



**Proceedings of the  
Scoping Workshop to Develop a  
Healthy Parks Healthy People Nepalese Initiative**

**Kathmandu, Nepal  
8<sup>th</sup> to 10<sup>th</sup> February 2010**

## LIST OF ACRONYMS

CFPs	Community Forest Parks
CNCDs	Chronic Non-Communicable Diseases
DNPWC	Department of National Parks and Wildlife Conservation
ICIMOD	International Centre for Integrated Mountain Development
IUCN-ARO	IUCN Asia Regional Office
SNP	Sagarmatha National Park
SNPBZ	Sagarmatha National Park and Buffer Zone
MoFSC	Ministry of Forests and Soil Conservation
MDGs	Millennium Development Goals
MoHP	Ministry of Health and Population
NTB	Nepal Tourism Board
Pas	Protected Areas
PHC	Primary Health Care

## ***Executive Summary***

The objective of the Healthy Parks Healthy People workshop was to raise awareness of the HPHP initiative and to determine if it has value in Nepal. If so how can it be adapted to meet the circumstances of the Nepali context.

With the scenario of many local people heavily dependent on natural resources, Nepal posed different kinds of challenges as well as opportunities in relation to parks and the intrinsic links to human livelihoods and human health. Raising awareness about health issues and the benefits of natural areas to mental and physical health was a distinct challenge in Nepal context.

The workshop was an historic event in Nepal in bringing together a mixture of professionals and stakeholders from different sectors and disciplines. For the first time environment, health, education, tourism and development sectors met to debate nature and health issues, both of which are pertinent to all these fields.

The workshop detailed the scope and parameters of a HPHP initiative for Nepal: what issues might this cover?; who should it involve?; where should it happen?; over what timeframe; and what would be the outcomes? This scoping workshop was initiated with a hope that it will lead to the development of a HPHP Nepal Initiative for which external funding could be sought. The outcomes would provide the basis for a full proposal to be developed and put to interested donors.

The workshop would also further the argument for investing in protected areas as part of overall Nepali development infrastructure based on their contribution to local, regional and national economies.

The workshop concluded that there was indeed much value to be achieved in tailoring a HPHP Initiative to Nepal, one that recognizes increasing urban challenges, the pressing and changing health priorities along with a wider appreciation of the value of a well managed parks system to the health and prosperity of the county's citizens.

The workshop identified a modular approach to a HPHP Nepal initiative which would include 5 components:

1. Research/Inventory and Knowledge Management
2. Awareness and Education
3. Urban pilot project/s
4. Rural/Peri-Urban pilot projects/s
5. Outreach Program

The workshop also identified the criteria for pilot site selection and suggested several indicative pilot sites for taking this initiative forward. It is stressed that these are indicative and would be reviewed when the initiative gets underway.

Importantly the Secretary of Forests and Conservation enthusiastically endorsed the concept of HPHP and its relevance to Nepal. He committed Government of Nepal support to the development of the concept and to take ownership of an eventual HPHP Nepal Initiative. This national level buy-in across a number of sectors is crucial to the success of any longer term programme.

The International HPHP Congress to be held in April 2008 will provide a good opportunity to showcase the adaptation and application of the HPHP Initiative to a developing country context like Nepal. The concepts prepared would form the basis for eliciting feedback, additional supporters and for testing donor interest in this exciting new development for Nepal.

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## 1. Introduction

IUCN describes a protected area as: *"A clearly defined geographical space, recognised, dedicated and managed, through legal or other effective means, to achieve the long-term conservation of nature with associated ecosystem services and cultural values."*

The definition embodies the fact that protected areas provide numerous and diverse benefits to both nature and society. The world's nations have accepted the value in establishing well managed representative protected area systems, evidenced by the global growth in both numbers and areas set aside for protection. Currently over 140,000 protected areas have been established around the world covering more than 12% of the earth's terrestrial area. Traditionally, protected areas have been established as natural areas which harbor protected flora, fauna, landscape and archaeological features and offer tourism and recreation benefits. Increasingly, protected areas are being recognized for the wider benefits they offer, including ecosystem services, sustainable sources of resources for local communities, conservers of cultural heritage and places for inspiration and spiritual renewal. More recently the explicit links between protected areas and human health have become apparent. Mounting evidence is reinforcing the central value of these natural areas to bolstering human well-being and health.

Urban living usually detaches humans from the natural environment. This disconnection is likely to be detrimental to health and wellbeing. In terms of health, green urban parks are usually just viewed as venues for leisure and sport. In fact, parks may be one of the only means of accessing nature for the majority of people in city areas, yet most people are unaware of their full range of potential health benefits. Recent research has shown that green parks, can reduce crime, foster psychological wellbeing, reduce stress, boost immunity, enhance productivity, and promote healing.

The workshop was hosted by IUCN Nepal in conjunction with IUCN's Regional Protected Areas Programme and Parks Victoria, one of Australia's State Protected Area Management Authorities. Parks Victoria has pioneered the "Healthy Parks Healthy People" (HPHP) programme and they generously provided financial support for the workshop.

## 2. Rationale

In Asia, interest in HPHP has been shown in several developed countries including Singapore, South Korea and Japan. However, to date the HPHP idea has not been tested in a developing country context. There is uncertainty on whether the same principles can be applied to the developing world with its different drivers of policy and priorities and with protected areas often fulfilling direct livelihood benefits to poor people.

## 3. Objectives

The overall objective of the Healthy Parks Healthy People, Nepal workshop was to raise awareness of the HPHP initiative and to determine how it can be adapted in the Nepal context. The specific objective for the workshop was to jointly scope and agree upon a specific framework for this initiative that would work in the Nepal context.

The outcomes will provide the basis for a more elaborated proposal to be developed and put to interested donors.

The workshop would further the argument for investing in protected areas as part of overall Nepali development infrastructure based on their contribution to local, regional and national economies. The workshop would maximize cross sectoral benefit bringing together the environment and health sectors on a mutually beneficial agenda.

#### 4. Venue and Duration

The workshop was for 3 days, starting from February 8 to February 10, 2010 and the venue was Hotel Himalaya, Kathmandu.

#### 5. Participants

The workshop participants included representatives of experts working on health and environment issues from protected areas, health sector including mental health, International organizations based in Nepal, donor organizations, Nepal climbing and trekking community, government agencies, IUCN Secretariat and Commission members and representatives from Parks Victoria.

#### 6. Summary of the Day 1: Setting the Context (Monday, February 8, 2010)

##### *Day 1 Session 1- Inaugural Session*

The inaugural session started at 9:00 AM with registration of the participants and distribution of a workshop bag containing the details of the workshop, stationeries, brochure and booklets from IUCN and Parks Victoria and options paper titled Healthy Parks Healthy People Nepal.

Mr. Laxmi Krishna Amatya, Programme Manager, IUCN Nepal welcomed all the participant including the chief guest, officials of Government of Nepal and other participant on behalf of IUCN and Parks Victoria.

The honorable Chief Guest Mr. Yuba Raj Bhusal, Secretary, Ministry of Forest and Soil Conservation, Nepal inaugurated the workshop by lighting of the panas (a Nepali oil lamp).



**Photo 1:** Mr. Yuba Raj Bhusal (front left), Secretary, Ministry of Forest and Soil Conservation, Nepal inaugurating the workshop

##### *Inaugural address by Chief Guest Mr. Yuba Raj Bhusal Secretary, Ministry of Forests and Soil Conservation*

The Secretary said that he was pleased that IUCN and Parks Victoria choose Nepal as the first developing country in the world to host and plan the future for the HPHP concept. He thanked both the parties for initiating this plan and putting it into action.

He said that Ministry of Forests and Soil Conservation and other partner organizations are making strong efforts to conserve nature in a way that supports improved mental and physical health. He added that Nepal has 20% of the country's surface area under protected areas which includes National parks, protected areas and forest reserves. This percentage would reach nearly 23% with the recent addition of 4 or 5 new protected areas.

Bakha National Park is about to be dedicated by the cabinet and it covers an area of 1000 sq. km. In addition to this there were 4 other areas under the process including Chandragiri and Godavari in the southern part of Kathmandu; Panchasa in Kaski District; Jaljala in Dopsa District; and Madana which falls under three districts, Gulmi, Baglung and Puythan.



He said that 40% of total land mass was covered in forest. Parks like Chitwan National Park and Sagarmatha National Park were world heritage sites. He said that Nepal has always been positive in its outlook when it came to environment and its conservation. He believed that HPHP would help to add another good chapter in the environmental conservation of Nepal.

He said that it was not possible to compete with the industrial giants to the north and south of Nepal because of the relative scale of the economies. However,, tourism is one aspect that would definitely help Nepal's economy and with healthy parks Nepal would be better placed to attract tourism.

He commended the people who came up with the theme Healthy Parks, Healthy People. He said that if the parks are healthy then certainly people will be healthy. He said that it not only applies to people but animals as well. The Secretary further noted the support of the Government to this concept and pledged his commitment to taking forward any HPHP Nepal proposals that emerge.

During the three workshop days, he hoped that action plan for realizing the HPHP Initiative in Nepal would get a significant boost and the workshop would be beneficial to all the participants as well as the country and people at large. Lastly he wished the workshop a grand success.

*Remarks by the chair of the day: Mr. Peter Shadie, Coordinator, Regional Protected Areas Programme, Asia, IUCN Asia Regional Office*

Mr. Peter Shadie thanked all the participants and said that all of the participants will be learning and exploring new ideas and concepts in the line of parks and their connection to health. One of the exciting challenges of this workshop was to bring together people who haven't or often don't meet in the same workshop in the same forum to talk about issues which are becoming increasing more common to all of us.

He added that he was looking forward to the opportunities that lay ahead and at the same time that it was very stimulating to be able to interact with people from so many different fields. The basic objective of the workshop was looking at nature conservation as a public health strategy. It was about making connections to expose people to nature and understand what that meant, particularly in parks: both protected areas as defined by IUCN as well as parks in urban and municipal settings.

He said that as the name of the workshop suggested we are here to scope out the concept as to how and what may apply to a HPHP Initiative in the Nepal context. He said that there were challenges as well as opportunities in dealing with the HPHP concept in Nepal. He hoped that in the next two days the idea could be converted into a concrete concept.

He gave a brief overview of how the workshop would proceed in the next two days and who would be presenting on what theme. He asked all the presenters and participants to speak slowly, noting that English is not the Mother tongue of most participants and to avoid using acronyms, abbreviations and jargon particularly as we are all from different lines of work.



**Photo 2:** Mr. Peter Shadie giving his speech

He mentioned that after this workshop there was a pathway to take our thinking to the first major International HPHP Congress in Melbourne, Victoria in April 2010 and from there new directions could be considered. Lastly, he thanked

Parks Victoria for funding this workshop and IUCN Nepal for organizing it. He then asked all the participants to introduce themselves.

*Presentation on HPHP Initiative including its origins, growth to date and future strategy by Mr. Ian Walker Director Healthy Parks, Parks Victoria Australia (Annex 3)*

Mr. Ian Walker, Director Healthy Parks, Parks Victoria Australia gave the first presentation of the workshop where he highlighted the basic meaning of Healthy Parks and Healthy People.

Firstly, he thanked Mr. Yuba Raj Bhusal Secretary, Ministry of Forests and Soil Conservation and acknowledged the significant contribution in terms of new protected areas and said that it was a great achievement. He also thanked IUCN for enabling and encouraging Parks Victoria to be a part of this workshop.

He then went on to explain that when we deal with the concept of healthy parks it simply means environmental benefits attainable through conserving, protecting and enhancing biodiversity and cultural values of parks. Similarly, Mr. Walker explained that when we talk about healthy people through parks it means the broad societal benefits in terms of health wellbeing associated with the range of experiences obtainable through parks.

He gave a brief comparison between Nepal and Victoria, Australia. He evaluated the two countries in relation to differences and similarities in population, religion, geographical location, biodiversity and culture. He then went on to present the major challenges that we face today in terms of health. He talked about the chronic non-communicable diseases (CNCs) which are reaching epidemic proportions and stressed upon the fact that 60% of deaths worldwide are caused by CNCs. He stressed the prediction made by WHO that by 2020 depression would be the second most prevalent cause of ill health in the world. Similarly he pointed out that by the year 2050, 60% of the global population and 1 in 4 people under the age of 16 years would suffer from obesity.

Keeping all these health concerns in mind he said that the philosophy of HPHP was as follows:

- HPHP acknowledges vital link between **human health** and **nature**
- HPHP brings multiple sectors together to work towards solutions for these grand challenges
- HPHP is an innovative approach but one that harks back to our ancestors
  - **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.’*
  - **Aboriginal people** call it ‘Caring for Country’ - look after country and she will look after you

He said that the links between parks and health was all based on scientific research and evidence. Evidence came from sectors like ecology, biology, medicine, environmental,



**Photo 3: Mr. Ian Walker, presenting on HPHP Initiative including its origins, growth to date and future strategy**

psychology, landscape design, health promotion & psychiatry. He cited an example of the research done by Deakin University (Australia) in 2002 and which was updated in 2008, where it was found that well over 200 respected studies indicated that the human health benefits of contact with nature could not be overstated. Nature helped in reducing chronic stress level, increased the physical activity and created stronger communities.

He went on to explain that parks meant many things to many people and the values of parks were numerous. There were values in relation to protecting of our natural world, building healthy communities, contributing to our economy and reflecting our cultures. He went on to explain these values in detail.

