



Healthy Parks
Healthy People®

Healthy Parks Healthy People :

Global solutions for a healthy future

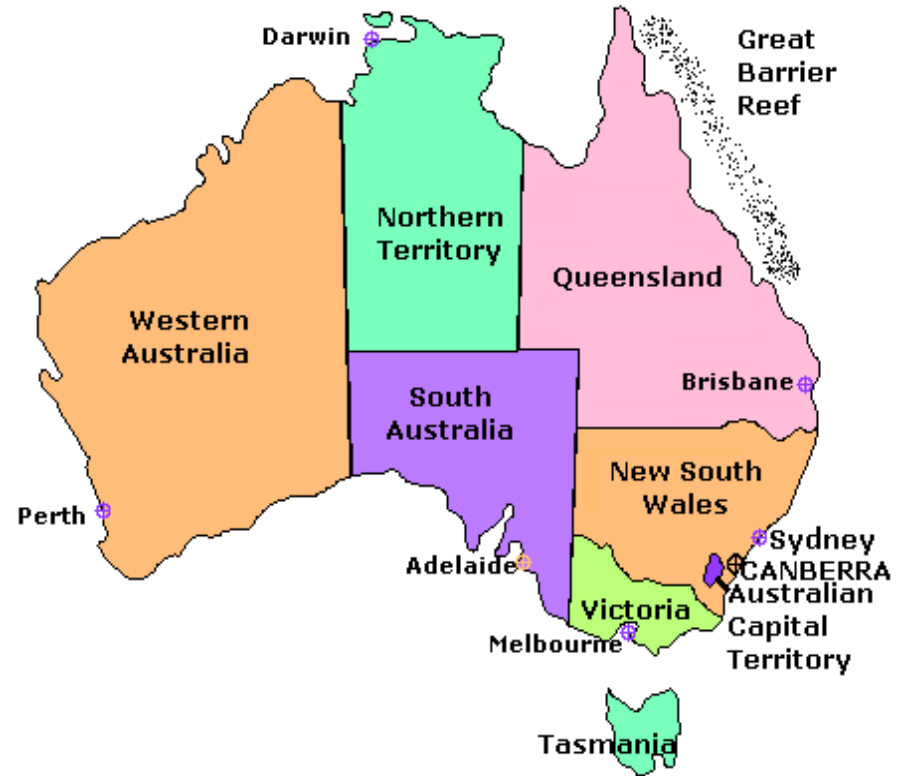
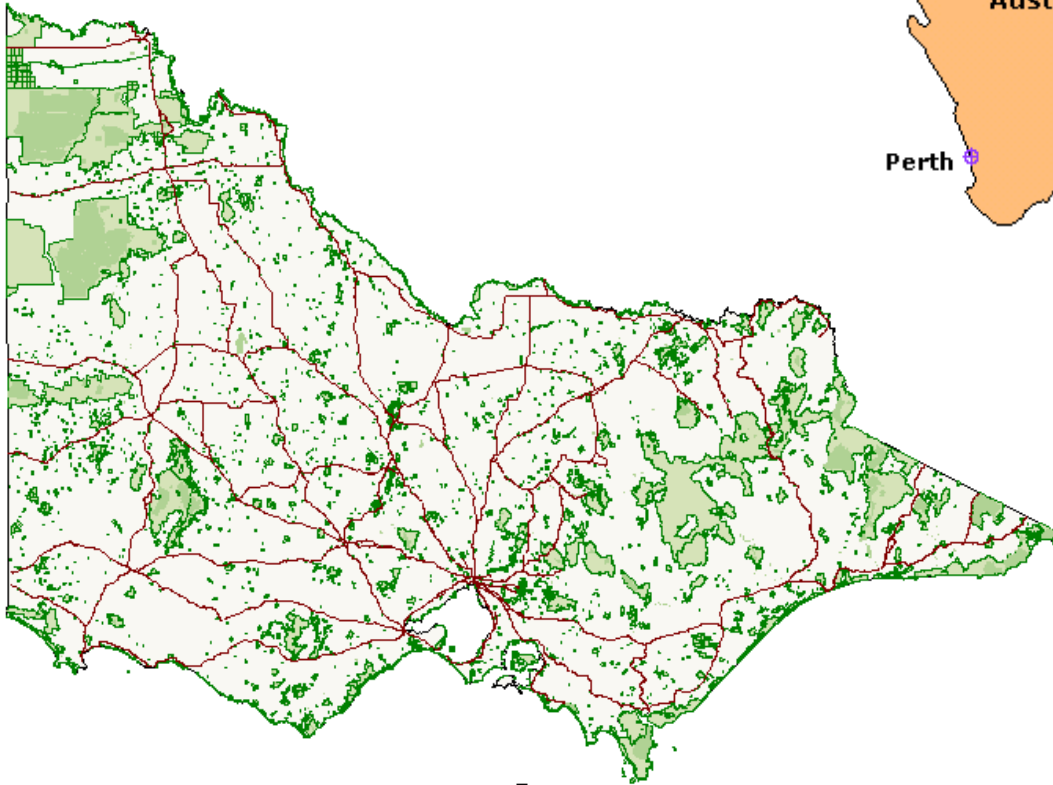
The First Asia Parks Congress, Sendai, Japan

