



IUCN  
WORLD PARKS  
CONGRESS  
SYDNEY 2014

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

Stream 3: Improving Health and Well-being

## Launches and Legacies



## 1. Launch of *Healthy Parks Healthy People: the state of the evidence report, 2014*

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### What is this legacy?

The Healthy Parks Healthy People Literature Review, previously published in 2002 and updated in 2008, has been updated and expanded into a new *Healthy Parks Healthy People: the state of the evidence report, 2014*. The Report provides a widely recognised and internationally respected repository of evidence about the human health benefits of contact with nature, with particular reference to park and protected area contexts. Increased interest in this research area has led to recent empirical research evidence that is not represented in the existing editions of the review.



This project will not only update the evidence base, but provide it in an online searchable form, and provide a mechanism for new publications to be uploaded to an online Healthy Parks Healthy People (HPHP) clearing-house at [www.hphpcentral.com](http://www.hphpcentral.com).

Through its partnerships and its ongoing research, the Deakin University-based team, now known as the Health, Nature and Sustainability (HNS) research group, has identified and collected a significant volume of additional research material.

### What is the purpose of this legacy?

This legacy will consolidate, record and analyse recent relevant research in a comprehensive way. This information will be made openly accessible to those who would not normally have access to such information, or it would be difficult to find and collate. This will help to stimulate further debate, interest and action on the *Healthy Parks Healthy People* approach.

### How can I be involved?

*Healthy Parks Healthy People: the state of the evidence report, 2014* will be launched at the congress event 'Global Launch of New Flagship Publications - our state of knowledge on the links between biodiversity, ecosystems and human health' at 6.00pm on Friday 14 November in the Stream 3 Homeroom.

You can get involved by submitting research or alerting us to other research you are aware of through [www.hphpcentral.com](http://www.hphpcentral.com)

### Where do I get further information?

To submit research, please go to [www.hphpcentral.com/articles-research](http://www.hphpcentral.com/articles-research). To contact the website administrators, please go to [www.hphpcentral.com/about](http://www.hphpcentral.com/about)

## 2. Launch of Convention of Biological Diversity–World Health Organisation State of Knowledge Review on Human Health and Biodiversity

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### What is this legacy?

Human health is affected by the state of the global environment and the health of ecosystems. To take stock of current knowledge, and facilitate mutual learning between the health and biodiversity-related sectors, the World Health Organization (WHO) and the Secretariat of the Convention on Biological Diversity (CBD) are jointly coordinating an effort to prepare a state of knowledge review on the interlinkages between biodiversity and human health.

The study will introduce concepts such as the social and environmental determinants of health, biodiversity and ecosystem services, and provide a broad overview of the different ways in which biodiversity and health are linked. It will examine how biodiversity is related to specific thematic areas as well as explore how health and biodiversity policies and programmes can be improved. It will attempt to identify gaps in existing scientific literature and policy.

### What is the purpose of this legacy?

Current trends are bringing us closer to a number of potential tipping points that would catastrophically reduce the capacity of ecosystems to provide the essential services upon which we all depend for life.

The interlinkages among biodiversity, ecosystem services and human health are complex and we do not have a complete understanding of cause and effect relationships. Ongoing inter-disciplinary research aims to develop a more thorough understanding of these fundamental interlinkages in order to improve the action on both health and biodiversity.

### How can I be involved?

The State of Knowledge Review will be launched at the congress event 'Global Launch of New Flagship Publications - our state of knowledge on the links between biodiversity, ecosystems and human health' at 6.00pm on Friday 14 November in the Stream 3 Homeroom.

### Where do I get further information?

Contact Cristina Romanelli, Convention on Biological Diversity, on [cristina.romanelli@cbd.int](mailto:cristina.romanelli@cbd.int)



### 3. Launch of “Active in Parks” Activation Kit

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#### What is this legacy?

Getting people into parks and protected areas is good for their health and well-being. Active in Parks is a concept that incorporates the principles of *Healthy Parks Healthy People* into the operational activities of local health and community service organisations with their existing clients. The Active in Parks Activation Kit will be an interactive online resource, providing practical guidance for both health organisations and parks agencies on how to implement Active in Parks programs in their regions. The kit, supported by Medibank Community Fund, will include specific case studies from the programs successfully run in Australia, including GP Green Referrals, Bush Groups program, New Migrants program and the Walking program.