During the end of his presentation he depicted the journey through which the HPHP initiative had developed and grown. He said that it started with award winning brand & communications strategy with partners. They had followed a concept of "point of difference" for parks industry and its relevance in modern society

He explained the philosophy “**thinking from the outside in**” which was adopted and how the community and park staff were engaged and at the same time connected through this philosophy. He gave examples like the use of bi-lingual guides to keep all members of the community interested and the branding exercises in terms of creating and publishing books, brochures and others.

He highlighted park systems that had adopted the Healthy Parks, Health People concept around the world and the slogans or motto they had used. The list included:

<u>Name of Parks</u>	<u>Slogan/mottos</u>
Parks Victoria (Aus)	Healthy Parks, Healthy People
Anchorage Parks Foundation (USA)	Healthy Parks & Healthy People
Natural England (UK)	Walking the Way to Health
Forestry Commission England (UK)	Trees and woodlands: Nature's health service
National Park Foundation (USA)	Healthy Parks, Healthy Living program
Johannesburg City Parks (SA)	Healthy Wetlands, Healthy People
New York Parks & Trails (USA)	Healthy Trails, Healthy People
Los Angeles Country (USA)	Healthy Parks Program
Alberta Parks & Recreation (CANADA)	Healthy Parks, Healthy People, Healthy Communities

He concluded by showing a slide about the possible application of HPHP concept in Nepal. He felt that the philosophy of HPHP was extremely applicable and it was being followed exercised already but more was needed to be done. He felt that the aim appeared to be the same but the strategies and actions seemed to be different.

Finally he stated that the HPHP initiative was targeted towards protecting the earth's two most important assets: Nature and Humanity.

At the end of the presentation Dr. Pratap K. Shrestha of USC Canada Asia said that while comparing Nepal with Victoria it is necessary to include parameters like what proportion of population is actually engaged in agriculture because more than 80% of people in Nepal live in rural areas and depend on agriculture for their livelihoods. Another important factor was the per capita income because this also has an implication on how people depend on these parks. He further added that the title Healthy Parks, Healthy People seems to emphasize more on parks and he felt that Healthy People and Parks would be a better option. In a country like Nepal health of people comes first and if there are no healthy people then there

will be no healthy parks. At the same time parks and forests have been managed by local people for generations and that too has to be kept in mind.

Mr. Ian Walker replied by saying that it was not necessary to adopt the Healthy Parks, Healthy People label but it was about highlighting the opportunities that are available in way of applying this. He gave an example of Aboriginal people who have been managing parks in Australia along with others. He said that whether it was Healthy People, Healthy Parks or Healthy Parks, Healthy People was a subject of discussion that we would be having later in the workshop.

Mr. Peter Shadie thanked the presenter and said that the presentation was very thoughtful in terms of the Victorian experience and how it has expanded elsewhere. He felt that it gave the real message of what Healthy Parks, Healthy People was about.

*Presentation on Protected Areas, MDGs, Poverty Reduction and Livelihoods by Dr. Lea Scherl, Adjunct Associate Professor James Cook University, Vice Chair Oceania IUCN Commission on Environmental Economic and Social Policy (Annex 4)*

Dr. Lea Scherl started her presentation on Protected Areas, Millennium Development Goals (MDGs), poverty reduction and livelihoods with a slide on 'Evolution of Social Dimensions in Conservation'. Here she emphasized several points:

- The range of consultation and participatory models to involve different stakeholders
- The sustainable development context (Integrated Conservation and Development Projects)
- Social justice, human rights, equity, benefit sharing and good governance in the context of ecosystem management, landscape /seascape approaches

Under the participatory models Lea highlighted the concept of sharing of authority, responsibility and transparency. She talked about three models

- 1) Total control by a PA agency
- 2) Sharing control amongst PA agency and other actors
- 3) Total control by the actors

She explained the different factors involved in each of the models.

Lea gave an overview as to generally where PAs are now. She said that PAs have broader ecosystem management and sustainable multiple-use of landscapes/seascapes within a broader framework of social justice (rights, equity, benefit sharing and governance). She stated that when we view the HPHP initiative in developing countries context we should look at inserting the broader policy and technical frameworks that govern Overseas Development Assistance agendas (ODA). Among them some policies and technical frameworks were of crucial value. These included Millennium Development Goals (MDGs), Convention on Biological Diversity (CBD) and Millennium Ecosystem Assessment (MEA) Framework.

She noted that the MDGs have strong political backing and influence in the sustainable development agenda and pointed out that MDG 7 is about Environmental Sustainability. She underlined the fact that the simple quantity of land under protection or with forest cover is not an adequate indicator of the contribution of PAs to sustainable development within MDG7. The important feature was rather the type and dimension of services and opportunities that



**Photo 4: Presentation on Protected Areas, MDGs, Poverty Reduction and Livelihoods by Dr. Lea Scherl**

PAs provided. She said that in a country like Nepal it is important to understand the value of biodiversity conservation through PAs in achieving all of the MDGs.

She felt that a HPHP initiative in junction with PAs could contribute to other MDGs like eradication of extreme poverty. The contributions could be made in terms of eliminating hunger by providing food security, generating income through eco-tourism, park fees etc, and in building community natural resource assets.

She went on to note several important international meetings that have focused on PAs in relation to their contribution to sustainable development. In relation to the above she mentioned the CBD COP7 in 2004 in Kuala Lumpur. She also gave information on CBD COP 8 which was held in Brazil and had expert panels on Access and Benefit Sharing and Biodiversity Conservation and Poverty Reduction. She gave a brief on the PA Expert Working Group held in Rome in February 2008, where it was highlighted that PAs should contribute to the eradication of poverty, sustainable development and ensure that benefits are equitably shared.

Lea outlined the broader definition of poverty noting it can mean lack of assets and income, lack of voice and empowerment, lack of capacity and vulnerability. She related poverty to the concept of HPHP and showed how they are interlinked. Lea also noted the Social Assessment of Protected Areas (SAPA) initiative which is looking at methodology for assessing the social impacts positive and negative of PAs.

What does “healthy people” mean in terms of bridging different contexts was explained with the help of a following chart:

Opportunities	Empowerment	Security
Income ( <i>from direct use, extractive or not of natural resources</i> )	Governance mechanisms ( <i>arrangements for management and sharing roles, responsibilities, rights, power, recognition of CCAs</i> )	Health and maintenance of well-being ( <i>medicinal natural resources, protection from weather, exercise, etc.</i> )
Housing ( <i>A place to live within or nearby and/or a place to temporarily be there</i> )	Community and stakeholder participation	Social cohesion ( <i>something cherished that needs to be collectively maintained</i> )
Harvesting of natural resources ( <i>for livelihoods, cultural traditions</i> )	Benefits to woman, youth, more marginalized groups	Cultural traditions ( <i>maintenance of the opportunity to continue those</i> )
Education ( <i>about the environment about traditions through future generations</i> )	Access and rights ( <i>who is allowed to use it, for what purposes and what rights needs to be respected</i> )	Maintenance of natural resources
Recreation/physical exercise		
Alternative livelihoods		

There is an ethical principal in the practice of conservation that says 'at least do no harm and respect human rights' and conservation should contribute to livelihood and poverty reduction. But it is necessary to know how this is happening and what are the consequences of establishing and managing a PA. Lea concluded her presentation with a view on implementing Spheres of Actions and levels/foci of implementation which may need to be considered in the designing of a Healthy Parks and Healthy People initiative in Nepal.

## Day 1 Session 2

### *Presentation on Protected Area Management and Community Participation in Conservation in PAs, Nepal by Mr. Sher Singh Thagunna, Under Secretary, Department of National Parks and Wildlife Conservation (Annex 5)*

Mr. Sher Singh Thagunna, Under Secretary, Department of National Parks and Wildlife Conservation began his presentation with the diverse physiographic zones of Nepal which included Terai, Siwalik, Mountain, High Mountain and Himalayas. He stated that 39.6% of the total surface area of Nepal is covered with forest and shrubs. In terms of biodiversity Nepal has a wide range of flora, fauna and animal species. There were 6535 species of flowering plants, 1822 species of fungi, 465 species of lichen, 687 species of algae, 181 species of mammals, 863 species of birds, 137 species of reptiles, 53 species of amphibians and 185 species of fishes.

He explained the different types of PAs that existed in the country and the ecosystem representation in the PA system. He said that Nepal has moved from just species conservation to landscape conservation.

He talked about the Sagarmatha National Park (SNP) which was established in 1979 and the Chitwan National Park which was declared in 1984. Apart from these PAs he gave an overview of the Kanchanjunga Conservation Area (1997) and Bardia National Park – extension area (2000) pointing out that all these conservation areas fell under the World Heritage Convention. He also briefly explained the 5 year management plan of SNP.

Details of Nepal's 9 Ramsar Sites (Wetlands of International importance) in Nepal were presented with pictures, dates of declaration, location and areas:

- Koshi Tappu WR, Koshi, (17.12.1987, 17500 ha)
- Bishazari and associated lake, Chitwan (13.08.2003, 3200 ha)
- Ghodaghodi lake area, Kailali (13.08.2003, 2563 ha)
- Jagadishpur Reservoir, Kapilvastu (13.08.2003, 225 ha)
- Gosaikunda and associated lakes, Rasuwa (23.09.2007, 1030 ha)
- Gokyo and associated lakes, Solukhumbu (23.09.2007, 7770 ha)
- Mai Pokhari, Ilam, (28.10.2008, 90 ha)
- Phoksundo lake, Dolpa, (23.09.2007, 494 ha)
- Rara lake, Mugu (23.09.2007, 1583 ha).

He gave a brief insight into the different programmes that DNPWC was engaged on:

- Habitat conservation/improvement
- Species conservation
- Buffer Zone management
- Conservation education
- Religious/cultural site conservation/improvement
- Infrastructure development/improvement

In the species conservation programme, DNPWC mainly focused on rhino, tiger, snow leopard, elephants and vultures. He presented graphs to show the present status of tiger and rhino and the different methods and approaches used in conserving these and other species.

The habitat conservation program involved a variety of methods including grass cutting, controlled fire to prevent dry season forest fires and wetland restoration including wetland cleaning and maintenance.

The Buffer Zone management program enabled people to participate in protected area management resulting in long term sustainability and the sustainable management of resources. This was achieved through the sharing of protected area revenue (30 - 50%), reducing park-people conflict and minimizing dependency on protected area resources. The Buffer Zone institutional mechanism was further highlighted with the help of a chart.

In the conservation education program, art and essay competitions were organized amongst students while drama performances were staged on the theme of conservation. Special days such as World Wetland Day were also celebrated and a variety of education focused publications were prepared and distributed.

In the religious site conservation program, temples such as Vikram Baba in Kasara Chitwan National Park and Shey Gumba were maintained and preserved along with the showcasing of different indigenous dances for tourists and the locals.

Under the landscape level conservation program, there were two major areas of focus. Firstly, the Terai Arc Landscape Program which connected 12 protected areas within Nepal and India and secondly the Sacred Himalayan Landscape which connected 14 protected areas – four in Nepal and ten in India.

Mr. Thagunna concluded the presentation by discussing current conservation challenges faced by Nepal including poaching and illegal trade; biological invasions by plants; encroachment of forest and conservation areas by landless and displaced persons; and the human and wildlife conflict.

*Presentation on 'The Work of The Climbing Fraternity' by Mr. Dawa Steven Sherpa, Chief Coordinator, Initiatives for Development and Eco Action (iDEAS) (Annex 6)*

The Eco Everest Expedition was the major theme of the presentation. Mr Sherpa outlined the reasons behind the Eco Everest Expedition, stating it is essential to establish a platform to attract maximum global attention towards the plight of the Himalayas in the event of climate change. Mr Sherpa believes local effort is needed to save the Himalayas and that it is not appropriate to wait for the international community to assist. A two step approach was outlined for this to succeed, the first step involves organizing clean up activities and encouraging expeditions to participate the second step requires encouraging expedition management to properly dispose of human waste produced during their expeditions and demonstrate the use of alternative energy in extreme conditions.

The first Eco Everest Expedition took place in 2008 and saw 965 kgs of garbage removed from Mt. Everest and its Base Camp along with 75 Kilograms of human waste from the mountains. Mr Sherpa described how the collected garbage was used for art projects by students from Kathmandu University, Centre for Art & Design. Students created three artworks from the garbage. The first was of a gun with the underlying message that leaving garbage on Everest is harmful just like a gun can be harmful. The second artwork was designed to raise awareness of the damage caused by humans through leaving their waste in the Everest region. The third artwork was an image of the Everest region covered in black snow due to the garbage and waste left behind after the expeditions were over.

During the 2009 expedition, the concept of 'Cash for Trash' was initiated and Sherpa's were given Nrs. 100/- per kilo of garbage brought down from Everest. On this expedition 6000 kgs of garbage were recovered including the remains of an Italian Army helicopter that crashed in 1973. Around 80 kgs of human waste was also removed from the mountain, The highlight of the 2009 expedition was when famous mountaineer, Mr. Apa Sherpa on his 19th ascent to the top of the world unfolded a banner with the slogan "Stop Climate Change - Let the Himalayas Live!" The banner was later used to highlight Nepal's plight to help save the Himalayas at COP 9.

Mr Sherpa discussed the plans for the Eco Everest Expedition 2010 and their target to collect 6000 kgs of garbage from Camp 2 and below. The projected cost is estimated at \$22,610. A second target is to collect 1000 kgs from 6500 metres and above with an estimated cost of \$62,440.