Kate Millar, Parks Victoria

15 November 2013



Parks Victoria



- ~ 4 million hectares, 17% of state
- National, State and urban parks
- Marine Protected Areas
- 73 million visits per year



*Healthy Parks
Healthy People®*



Principles of *Healthy Parks Healthy People*

- The wellbeing of all societies depends on healthy ecosystems
- Parks conserve healthy ecosystems
- Contact with nature is essential for improving emotional, physical and spiritual health and wellbeing
- Parks are fundamental to economic growth and to vibrant and healthy communities

Reference: Faculty of Health & Behavioural Sciences, Deakin University “The Health Benefits of Contact with Nature in a Park Context” (revised 2008)



Defining Health

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

World Health Organisation 1946



Biodiversity and Health Benefits

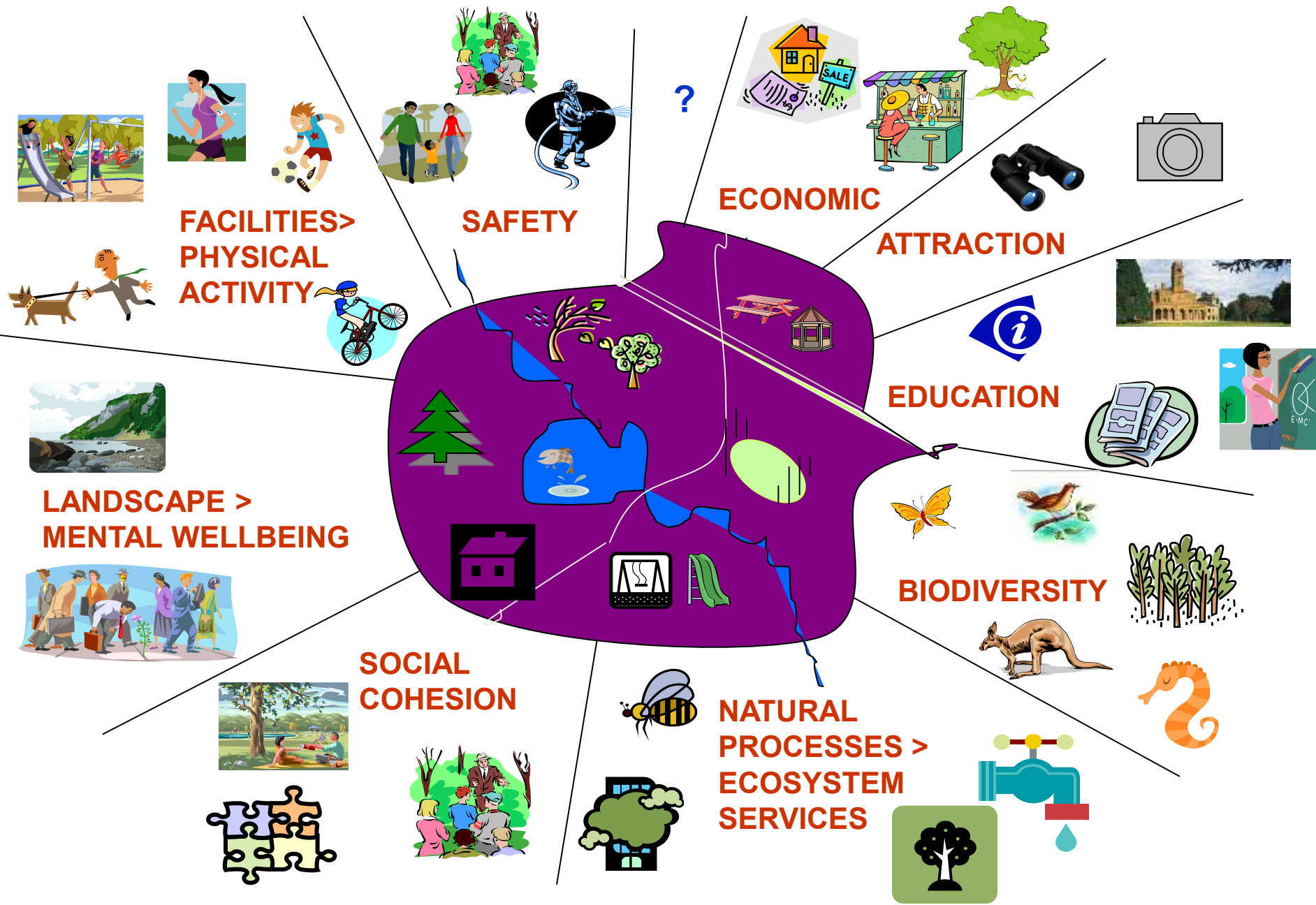
- ➔ Physical, mental, cultural well-being
- ➔ Food security and nutrition
- ➔ Clean water
- ➔ Disease regulation
- ➔ Medicines



