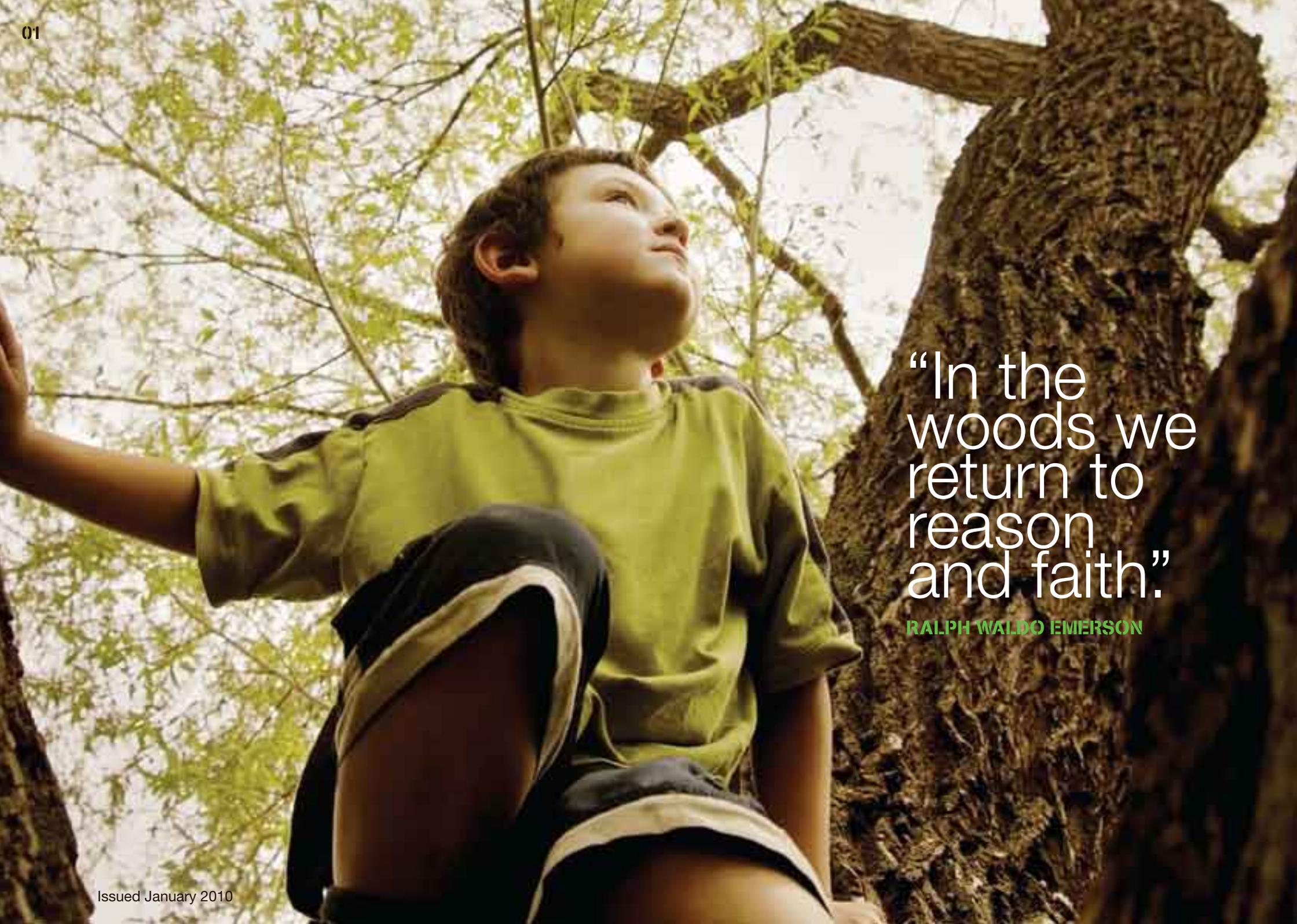


A young girl with blonde hair is lying on her back in a field of tall, green grass. She is looking up at the sky with her eyes closed and a peaceful expression. Her hands are raised above her head, holding a thin, dry stick. The background is a bright, sunny sky with some blurred greenery. The overall mood is serene and natural.

