



IUCN
World
Conservation
Congress
Hawai'i 2016



Health and Nature Journey

Recognizing the contributions of nature to health, well-being and quality of life.



'As a medical doctor and public health scientist, it is my professional opinion that conservation biologists can actually save more lives and prevent more illness than the health sector'-

Johnathan Patz, MD MPH, Global Health Institute, IUCN World Parks Congress 2014.

The outcomes from the Improving Health and Wellbeing Stream 3 at the 2014 Congress demonstrated the fundamental links between healthy ecosystems and human health and wellbeing.

Consistent with Sustainable Development Goals, nature should be appropriately conserved for its considerable benefits to human health and more broadly for its benefits to environmental sustainability, economic, social and cultural wellbeing.

This health and nature journey will take participants through a diverse range of sessions demonstrating the importance of protecting nature for human health and economic, social and cultural wellbeing.

Sessions will explore opportunities and practical solutions to build a culture of health that prioritizes nature-based solutions and solutions to build stronger support for cross-sector partnerships to integrate health and wellbeing with nature conservation, policy and practice.

Health and Nature

More people are living increasingly urbanized lifestyles and spending less time outdoors and in nature. At the same time there are major concerns about the increasing prevalence of human health issues such as heart disease, diabetes and depression due to physical inactivity, stress and poor nutrition.

Across the world there is greater recognition that nature and green space sustains our life, livelihoods and livability. Since the original Healthy Parks Healthy People concept was developed in 2000, and following from the first International Healthy Parks Healthy People Congress in 2010, this initiative has grown around the world to increase community awareness that the conservation of nature, culture and open space through parks and protected areas provides wide ranging benefits for people's health and wellbeing.

The Health and Nature journey will build on the health and wellbeing agenda and the 'Promise of Sydney' from the IUCN World Parks Congress 2014, a bold vision which encapsulates the key recommendations and solutions developed as a result of the Congress http://worldparkscongress.org/about/promise_of_sydney.html. This promise was supported by the commitments of over 50 countries and organizations to accelerate implementation of conservation goals through protected areas.

As a result of the collective outcomes of the Health and Nature journey at the IUCN World Conservation Congress 2016, widespread support for greater integration of health and nature within the IUCN 2017-2020 Programme at the Members' Assembly will be developed. Further evidence and support to enact Motion #069 'Strengthening cross-sector partnerships to recognize the contributions of nature to health, well-being and quality of life' (<https://portals.iucn.org/congress/motion/069>) will also be generated.

Key to unlocking the values of parks and protected areas for health and wellbeing while conserving biodiversity, is the formation of long-term partnerships between the health and conservation sectors.

We welcome all delegates to actively participate in the sessions within this journey, to contribute to the vibrant discussion about the connections between health and nature and form those vital partnerships.

Events Programme

Time	Session ID	Title	Type	Organizer	Location
Friday 2 September 2016					
11:00 - 13:00	9742	Exploration and enjoyment of nature enhances societal benefits and promotes wilderness conservation	Knowledge Café	Sierra Club Hawai'i	311-12
13:00 - 14:00	12383	The Nature Playbook: Launching a Unique Action Guide to Inspire a New Generation to Connect with Nature for Life!	Pavilion Event	Parks Canada	#NatureForAll Pavilion

Time	Session ID	Title	Type	Organizer	Location
14:30 - 15:30	12236	Nature's benefits for community health and wellbeing	Pavilion Event	Parks Victoria	Hawai'i-Pacific Pavilion B
17:00 - 19:00	9668	Natural sounds and healthy parks: Global research and initiatives	Workshop	Colorado State University Center for Protected Area Management	317B
Saturday 3 September 2016					
08:30 - 10:30	10322	Nature based solutions for mental health	Workshop	Sea Mar Community Health Centers	313C
10:30 - 11:30	12341	Parks at hand for a healthy future	Pavilion Event	National Park Service	US Pavilion
12:00 - 13:00	12392	Speak up! Listen up! Shaping #NatureForAll to Build the Future Constituency for Nature	Pavilion Event	Parks Canada	#NatureForAll Pavilion
14:00 - 14:30	10036	Healthy Parks, Healthy People Activities in Korea National Parks	Poster	Korea National Park Service	Screen 19
Sunday 4 September 2016					
11:00 - 13:00	10429	Inclusive leadership for strong, integrated conservation, health and sustainable development action	Knowledge Café	Secretariat for the Convention on Biological Diversity and United Nations University International Institute for Global Health	311-14
12:00 - 13:00	12309	Indigenous peoples' cultural connections to forests: How indigenous values and health indicators are helping manage invasive species.	Pavilion Event	IUCN Commission on Ecosystem Management	Forests Pavilion

Time	Session ID	Title	Type	Organizer	Location
13:00 – 14:30	12402	#NatureForAll Greenhouse: Growing Connections Between People and Nature- Showdown time!	Pavilion Event	Coalition Wild	#NatureForAll Pavilion
15:30 – 16:30	12404	Learning tools for protecting nature, protecting people	Pavilion Event	United Nations University	#NatureForAll Pavilion
19:00 – 19:30	10067	Conservation Solutions with a One Health Approach	Poster	The Environmental Conservation Trust of Uganda (ECOTRUST)	Screen 2
Monday 5 September 2016					
12:00 – 13:00	12410	Connecting Kids and Conservation	Pavilion Event	Willoughby City Council	#NatureForAll Pavilion
13:00 – 13:30	9942	Uncovering the psycho-social-spiritual benefits of urban parks and natural areas: the case of New York City	Poster	USDA Forest Service	Screen 11
17:00- 19:00	10244	Evaluating Healthy Nature for Human Health and Wellbeing: Connecting Science, Practice and Policy	Workshop	Parks Victoria	319A

*The Health and Nature Journey is not a comprehensive list of events relevant to the health and nature topic. Use the Congress App to create your own personal journey. The events search function on the Congress Portal is also a very effective tool. See <https://portals.iucn.org/congress/sessions>.

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