

Metsähallitus Natural Heritage Services Finland: OpenAir



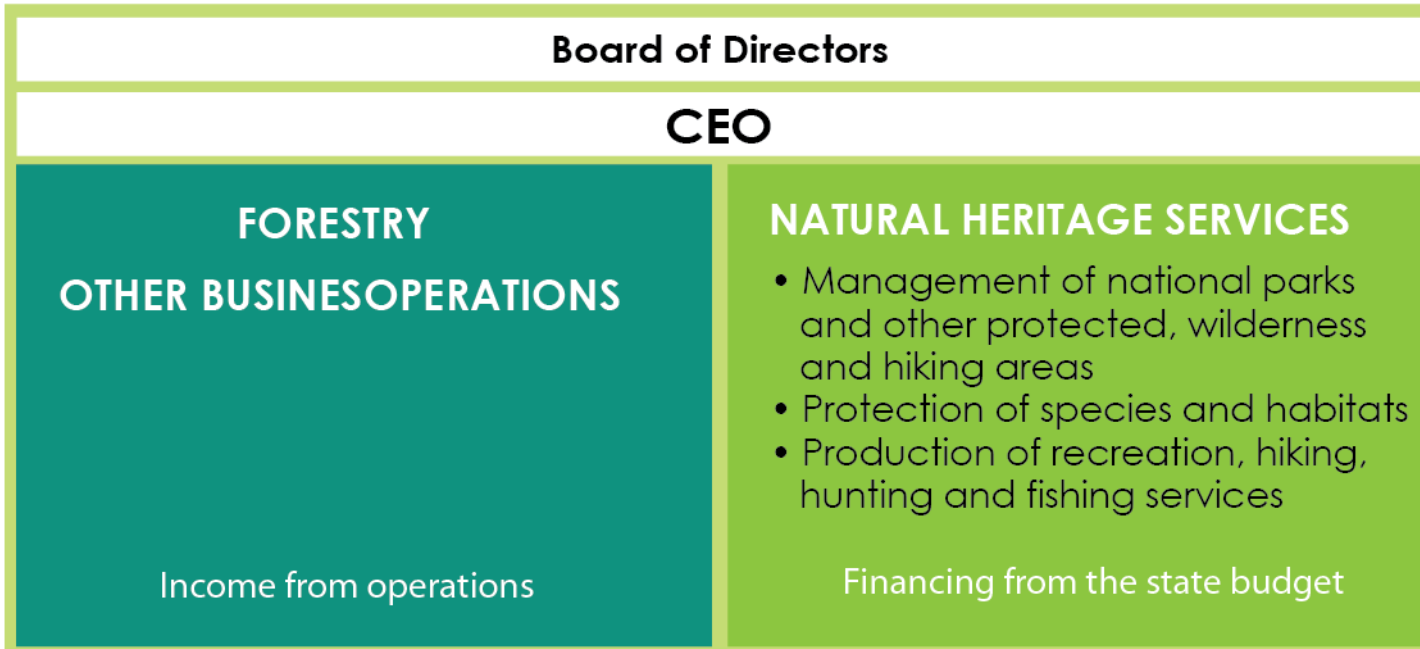
METSÄHALLITUS

Senior Advisor Tapio Lepikkö

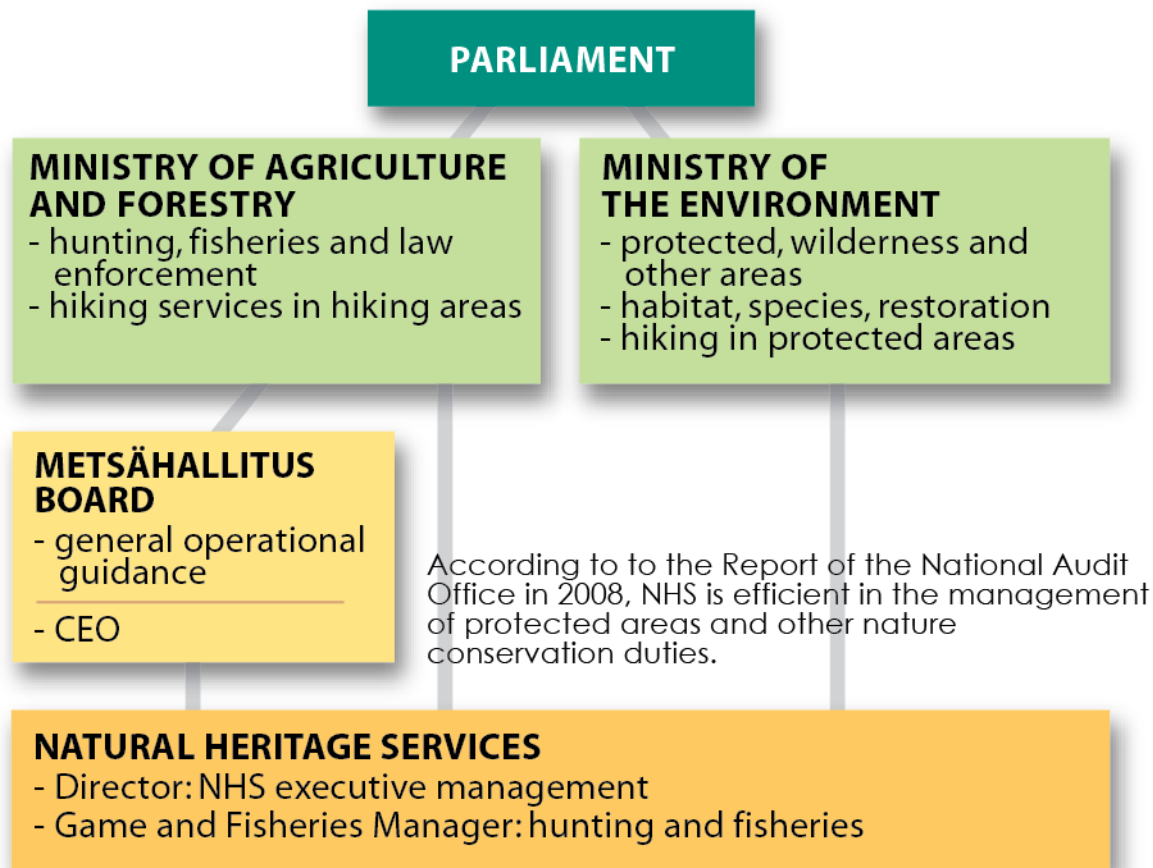
2nd Nature & Sports EURO' MEET