Mr Sherpa also explained that Eco Everest Expedition used panel solar cookers to heat water in an effort to minimize kerosene and wood consumption,. He further explained that 30 liters of water can be heated in 30 minutes and that they have the cleanest Sherpas and climbers amongst the Everest expeditions. To conserve energy they use a 'heating box' to cook food. The heating box captures heat emitted by utensils that are already warmed and thus does not require additional heat. Another conservation technique is UV pens to help to purify drinking water without boiling it.

Mr. Sherpa expressed that the impacts of climate change are real and gave an example of one such impact on a Khumjum Village where the main water source was historically glacier ice. However over the past couple of decades the ice has disappeared leaving the village with no water supply during the dry season. Consequently villagers must now walk for an hour to reach the closest water source.

In addition to the Eco Everest Expeditions, the presentation also discussed harnessing wind energy and mentioned that a 1.5 KW wind turbine has been installed through iDEAS at Laakuri Bhangyaanj Resort. All turbine components were locally produced and there are future plans to potentially install new wind turbines in the Mustang region which is famous for high speed winds.

Several other events have been organized by iDEAS including the IMJA TSHO action event held in June 18 and 19, 2009. The main focus of the event was to create an action orientated program amongst those directly at risk of Glacial Lake Outburst Flood (GLOF). The event hosted a 35km action run, the route was from Imja Lake to Khumjung village and followed the path of a possible GLOF to show the world what lies in the potential path of destruction. Not only would Sherpa villages be destroyed but also the trail to Everest. 113 runners completed the action run. The presentation also mentioned Mr. Apa Sherpa a victim of the GLOF who had all of his possessions washed away.

On 19<sup>th</sup> June, 2009 the Khumbu festival took place with a focus on the Mountain Communities culture and heritage. The festival included interschool art and letter writing competitions. In 2010 the event is scheduled for 10 and 11 June.

Mr. Ian Walker suggested a competition be run in April 2010 during the International HPHP Congress 2010 to showcase the handicrafts created from waste collected from Everest with a first place cash price of 10,000AUD.

### *Day 1 Session 3*

#### *Presentation on Challenges for Youth in Nepal by Mr. Sudeep Jana, Forest Action YP, WCPA/IUCN (Annex 7)*

In his presentation, Mr. Sudeep Jana gave a brief history of the youths in Nepal and explained that Nepalese youth like everywhere are not monolithic and homogenous. The National Youth Policy, 2065 (Draft) identifies youths in Nepal as people aged between 16 - 40 years with 38.8 % of the total Nepalese population falling into this category. Mr. Jana expressed that when talking about youths it is important to differentiate between urban and rural youths.



**Photo 5: Mr. Dawa Steven Sherpa presenting on The Work of The Climbing Fraternity**



He added that Nepali youths are highly involved in political movements citing examples like the Maoist movement where youths were engaged in Peoples Liberation Army (PLA), student unions and also as party carders and militia. Other examples included the Jana Andolan II (April People's movement, 2006 for democratic republic), Madhesh (southern lowlands) uprising for regional identity and political space, and the Nationwide Youth Pressure Campaign for Constitution Making (NYPCC). Mr. Jana said that the energy and enthusiasm of Nepali youths could be directed towards projects such as HPHP.

Apart from politically driven events, students are active in environmental and nature conservation campaigns...A number of schools and colleges in Nepal (in particularly in Terai have established eco clubs which have successfully achieved a certain level of conservation and information dissemination. Park rangers and federations also play a positive role, while youths in the media industry have been highlighting conservation issues.

Mr Jana highlighted a series of youth related issues that need close and immediate attention. He said that since youths are highly involved in political issues, there are political and ideological differences which lead to sometimes violent clashes. Another major youth concern is unemployment as well as under-employment and poverty and vulnerability of youths. Exploitation of youth as volunteers especially by the development sector was also raised as an issue of concern.



**Photo 6: Presentation on Challenges for Youth in Nepal by Mr. Sudeep Jana**

In conclusion it was noted that the Youth Social Forum has developed ideas and concepts to draw attention to the above mentioned issues and to solve these problems. Their ideas and concepts include:

- Identity, Access & Representation
- Participation in decision making
- Constitutional right to vote, file candidacy, recruitment in state organs and machinery (youth above 16)
- Commercial and practical education to address unemployment
- Opportunities for skills enhancement
- Allocation of 5% of national budget (Declaration of YSF, Biratnagar)

Dr. Pratap K. Shrestha of USC Canada Asia said that he values the work undertaken by interns and explained that interns gain opportunities to explore and undertake research. Mr. Shrestha recognized that most development organizations pay the interns however, if there are organizations that exploit interns then this issue needs to be addressed. He suggests that youth organizations develop standards/guidelines for engaging youth as volunteers or interns.

Mr. Peter Shadie asked how the issues faced by Nepali youths manifested into health related issues. In response, Mr. Sudeep said that he didn't have the exact information, however youths feel vulnerable and stressed and he felt that this has given rise to higher levels of mental and physiological disorders. Ms. Gael Robertson added that research conducted a number of years ago indicated that the suicide rate amongst Nepali youths was high.

After the lunch break the third and final session of the day started with Dr. Babu Ram Marasini who shared his knowledge on health issues in Nepal.

*Presentation on 11-16 April 2010 Melbourne, Australia and Melbourne Exhibition & Convention Centre by Ms. Jo Hopkins, Program Manager Strategic Partnerships, Parks Victoria (Annex 8)*

The presentation by Ms. Jo Hopkins included the overall planning of the Healthy Parks Healthy People Congress in April 2010 in Melbourne, Australia. She highlighted Congress details including keynote speakers and that experts from Australia and 28 other countries will participate in the five day workshop. Ms. Hopkins also explained that the Congress is supported by over 25 different organisations from a variety of professional fields.

Ms. Hopkins further identified the themes adopted including:

- **Healthy Communities**
  - Social connections
  - Cultural connections
  - Building neighbourhoods – partnerships, policy and planning
  - Economy, development and tourism
  -
- **Healthy Parks**
  - Caring for country – managing the environment
  - Sustainability
  - Effective Management of Parks
  - Designing and creating healthy parks for people



**Photo 7: 11-16 April 2010 Melbourne, Australia and Melbourne Exhibition & Convention Centre by Ms. Jo Hopkins**

Ms. Hopkins gave a brief overview of the people who have been working in various countries around the world consistent with the philosophy of health and parks. It included names like Richard Louv – Author of "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder" - highly acclaimed throughout North America ; Dr William Bird – Senior Health Advisor to Natural England, UK; Dr. Howard Frumkin - Director at US National Centre Disease Prevention & Control, USA; Gladys Kalema-Zikusoka - Founder and CEO of 'Conservation Through Public Health' in Uganda; Les Carlisle - Group Conservation Manager & Beyond (formerly Conservation Corporation Africa) South Africa; and Joe Ross – Indigenous Australian community leader Fitzroy Crossing, Western Australia.

Ms. Hopkins further explained the anticipated outcomes from the HPH Congress meeting in April 2010.

After the final presentation of the day, Mr. Ian Walker and Ms. Jo Hopkins explained the 'World Café' concept and its expectations. Mr. Walker explained that the World Café is based on the concept of chatting with friends at a café. Participants are encouraged to voice their ideas as the World Café activity is an opportunity to interact and share ideas with people from different sectors and parts of the world. The activity encourages participants to broaden their thinking and consider ideas in terms of health and what their particular sector can contribute.

Participants were instructed to divide into groups of their choice with one member designated as the record keeper. Groups were asked to discuss the question "What roles could parks play for the health and well being of Nepalese people?" After 15 minutes, group members (except for the record keeper) changed tables. It was the job of the recorder to explain to the new group what the previous group had discussed and then record the new groups views and ideas.

Participants came up with a number of ideas which were written down on cards and pinned to the soft board:

- Accessible green space for urban communities
- Tribhuvan University (TU) - Scope for open space
- Kathmandu Tundhikhel opens opportunities for large open space
- Poor communities directly depend on parks resources "Recreation" a meaningless concept
- Healthy Parks can play a role in combating encroachment
- Local government supportive of community initiatives in conservation, Community Forests (CFs)
- Success/lessons of CFs have come a long
- How to motivate people? Health of children at core
- Role local government /administration
- planned housing
- CFUG - Health-Conservation
- CFUGs Community Forestry
- No parks nearby, accessible to CFs.
- Children/elderly people friendly parks (Urban Context)
- Rights to manage/use resource in community
- Power of local people
- Sense of ownership, contribution in poverty
- Linkage of conservation & local livelihoods - eco tourism - wildlife tourism
- Two way - income generation
- Culture
- Food security
- School: recreation/parks, open space
- Mental & Physical Health group, example of aquarium
- Tourism based livelihoods for poverty reduction to meet MDG-1
- Wildlife tourism
- Increases creativity
- Improves mental health and no doubt for physical health
- Income generation
- Health of children (our future) Q1
- Two types of Nepalese 1. Benefits-Education/recreation
- BZ communities benefiting from park as a market

- Increase peoples' awareness about the positive aspects of "PARKS" for recreation, stress relief, "Green lungs", water infiltration, etc
- Urban + Rural - both need but could be used for more than one purpose/(planning) (maximize use)
- Consider parks within peoples livelihoods-linked to cultural/tradition as use, ecosystem services, etc.
- "Park" facilities must be considered - drinking water, toilets

The participants then decided which ideas were the most important in the Nepalese context.

Dr. Scherl felt that cultural services were important for the self identity of the people and conservation. She said that links between the livelihood aspects such as food, drinking water and non timber forest products and their accessibility should be looked into as they impact on people's health in and around parks. She further expressed the need for local municipalities to support to CFs to give them more control and strength.

Mr. Walker asked for additional ideas to add to the above stated list and Mr. Peter Shadie raised the point that if Nepalese parks are to be promoted as 'healthy parks' then basic sanitation and services need to be satisfactory such as drinking water and toilets.

Mr. Prakash Maharjan from the Ministry of Education expressed the view that local government involvement is necessary for the success of HPHP in Nepal. While Ms. Gael Robertson added that 'Guthhi' a type of local and traditional community organization typically associated with a temple and the parks around a temple should be one considered one of the HPHP partners.

## **7. Summary of the Day 2: Realizing the Concept - Defining the 'What'? (Tuesday, February 9, 2010)**

### *Day 2 Session 1*

*Presentation on Synthesis of the Day 1 outcomes by Mr. Peter Shadie, Coordinator, Regional Protected Areas Programme, Asia, IUCN Asia Regional Office (Annex 8)*

Mr Shadie began his presentation by saying that it was great to have Mr. Yuba Raj Bhusal Secretary, Ministry of Forests and Soil Conservation and share his views and ideas on HPHP. Mr. Yuba Raj Bhusal had reminded us that parks are vital for healthy people and this workshop itself was an historic event in bringing together diverse environment and health interests. He had also mentioned that HPHP is cross cutting issue and touches every sector from government to local people.

Mr Shadie started his presentation by highlighting what had been achieved and captured during the 1st day of the workshop. This included:

- the fact that parks are vital areas for the health of people & communities;
- HPHP is a cross cutting issue for Government in Nepal;
- the Government of Nepal is committed and serious about supporting HPHP and willing to take ownership on any future initiative;
- we need more information and research specific to parks & health; and
- we need new partners and creative approaches to take this forward.

He mentioned that a number of potential partners were missing in the workshop though they had been invited. For example ICIMOD is one of the major contributors to research in high mountain ecosystems including in Nepal; Municipal Authorities were important stakeholders given the focus on urban parks.

Mr Shadie noted the need to broaden our understanding of "what do we mean by park?" to also cover urban parks that would fall outside of the IUCN definition of a protected area.

Other important points noted by participants were:

- The need to stress links between parks to sustainable natural resource management to community livelihoods but then on to human health
- The opportunity to build on Nepal's reputation for successful community based forestry
- Preventive health programmes currently focus on communicable disease prevention and neonatal health however there is clear space for nature based preventative health programmes
- Understanding the different values which different stakeholders will have of parks – from urban users who will pursue a western model of recreating in parks and green spaces to rural users who will view park values in a different light. For instance Buffer Zone communities often benefit from access to park markets
- Importance of making the links between urban and rural stakeholders

Mr. Shadie concluded that HPHP was a simple concept and that is one of the major reasons why people get attracted to this idea. He noted three 'Ps' will be required in order to take the idea forward: pioneering with patience and perseverance.

After Mr. Shadie's recapping of Day 1, Mr. Ian Walker outlined the working process for Day 2 and the group instructions. He said that the Café World activity would continue and he hoped that new ideas would be raised.

Dr. Chhatra Amatya of Chhahari Nepal for Mental Health raised concern about a number of points discussed yesterday stating that some groups had different ideas regarding parks, for example community forest groups. She said all participants needed to be on the same page to ensure the best outcomes are achieved and for understanding what kind of parks we are talking about.

Ms. Robertson reminded everyone that safety is a major concern of parks around the valley. Representing one of the groups, Mr. Yogendra Chitrakar said that parks are not mentioned in the development agendas of the government and parks need to put on the agenda. He said that parks in terms of health were more of a rural concern and that temples and religious sites would be good because they would serve as the best examples for the future projects which could be implemented on a larger scale.

Participants felt that a case study was necessary before proceeding with the project itself. Areas including Letang and Rani, Rani Lake Etc were suggested as possible case study sites.