Protecting the Earth's
two most important assets.

*Introducing **Healthy Parks**
Healthy People*



“In the woods we return to reason and faith.”

RALPH WALDO EMERSON

INTRODUCTION

Parks Victoria have pioneered the approach that is *Healthy Parks Healthy People* and we are excited that so many organisations, inside and outside the parks sector, are realising the potential of this innovative approach to park management and community well being.

Parks Victoria chose and developed *Healthy Parks Healthy People* as it encompasses all that we are committed to as the parks agency for the people of Victoria. That is, that individual and community health are reliant on a healthy parks system - and that a healthy parks system is integrally linked to the value placed on it by the community.

We ask you to consider the case studies and the evidence contained in this prospectus. *Healthy Parks Healthy People* is much more than just a valuable parks strategy – it is recognising what we already intuitively understand, that people are not separate from nature, but a part of it. The most powerful drug to come from nature; is nature itself.

We invite you to join the conversation in the development of the *Healthy Parks Healthy People* philosophy. With improved knowledge and deeper understanding from all sectors, the true value of a *Healthy Parks Healthy People* approach can be realised. *Healthy Parks Healthy People* is an approach that will protect the world's two most important assets - nature and humanity.

MARK STONE
CHIEF EXECUTIVE, PARKS VICTORIA

THE HON. JEFF KENNETT AC,
Chairman, *beyondblue: Australia's national depression initiative*

“Parks and open spaces are no longer simply about recreation. They are about enhancing the mental health and wellbeing of the community. Parks play a vital role in providing space for exercise and physical activity, which is important for the management and prevention of depression and anxiety. They are also a hub of community activity - facilitating social connectedness and inclusion.”

SIR GUSTAV NOSSAL AC
Emeritus Professor:
Melbourne University

“The worlds of sustainability and health have developed almost independently of one another, despite the best intentions of each to address issues of common concern. It is time to reunite them in the interests of our quality of life. In a symbiotic way the value and management of parks will need to address broader community wellbeing, just as public health and social cohesion need to better consider the value of contact with nature in their activities.”



“Delight in the beauty that surrounds you.”

DOROTHY PARKER

WHY THE HEALTHY PARKS HEALTHY PEOPLE PHILOSOPHY?

Put simply, our modern world is facing a challenging future. The human and natural environment is beset by dire circumstance and often worse predictions.

- If the world continues to burn fossil fuels at the current rate, temperatures are projected to rise up to 5.8 degrees Celsius by 2100.
- The prevalence of overweight and obesity among children and adults has reached epidemic proportions in developed nations.
- Deforestation and forest degradation contribute up to 25% of human-induced greenhouse gas emissions.
- Depression is the leading cause of healthy years lost due to disability, the burden being 50% higher for females than males.
- Global biodiversity is declining rapidly with human activity increasing the extinction rate by at least 100 times compared to the natural rate.
- As life expectancies increase, populations are increasingly facing modern health risks due to physical inactivity

Health data from World Health Organisation, climate data from IPCC Special Report on Emissions Scenarios, deforestation data from Food and Agriculture Organization of the United Nations, biodiversity data from National Academy of Science (US).



These are immensely complex issues, with far reaching impact. As a result, we are currently experiencing global expenditure on health by government and individuals. There has also been a major attitude change to the natural environment and human impact on it. But it's not enough.

The problems we face are growing, not declining. The way we live is making people sick and it is making our planet sick. It is simply not sustainable. It is time for a new approach: A new philosophy to tackle the challenges facing our natural and human environment - today and into the future.

WHAT IS HEALTHY PARKS HEALTHY PEOPLE?

The *Healthy Parks Healthy People* philosophy acknowledges the integral link between nature and human health. It is a philosophy that drives an impetus for divergent sectors to come together to tackle the issues facing our planet and our population.