3. October 2013
Liptovský Mikulas, Slovakia



Organisation of Metsähallitus



Supervision of Natural Heritage Services

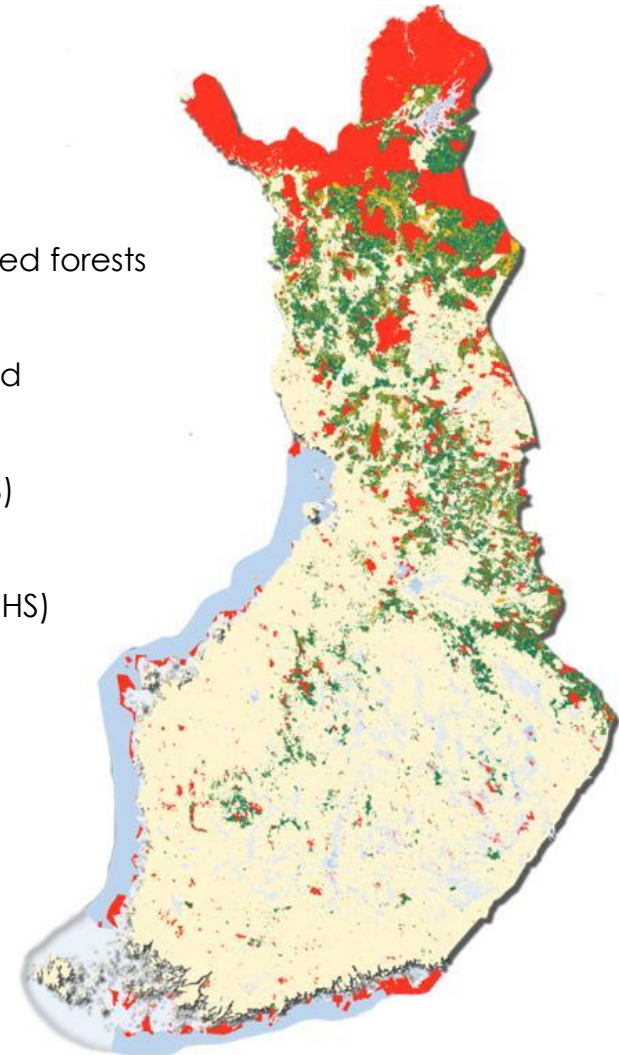
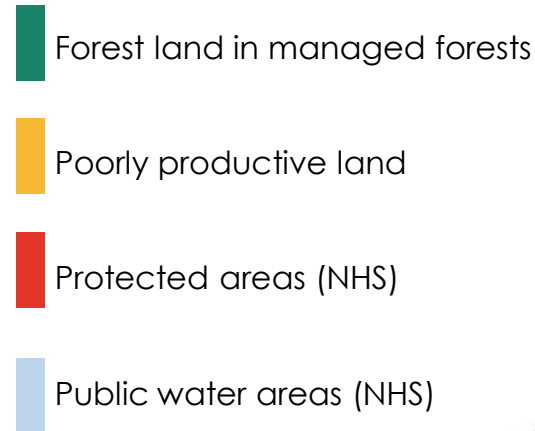