Some of the points that came forward were as follows:

- Cross sectoral approach
- A need for 'Healthy Parks' at a village level (Rural)
- Case study:
  - Letang and Raja
  - Rani Lake (possible Ramsar site)
  - Thecho (near Kathmandu)
  - Sandakpur (East of Nepal) – Lake and hilltop site
  - Lumbini
  - API- Nampa Conservation Area, Tikapur, Kailali
  - Martyr's Park, Hetauda
  - Mukundasen Park, Butwal
  - Lekhnath Municipality, City of Lakes
- Package of HPHP information and research for educational purposes – school
- When designing healthy parks we must consider gender issues
- Use traditional /cultural/ religious sites as parks (Greening the temples)
- Parks needs to get on the healthy agenda
- 2011 Tourism Year - International Opportunity
- What is an appropriate word for park in Nepali
- Protected area but for whom? People need to be safe
- Space for elderly people

## Day 2 Session 2

The Second session started with the continuation of the working group from session 1. With the definition of parks still not clear Mr. Laxmi Krishna Amatya explained how land or parks are divided in Nepal. He said that the land use system is divided into the following types:

### **National Level Land Use System**

1. Private land
2. Parks
3. Community Forests
4. National Forest
5. Range Lands

The users of these lands were then discussed and divided into three zones; International Tourists, Domestic Tourists and Beneficiaries (BZ, Park resident's service sellers...) Porters, guides, farmers etc. Other points discussed included:

- Support of local authorities to empower the people
- Parks in urban areas act as 'green-lungs' for your cities.
- Parks for positive feelings, being uplifted, good mental health, spiritual healing
- Nature is a basic human need (like shelter, food, clean water etc.) but there are contradictions...i.e.: peoples disconnect with nature
- How can parks be mutually beneficial for rural vs. urban communities? Partnerships to nature
- Parks benefit Nepalese in different ways:
  1. In typical western ways (i.e.: exercise, recreation etc)
  2. Rural, agriculture, farming

Participants were divided into three groups with each asked to address a specific task. The tasks were to detail future plans around three areas:

- Research
- Place/Projects
- Agenda

The research group identified the following areas for future research:

- Feasibility study of green spaces
- Document the health benefits of Healthy Parks approach to different sectors like children, elderly etc
- Review of governance of existing parks with a focus on financing mechanisms
- Awareness of different communities of the relationship between nature and health
- Research on the security aspect of parks
- Research on linking the contribution of parks to the MDGs
- Survey of tourist and visitors on HPHP concept
- Stakeholder analysis at the pilot site level
- Links between protected areas and livelihoods

The agenda group considered the following issues to be of importance:

- University programmes
- Women's health issues
  - Men's health issues
  - Children's health issues
  - Mental health
  - Community health
  - Adolescent health issues
- Environmental partnerships
- Local site case studies
  - Guthi
  - NGO's
    - Both health + environment
- Media
- Ministry of Health engagement
- Ministry of Forest and Soil Conservation engagement

The place/project group highlighted the following areas as potential HPHP pilot sites in Nepal:

- Panchase
- Balaju
- Taudaha
- Tribhuvan
- Chitwan National Park
- Shivapuri National Park, Kathmandu
- Balaju-Ranibari, Chalnakhel, Hattiban, Chovar
- Khaptad National Park
- Doti
- Panchase Area
- Ghatababa area, Dadeldhura
- Samsherganj Area, Banke
- Langtang Community Park
- Renovation of Balaju-Ranibari
- Thecho Edu park, Lalitpur
- Api-Nampa Ca, Darchula
- Sandakpur-Chintapu, Ilam
- Sindhuli Gadhi, Sindhuli
- Tikapur Garden
- Kankrebihar, Surkhet
- Sworgadwari, Pyuthan

After listing the agenda, research and location, Mr. Walker asked the participants to vote for each section. They were allowed three votes in each section, for instance, three votes for agenda, three votes for research and three for location.



## Day 2 Session 3

Participants found it difficult to agree on locations so a set of criteria were developed to assist in confirming the pilot sites in any future proposal. The criteria were:

- 1- Potential Population beneficiaries
- 2- Accessibility & coverage
- 3- Possible impacts (advantages)
- 4- Cultural, traditional & ecological importance
- 5- Possibility to extend the area
- 6- Environment & Health Potential benefits

Based on the criteria the following locations were selected: as indicative pilot sites however, it was agreed that a final decision on site selection would need to be collaborative and more analytical:

- Chitwan National Park BZ, Chitwan (Southern Nepal) (Peri-Urban)
- Shivapuri NP, Northern Part of Kathmandu (Urban + Peri-Urban + rural)
- Panchase Area, North Western Pokhara (Rural)

Different aspects such as partnership; links between PAs and livelihoods; and incentives for stakeholders were also discussed during the session.

How to implement the HPHP concept in Nepal was considered and certain partners identified:

### **Possible Partners**

- Kathmandu University
- James Cook University
- CARE
- IUCN
- WCMC
- IIED
- DNPWC
- Young Researchers

It was acknowledged that concepts and ideas would not become reality unless funding was secured and partners formalized through a project/initiative.

### **Looking from the outside in who are the potential investors?**

- World Health Organisation (UK) AID - DFID
- Japanese International Aid (JICA)
- UNDP - UN Development Program
- UNICEF - Kids! (education)
- USAID - US AID
- Mountaineering - Hillary Trust
- Retail: Kathmandu (clothes, gear) Anaconda Peregrine - Patagonia
- DDC - District Development Committee
- non resident Nepali (?) in Australia - see gail

- George Sorsons Foundation
- SDC
- NORAD
- Carbon Conservation (Dorjee Sun)18/2
- Parks Victoria
- Roger Federeia Foundation
- Warren Buffet / US investor
- Italians DGCS
- Comic Reilef (UK)
- BUPA Foundation
- National Geographic
- Buffer Zone Revenue
- CSR- Bank investment firms etc.
- US Foundations:
- Macarthur Foundation

Later, the participants reformed their groups and discussed ways in which donors could help to develop the HPHP concept such as through incentives and benefits and how donors could also work with the locals, communities and stakeholders. The groups raised the following ideas:

#### **Emphasizing psycho social benefits**

- Increased income - Financial asset
- Increased employment - Financial asset
- Increased opportunity for nutrition
- Increased opportunity for education
- Health awareness

#### **Others**

- Community Forest Parks (CFP)
- Scholarships
- Provide decision making power to the locals

The day concluded with Mr. Ian Walker stating that the presentations and other products of the workshop would be distributed in due course. He explained that the reference group would remain in contact via email and continue to discuss the implementation of HPHP in Nepal whilst the working group would meet again tomorrow to help develop the concept including the research theme, agenda and project placing based on discussions over the past two days.

Mr. Walker also informed participants that findings and products would be presented at the International Healthy Parks Healthy People Congress 2010. He also mentioned that Parks Victoria is sponsoring a several delegates from Nepal to attend the HPHP Congress.

The Chair, Mr. Peter Shadie thanked the participants and said that with the mix of people from different backgrounds it is not easy to think outside the box but a great deal was achieved during the workshop.

## 8. Summary of Day 3 (Wednesday, February 10, 2010)

The final day of the workshop commenced with Mr. Shadie explaining the day's proceedings. He said one way of looking at HPHP would be in modules or components in accordance with matters discussed over the past two days. For example components could be developed around five areas which were discussed over the last two days:

- A component on research based inventory to understand the priorities;
- A component based on tourism and educational awareness
- A third would be urban or city related issues for youths
- A fourth component could be based on the rural or peri-urban concept.
- A final fifth component could focus on taking the learning from this Nepali pilot and sharing it more widely

t  
Participants raised topics for consideration before drafting a concept note on HPHP in Nepal, including the concept of human rights in Nepal and their link with health, gender and stakeholder issues and health/wellbeing.

Mr. Ian Walker felt that an objective needs to be developed and that this had not been discussed at the workshop to date. He added that there was need to keep MDGs in mind while developing proposals and show strong ties with health sector. Dr. Lea Scherl said that a poverty reduction strategy must be considered.. Dr. Chhatra Amatya felt that there should be input from the consumer or user or stakeholders in the chosen locality when developing the concept proposal. Mr. Laxmi Krishna Amatya said that it is also necessary to look at the health status of the park itself in terms of sanitation and health. Mr. Peter Shadie also felt that objectives were one of the key topics that had been overlooked.

The groups then discussed potential objectives and raised the following points:

### **HPHP objectives in Nepal**

- Nature-based public health strategy
- Recognition/awareness of the nature-people profound links (spiritual)
- Promoting a preventative health initiative
- Relevance of 'parks/nature' to people/communities
- intergenerational
- Improving park/nature health
- Dependence for livelihoods
- Better utilize 'abandoned' lands
- Park health and its impact on human wellbeing
- Capacity building for development and maintenance of the parks of both the locals and government.

Mr. Ian Walker asked all participants to visualize success of HPHP in Nepal during different eras i.e. 2020, 2025, and 2030. These visions were to be based on the topics like education, research, urban and peri-urban accomplishments after HPHP is implemented.

Below are points the participants came up with

### **What success looks like?**

#### **Vision:**

In 2020, 2025, 2030?

### **Research in 2020 to 2030**

- MIS; an integrated/updated health and nature database
- Nepal leading HPHP research
- Active HPHP Scholarship
- UN programs that cross-cut programs health/envirom faculty
- Links between health + nature clearly defined for developing countries elsewhere
- Good documentation of importance of PAs for human wellbeing in Nepal
- Established partnerships between Nepalese + Australian Universities
- Nepal model for HPHP in developing countries

### **Education/Tourism in 2020 to 2030**

- More Nepalese people spending time in "parks"
- Doctor's issuing prescriptions to visit parks
- A world recognized "central park" in Nepal
- HPHP government supported marketing program
- A bigger airport - more tourists enjoying Nepal's healthy parks
- Nepal promoted as a HPHP destination
- HPHP is contributing to the Nepal economy
- HPHP is an integral part of Nepali school's curriculum and in university degrees (unit)
- School kids aware
- HPHP one of the major campaigns for tourism
- Healthy Parks, Healthy Tourists
- Nepal Tourism Board and Entrepreneurs are avid supporter of HPHP
- HPHP Treks from airport to Kathmandu
- Calendar of HPHP events
- HPHP representation in accreditation in eco-tourism process
- Visitors levy for HPHP (responsible tourism)

### **What does success look like for urban youth - 2020 to 2030**

- Access to healthy parks by youth
- A green web/network paths/water ways established for people with active use (mixed community)
- Lower mortality as a result of HPHP
- Links with youth programs for kids in cities through DNPWS
- HPHP adopted by P.M. & local govt.
- Hospitals now built in parks
- Youth assuming responsibility for parks (jobs, management)
- Youth acting as a change agent for HPHP
- All 'parks' managed under the concept of HPHP - conversions of disused land
- Noticeable change in park user groups

- Converting schools to be a HPHP environment: parks in schools
- Urban parks with exercise stations appropriate as Nepal outdoor gyms.
- Establishment of a HPHP Foundation to lead urban youth programs

### **What does success look like in Rural – Peri-urban situations- By 2020 to 2030**

- Parks are making a positive contribution to the health of adjacent communities
- Communities empowered to manage parks for "their" health benefit
- Buffer communities are "the place to live" for health
- Health promotion programs linked - "Nature" - Healthy Parks e.g. Forest Users Group Programme
- Community Forests developed as healthy parks
- Parks to assist with providing healthy lifestyles and livelihoods
- Community Forests not just seen as a 'forest' resource but for their wider environment & health benefits (awareness)
- Engage spiritual /religious leaders in HPHP and promote it

### **What does it look like in 2020 to 2030 - Outreach Vision Nepal**

- Nepal will lead developing countries via IUCN taskforce on HPHP
- Health sector recognizes Nepal as leader in HPHP
- All protected areas deliver on HPHP
- HPHP Foundation established raising funds, delivering park/health programs and promoting HPHP globally
- Twinning programs between park agencies on HPHP
- Twinning programs between hospitals, schools and park

The health structure of Nepal was not clear to most of the participants so Dr. Chhatra Amatya explained the structure and stated that before 1996 there was only the Ministry of Health however later due to international pressure the Ministry of Population was established. Dr. Amatya explained the two ministries were duplicating work which wasn't considered economically viable so the two Ministries later merged to form MoHP (Ministry of Health and Population)..

The Department of Health was dismantled in 1986 and replaced with Regional Directorates which in turn became divisions within the Ministry of Health. Now instead of three divisions there were 11. It was difficult for the Ministry to complete work so to rectify the situation the Department of Health was re-established in 1993 and remains to this day with the Regional Directorates and under the Directorates are Zonal Hospitals and below these are the District Hospitals and the National Primary Health Care Clinic (PHC). The PHC is used to provide health care services to people in remote areas through field workers. There are 58,000 women health volunteers working for the PHC.

After learning about the Nepalese health structure, participants continued to discuss what success looks like and visions for Nepal in different eras resumed. The groups then decided on the best possible locations to start the HPHP initiative.

The participants endorsed developing a HPHP Nepal initiative using a modular approach and including 5 components:

1. Research/Inventory and Knowledge Management
2. Awareness and Education

3. Urban pilot project/s
4. Rural/Peri-Urban pilot projects/s
5. Outreach Program

**Indicative Sites** (subject to review and finalization once an initiative is underway)

**Chitwan National Park (180 kms from Kathmandu)**

- Lowland; subtropical
- World heritage site
- Development opportunities
- Buffer Zones established

**Taudaha**

- Wetland/lake environs
- Historic site
- Cultural story (serpents)
- Managed by community (club)
- Taudaha Community Youth Club
- Opposite to established facilities
- Locals schools, near university
- Significant temple nearby
- View of nature, bird watching
- Re-vegetation, water ecology

**Shivapuri National Park (12 kms from Kathmandu)**

- Former water catchments converted to NP (IUCN)
- Limited public access
- Religious sites
- Opportunity as very close to Kathmandu
- TB hospital
- Army presence there
- Going alone is risky but not really dangerous
- Mountainous
- Ex-king's palace

**Balaju**

- Established
- Run by KMC - manages (Kathmandu Municipal Council)
- Green space (temple/fish pond)
- Swimming water sports

**Opportunities**

- Re-branding
- Events
- Industrial estate & residents
- Joins national parks

- School outings
- Balaga festival

The pros and cons of the sites mentioned above were discussed. The details of each site were taken into account.