Emerging Global Health Challenges

- Non-communicable diseases (NCDs) have surpassed infectious diseases as the leading cause of death (63% of all deaths, 36 million people).
- 31% of adults aged 15 years or older are insufficiently active.
- Physical inactivity is responsible for 1 in 10 deaths each year and estimated to cost \$24 billion each year.
- The leading NCD deaths are cardiovascular diseases, cancers, respiratory diseases, and diabetes.

Values of Parks



Advancing *HPHP* over the next decade

- Linking health and biodiversity policy, planning, programs and funding models.
- Ensuring community health objectives are part of park conservation targets.
- Influencing the global Strategic Plan for Biodiversity 2011/2020.
- Influencing the new global Sustainable Development goals.
- Addressing knowledge gaps and building scientific evidence.



Parks & Health Industries: the barriers & opportunities

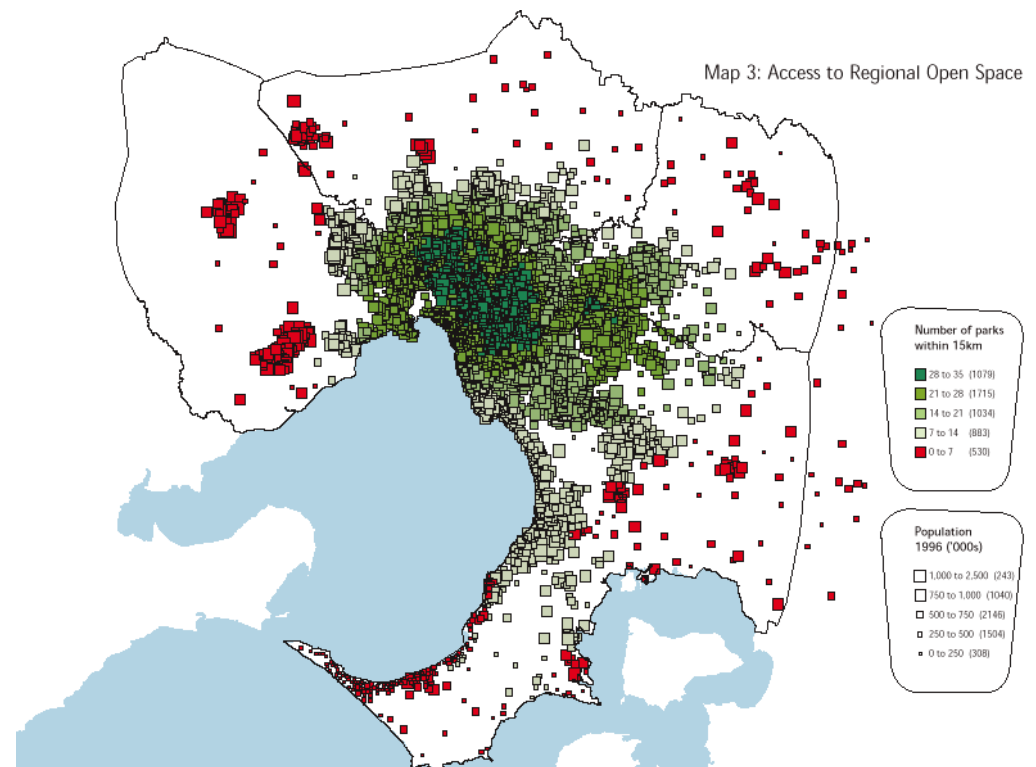
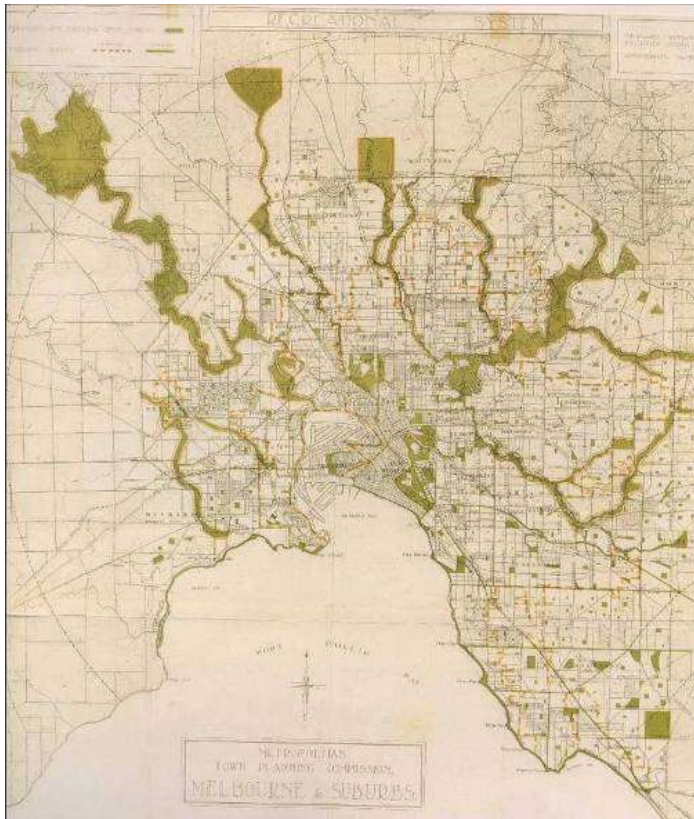
- We speak different languages.
- Health industries need hard evidence and facts.
- Uptake can be slow and difficult on both sides.
- Both focused on health outcomes
- Both accept biodiversity and human health are linked (e.g. medicinal plants).
- Both recognise benefits of partnerships.



