

Welcome – thank you for the invitation!

The Danish Forest and Nature Agency



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Nature – prevention and treatment

How do DFNA integrate public health in nature management – Vision and practice.

Danish Forest and Nature Agency - Storstrøm
Director of regional office Claus Jespersen





Agenda

- Setting the scene in Denmark
- Mission/vision and work at DFNA
- What are our products (facilities and activities)
- DFNA and the Municipality
- How do we work with public health
 - eksempels from practice
- The future

Municipality responsibility for health in Denmark

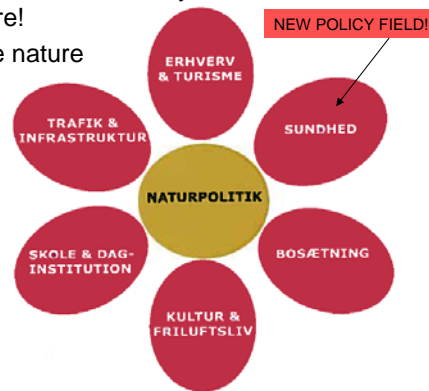


- By the 1. januar 2007 are the municipalities assigned to a number of new of tasks within prevention and promotion of health. The tasks have warrant in healthlaw §119 stk. 1 og 2.
- §119 The municipality have the responsibility for, by the management of task regarding the citizen, to create settings for a healthy life.
- Stk. 2 The border of the municipality establish preventive and promoting offers to the citizen.



What are our challenge?

- It is not selfevident that NATURE has a place in the Municipalities Health policies!
- Starting the proces of Establishment of a new policy whitin DFNA in relation to health policies.
- To be visible – communicate in a new way to Municipalities
- Strategic gap – the nature has to be so close that you can feel it in your living room! – Everyday nature!
- Increase the politic meaning of the nature
- partnership and cross-sectoral collaboration



The work of the Agency

- Outdoor recreation and nature activities
- Nature management and nature protection
- Forestry
- Hunting and game management
- Operation and administration of state forests and other areas owned by the Ministry of the Environment



The Danish Forest and Nature Agency

- **Mission:**
- create nature and adventures.

- **Vision:**
- Known for offering pleasure in nature and protecting nature.



What are our product? (Natur and Health)

- The Nature
 - A frame for adventure (the psycotop – versus biotop)
(Nature close to where people live)
- Facilities/access
 - Sites for activities, support activities which promote Healt care in the Municipalities
- Activities/events
 - Trip in the nature = Physically activities and relaxation.
(Create synergi to things at the same time. A win-win situation)
 - Remove focus from the negativ treatment to proactive prophylaxis – activities with joy



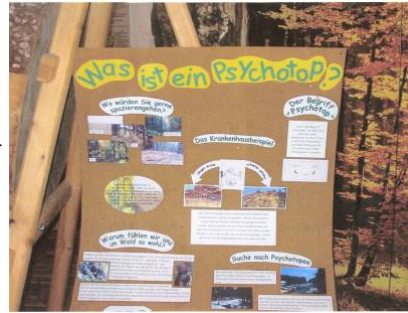
The Natural Health perspective

Make nature a part of the everyday life – the psychotope

- treatment to prevention
- inactive to active
- Ignorance to understanding
- A choice of joy - chosen by the person himself



Biotop - not for humans /no disturbance



A place for Humans - you want to stay



Nature versus Health in DFNA

- Green spaces to people
 - Physical health
 - Mental health
- Governmental statement (Nature/health)
 - Nature policy as
 - 1) "a means of other sectors within the public administration
 - 2) Sportscommittee and access
 - 3) Partnership with Municipalities





Healthcare has to be a part of the citizen everyday life

- **New Governments policy-deklaration (page 23)**

”The Government will in partnership with the Municipalities through *City planning support an active life style fx. By better bicycle tracks/paths, areas which promote physical activity and green areas in the cities (towns)*”.



Det må være en løb. Virkelig stemt. At diskutere. No og mellem. med Højskolekole og parti. Højskolekole.
 Pårup-pige løb med Fogh

Is it possible – YES it is!