The workshop was concluded by Mr. Peter Shadie who again thanked everyone for their active contribution to the workshop. He reiterated earlier remarks that whilst the mix of sectoral backgrounds had made this a potentially challenging workshop it was clear that there existed a shared view and enthusiasm on the value of a HPHP type approach for Nepal. He invited the workshop participants to continue to engage on this initiative as we further define it and pursue finding. He further noted that the workshop deliberations have given us a solid concept for Nepal to take forward and present at the upcoming International HPHP Congress in April 2010.

Finally Mr. Shadie acknowledged the foresight and generosity of Parks Victoria in Australia for their programmatic and financial support to taking this idea forward in Nepal. Mr. Mark Stone, CEO of Parks Victoria has been personally involved in this initiative and approved the funding necessary to stage the workshop and take the concept forward.

Annex 1 Schedule of Activities



**Healthy Parks  
Healthy People**

**Scoping Workshop to develop a  
Healthy Parks Healthy People Nepalese Initiative**

**February 8-10, 2010  
Kathmandu, Nepal  
Hotel Himalaya**

Schedule	Event	Presenter
<b>DAY 1: Monday February 8, 2010 SETTING THE CONTEXT</b>		
<i>Chair Day 1</i> Mr. Peter Shadie, Coordinator, Regional Protected Areas Programme, Asia, IUCN Asia Regional Office		
<i>Session 1 Inauguration Session</i>		
9:00-9:30	Inaugural address and introduction by the workshop participants	<b>Yuba Raj Bhusal</b> Secretary, Ministry of Forests and Soil Conservation
9:30-10:30	Presentation of HPHP Initiative by Parks Victoria	<b>Ian Walker</b> Director Healthy Parks, Parks Victoria Australia
10:30 – 11:00	Presentation on Protected Areas and Millennium Development Goals (MDGs), Poverty Reduction and Livelihoods	<b>Dr Lea Scherl</b> Adjunct Associate Professor James Cook University, Vice Chair Oceania IUCN Commission on Environmental Economic and Social Policy
<b>11:00-11:30</b>	<b>Tea Break</b>	
<i>Session 2</i>		
11:30-12:00	Status of protected areas and community participation in conservation in PAs in Nepal Department of National Parks	<b>Sher Singh Thagunna</b> <b>Under Secretary</b> Department of National Parks and Wildlife Conservation
12:00-12:30	Presentation on the work of the climbing fraternity	<b>Dawa Steven Sherpa</b> Initiatives for Development and Eco Action (IDEAS)
12:30-13:00	Presentation on challenges for youth in Nepal	<b>Sudeep Jana</b> Young Professional Strategic Direction Deputy Chair ASIA WCPA
<b>13:00-14:00</b>	<b>Lunch Break</b>	
<i>Session 3</i>		
14:00-14:30	Presentation on health issues in Nepal including physical,	<b>Dr. Babu Ram Marasini,</b>







## Healthy Parks Healthy People

	mental and psychosocial health priorities	Senior Health Administrator Ministry of Health
14:30-15:00	Workshop – World Café – Application in Nepal	<b>Ian Walker and Jo Hopkins</b> Program Manager Strategic Partnerships, Parks Victoria
<b>15:00-15:15</b>	<b>Tea Break</b>	
15:15-17:00	Workshop – World Café – Application in Nepal continued...	<b>Ian Walker and Jo Hopkins</b>
<b>WORKSHOP DINNER @ Hotel Himalaya</b>		
<b>DAY 2: Tuesday February 9, 2010 REALIZING THE CONCEPT – DEFINING THE 'WHAT'?</b>		
<i>Chair Day 2 TBC</i>		
<b>Session 1</b>		
9:00-9:30	Synthesis of the Day 1 outcomes: Presentation	<b>Peter Shadie</b>
9:30-10:00	Outlining of the workshop process for Day 2 and working group instructions	
10:00-10:30	Working Group Session: Broad conceptualisation of HPHP Initiative in Nepal in terms of thematic and geographic focus; Formation of the working groups and initiate working group session	Working Group Leads <b>1. Peter Neil 2. Laxmi K Amatya 3. Peter Shadie</b>
<b>10:30-10:45</b>	<b>Tea break to be taken at leisure of working group</b>	
<b>Session 2</b>		
10:45-12:00	Continuation of working group session	<b>1. Peter Neil 2. Laxmi K Amatya 3. Peter Shadie</b>
12:00-12:45	Report back to plenary by the specific working groups	
12:45-13:00	Healthy Parks Healthy People Congress Melbourne	<b>Jo Hopkins</b>
<b>13:00-14:00</b>	<b>Lunch break</b>	
14:00-14:15	Instructions on the afternoon working group session	
14:15-15:30	Working Group Session: Identifying Who? How? and When? for HPHP Nepal	<b>1. Peter Neil 2. Laxmi K Amatya 3. Peter Shadie</b>
<b>Session 3</b>		
<b>15:30-15:45</b>	<b>Tea Break to be taken at leisure of working group</b>	
15:45-16:00	Continuation of the working group session	<b>1. Peter Neil 2. Laxmi K Amatya 3. Peter Shadie</b>
16:00-16:45	Report back to plenary by the specific working groups	
16:45-17:00	Wrap-up and next steps	<b>Ian Walker / Peter Shadie</b>

**Note:** Day 3 will involve a smaller working group comprising of select participants from IUCN Asia Regional Office, IUCN Nepal office, Parks Victoria, other interested participants. The working group will develop an action plan based on the outcome of the preceding working group sessions. It would consider packaging of proposals, donor intelligence issues and preparing a brief for the International Healthy Parks Healthy People Conference.



**Annex 2 List of Participants**

S.N.	Name	Designation	Organisation	Contact Number	Email
1	Mr. Yuba Raj Bhusal	Secretary	Ministry of Forests & Soil Conservation		yrbhusal@gmail.com
2	Mr. Ian Walker	Director, Healthy Parks	Parks Victoria	437198706	iwalker@parks.vic.gov.au
3	Ms. Jo Hopkins	Program Manager, Strategic Partnerships	Parks Victoria	+61 30418 533185	jhopkins@parks.vic.gov.au
4	Mr. Mukunda Raj Prakash	Joint Secretary	Ministry of Science & Technology		mrpghimire@hotmail.com
5	Mr. Surya Prasad Sharma	Under Secretary	Ministry of Youth & Sports	9851108292	suryasp@hotmail.com
6	Hon'ble Mr. Sunil Babu Pant	Member of Constituent Assembly	Parliament	9851007959	pantsunil@gmail.com
7	Dr. Babu Ram Marasini	Senior Health Administrator	Ministry of Health	9851066412	marasini2@yahoo.com
8	Mr. Prakash Maharjan	Section Officer	Ministry of Education	9841509449	prak_np@hotmail.com
9	Mr. Sher Singh Thagunna	Under Secretary	Department of National Parks and Wildlife Conservation (DNPWC)	9741142575	thaguanass@hotmail.com
10	Mr. Peter Shadie	Coordinator, Regional Protected Areas Programme	IUCN Asia		peter.shadie@iucn.org
11	Mr. Peter Neil	Coordinator, Regional Forest Programme, Asia	IUCN Asia		peter.neil@iucn.org
12	Dr. Lea M. Scherl	Vice-chair, CEESP	IUCN		lea.scherl@bigpond.com
13	Mr. Laxmi K. Amatya	Program Manager	IUCN Nepal	9851029313	amatya@iucn.org.np
14	Dr. Pratap K. Shrestha	Regional Representative	USC Canada Asia	9856020361	pshrestha@uscasia.wlink.com.np
15	Mr. Tulasi Khadka	Training Officer	Adventist Development and Relief Agency (ADRA) Nepal	9841521667	tulasi.khadka@adranepal.org
16	Ms. Ambika Balami	Physiological-Social Trainer / Councilor	Transcultural Psychosocial Organization (TPO) Nepal	9841517810	abalami@tponepal.org.np
17	Ms. Gael Robertson			5523922	gael@mos.com.np
18	Mr. Sudeep Jana		Forest Action YP, WCPA/IUCN	9851050736	janasudeep@gmail.com
19	Dr. Chhatra Amatya	Chairperson	Chhahari Nepal for Mental Health	9851010949	chhaprem@gmail.com
20	Ms. Radha Thapa	Assistant Program Officer	Women in Environment (WE)	9841116011	we.nepal@gmail.com
21	Mr. Yogendra Chitrakar	Director	Environmental Camps for Conservation Awareness (ECCA)	9851069348	yogendra@ecca.org.np

22	Mr. Nam Raj Khatri	NPO	World Health Organization (WHO)	9841644198	<a href="mailto:namraj@enet.com.np">namraj@enet.com.np</a>
23	Mr. Makhan Maharjan	Sr. Program Manager	Environment and Public Health Organization (ENPHO)	9841253061	<a href="mailto:makhan_maharjan@hotmail.com">makhan_maharjan@hotmail.com</a>
24	Mr. Nabin Budhathoki	Conservation Officer	The Mountain Institute (TMI)	9841625117	<a href="mailto:nabin_90@hotmail.com">nabin_90@hotmail.com</a>
25	Mr. Dawa Steven Sherpa	Chief Coordinator	Initiatives for Development and Eco Action (IDEAS)	9851029801	<a href="mailto:info@ideas.org">info@ideas.org</a>
26	Mr. Ang Tshering Sherpa	President	Nepal Mountaineering Association (NMA)	9851029684	<a href="mailto:angtshering@asian-trekkin.com">angtshering@asian-trekkin.com</a>
27	Mr. Sitaram Sapkota	President	Trekking Agents Association of Nepal (TAAN)	9851036218	<a href="mailto:taan@mail.com.np">taan@mail.com.np</a>
28	Mr. Amit Pradhan	Communication and Outreach Officer	IUCN Nepal	9841344469	<a href="mailto:amit@iucn.org.np">amit@iucn.org.np</a>
29	Mr. Naresh Subba		IUCN Nepal	5528781	<a href="mailto:naresh@iucn.org.np">naresh@iucn.org.np</a>
30	Mr. Rabindra Raj Joshi		IUCN Nepal	5528781	<a href="mailto:rabin@iucn.org.np">rabin@iucn.org.np</a>
31	Ms. Ruby Joshi	Assistant to Regional Councilor	IUCN	5528781	<a href="mailto:joshi.ruby@gmail.com">joshi.ruby@gmail.com</a>

## Annex 3 Presentation on HPH Initiative Including its Origins

**Healthy Parks  
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Nepal Workshop



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A simple message

**Healthy Parks:**  
environmental benefits achieved through  
conserving, protecting and enhancing biodiversity  
and cultural values of parks

**Sustain**

**Healthy People:**  
broad societal (health/wellbeing) benefits  
associated with the range of experiences available  
through parks

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Protecting the Earth's  
two most important assets

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Healthy Parks  
Healthy People

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Victoria/Nepal Comparisons

Victoria	Nepal
<ul style="list-style-type: none"> <li>6 million people</li> <li>Christian</li> <li>"Old" demographic young culture 7 - Aboriginal people</li> <li>Life expectancy 82 years</li> <li>228,000 km<sup>2</sup></li> <li>17% in Parks</li> <li>Southern coastline</li> <li>Mt Bogong 1966m</li> <li>Unique biodiversity (poor record)</li> </ul>	<ul style="list-style-type: none"> <li>30 million people</li> <li>Hindu</li> <li>Young demographic, old culture</li> <li>Life expectancy 65 years</li> <li>147,000 km<sup>2</sup></li> <li>20% in Parks</li> <li>Land locked</li> <li>Mt Everest 8850 m</li> <li>Unique biodiversity</li> </ul>

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Western Context

Community	Nature
<ul style="list-style-type: none"> <li>Living in more highly urbanised societies in the world</li> <li>Aging (but active) populations</li> <li>Wealthier with an increasing gap between haves' and have not's</li> <li>Increasing multiculturalism (more people with English as second language)</li> <li>Changing work patterns → increased stress</li> <li>Cardiovascular disease &amp; Mental illness problems by 2020</li> <li>Increasing longevity</li> <li>Increasing societal and environmental disconnect</li> <li>Decline in physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Increasing biodiversity loss</li> <li>Continued decline in vegetation cover</li> <li>Climate change               <ul style="list-style-type: none"> <li>loss of species/communities</li> <li>sea level rise</li> <li>warm weather</li> <li>acidification of oceans</li> </ul> </li> <li>Continued water stress</li> <li>More fires and in some typically not burnt</li> <li>Loss of ecosystem services</li> </ul>

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The Grand Challenges

- Chronic non-communicable diseases (CNCDs) are reaching epidemic proportions worldwide.
- These diseases — which include cardiovascular conditions (mainly heart disease and stroke), some cancers, chronic respiratory conditions and type 2 diabetes — affect people of all ages, nationalities and classes.
- These conditions cause the greatest global share of death and disability, accounting for **around 60% of all deaths worldwide**.
- Without concerted action some 388 million people worldwide will die of one or more CNCDs in the next 10 years.
- Several factors are implicated in this increasing burden, including longer average lifespans, tobacco use, decreasing physical activity, and increasing consumption of unhealthy foods.