#### What is the purpose of this legacy?

The purpose of the kit is to enable the Active in Parks model to be more easily replicated in other towns and cities to achieve beneficial health outcomes from nature. By learning step-by-step from a successful program, others will be able to benefit from this knowledge to set up more effective programs in less time, using less resources.

#### How can I be involved?

This online resource will be launched at 12.00pm on Saturday 15 November in the Pop Up Park.

You can access the Activation Kit online at [www.activeinparks.org](http://www.activeinparks.org) following the launch. This will give you information on how to implement Active in Parks programs in your region.

#### Where do I get further information?

Please contact us via [www.activeinparks.org](http://www.activeinparks.org)

#### **4. Development of a regional e-learning network for health, parks and people**

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##### **What is this legacy?**

The purpose of the Health and Nature Regional e-Learning Network is to share knowledge, experiences and policy approaches that will accelerate practices that improve the health of parks and protected areas and the well-being of people.

It is proposed that e-Learning Networks are developed through collaboration between WHO regional offices with their health mandate and IUCN regional offices with their focus on nature conservation and sustainable development. This approach ensures that the co-leaders are in the best position to jointly establish and support e-learning networks that can accelerate practices that provide co-benefits to parks and protected areas and to human health, in alignment with regional development needs and the Convention on Biological Diversity Aichi Biodiversity Targets 11 and 14.

##### **What is the purpose of this legacy?**

The development of the e-Learning Network will play a crucial role in disseminating knowledge of global best practices and creating regional communities of practice. The Network will also provide a platform to showcase successful partnerships between the health and park/conservation sectors, further expand existing collaborative networks and optimise the benefits of mutually beneficial partnerships to improve the health of parks and protected areas and people.

Ultimately, the e-Learning Network has the potential to be a key model for capacity development on sustaining natural environments and improving the health of individuals and communities.

##### **How can I be involved?**

A key milestone in consolidating the Health and Nature Regional e-Learning Network is a workshop is scheduled from 12.15pm to 1.15pm on Monday 17 November 2014 in the Stream 3 Homeroom.

##### **Where do I get further information?**

Contact Kathryn Campbell, Manager Healthy Parks Healthy People, Parks Victoria at [kathryn.campbell@parks.vic.gov.au](mailto:kathryn.campbell@parks.vic.gov.au)

## 5. Workshop to contribute to a draft Best Practice Guideline on Healthy Parks Healthy People

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### What is this legacy?

A new IUCN-WCPA *Healthy Parks Healthy People* Best Practice Guideline is currently being developed by the IUCN *Healthy Parks Healthy People* Task Force. The Guideline will provide best practice examples and guidance to practitioners in the parks, protected areas, health and well-being sectors.

Through cases studies, fact sheets and other references, Guideline readers will be informed, inspired and encouraged to think outside their conventional parameters and to engage with others - especially the health and well-being sectors - for mutual advantage.

In addition to the traditional publication, the Guideline will be produced in an easily-updatable online format allowing the inclusion of YouTube and video examples of best practices.

### What is the purpose of this legacy?

To further expand the use of the *Healthy Parks Healthy People* approach to better link people with nature and improve their health. The Guideline will demonstrate to decision-makers, protected area managers and the community how the conservation and improved management of natural areas can also achieve significant benefits to human health and well-being.

### How can I be involved?

A draft version of the Guideline will be the subject of a review workshop at 8.30am to 10.00am on Tuesday 18 November in the Hordern Room.

The Task Force is also seeking input in the form of case studies and technical assistance from those working in the health, well-being and parks sectors, as well as sponsorship and support to develop the Guideline.

### Where do I get further information?

For further information, please contact Ian Walker, Task Force Leader, on [ian9.walker@gmail.com](mailto:ian9.walker@gmail.com) or John Senior, Project Manager, on [jgsenior@bigpond.com](mailto:jgsenior@bigpond.com)