Almost ironically, this is not new thinking, but a rediscovering of what our ancestors understood: that people and their environment are intrinsically linked. Indigenous populations from around the globe know that nature is something that we both live within and are a part of. Cities were purposefully designed with large parks and open spaces as designers intuitively understood the

need for contact with nature. Yet this knowledge is not yet fully integrated into our modern concept of health and well being. And we're paying the price.

The *Healthy Parks Healthy People* approach envisages many sectors – health, environment, parks, development, education – working together to provide a better outcome for all. This document outlines just some of the extensive evidence for the nature/health link. It continues with some of the early adopters of the philosophy and how it can be applied outside the more obvious environment or health sectors. It goes on to provide case studies, activities of key players in the movement and specific initiatives that aim to further understanding globally.

WHAT YOU KNOW

Stress related anxiety disorders are the fastest growing mental health issue

In 2007, for the first time, urban population exceeded rural population globally.

Medical research and advances are at their most progressed in human history.

Billions of dollars annually are spent on weight loss and related services, like gyms.

Working hours (and work complexity) are increasing in developed nations.

Preventative health is an important initiative, both at a personal level and broader scale.

People enjoy visiting landmark national parks whilst on vacation.

WHAT YOU MAY NOT KNOW

Exposure to natural environments, such as parks, enhances the ability to cope with and recover from stress, cope with subsequent stress, and recover from illness and injury.

People have a more positive outlook on life and higher life satisfaction when in proximity to nature (particularly in urban areas).

Established methods of nature-based therapy, like wilderness or animal-assisted therapy, have success healing patients who have not previously responded to treatment.

Joggers who exercise in a natural green setting with trees, foliage, and landscape views, feel more restored, and less anxious, angry, and depressed than people who burn the same amount of calories in gyms or other built settings.

Observing nature can restore concentration and improve productivity.

There are around 670,000 preventable hospital admissions every year in Australia alone. The Oxford Health Alliance estimates 36 million premature deaths can be averted by action addressing chronic non-communicable diseases like heart disease, stroke and diabetes.

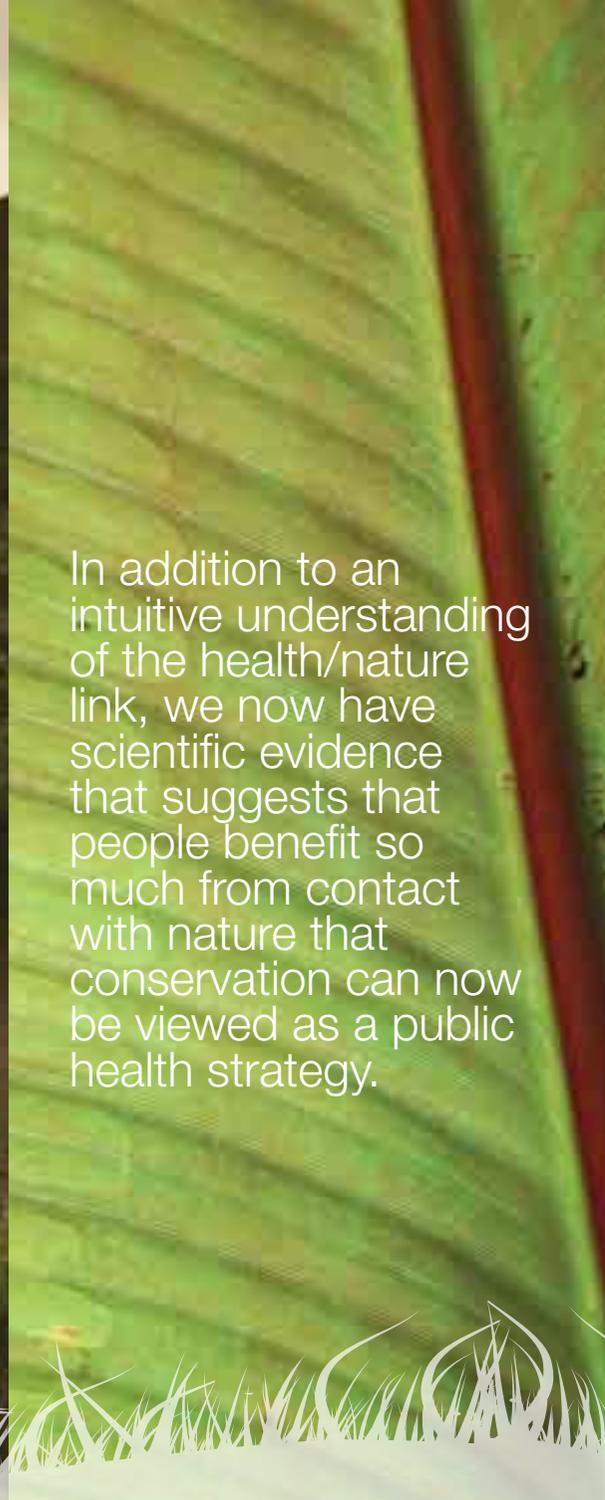
Tourism in Protected Areas provides significant economic benefits to both regional areas and economies as a whole. For example, if the Cape Tribulation section of Daintree National Park in Australia did not exist, it is estimated that over A\$100 million per annum in visitor expenditure would be lost from region.