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## Healthy Parks Healthy People - Philosophy?

Put simply, our modern world is facing a challenging future:

- Climate change
- Obesity (by 2050 60% of population and 1 in 4 under 16 year olds will be obese with subsequent implications)
- Environmental crisis: Deforestation & decline in biological diversity
- Rising depression rates (By 2020 the WHO claims that depression will be the second most prevalent cause of ill health)

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## Healthy Parks Healthy People - Philosophy

- Acknowledges vital link between human health and nature
- Brings multiple sectors together to work towards solutions for these grand challenges
- An innovative approach but one that harkes back to our ancestors
  - In 1929 the Melbourne Metropolitan Town Planning Commission - "extensive evidence is available to substantiate the views of city planners, the medical profession and zoologists that proper outdoor recreation has a most beneficial effect on the health, morals and business efficiency of communities and consequently on national life."
  - Aboriginal people call it "Country or Country" - look after country and do well look after you

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## Healthy Parks Healthy People - Evidence

- Overwhelming evidence comes from,
  - ecology, biology, medicine, environmental, psychology, landscape design, health promotion & psychiatry.
- An extensive literature review, conducted by Deakin University (Australia) in 2002 and updated in 2008, found well over two hundred respected studies indicating that the human health benefits of contact with nature could not be overstated

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## The Natural Environment has three main affects on people:

1. Reduces chronic stress
2. Increases physical activity
3. Creates stronger communities



Access to nature plays a vital role in human health

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## Healthy Parks Healthy People - Evidence


- Evidence in literature shows that viewing nature is positive for health, in terms of recovering from stress, and improving concentration and productivity.
- Studies demonstrate that plants and nearby vegetation can have profound effects, including:
  - facilitation of healing in the elderly and mentally disadvantaged,
  - improving job and life satisfaction of residents,
  - improved mental capacity and productivity of office workers,
  - attracting consumers and tourists to shopping districts and
  - aiding community cohesion and identity.

Access to nature plays a vital role in human health

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## Healthy Parks Healthy People - Evidence

- Senior citizens lived longer with more space to walk and with nearby parks and tree lined streets near to where they live. *Tokyo*
- For every 10% increase in green space there was a reduction in health complaints equivalent to a reduction of five years of age. *United Kingdom*
- Being within access to Green space can increase levels of physical activity. *United States*




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### The Evidence


Viewing:

- stress ↓
- headaches ↓
- cognitive performance ↑
- concentration ↑




Being in:

- Attention Deficit Disorder ↓
- cognitive functioning ↑
- emotional healing ↑
- physical recovery ↑



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### The Evidence

Participating:


Animals

- blood pressure ↓
- stress ↓
- heart rate ↓
- mental health ↑
- quality of life ↑




Plants


- graffiti ↓
- violence ↓
- self image ↑
- community cohesion ↑




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### A park is many things



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### Values of a park



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### Value of Parks



- Protecting Our Natural World
- Building Healthy Communities
- Contributing to Our Economy
- Reflecting Our Culture

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### Protecting Our Natural World




- Conserving nature
- Sustaining the variety of life
- Protecting the earth's outstanding features and processes
- Storing carbon
- Maintaining clean air and water
- Supporting primary industry
- Cooling our cities

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## Building Healthy Communities



- Improving physical health
- Enhancing mental health and well being
- Bring people together
- Supporting science and learning



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## Contributing to Our Economy



- Underpinning our tourism industry
- Supporting the recreational industry
- Employing people
- Enhancing property values
- Providing free space for the community
- Provision of environmental services



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## Reflecting Our Culture



- Inspiring our hearts and souls
- Conserving Indigenous cultural landscapes
- Conserving cultural history
- Supporting many cultures



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## Healthy Parks Healthy People - The Journey

### From strapline

- award winning brand & communications strategy with partners
- growth of the brand nationally & internationally
- "point of difference" for parks industry and relevance in modern society

### To philosophy

- the way we run the business and a new parks management direction



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## Healthy Parks Healthy People - The Journey

- A Philosophy
- Protecting Our Natural World
- Building Healthy Communities
- Contributing to Our Economy
- Reflecting Our Culture



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### A philosophy Getting community/staff engaged and connected "thinking from the outside in"



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## Protecting Our Natural World

- Landscape Scale Conservation
- State of the Parks
- Signs of Healthy Parks
- AEM pest management
- Weplan
- Climate Change Strategy

*A kind of sweeping plan, a grand mission to get people out for fun and all everything in between.*  
*—Australian poet, Dorothy Miles*

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## Building Healthy Communities

- Partnerships – “looking from the outside in”
- Research Partners Program
- Urban Parks Initiative
- Linking people and spaces
- IUCN Taskforce
- Vic HPHP round table

*...a legacy anchored in believing in the health benefits of connecting people to nature*

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## Contributing to Our Economy

- Determining the economic value of parks
- Educating our children
- Nature Based Tourism Initiative
- Bays and Maritime Initiative
- Ecosystem services

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## Reflecting Our Culture

- Staff buy in – living our values
- Joint Management with Traditional Owners
- Cross cultural programs (bi-lingual guides)

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## Early adopters

Parks Victoria (Aus)	Healthy Parks, Healthy People
Anchorage Parks Foundation (USA)	Healthy Parks & Healthy People
Natural England (UK)	Walking the Way to Health
Forestry Commission England (UK)	Trees and woodlands: Nature's health service
National Park Foundation (USA)	Healthy Parks, Healthy Living program
Johannesburg City Parks (SA)	Healthy We Parks, Healthy People
New York Parks & Trails (USA)	Healthy Trails, Healthy People
Los Angeles County (USA)	Healthy Parks Program
Alberta Parks & Recreation (CANADA)	Healthy Parks, Healthy People, Healthy Communities

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## In Australia

HPHP has been taken up in a number of other states .....

## Internationally

### IUCN publication

<http://www.international.gc/papapers2.htm>  
*"The Urban Imperative"*

### Canadian Parks Council

*"Healthy by Nature"*  
<http://www.parks-parc.gc.ca/eng/hs/healthy.php>

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## Application in Nepal ?

- Philosophy is extremely applicable - you are doing it already – but more is needed
- Objectives appear the same – strategies and actions to different actions



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- Think about Haiti (emergency response)
- Clean air and water
- **Imagine if we didn't have parks – what would life be like**



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## Next steps

- Explore over the next two days what Healthy Parks Healthy People means to you in Nepal
- *IUCN HPHP taskforce*
- *HPHP Congress – follow on workshop*
- *Melbourne Statement*

- call on national and international philosophies, environmental and health, New Government, Organisation to adopt the interdependency of landscape and nature as an underpinning philosophy for their programs, campaigns and activities
- establishing the Healthy Parks Healthy People concept in developing countries to secure clean water and other natural resources for the benefit of society
- encouraging the establishment of parks in developing countries as means to mitigate the human impacts of climate change
- establishing an international taskforce to support and promote landscape scale interventions as a climate change adaptation strategy and a nature based health strategy

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**Protecting the Earth's**  
**two most important assets**

*Nature and Humanity*




## Annex 4 Presentation on Protected Areas, MDGs, Poverty Reduction and Livelihoods

### Protected Areas, MDGs, Poverty Reduction and Livelihoods




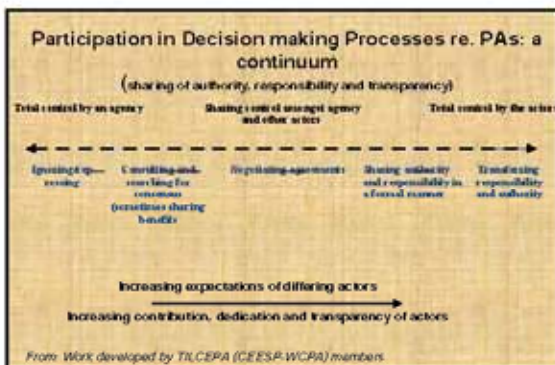
Dr. Lee M. Scherr  
 - James Cook University of North Queensland, Australia  
 - Protected Areas, Equity and Livelihoods Initiative  
 - IUCN  
 - Commission on Environmental, Economic and Social Policy (CEESP) - IUCN

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### Evolution of Social Dimensions in Conservation

- Consultation and participatory models to involve different stakeholders
- The sustainable development context (Integrated Conservation and Development Ps)
- Social Justice, Human rights, equity, benefit sharing and good governance in the context of ecosystem management, landscape /seascape approaches

### Where are we now?

PAs and corridors (as conservation icons) in the context of broader ecosystem management and sustainable multiple-use of landscapes/seascapes within a broader framework of social justice (Rights, Equity, Benefit Sharing and Governance)



### Translating Healthy Parks and Healthy people Initiative into developing country contexts means also inserting it within broader policy and technical frameworks that governs Overseas Development Assistance agendas (ODA)

Some Policy and Technical frameworks are particularly relevant:

- Millennium Development goals
- Convention on Biological Diversity
- Millennium Ecosystem Assessment Framework



### Biodiversity Conservation and Millennium Development Goals (MDGs)

MDGs - Strong political backing and influence in the sustainable development agenda

The relationship of biodiversity conservation through Protected Areas has relevance to the achievement of all Millennium Development Goals but it is more accentuated for some.

- MDG 1 - Eradicate extreme hunger
- MDG 2 - Achieve universal primary education
- MDG 3 - Promote gender equality and empower women
- MDG 4 - Reduce child mortality
- MDG 5 - Improve maternal health
- MDG 6 - Combat HIV/AIDS, malaria and other diseases
- MDG 7 - Environmental sustainability



**High Level Segment of COP 8 in Brazil had expert panels on:**

- Access and Benefit Sharing
- Biodiversity Conservation and Poverty Reduction



**OWGPA2 (Rome, February 2008)**

15. Encourages parties to ensure that conservation and development activities in the context of protected areas contribute to the eradication of poverty, sustainable development and ensure that benefits are equitably shared [in accordance with national legislation and circumstances]



**COP 9 of the CBD (Bonn, 2008)**

- Inside the "Guidance to update the Strategic Plan"

\*paragraph (f) states that "[the revised and updated Strategic Plan should:] Highlight the importance of biodiversity for poverty eradication and the achievement of the Millennium Development Goals, taking into account that conservation and sustainable use of biodiversity should contribute to poverty eradication at local level and not harm the livelihoods of the poor"



**Recent meetings and analysis (last 6 months)**

◆ Continued emphasis on the important of linking the implementation of the CBD with the MDGs (3/09, in Germany; 01/10 in London; IUCN and others response to the draft Strategic Plan of the CBD )

◆ Gap analysis of all POWs of the CBD re: poverty reduction and livelihoods (sponsored by CBD secretariat)

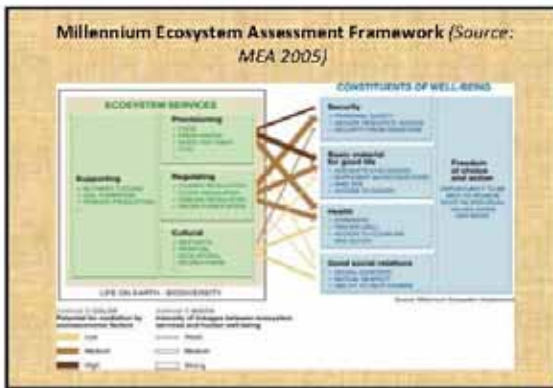


**What is Poverty?**



**Healthy Parks and Healthy People ?**





### Emerging Overarching Ethical Considerations in the last 7 years

- The principles of at least do no harm and respect for human rights must be observed in Conservation.
- The establishment and management of conservation initiatives should attempt to contribute to the livelihoods of local, indigenous communities and should not exacerbate poverty.

➤ *But how can we know this?*

### Social Assessment of Protected Areas (SAPA) Initiative

Co-developed and facilitated by:

- Carolina Carrigan (Iied/WCMC)
- Pati Parks (CARE)
- Steph Rose (Iied)
- Lee M. Kuhnert (Iied/TECOA, IUCN)

### Definition of Social Assessment

A process to understand the consequences of establishing and managing a PA (positive or negative) related to the social, cultural and/or economic wellbeing of indigenous and local communities and any other relevant stakeholders.

(adapted from SAPA Initiative)

### General Global SAPA Objectives

**Aims:**

- Standardize process for monitoring of protected areas and develop global indicator(s)
- Develop local capacities and global analyses that can inform policy (eg. COP19)
- Capture best practices to improve assessments and knowledge

**Guiding question:**

*"To what extent are protected areas contributing to changes (positive/negative/intended or not) in human well-being of the local level?"*

### Healthy Parks and Healthy People – what does “healthy people” mean in terms of bridging different contexts?

Opportunities	Empowerment	Security
<b>Access</b> (from direct use, extractive or not of natural resources)	<b>Governance mechanisms</b> (arrangements for management and sharing roles, responsibilities, rights, power, recognition of COG)	<b>Health and subsistence of well-being</b> (traditional natural resources, protection from weather, exotics, etc.)
<b>Meaning</b> (a place to live within or nearby and/or a place to temporarily be there)	<b>Community and stakeholder participation</b>	<b>Social cohesion</b> (connecting identities that need to be collectively maintained)
<b>Harvesting of natural resources</b> (for livelihoods, cultural traditions)	<b>Benefits to women, youth, more marginalized groups</b>	<b>Cultural traditions</b> (pastimes or the opportunity to continue them)
<b>Education</b> (about the environmental traditions through future generations)	<b>Access and rights</b> (what is allowed to use it, for what purposes and what rights needs to be respected)	<b>Maintenance of natural resources</b>
<b>Recreation/physical exercise</b>		
<b>Alternative livelihoods</b>		

What Spheres of Actions and levels/foci of implementation may need to be considered in the design of a Healthy Parks and Healthy People Initiative in Nepal?