Scheme strategy 09
(form Guldborgsunds nature policy)

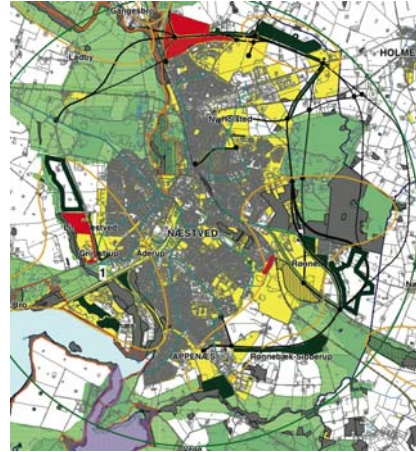
”Until 2015 to increase the forest area with least 500 hectare to promote forest near towns and to protect ground water according to the governmental objective and also to designate new afforestation areas within the end of 2009 - including development area in towns”.





Næstved - Afforestation

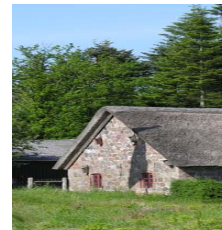
- 3 New forest close to towncenter
- "Green lungs" / ways to the towncenter
- Collaborative planning
- Healthcare in the long run
- Cross-sectoral collaboration



DFNA's contribution to health-(care)



- **Settings – areas and facilities (activities, green surroundings)**
- **Activities (physically and relaxing)**
- **Work to create partnership together with Municipalities and others about:**
 - **agreement with Municipalities about the use of Nature Interpretation and buildings**



- **Communicate about the relation between Nature and Health**



What are our challenge?

- Said in another way

How do we get people to **know** Nature

How do we get people to **use** Nature

How do we get people to **love** Nature



Visits on www.skovognatur.dk



2000:

less than 10.000 monthly unique visitors
Looking for material for academic use



2008:

Over 120.000 monthly unique visitors
Academic use: 30 % - Private use: 70 %

How many visit the nature?

- 75 mio people visit the nature every year
 - Forest 50 mio
 - beach 36 mio
 - lakes 16 mio
- 90 % visit nature, on a short og longer trip, at least one time/year
- Only 1/5 of 75 mio people visit stay overnight in the nature. The lagerst part pay the nature a vist on a one day trip
- Trip takes between 1 and 2 hours.



Activities and facilities in Denmark

- The campaign GetMoving
- Running tracks
- Campsites for canoeing
- Forest for dogs
- Tracks for riding
- MTB trails
- Firecamps and different campsites
- Natureschool/outdoor education





Exercise trail (Motionslangen)

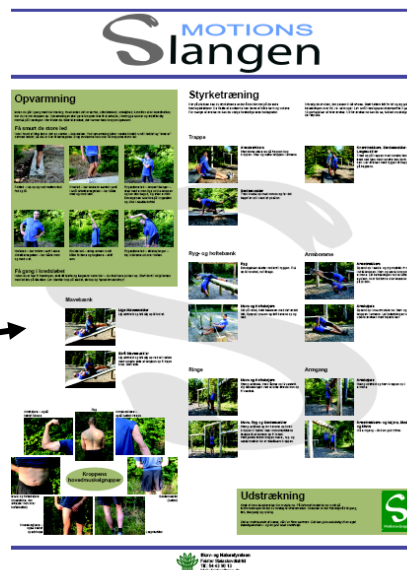
State - region - Municipality - volunteers

- Track marked with km
- Activity track
- Rehabilitate - track
- Folder
- Infoposters



Exercise trail

Activity track with information on how to train the muscular system



Excercis trail Information on boards at the trail



Motionslangen byder på mange træningsmuligheder og oplevelser.
Her i Bangsebro Skov findes du flere træningsstationer:

Gennemførings-48
900 m, så snart er belagt med et sådant udsyn af træerne. For motorister med dårlige led eller skader på knæene, muskler eller ledled er der en så meget vellykket tilgang af led.
Udvalgte opmærksomhed for motorister i skoven er sten og på islet. På islet ved styrketræningsrummet kan du se gode forslag til styrketræningsøvelser.

