and low income groups are much narrower in areas with ample greenspace (2012 Scottish Health Survey)
- People living near green space experience less health complaints and better mental and physical health than those living in an urban environment. For every 10% increase in green space there was a reduction in health complaints equivalent to a reduction of 5 years of age (*de Vries S, Verheij R A and Groenewegen P P,2001*)
- People living close to greenspace are more likely to meet physical activity guidelines and less likely to be overweight or obese. ([The relationship of physical activity and overweight to objectively measured greenspace accessibility and use, Coombes, 2011](#))
- Nature provides an added value to the known benefits of physical activity. Repeated exercise in nature is connected to better emotional well-being. ([The Relationship between Perceived Health and Physical Activity Indoors, Outdoors in Built Environments, and Outdoors in Nature Pasanen, Tyrväinen & Korpela, 2014](#))

Encouraging more people to visit the outdoors more frequently would help spread the benefits as widely as possible.

Health & Well-being benefits from Parks & Protected Areas

Health check-Lilst

Health Check-List

Strategic planning - is there:

- > A link between the management objectives of your site, and the national / regional / local health and well-being policy framework
- > A site management plan that engages with local health stakeholders and responds to health issues and priorities / target groups

Outreach – does your site have:

- > Engagement with health sector, intermediary bodies and target groups to ensure activity programmes and volunteering opportunities cater for their needs
- > Outreach programmes aimed at key target groups or communities

Monitoring & evaluation – does your site have:

- > A visitor monitoring system that gathers feedback on health benefits
- > Monitoring systems for the health benefits delivered through specific activity programmes / health interventions

Communications – is there:

- > Active engagement with local health professionals, providing information and opportunities to experience the ways your site can support health outcomes
- > A communications plan for your site that specifies appropriate messages for health professionals and for the public / target health groups
- > Easily accessed information about the site and what it offers to a range of visitors

Site management – does your site have:

- > Easily accessible information on the facilities provided at the site
- > A sense of welcome for visitors
- > Visitor facilities such as parking for people with disabilities; toilets
- > A range of access provision, from easy-going paths for people with health issues / disabilities, to specific equipment / furniture to promote physical activity
- > A range activity programmes delivered directly, or through green exercise providers
- > Staff who are well trained to support visitors with health issues

Staff training

- > Do site staff have appropriate skills and confidence to work with health groups
- > Can you build wider awareness and capacity in your organisation on health

Other opportunities – are you able to:

- > Identify local health sector partnerships and provide a place / activity programme / visual identity for green exercise referrals / sign-posting
- > Make access to information easier for health professionals and target groups to find by inputting into / establishing a central information service for a wide range of parks / protected areas

Health & Well-being benefits from Parks & Protected Areas

Health check-Lilst

Health Check-List

Strategic planning

The positive links between health and environment are well established, and are becoming more evident in many policy areas such as planning, transport, sport, education and tourism. This provides an opportunity for protected area site managers to show that they are responding to these policies, and that their sites can contribute to an overall policy framework that seeks public health benefits from a well managed suite of nature sites.

Goal	Actions
A clear link between the strategic objectives of protected area site management and health policies and priorities at national / regional / corporate level.	<ul style="list-style-type: none">➤ Obtain an understanding of relevant wider health policies so that the principles of site management can be shown to fit within this strategic framework➤ Prior to management planning, assess the site in terms of its potential to deliver health objectives – include aspects such as: accessibility (including by public transport and active travel) and facilities for public use; current uses related to physical activity and wellbeing
A site management plan that responds to local health issues	<ul style="list-style-type: none">➤ Assess the potential for site improvements that will enhance the health-promoting potential of the site – including additional tree cover for shade; short, circular easy-going routes for people with mobility issues➤ Ensure that local health stakeholders – health sector, providers of supportive outdoor health programmes, and local communities – are engaged in the management planning process➤ Identify specific health objectives to be achieved, and methods to evaluate delivery➤ Consider a zoning approach to site planning that aims to cater for a range of visitor experiences and health outcomes – these could include: areas for group activities; areas for quiet contemplation etc – and establish compatible and non-compatible uses and activities
To establish strategic partnerships and connections to local communities / target groups	<ul style="list-style-type: none">➤ Engage with local authorities and other relevant stakeholders including intermediary groups➤ Use protected areas' governance bodies (steering and advisory boards, management groups, etc.) as health forums to promote and foster local partnerships

