

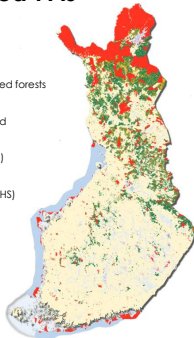


Matti Tapaninen
Regional Manager, Parks & Wildlife Finland





NHS manages all the state-owned PAs

- 39 national parks
- 19 strict nature reserves
- 7 national hiking areas
- 12 wilderness areas
- almost 500 other PAs
- public water areas



Altogether over 7 million hectares, 18% of Finland's surface area



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Nature promotes health

Nature promotes human health by people

- seeing and observing nature
- being in or near nature
- active doing, participating and learning in nature

Two equally important means for increasing health benefits of nature:

- people to the nature
- nature to the people



Healthy Parks Healthy People Finland

- Metsähallitus, Natural Heritage Services Finland

Public health improves as people get out into natural settings, enjoy positive and authentic experiences, and improve their health through a wide range of outdoor activities.

- outdoor activities become a more important aspect of Finnish lifestyles, and Finns live active outdoor life
- public health improves
- longer life expectancy
- improved work capacity
- health inequality declines
- attitudes towards national parks and other protected areas become more positive



Objectives – cooperation and partnership

P&W Finland and service providers in the wellbeing and health sector collaborate on the design, production and marketing of products

P&W Finland is a reliable and desirable partner for the health service and organisations promoting health at the local, national and international level




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Objectives – Research and monitoring

More research data becomes available on the health benefits of protected areas

The health benefits of the use of protected areas are monitored and measured, with findings used to develop and enhance services



6

Objectives – Accessibility

Protected areas form an integral part of the networks of green spaces and protected areas of various kinds offering opportunities for outdoor recreation near urban communities

Protected areas are easily accessible, and barriers to outdoor recreation are low, encouraging people to enjoy outdoor activities all year round

METSÄHALLITUS 7

Objectives – Nature and health for people of all ages

Special focus in (re)connecting child and nature



METSÄHALLITUS 8

Healthy Parks Healthy People Finland

Connecting locally

- Oulu Outdoors Zone –concept
- prevention of social exclusion
- various forms of rehabilitation
- occupational well-being
- people to nature – nature to people





METSÄHALLITUS 9

Healthy Parks Healthy People Finland

Measuring benefits

- Continuous monitoring of benefits for health and well-being perceived by visitors.
- Measuring effectiveness of actions



Influencing Policy and practice

Vitality from nature
- cross-sectoral policy (regional)



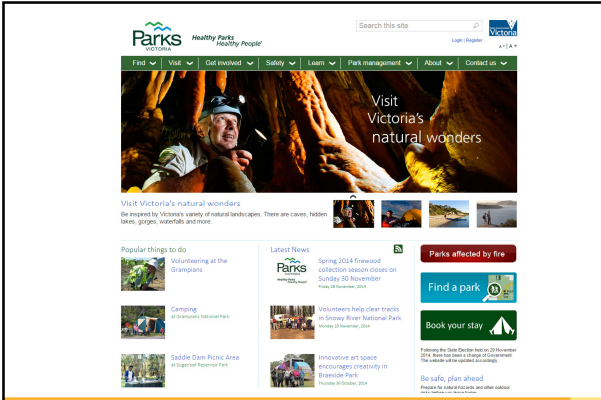
Green health and wellbeing
- business perspective



Argumenta process
- policy perspective



METSÄHALLITUS Parks & Wildlife Finland



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