NHS manages all the state-owned PAs

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

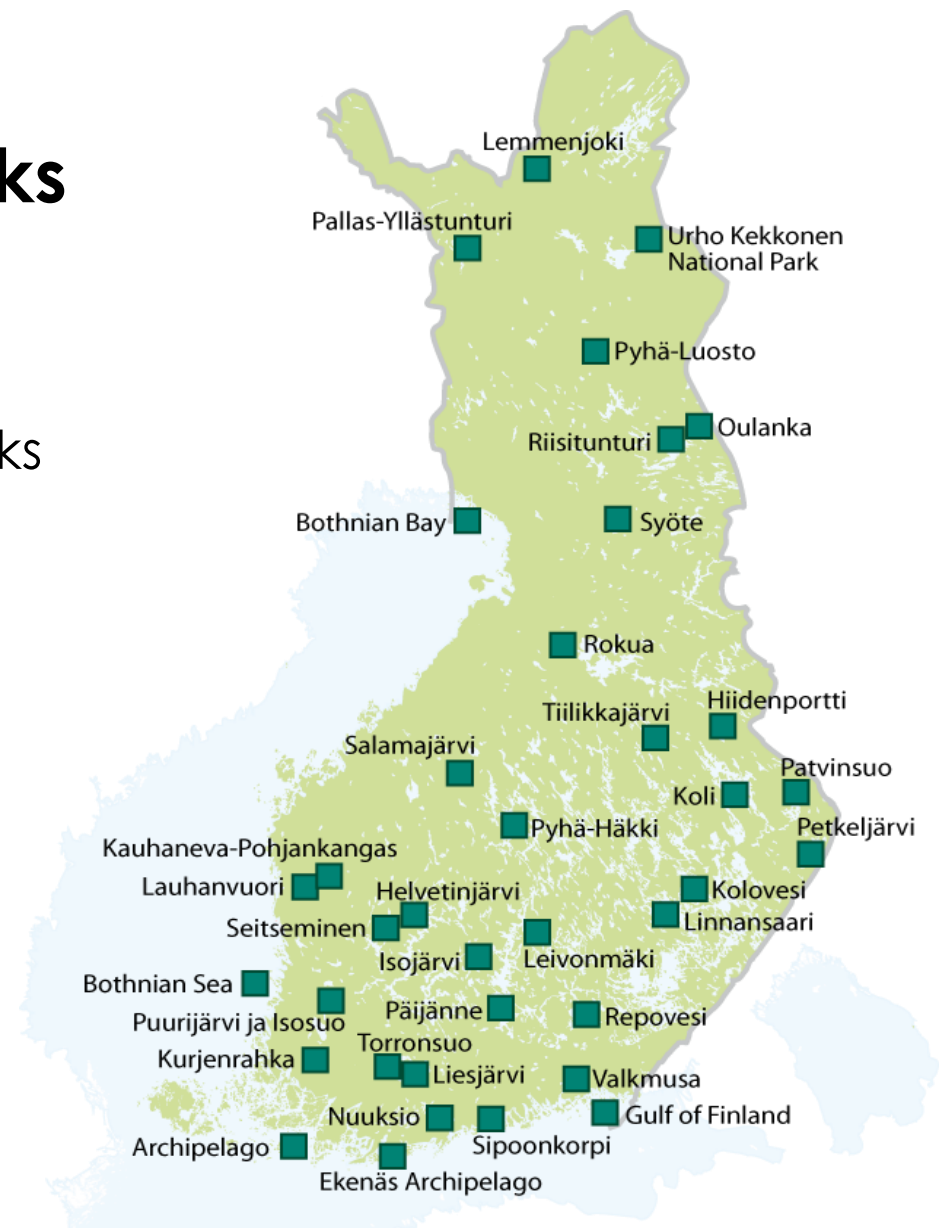
Altogether over 7 million hectares,
18% of Finland's surface area