Proyectos Diputación de Barcelona

- Grupo de trabajo “Salud y Espacio Público
- Menús saludables en los equipamientos de los parques
- Accesibilidad a los parques naturales
- Itinerarios saludables

Evaluación de la percepción de los visitantes de la Red de Parques Naturales

- 8 de cada 10 personas que visitan los parques naturales tienen una motivación relacionada con la salud y el bienestar físico y/o mental
- Al finalizar la visita, 7 de cada 10 manifiestan que han percibido una mejora en este ámbito
- Entre los elementos que más contribuyen a esa sensación de bienestar, los visitantes citan como más relevantes los bosques (71%), el paisaje (69%) y el silencio (63%)

Presentació

L'Àrea de Territori i Sostenibilitat de la Diputació de Barcelona duu a terme accions encaminades a facilitar l'accés al medi natural a les persones amb discapacitats. Les dificultats d'alguns col·lectius per realitzar activitats (itineraris, rutes guiades, activitats lúdiques, activitats escolars,...) que s'ofereixen en els espais protegits reclamen que es facin tots els esforços possibles per tal de millorar l'accessibilitat de tothom.

Dins l'àmbit del Conveni de col·laboració entre la Fundació "la Caixa" i la Diputació de Barcelona per al desenvolupament del **Pla de gestió integral per a la conservació dels sistemes naturals de la Xarxa de Parcs Naturals**, s'estan duent a terme alguns projectes per adaptar itineraris senyalitzats i programes pedagògics al col·lectiu de persones amb discapacitats físiques i sensorials.

Agenda

Ruta teatralitzada inclusiva - Natura, un viatge pels sentits

Itineraris guiats | Visites guiades
Data d'inici: 28/05/2016 **Hora:** 10.30 h. **Data de fi:** 28/05/2016

Sortida crepuscular per la Serra de Marina

Itineraris guiats | Rutes, travesses i marxes | Passejades | Educació ambiental
Data d'inici: 29/04/2016 **Hora:** 19 hores **Data de fi:** 29/04/2016

Ruta teatralitzada inclusiva - Natura, un viatge pels sentits

Itineraris guiats | Visites guiades
Data d'inici: 30/04/2016 **Hora:** 10.30 h. **Data de fi:** 30/04/2016

Ruta teatralitzada inclusiva - Aigua, un viatge pels sentits

Itineraris guiats | Visites guiades
Data d'inici: 02/07/2016 **Hora:** 11.00 h. **Data de fi:** 02/07/2016

Vídeos

No et quedis a casa. L'accessibilitat als parcs



Notícies

Recapte d'aliments solidari en ocasió de la 25a edició del Viu el parc!

Sant Llorenç-Obac

Comencen les rutes teatralitzades inclusives al Parc Natural del Montseny

Montseny

La Xarxa de Parcs Naturals participa a les 14es Jornades Catalanes d'Informació i Documentació

Xarxa de Parcs Naturals

Trenta-tres anys del programa d'educació ambiental Coneguem els nostres parcs

Montseny

Contacte

Xarxa de Parcs Naturals
 Comte d'Urgell, 187
 Edifici del Rellotge, 3a. planta
 08036 Barcelona
 A/e: xarxaparc@diba.cat
 Tel. 934 022 843
 Fax 934 022 439

■ [Bústia de suggeriments](#)



Destacats

- [Itineraris accessibles](#)
- [Materials de préstec](#)
- [Equipaments accessibles](#)
- [L'accessibilitat als parcs \[pdf\]](#)







Muchas gracias