Sourced from:

Healthy Parks, Healthy People. The health benefits of contact with nature in a park context. A review of relevant literature. 2008.

A photograph of three people walking on a dirt trail on a coastal hillside. The sun is low in the sky, creating a warm, golden glow. The man on the left is wearing a dark long-sleeved shirt and light-colored pants. The woman in the middle is wearing a light-colored long-sleeved top and dark pants. The woman on the right is wearing a grey long-sleeved top and dark pants. The background shows a coastline with waves and a hillside.

Healthy Parks Healthy People Evidence

A close-up photograph of a green leaf with prominent veins, showing a natural texture and color. The leaf is slightly out of focus, with a soft background.

In addition to an intuitive understanding of the health/nature link, we now have scientific evidence that suggests that people benefit so much from contact with nature that conservation can now be viewed as a public health strategy.

SO WHAT DOES THE EVIDENCE SHOW?

The Oxford Health Alliance reports that four preventable chronic diseases – heart disease/stroke, diabetes, lung disease and cancer – account for 50% of the world's deaths, with underlying causes being tobacco use, physical inactivity and poor diet. They have recommended bringing together stakeholders from all parts of society to focus on creating: Healthy Places, Healthy Food, Healthy Business, Healthy Public Policy and Healthy Societies.

Scientific evidence comes from fields as diverse as ecology, biology, medicine, environmental psychology, landscape design, health promotion and psychiatry to show that access to nature plays a vital role in human health, wellbeing and development. Research indicates that humans may be dependent on nature for psychological, emotional and spiritual needs that are difficult to satisfy by other means.

Nature contact yields surprisingly broad benefits. This contact may occur on a very small scale. Plants in the workplace or trees outside an apartment building or it may occur on a larger scale, a nearby park, a riparian , corridor in a city, or a wilderness area.

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.

Evidence in literature shows that viewing nature is positive for health, in terms of recovering from stress, and improving concentration and productivity. Other 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.

Parks and other natural environments are a fundamental health resource, particularly in terms of disease prevention. The initial evidence documenting the positive effects of nature on blood pressure, cholesterol, outlook on life and stress-reduction is sufficient to warrant incorporation into health strategies for priority areas of 'mental health' and 'cardiovascular disease'.

For these reasons, in the same way that protecting water and protecting air are strategies for promoting public health, protecting natural landscapes can be seen as a powerful form of preventive medicine.

Of course, there is still much we need to learn, such as what kinds of nature contact are most beneficial to health, how much contact is needed and how to measure that, and what groups of people benefit most? But we know enough to act. Now is the time to embrace the *Healthy Parks Healthy People* philosophy.



Where *Healthy Parks Healthy People* began



IN 1999 PARKS VICTORIA, IN AUSTRALIA, DEVELOPED A POSITIONING STRATEGY ENCAPSULATED IN THE SLOGAN *HEALTHY PARKS HEALTHY PEOPLE*.