The idea is not new

In 1929 the Melbourne Metropolitan Town Planning Commission –

‘abundant evidence is available to substantiate the views of city planners, the medical profession and psychologists that proper outdoor recreation has a most beneficial effect on the health, morals and business efficiency of communities and consequentially on national life.’





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Imagine a life without parks....



Case Study 1 : Active in Parks Geelong

Aim:

To connect more people to parks and open space to improve their health and wellbeing – **get them physical**

Strategy:

Harness the authority of health care professionals, to recruit individuals into **physical activity within their local park.**

Geelong is a proof of concept of replicable Australia-wide model



www.activeinparks.org

Case Study 2 : Green Connections

Improving health and wellbeing of Marysville and Kinglake bushfire affected families & individuals through 'hands on' environmental fire recovery projects.



Conservation Outcomes & People Outcomes

Activities involve:

being with friends and family, social interaction, providing companionship, the re-establishment of a collective identity, working collaboratively with community and key stakeholders



Case Study 3 : 'Feel Blue, Touch Green'

Findings from in-depth interviews

- Developing skills, taking risks & confronting challenges
- Mental health, confidence & self-worth
- Stress & anxiety management
- Managing depression & depressed mood
- Improving physical health
- Building social connections/social capital
- Building natural capital



Successes

- Engaged a strategic health advisor for parks
- Formal partnership with *beyondblue* (mental health)
- Program funding from Medibank (private health insurance)
- Support from Diabetes Australia, Arthritis Foundation, National Heart Foundation, Maternal and Child Associations
- HPHP Congress 2010 and HPHP Melbourne Communiqué
- www.hphpcentral.com
- CBD and IUCN interest incl. IUCN HPHP Task Force
- HPHP motion past at 2012 IUCN WCC



Lessons learned

- Work in collaboration with government, NGOs, business and community sectors
- Obtain endorsement from peak bodies (VicHealth)
- Imbed programs and initiatives within the health and environment government departments
- Recruit high profile champions
- Measure outcomes - imbed research into all programs
- Ensure initiatives are replicable



Networks and partners across Asia sharing knowledge & expertise:

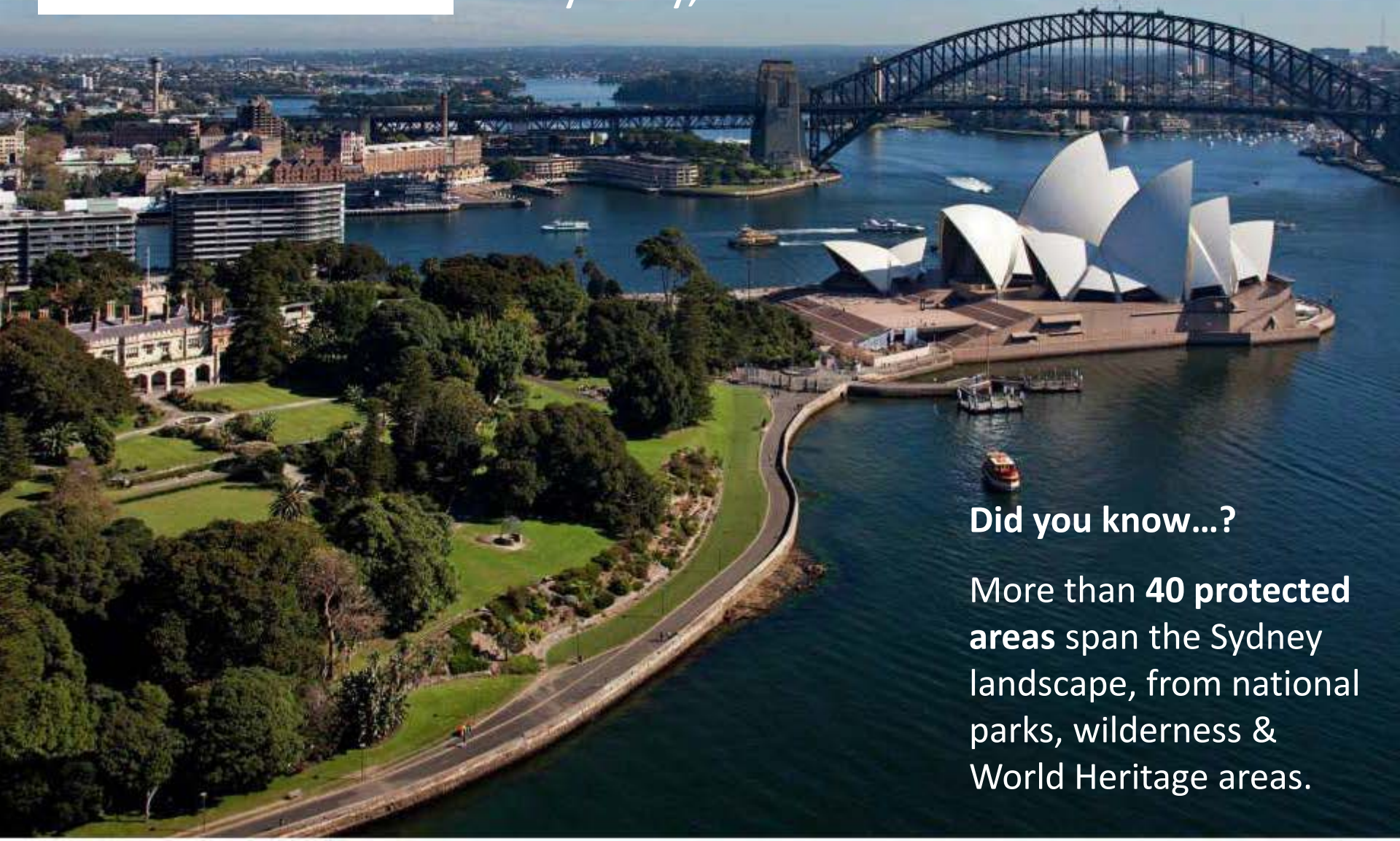
- MOU with Korean NPS;
- MOU with the Singapore National Parks Board (NParks);
- Sacred forests in India, China and Hong Kong;
- Forest bathing in Japan.

HPHP SIDE EVENT: Friday evening, 6.30pm, Shirakasi
Conference Room 2





12 – 19 November 2014
Sydney Olympic Park
Sydney, Australia



Did you know...?

More than **40 protected areas** span the Sydney landscape, from national parks, wilderness & World Heritage areas.

Thank you

Kate Millar
A/General Manager Corporate Services
Parks Victoria