Styrketræningsrum
Prøv udstyrets styrketræning - her må du gerne sætte tyk på dine ben og træningsrummet er sådant. På pladsen findes også robuste træningsudrustninger. Så en glæde er de instruktioner til styrketræning på udstyret. De fleste af øvelserne kan laves af både børn og voksne. For mange af øvelserne kan du vælge forskellige sværhedsgrader.

Aktivitetstæppe
Sæsonbetalt af 10 par af forældre. For at komme igennem skal du kravle, rulle, bære, hoppe, bløde og på smag. Høje af trætrængene er høje og træner godt. Det er en rigtig god måde at arbejde dine muskler og kroppen på. Tag fat i dine venner og familier til en udfordrende øvelse under træningen!

Faste orienteringsløbsposter
I skoven findes 26 faste orienteringsposter. På www.skovognaturstyrelsen.dk/orientering og www.troloeb.dk kan du downloade orienteringskort med posterne. Nykøbing Falster rødt bjerg er en vintersport i form af at løbe i skov og på sne samt løbe i løst i samarbejde med klubben. Motionslangen løber gennem Stege og Udby, hvor der ligeledes er opstillet flere løbsposter - se nedenfor!



Aktivitetstæppe Styrketræningsrum



Her står du	Styrketræningsrum	Høje trætræng
Information	Styrketræningsrum	Pulsestationer
Parkering	Orienteringsposter	Gennemførings-48
Aktivitetstæppe	Vandløb	

Health-Initiatives in new forest

- Start and finishing line
- Pulse 3 stk.
- Balance 3 stk.
- Hole body exercise 3. stk
- Strength 3 stk.



The Forest at Stege og Udby



Partnership – health care in nature

A shift in Life style!

Participants:

- Diabetes type II (sukkersyge)
- Increased cholesterol
- Increased bloodpressure



Our message:

- Place the fitnesscenter in nature (into the great wide open).
- **Nature Intrepreter** and Physiotherapist
- Get to know nature neighbourhood (tracks in nature)

Goals:

- In contact with fundamentals
- Open up – to have contact with your senses
- Help them so that they can help themselves



Avnø Naturecenter



- **Children and youth** – Outdoor education, learning through nature
 - **Kulture og leisure** – Old airfield, exhibitions, astronomical observatory
 - **Environment and technique** – Naturcamps – primitive campsites for outdoor living.
 - + **Health care** – *Nature intrepretation, climbing*
 - *"find peace in one's mind" and "no ceiling" when you have experiences in nature*
-
- **Mission:** Understandig about nature and to offer experiences in nature + *in – service training in nature for teachers*





GPS and Walkie talkie used in lessons at Avnø naturecenter



GetMoving – Aktiviteter i uge 41- Perspektiver/Motionsslangen

GetMoving

- **Campaign by Ministry of Health**
 - DFNA active partner in whole DK
 - Focusgroup Schools 11 -13 ye
 - Theme; transportation
 - 60 minutes a day
 - Natura our fitnesscenter





Outdoor education

”On day with outdoor education correspond to the same activitylevel as two sportlessons”

(from Erik Mygind (red) 2005)



”Outdoor Education can result in increased physical activity compared to the activity level on an normal day at school.

(from Norwigan paper 2007)



Facilities and activities Anchoring – to make an initiative permanent – the role of volentiers



The Future – to promote this field

- Establishment of ownership and community
- Necessary that other participants work together
- Use the governmental areas in partnerships fx. forest in og near cities/towns
- Develop partnerships (what's in it for us)
- Documentation and research in the relationship between nature and health (well-being)
 - Increased success (Success breeds success) – promote the principle ” Help them so that they can help themselves”

Thank you for the attention!

Danish Agency of Nature and Forestry



How do we try to work with nature and Health?

- Make an effort to integrate nature and health in the planning for the nature/landscape and health policies. (the nature should be placed nearby in the everyday life).
- Communicate knowledge about nature and health.
- Work in collaboration with central actors
- Use the Nature Interpreters – outdoor education
- Focus on facilities and activities