The rationale at the time was to encourage more Victorians to visit their parks by communicating a range of benefits - improved physical health, mental health and societal harmony. It was also to establish, in the minds of Victorians, that this potential to improve their health was inextricably linked to a healthy parks system.

The desired outcome of the positioning was that community understanding and acceptance of this proposition would mean that that people would value their parks more highly, support improving parks and play a positive role in their conservation, preservation and improvement.

Strategic alliances were established with the health sector and a marketing campaign was launched to promote this concept to all Victorians. At the same time Parks Victoria entered into an agreement with Deakin University to research the health benefits that derive from contact with nature.

Parks Victoria has since been armed with much research backing the strong linkage between contact with nature and health.

Forums and conferences across, and increasingly outside, the parks industry worldwide are now seeking to feature *Healthy Parks Healthy People* on their agendas. In 2010 Parks Victoria will host an International *Healthy Parks Healthy People* Congress to showcase research and learning from across the globe, further exploring the potential of the *Healthy Parks Healthy People* philosophy.

EARLY ADOPTERS IN AUSTRALIA

Several other state based parks services across Australia have also adopted the *Healthy Parks Healthy People* philosophy.

National Parks & Wildlife (SA)

Department of Environment & Conservation (WA)

Centennial Parks & Sydney Parks Group (NSW)





CASE STUDY

HEART FOUNDATION WALKING

Heart Foundation Walking – Park Walks aims to encourage people to enjoy themselves in their local natural environments including national parks, conservation parks, recreation parks and botanic gardens. The program invites community members to participate in free monthly walks led by Heart Foundation Walking volunteer Walk Organisers or Friends of the Parks volunteers. It is a Heart Foundation initiative supported by the Department for Environment and Heritage, *Healthy Parks Healthy People* program. *Healthy Parks Healthy People* is an initiative of the Department for Environment and Heritage of South Australia aimed at improving the quality of life of South Australians by encouraging people to enjoy themselves in the natural environment and promote the physical, social, mental and spiritual health benefits of visiting national parks.

Early adopters around the world

A HOST OF PARKS SERVICES AROUND THE WORLD HAVE DEVELOPED AN APPROACH ENCOMPASSING THE *HEALTHY PARKS HEALTHY PEOPLE* PHILOSOPHY.

Recognising the importance of the philosophy, at the World Conservation Congress in Barcelona in 2008 the International Union of Conservation of Nature (IUCN) chose *Healthy Environment Healthy People* as one of the key themes of the event, which attracted 7,000 delegates. As an outcome, the IUCN's World Commission on Protected areas has established a *Healthy Parks Healthy People* taskforce.

EARLY ADOPTERS

Anchorage Parks Foundation	(USA)	Healthy Parks & Healthy People
Natural England	(UK)	Walking the Way to Health
Seattle Parks and Recreation	(USA)	Healthy Parks, Healthy You
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
Shamak State Park Indiana	(USA)	Healthy Parks, Healthy People Weekend
Trust for Public Land	(USA)	Healthy Parks, Healthy Communities Policy Brief
Los Angeles County Parks & Recreation	(USA)	Healthy Parks Program
Alberta Parks & Recreation	(CANADA)	Healthy Parks, Healthy People, Healthy Communities

CASE STUDY

LA COUNTY HEALTHY PARKS PROGRAM

In response to the alarming number of overweight and unfit children, teen and adults in Los Angeles County, the Department of Parks and Recreation implemented the "Healthy Parks" Program. Initiated in 2003, the mission is to create healthy communities through people, parks and programs by offering family-oriented and culturally informed, health, nutrition, exercise programs, and educational opportunities that work together to improve the quality of life for all Los Angeles County residents.





Beyond the parks sector

Whilst the *Healthy Parks Healthy People* philosophy originated in the parks sector, there is far reaching applicability outside this industry. Following are just a few examples, from Australia and around the world, where a *Healthy Parks Healthy People* approach has already been taken to produce an improved outcome for all.