Thank You

**Annex 5** Presentation on Protected Area Management and Community Participation in Conservation in PAs, Nepal



### Nepal

- **Diverse physiographic zones:**  
(Terai, Siwalk, Mountain, High Mountain, Himalayas)
- **Altitudinal variations:** 608848 m
- **Climatic contrasts**  
Tropical to Hival
- **Forests and shrubs occupy 39.6% of the country's total surface area,**

### Nepal's Unique Resources

6535 spp. of Flowering plants  
1822 spp. Fungi  
465 spp. Lichen  
687 spp. Algae

181 spp. Mammals  
863 spp. Birds  
137 spp. Reptiles  
53 spp. Amphibians  
185 spp. Fishes





### Ecosystem Representation in PA system

SN	Region	Total Ecosystems <sup>o</sup>	Ecosystems in PAs <sup>oo</sup>
1	Terai	10	10
2	Siwalks	13	5
3	Mid Hills	52	33
4	High Mountains	38	30
5	Others	5	2
	<b>Total</b>	<b>118</b>	<b>80</b>

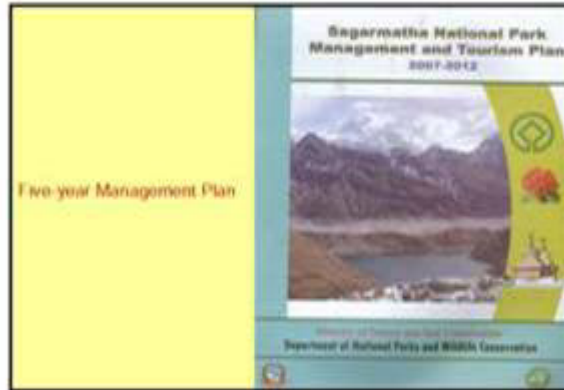
\* Dobsonnetz, 1976; \*\* BPP 1995

### Nepal as a knowledge hub

- National Parks and Wildlife Reserve with Army
- National Parks without Army
- National Park and Wildlife Reserve with/without Buffer Zone
- Hunting Reserve
- Conservation Area-Government Managed
- Conservation Area-NGO Managed
- Conservation Area-Community Managed

### Moving from Species to Landscape Conservation

- PAs set up mainly to preserve key wildlife spp.
- Shifted to ecosystem management
- Landscape level conservation
- Participatory conservation program
- Building alliances with people



### World Heritage Sites

Sagarmatha National Park, 1979  
Chitwan National Park, 1984

#### UNESCO Biosphere

Kanchanjunga Conservation Area (1997)  
Bardia National Park - extension area (2000)

### Nine Ramsar Sites

(Wetlands of International importance) in Nepal



## Major programs of DNPWC

-  Habitat conservation/improvement
-  Species conservation
-  Buffer Zone management
-  Conservation education
-  Religious/cultural site conservation/improvement
-  Infrastructure development/improvement

## Species conservation program



**Species Conservation Action Plan:  
Rhino, Tiger, Snow leopard, Elephants, Vulture**

### Rhino Translocation

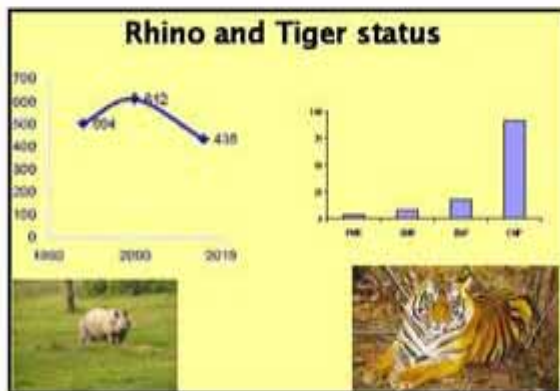


**From 1996 to 2003: A total of 87 (59 Male-48 Female) Rhinos have been translocated from Chitwan National Park to Bardia National Park (28) and Khuklaphanta Wildlife Reserve (4).**

### Research and monitoring



 **१०५५**  
 **१०५५**  
 **१०५५**  
 **१०५५**





**Chitwan National Park -The World Heritage**

Second Largest World Population of One-Horned Asiatic Rhinoceros (408 in 2008)



**Conservation of Wild Elephant**

Eastern Nepal	10 - 13
Central Nepal	40 - 50
Mid Western Nepal	65 - 75
Far Western Nepal	12 - 18
<b>TOTAL</b>	<b>127 - 156</b>



202 Black bucks in 2009 in Blackbuck CA, Khatrapur, Bardia



300-400 Snow leopards in Nepal Himalaya

81 Gharaals in Natural river system



1715 Swamp deer in Suklaphanta Wildlife Reserve in 2009

219 wild water buffalo in Koshi Tappu Wildlife Reserve in 2009



Anti-poaching activities



**Elephant Breeding Center, Khorsor, Chitwan National Park**

Elephant breeding program in Khorsor (since 1985)  
At present: 55 departmental elephants in CNP



**Crocodile Breeding Centre**  
**Kasara, Chitwan National Park**

Since 1981, a total of 724 captive bred Gharials and 164 Mugger crocodiles have been released



Habitat conservation program



**Buffer Zone Management Program**

### Buffer Zone Management Program

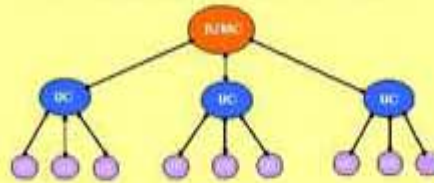
People participation in protected area management for long term sustainability and sustainable management of resources in buffer zone

To Share protected area revenue (30 - 50%)

To reduce Park-People conflict

To reduce dependency on Protected Areas' resources

### Buffer Zone Institutional mechanism



BZMC - Buffer Zone Management Committee  
UC - User Committee  
UG - User Group

### Buffer zone beneficiaries

Buffer Zone declared:	11
Buffer Zone Area:	6076.67 sq. km.
Buffer Zone Districts:	27
Buffer Zone VDCs:	183
Buffer Zone user group:	4,088
Buffer zone user committee:	143
Buffer Zone management Committee:	11
Total Hhs:	120,210
Total Population:	766,037
Budget releases:	>337 million Rs.

### Ecotourism promotion

### Ecotourism promotion



### Ecotourism promotion



Conservation education program



School program organized at DNPWC



Students participating in art competition



Conservation drama



Wetland day celebration



Religious site conservation program



Vikram Baba, Kasara Chitwan National Park



Shey Gumb



Religious place >>>



Indigenous dance



### Landscape Level Conservation Program

**Terai Arc Landscape Program**  
 Connects 12 protected areas of Nepal and India (4 in Nepal & 7 in India) as well as non-protected areas between them.



**Sacred Himalayan Landscape**  
 Connects 14 protected areas- 4 in Nepal and 10 in India (extends from Langtang NP in central Nepal through India to Toorsa SNR in Bhutan).



### Related policy and plans

- Master Plan for the Forestry Sector, 1989
- Nepal Conservation Strategy, 1988
- Nepal Biodiversity Strategy, 2002
- Nepal Biodiversity Strategy Implementation Plan, 2006
- Wild Animal Farming, Breeding and Research, 2003
- National Wetland Policy, 2003
- Species Conservation Action Plan-Rhino, Snow leopard, Tiger, Elephant, Blackbuck, Red Panda, Vulture
- Management Plans of Protected Areas

## Challenges



Poaching and illegal trade





## Annex 6 Presentation on The Work of The Climbing Fraternity



### ECO EVEREST EXPEDITION

A platform to attract maximum global attention towards the plight of the Himalayas

- To draw the international attention of the world on the impact of climate change on the Himalaya
- To organize clean up activities and try to get expeditions to participate
- To encourage management and proper disposal of human waste
- To demonstrate the use of alternative energy in extreme conditions



### Eco Everest Expedition 2008



- +65 kgs of garbage brought down from Mt. Everest and its Base Camp.
- +Approx. 75 kgs of human waste brought down from the Rongtsum
- +Supported by ICWOD, UNEP

### "Garbage Out of Thin Air"



Students from Kathmandu University Centre for Art & Design created art works from the garbage brought down from Mt. Everest.

### Eco Everest Expedition 2009

#### CASH FOR TRASH



- +Rs. 100 per kilo of garbage offered to the Sherpa
- +6000 kgs of garbage brought down including part of the Italian Army helicopter crashed in 1973
- +Approx. 80 kgs of human waste properly disposed of
- +Supported by WWF Nepal

### Message on the top





IMJA

### Eco Everest Expedition 2010

**CASH FOR TRASH**

- Targets to bring down 6000 Kgs from Camp 2 and below
- Estimated cost \$22,610

**HIGH ALTITUDE CLEAN UP**

- Targets to collect 1000 Kgs from 6500 m and above
- Estimated cost \$62,440

IMJA

### SOLAR ENERGY

- Alternative Energy Solution
- Panel Solar Cookers



IMJA

### WIND ENERGY ENERGY FOR THE FUTURE



- Renewable energy that does not emit Carbon and other pollutants
- One of the undervalued energy sources in Nepal
- 1.5 KW Wind Turbine at Lekhni (Bhangwan) Resort

IMJA

### THE IMJA TSHO ACTION EVENT 2009 June 18 & 19

TO CREATE AN ACTION ORIENTATED PROGRAM AMONG THOSE DIRECTLY AT RISK AND THE NATIONAL & INTERNATIONAL COMMUNITY

SUPPORTED BY : Sagarmatha Nation Park Buffer Zone Management Committee, The North Face, WWF, ICWOD, Asian Trekking, The Himalayan Trust, Nepal Tourism Board

IMJA

### BEAT THE GLOF ACTION RUN 18 JUNE 2009

THE RUN STARTED AT IMJA LAKE AND ENDED AT KHUMJUNG VILLAGE FOLLOWING THE PATH OF A POSSIBLE GLOF TO SHOW TO THE WORLD WHAT LIES IN THE PATH OF DESTRUCTION



111 runners completed the 15 km route

IMJA

### KHUMBU FESTIVAL 19 JUNE 2009



To focus on the mountain Communities culture and heritage

- Traditional Sharga Dance Show
- Shepa food stall run by the Ama Samuha
- Winner of Action Run awarded
- Winner of International Art & Letter Writing Competition awarded
- Photo WWF and ICWOD set up.

Climate Change : Voices of Khumbu's Children  
Interschool Art and Letter Writing Competition



117 Primary Level Students created art on the theme

198 Secondary Level Students write letters to World Leaders



IMJA TSHO ACTION EVENT 2010

Beat the GLOF Action Run

10 JUNE 2010

Starts at Inja Lake

Save the Himalaya : Khumbu Festival

11 JUNE 2010

Khumjung Village

*IDEAS* encourages and supports projects that are environmentally beneficial, generate income, impart education, and are sustainable and culturally sensitive

*IDEAS*

Thank you

## Annex 7 Presentation on Challenges for Youth in Nepal

### Challenges of Youth in Nepal: A Glimpse




— Sudeep Jana

- Forest Action, Nepal ([www.forestation.org](http://www.forestation.org))
- Young Professional Strategic Direction, World Commission on Protected Areas (WCPA)/IUCN ([www.iucn.org/wcpa](http://www.iucn.org/wcpa))

### Understanding Nepalese youth

- Youth is not **monolithic and homogenous**
- National Youth Policy, 2065 (Draft) identifies youth between the age group of **16-40 years**...16-29 (Interim Plan)
- Youth constituency **38.8%** (Population Censes)



### Locating Youth in political movements

- **Maoist movement**  
A decade long violent conflict/armed struggle, led by then, Communist Party of Nepal-Maoist
- Peoples Liberation Army
- Student union
- Party carders and militia




### April Peoples Uprising

- **Jana Andolan II** (April People's movement, 2006 for democratic republic)
- **Madhesh** (southern lowlands) uprising for regional identity and political space
- Youth in **New Social Movements**: Post 1990 with expansion of democratic space (indigenous nationalities, low caste untouchables, journalists etc), for social justice, identities, against discrimination, press freedom, peace.....
- **Student unions** of political parties



### Youth for new constitution & peace building

- **Nationwide Youth Pressure Campaign for Constitution Making (NYPCC)**
- Rallies, sit-ins, marches, human chains, signature campaigns, dialogues, appeals, peace concerts etc




### Youth in environmental campaigns & nature conservation

- **Nepalese Youth for Climate Action**
- **Eco clubs** and networks for conservation education and awareness
- Young **rangers and foresters**
- Youth in media
- Youth led NGOs, Youth clubs
- Association of youth organizations




### Pressing issues

- Political/ ideological differences (youth in violence, example tussle between Young Communist League and Youth Force)
- Political indoctrination & violence
- In migration and brain drain
- Unemployment and under-employment
- Poverty & Vulnerability of youth
- Space of youth in policy and decision making
- Exploitation of youth as volunteers and interns.