- 5,1 million visits in 2012



Finland's National Parks

- a total of 37 national parks
- 9 790 km²
- 2,1 million visits in 2012



Trails and facilities for outdoor recreation





METSÄHALLITUS
LUONTOTALO

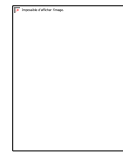
84

Visitor centers, guidance
Outdoors.fi, Excursionmap.fi

Metsähallitus Natural Heritage Services Finland: Healthy Parks Healthy People Finland

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

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



OpenAir

Oulu Parks, enjoying nature –
Activation, interaction, recreation



A photograph of a forest with a dirt path. The forest is composed of tall, thin trees, likely pines or spruces, with a ground covered in low-lying vegetation and fallen branches. A dirt path winds through the trees. The text "Forming a regional network of green spaces" is overlaid in white at the top of the image.

Forming a regional network of green spaces

Enhancing accessibility of green spaces

Oulu Parks

from urban green spaces to
wilderness areas and national
parks.



Modelling the use of natural environments in health promotion





**Developing of research-based knowledge
and expertise**

A photograph of a dense pine forest. The trees are tall and thin, with green needles. The ground is covered in brown pine needles and some green moss. In the background, a blue lake is visible under a clear blue sky. The lighting suggests it's daytime, with shadows cast on the ground.

The effects of the nature itself on health > Direct

Green spaces motivate people to be more physically active > Indirect

An aerial photograph of a coastal landscape. In the foreground, there is a large, irregularly shaped island covered in dense green forest. A small, dark blue lake is situated within this island. To the right, the island's edge meets a rocky shoreline and a body of deep blue water. In the background, several smaller islands are scattered across the sea under a clear sky. The overall scene is serene and natural.

A beneficial effect on mood (Korpela & Ylén 2007, Schultz & Tabanico 2007), and mental exhaustion, and experience of stress (Korpela & Ylén 2007)

Can alleviate mental tension, depression, anger and fatigue (Park *et al.* 2010)

More helpful than an urban environment in recuperating from fatigue (Staats *et al.* 2003)

Stimuli are predicable and not contradictory or ambiguous (Shin *et al.* 2010)

An aerial photograph of a vast, dense forest. The trees are a mix of green and brown, suggesting a mix of deciduous and coniferous species. In the background, rolling hills and valleys are visible, with a small body of water in the distance. The sky is a pale, hazy blue.

Accessibility is associated with an increase in physical activity (Giles-Corti & Donovan 2002, Giles-Corti *et al.* 2005, Ellaway *et al.* 2005, Sugiyama *et al.* 2008, Björk *et al.* 2008, Sugiyama *et al.* 2010, Mahmood *et al.* 2012)

A positive correlation between an accessible natural environment and life satisfaction (Vemuri *et al.* 2011).

A remarkably strong motivational effect regarding physical activity (Owen *et al.* 2004)



Develop a monitoring method of nature's health and well-being effects



Thank you for your attention!

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