URBAN PLANNING

In Action:

Healthy Spaces and Places is an Australian national guide for planning, designing and creating sustainable communities that encourage healthy living. It is a unique collaboration between the Australian Local Government Association, National Heart Foundation of Australia and the Planning Institute of Australia. Healthy Spaces and Places aims to; encourage the development of built environments that provide opportunities for physical activity and other health-related activities, continue to improve health outcomes for all Australians through better-designed built environments, raise awareness of the relationship between physical activity and the built environment, and contribute to a national policy setting.



HOSPITAL In Action:

The Melbourne Royal Children's Hospital (RCH) Project re-development is due for completion 2011. Based on research that park environments provide a powerful force to help lift kids' (and their families') morale, and assist the healing process, the new RCH will be surrounded by parkland. The building's external facade has been designed with the park environment in mind, reflecting colours from the trees and nature that will surround it. Unlike the existing hospital, there will be no boundary fencing, so the new RCH will blend seamlessly with the park. Eighty percent of all patient rooms in the new RCH will have views of the park.

SKILLS DEVELOPMENT In Action:

Outward Bound offers exhilarating personal development courses that take people into new territories, giving them the opportunity to test themselves, inspire each other and come back with a new outlook on life and the world. Outward Bound is firmly established at the forefront of personal development and experiential outdoor education. Since 1956, more than 250,000 people have participated in one of their programs.

CLIMATE CHANGE In Action:

Where much of the research on climate change has explained the impact on the natural environment, The Lancet medical journal and the University College London (UCL) Institute for Global Health recently released the final report of their year-long commission. The report notes that "Climate change will have devastating consequences for human health"; from changing patterns of infections and insect-borne diseases, and increased deaths due to heat waves; reduced water and food security, leading to malnutrition and diarrhoeal disease; an increase in the frequency and magnitude of extreme climate events (hurricanes, cyclones, storm surges) causing flooding and direct injury; increasing vulnerability for those living in urban slums and where shelter and human settlements are poor and large scale population migration and the likelihood of civil unrest.

TRANSPORT In Action:

Bogotá's CicloRuta is one of the most extensive bicycle path networks in the world. It covers over 211 miles (340 km) and connects citizens to major BRT routes, parks, and community centres. The system is considered best practice, not only because it has reduced car dependence and associated emissions, but it has also fundamentally changed behaviour in the city. Since beginning of construction in 2000, 4% of the population use their bikes as transit in 2007, an increase from 0.2% in 2000. The system is both unique and successful because its design took into consideration the topography of the city – the manmade and natural features, such as essential facilities, hills, waterways, and parklands – to create the best possible flow and function.

FITNESS

In Action:

The UK Walking the Way to Health Initiative aims to encourage people, particularly those who take little exercise, to do regular short walks in their communities. The initiative is now the largest outdoor walking programme in the European Union, with over 32,000 participants in 2,000 health walks every week throughout the 525 health walking groups. Natural England have also trained over 37,000 volunteers to support that deliver



EDUCATION

In Action:

The Stephanie Alexander Kitchen Garden Program is pleasurable food education for young children, implemented in dozens of schools around Australia. A Kitchen Garden is created to provide edible, aromatic and beautiful resources for a kitchen. The creation and care of a Kitchen Garden teaches children about the natural world, about its beauty and how to care for it, how best to use the resources we have, and an appreciation for how easy it is to bring joy and wellbeing into one's life through growing, harvesting, preparing and sharing fresh, seasonal produce.



MENTAL HEALTH

In Action:

Mind is the leading mental health charity for England and Wales. **Mind** commissioned two studies from the University of Essex to research eco-therapy. In 2005, 27.7 million antidepressant prescriptions were written in England, at a cost of £338 million to the public health service. Ecotherapy, a treatment that is free of unpleasant side-effects, offers a cost-effective and natural addition to existing treatments. The studies confirmed that participating in green exercise activities provides substantial benefits for health and wellbeing. **Mind** has called for a new green agenda for mental health, following growing evidence in support of an accessible, cost-effective and natural addition to existing treatment options – ecotherapy.