### Youth Social Forum

- Identity, Access & Representation
- Participation in decision making
- Constitutional right to vote, file candidacy, recruitment in state organs and machinery (youth above 16)
- Commercial and practical education to address unemployment
- Opportunities for skills enhancement
- Allocation of 5% of national budget  
(Declaration of YSF, Biratnagar)

### Key message: Youth as Change Agents

- "Inform, Empower and Involve" (YI)

Participants → Actors  
Duty bearers → Right holders

- Respect our IDENTITY....  
Listen to our VOICES....  
Exercise our RIGHTS ....  
Opportunities to realize our POTENTIALS...



**Annex 8** Presentation on 11-16 April 2010 Melbourne, Australia and Melbourne Exhibition & Convention Centre



### Congress

- Staged over **5 days**, the exciting and comprehensive program will feature over 200 presentations and workshops.
- Keynotes and experts will come from Australia and from over 28 other countries.
- The Congress will also feature a day of experiential tours of 'Melbourne and surrounds' parks and gardens, an industry exhibition and social event schedule to facilitate extensive networking opportunities.




### Supported by

### Congress Themes

- **Healthy Communities**
  - Social connections
  - Cultural connections
  - Building neighbourhoods – partnerships, policy and planning
  - Economy, development and tourism
- **Healthy Parks**
  - Caring for country – managing the environment
  - Sustainability
  - Effective Management of Parks
  - Designing and creating healthy parks for people




### Congress Themes

- **Healthy Participation**
  - Encouraging participation by people of diverse backgrounds & different demographics
  - Facilities, programs and services
  - Recreation and tourism opportunities and experiences
  - Education and lifelong learning – nature's cultural and environmental classroom
- **Healthy People**
  - Mental Health – Health Promotion: early intervention and treatment
  - Physical Health – Health Promotion: early intervention and management
  - Wellness - quality of life, sense of holistic well-being and esteem




### Health: In Action

-  **Richard Louv** – Author "Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder" - highly acclaimed throughout North America
-  **Dr William Bird** – Senior Health Advisor to Natural England, UK
-  **Howard Frumkin** – Director at US National Centre Disease Prevention & Control, USA




### Social: In Action



**Gladys Kalema-Zikusoka** - Founder and CEO of "Conservation Through Public Health" in Uganda



**Les Carlisle** - Group Conservation Manager & Beyond (formerly Conservation Corporation Africa) South Africa

- **Joe Ross** – Indigenous Australian community leader Fitzroy Crossing, Western Australia



### Park Management: In Action

- **Mr Jon Jarvis** - recent Obama appointment as Director of US National Parks Service
- **Dr Julius Kipng'etich** – Director, Kenya Wildlife
- **Mr Alan Latourelle** - Chief Executive, Parks Canada
- **Mr David Mabunda** - Chief Executive, South African National Parks Service
- **Ms Helen Phillips** – Chief Executive, Natural England
- **Mr Shin** – Executive Director, Korean National Parks Service
- **Mr Al Morrison** – Director General, Dept Conservation, New Zealand
- **Ms Ruth Coleman** – Director, Dept National Parks, California



### How is the event relevant to developing Countries?



"The HPHP Concept is VERY important in developing nations because the poorest people tend to live next to protected areas, where government services are least available" - Gladys Kalema-Zikusoka

- Strong interest from developing countries with over 10 papers being delivered from countries including Nepal, Thailand, Uganda, Kenya, Chile, Iran and Pakistan.
- Nepal Pilot Project Workshop 2: continuing development of an HPHP agenda for Nepal



INTERNATIONAL HEALTHY PARKS HEALTHY PEOPLE CONGRESS 2010  
DRAFT PROGRAM OVERVIEW

Monday 12 April	Tuesday 13 April	Wednesday 14 April	Thursday 15 April	Friday 16 April
<b>Registration and Welcome</b> Includes HPP Reception and 20th Anniversary	<b>Registration and Welcome</b> Includes HPP Reception and 20th Anniversary	<b>Registration and Welcome</b> Includes HPP Reception and 20th Anniversary	<b>Registration and Welcome</b> Includes HPP Reception and 20th Anniversary	<b>Registration and Welcome</b> Includes HPP Reception and 20th Anniversary
<b>Workshop 1: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 2: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 3: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 4: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 5: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm
<b>Workshop 6: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 7: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 8: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 9: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 10: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm
<b>Workshop 11: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 12: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 13: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 14: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 15: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm
<b>Workshop 16: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 17: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 18: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 19: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm	<b>Workshop 20: Planning for the Future</b> 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm 2.00pm - 5.00pm

### Key Outcomes

- Participants will come from many different sectors including urban planning, community development, physical and mental health, tourism, education, recreation, ecology and park management (urban and protected area) industrial and technological.
- This diversity of perspectives will allow delegates to understand the benefits of nature through the eyes of many.



### Key Outcomes

This diversity of perspectives will enable the following Congress outcomes:

- Identify means of building the relevance of parks and nature to society.
- Help raise awareness of the importance that a healthy parks system provides for healthy people.
- Sharing initiatives and innovations achieved by collaborating across sectors.
- Developing an international agenda that reunites nature with social health: — Healthy Parks Healthy People Melbourne Statement
- Identifying opportunities for better collaboration at global, international and local levels (i.e., HPHP Website).



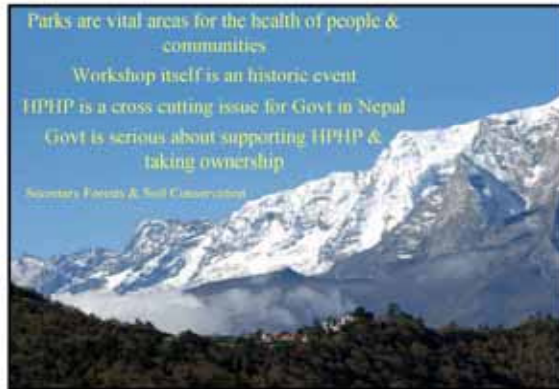
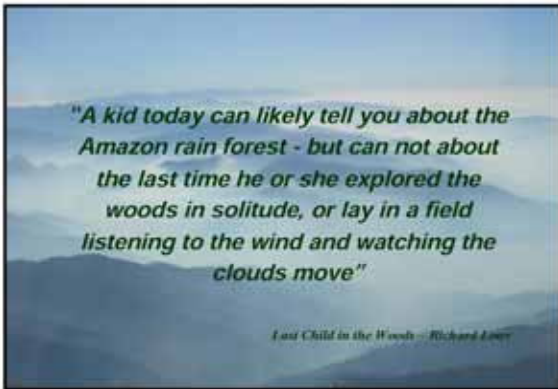


Protecting the Earth's  
two most important assets

*Healthy Parks  
Healthy People*

We invite you to attend the *International Healthy Parks Healthy  
People Congress 2010*. Unique thinking, agenda setting and  
partnership development will be only the starting point for what can  
be achieved by attending and participating in this world class event.

Annex 9 Presentation on Synthesis of the Day 1 outcomes



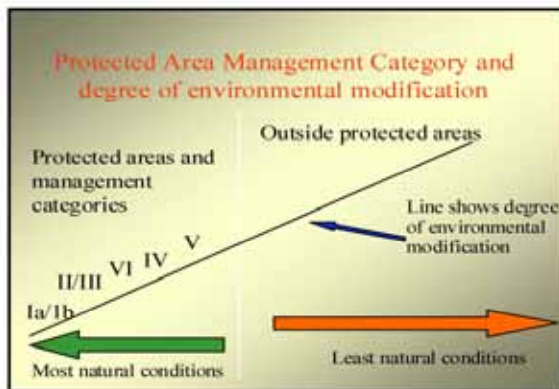
We need more information and research specific to parks & health

We need new partners & creative approaches

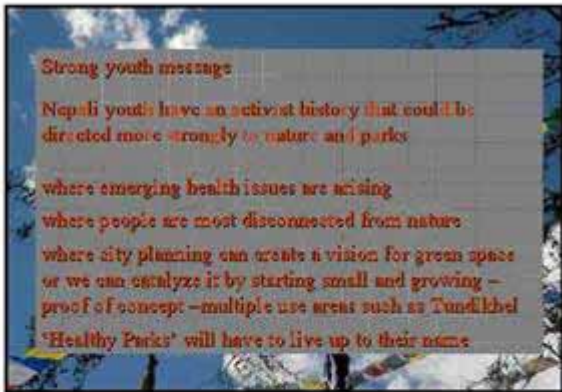
Missing partners – local authorities; ICIMOD; communities themselves

Need for inspiring, credible champions

Frame in larger national development strategies & ODA priorities







**Strong youth message**

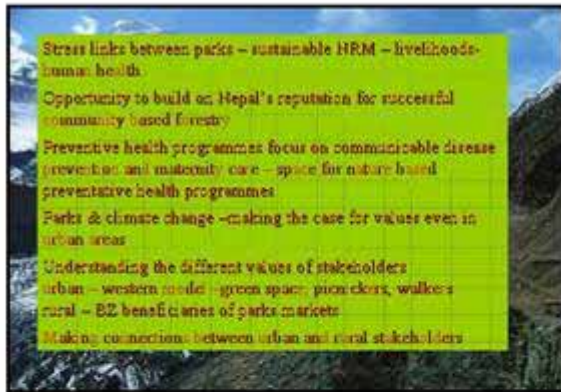
Nepali youth have an activist history that could be directed more strongly to nature and parks

where emerging health issues are arising

where people are most disconnected from nature

where city planning can create a vision for green space or we can catalyze it by starting small and growing – proof of concept – multiple use areas such as Tundikhel

'Healthy Parks' will have to live up to their name



Stress links between parks – sustainable NRM – livelihoods – human health

Opportunity to build on Nepal's reputation for successful community based forestry

Preventive health programmes focus on communicable disease prevention and maternal care – space for nature based preventative health programmes

Parks & climate change – making the case for values even in urban areas

Understanding the different values of stakeholders  
urban – western model – green space – picnic spots, walkers  
rural – BE beneficiaries of parks markets

Making connections between urban and rural stakeholders



HEPIP – one part of a larger interconnected socio-ecological picture...

Let's start with achievable steps that are realistic for Nepal but understand where this piece fits in and where it can lead

Pioneering...with Patience...with Perseverance...

## IUCN meet on 'Healthy Parks, Healthy People' kicks off

Himalayan News Service  
Kathmandu, February 8

A three-day International Scoping Workshop to Develop Healthy Parks, Healthy People (HPHP) - Nepalese Initiative, kicked off in the capital today.

In a press release, International Union for Nature Conservation (IUCN) said the main objective of the workshop is to create awareness of the HPHP initiative and to determine how it can be adapted to the Nepali context and at the same time outline, discuss, identify and agree

upon a specific framework for this initiative.

In the statement, IUCN quoted, Dr Ian Walker, Director of Healthy Parks, Parks Victoria, as saying: "This workshop brings together environment, health and trekking communities to explore the protection of earth's two most important assets; People and Nature."

The workshop is hosted by IUCN-Nepal with support from Parks Victoria, an Australian protected area management authority that has pioneered in the name of "Healthy

Parks Healthy People" (HPHP) programme.

Peter Shadie, Programme Coordinator, IUCN, Asia Regional Office, said in the release: "Traditional programmes of conservation and development are being pushed to new levels by understanding the links to human health. The concept is all about better using Nepal's Parks as country's public health."

The workshop was inaugurated by Yuba Raj Bhusal, Secretary, Ministry of Forests and Soil Conservation.

## Meet on healthy parks, people in capital

By A Staff Reporter  
Kathmandu, Feb. 9

A three-day international workshop on Healthy Parks, Healthy People Nepalese Initiative kicked off in Kathmandu from Monday.

The workshop is hosted by IUCN Nepal with support from Parks Victoria, the Australian protected area management authority that has pioneered the Healthy Parks Healthy People (HPHP) programme.

The objectives of the workshop is to create awareness about the HPHP initiative and to determine how it can be adapted to the Nepalese context and at the same time outline, discuss, identify and agree upon a specific framework for this initiative.

The workshop was inaugurated by Yuba Raj Bhusal, Secretary at the Ministry of Forests and Soil Conservation.

"This workshop brings together environment, health and trekking communities to explore the protection of earth's two most important assets: people and nature" said Dr. Ian Walker, Director Healthy Parks, Parks Victoria stated a press statement of IUCN.

He also hoped that this would lead to new approaches to improve health of the people in Nepal and the enhancement and conservation of parks and open spaces.

Peter Štačič, Programme Coordinator of IUCN, Asia Regional Office said that the HPHP idea in Nepal was breaking new grounds through this workshop.

He said that the traditional programme of conservation and development were being pushed to new levels by understanding the links to human health.

"The concept is all about better using Nepal's Parks as country's public health strategy," he said.

He further added that IUCN was delighted to partner with Parks Victoria in scoping out this concept for Nepal.

In Asia, interest in HPHP has been shown in several developed countries including Singapore, South Korea and Japan.

However, to the date, the HPHP idea has not been tested in developing countries. There is uncertainty on whether the same principles can be applied to the developing

world with its different policy and priorities and with protected areas often fulfilling direct livelihood to poor people, the statement stated.

Urban living usually detaches humans from the natural environment which is likely to be detrimental to health and wellbeing.

In terms of health, green parks are usually just viewed as venues for leisure and sport, it said.

In fact, parks may be one of the only means of accessing nature for the majority of people in city areas, yet most people are unaware about their full range of potential health benefits.

Recent researches have shown that green parks, can reduce crime, foster psychological wellbeing, reduce stress, boost immunity, enhance productivity, and promote healing.

Apart from the health benefits, HPHP initiative has been able to demonstrate both measurable direct and indirect economic benefits to local, regional and national economies in Europe.