TOURISM

In Action:

Tahune Airwalk, Tasmania, Australia is a canopy walkway constructed, owned and operated by Forestry Tasmania in the Tahune Forest Reserve. It is an example of specialist infrastructure in an area most visitors cannot access themselves. Construction of the canopy walkway and associated visitor centre cost around \$2.5 million and upgrading the access road cost a further \$2 million. As a result of the success of this project, Forestry Tasmania is currently developing a series of recreational visitor infrastructure projects throughout the State, each with a different theme.

COMMUNITY DEVELOPMENT

In Action:

“We not only grow vegetables, we grow hope” is the motto of the Allard Street Community Gardens, Ontario, Canada as they aim to build community as well as gardens. The garden seeks to sow the seeds of social justice, community, economic development and ecological sustainability through the support of environmental and horticultural education programs that promote waste reduction, recycling, water conservation, the use of local native species and organic gardening practices. The Horticultural Society has also partnered with the Canadian Mental Health Association and the Sault Area Hospitals to provide horticultural therapy opportunities to those battling depression and other forms of mental illness. Battered women’s shelters and programs have used the community garden to help heal emotional scars and raise the self-esteem of abused women.



URBAN PLANNING In Action:

Singapore as “The Garden City” was the brainchild of the former Prime Minister, Lee Kuan Yew. The verdant city of Singapore today is the result of a deliberate 30-year plan. There two main reasons behind the former PM’s passion for gardens were: (1) To woo investors: trees and gardens were a subtle way of convincing potential investors in the early crucial years that Singapore was an efficient and effective place. (2) To soften the harshness of life: a concrete jungle was felt to destroy the human spirit, and greenery of nature important in lifting spirits. The 1968 ‘Garden City’ approach was the vision of integrating environment with development. The epithets “green and clean” to describe the ‘garden’ were elements in the “Garden Approach” to sustainable development. Subsequently, strategies were developed under the Singapore Green Plan (1992) and the city has been purposefully transformed.



“Study nature,
love nature, stay
close to nature.
It will never fail you.”

FRANK LLOYD WRIGHT





THE PATH FORWARD FOR HEALTHY PARKS HEALTHY PEOPLE

With such overwhelming evidence of the potential benefits of embracing the *Healthy Parks Healthy People* philosophy, the International Union for the Conservation of Nature (IUCN) have convened an international taskforce on *Healthy Parks Healthy People*. This taskforce will set the path forward for global development of the *Healthy Parks Healthy People* philosophy in the parks sector.

TASK FORCE:
PARKS VICTORIA
CANADIAN PARKS
COUNCIL
ONTARIO PARKS
NATURAL ENGLAND
KENYA WILDLIFE
SERVICE
MEXICO PARKS
AGENCY (CONANP),
MI'ESAHALITUS
SANPARKS

HOW CAN YOU GET INVOLVED?

We strongly encourage you to take a step towards better understanding of the *Healthy Parks Healthy People* by attending the International *Healthy Parks Healthy People* Congress in Melbourne Australia from 11-16 April, 2010. You'll find an overview of the Congress on the following pages.

LIKE MORE INFORMATION?

Contact the secretariat of the
 Healthy Parks Healthy People International Taskforce.
 John Senior
jsenior@parks.vic.gov.au
 +61 3 8627 4657





INTERNATIONAL CONGRESS 2010

*Healthy Parks
Healthy People*

MELBOURNE
APRIL 11-16
2010





THE INTERNATIONAL HEALTHY PARKS HEALTHY PEOPLE CONGRESS 2010 WILL EXPLORE HOW NATURE SIGNIFICANTLY CONTRIBUTES TO OUR WELL-BEING AND BROADER SOCIETAL BENEFITS.

Staged over five days, the exciting and comprehensive program will feature over 200 presentations and workshops. Keynotes and experts will come from Australia and over twenty-five countries to present. The Congress will also feature an exhibition, a day of experiential tours around 'Melbourne and surrounds' parks and gardens, plus a varied social event schedule to facilitate extensive networking opportunities. The Congress will be staged at the six green star rated Convention & Exhibition Centre in Melbourne, Australia.

Through sharing latest research and showcasing innovative collaborative initiatives the objectives of the Congress are to:

Identify collaborative opportunities for strategic initiatives and projects

Establish an information exchange network

Develop a local and international agenda that reunites nature with social health

THE CONGRESS IS SEGMENTED INTO FOUR THEMES.

1 Healthy Communities

- a) Social connections
- b) Cultural connections
- c) Building neighbourhoods – partnerships, policy and planning aspects encompassing parks and green spaces.
- d) Economy, development and tourism.

2 Healthy Parks

- a) Caring for country – managing the environment.
- b) Sustainability.
- c) Effective Management of Parks.
- d) Designing and creating healthy parks for people.

3 Healthy Participation

- a) Encouraging participation by people of diverse backgrounds, different demographics – age, gender, interests and abilities.
- b) Facilities, Programs and Services.
- c) Recreation and tourism opportunities and experiences.
- d) Education and lifelong learning -Nature's cultural and environmental classroom.

4 Healthy People

- a) Mental Health – Health Promotion, early intervention and treatment.
- b) Physical Health – Health Promotion, early intervention and management.
- c) Wellness - quality of life, sense of holistic well-being and self-esteem.

www.healthyparkshealthypeoplecongress.org



A SELECTION OF CONFIRMED KEYNOTE SPEAKERS INCLUDES:



**RICHARD LOUV
(USA)**

Futurist and journalist focused on family, nature and community. His book, "Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder", has stimulated international conversation about the relationship between children and nature.



**DR AARON BERNSTEIN
MD (USA)**

Lead author and co-editor of "Sustaining Life: How Human Health Depends on Biodiversity", named one of the best biology books of 2008. On the faculty of Harvard Medical School and Children's Hospital Boston where he works as a paediatric hospitalist.



**DR WILLIAM BIRD
(UK)**

Strategic Health Advisor for Natural England, developing the Natural Health Service that will use the natural environment as a major health resource in England. He chairs the Outdoor Health Forum that unites all major UK environment organisations to influence health professionals.



**JONATHAN B. JARVIS
(USA)**

Eighteenth Director of the United States National Park Service. The National Parks service are an agency of more than 20,000 employees and 140,000 volunteers in 391 national park units and related cultural and natural heritage programs.



**DR. GLADYS KALEMA-
ZIKUSOKA (UGANDA)**

Founder and CEO of Conservation Through Public Health, an international grassroots NGO, improving primary health services for people and animals around protected areas throughout Uganda.



**DR TIM FLANNERY
(AUSTRALIA)**

Dr Flannery has received international acclaim from both peers and professionals. Tim Flannery is author of "The Weather Makers: How Man Is Changing the Climate and What It Means for Life on Earth"



**DR KATHLEEN FRITH
(AUSTRALIA)**

Assistant Director, Center for Health and Environment, Harvard Medical School, United States. Kathleen directs the Center's Healthy Ocean, Healthy Humans program.



**GUILLERMO PENALOSA
(CANADA)**

Multicultural executive and social marketing strategist, Executive Director of Walk and Bike for Life Canada, senior Consultant for the renowned Danish Firm Gehl Architects and Senior Associate with NYC's Project for Public Spaces.



**DR HOWARD FRUMKIN
(AUSTRALIA)**

Director of the National Center for Environmental Health and Agency for Toxic Substances and Disease Registry (NCEH/ATSDR) at the U.S. Centers for Disease Control and Prevention.

CONGRESS PARTNERS



A person with blonde hair in a ponytail, wearing a red and blue jacket and a blue backpack, stands on a large, mossy rock. Their arms are outstretched to the sides, facing a massive, cascading waterfall. The water is white and frothy as it falls. The background is a dense forest of green trees. The overall scene is one of nature and outdoor recreation.

*Healthy Parks
Healthy People*

“The richness I achieve
comes from nature,
the source of my inspiration.”

CLAUDE MONET