



Mainstreaming biodiversity and health linkages in the European Union

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EU programmes on Environment and Health

- *7th Environmental Action Programme*
 - **to safeguard the Union's citizens from environment-related pressures and risks to health and wellbeing**
- *Research*
 - **The European Exposome Cluster**
- *EEAS*
 - **One Health (OH)**
- *Agriculture ?*
- *Transport ?*
- *Competition ?*
- ...

EU Policy Framework(s)

- **EU Action Plan for nature, people and the economy**
- 7th EPA
- EU 2020 Biodiversity Strategy and the Roadmap to Resource Efficiency
- EU Adaptation Strategy
- Green Infrastructure (GI) Enhancing Europe's Natural Capital
- H2020 Focus Area on Nature-based solutions (NbS)

policy signals to decisionmakers, planners, promoters to invest in GI and adaptation projects at local, regional, national and cross-boundary level ...

Implementation can have significant health benefits
Some are being reviewed at the moment

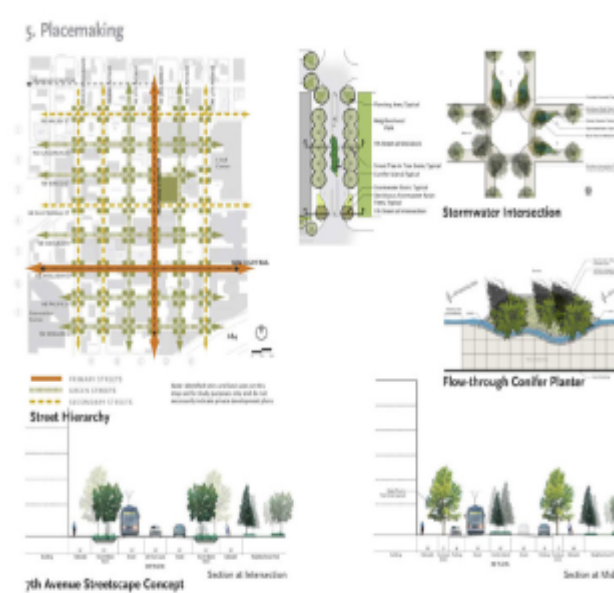


Moved by Nature, Kuopio

Health and nature professionals worked together to allow vulnerable groups to benefit from access to physical activity in nature areas.



Volunteering for Natura 2000 will bring young people close to nature



Sustainable urban planning and design



**18000 sites covering 27% of the EU territory.
50% of the EU city population lives within 5 km from a Natura 2000 site.**

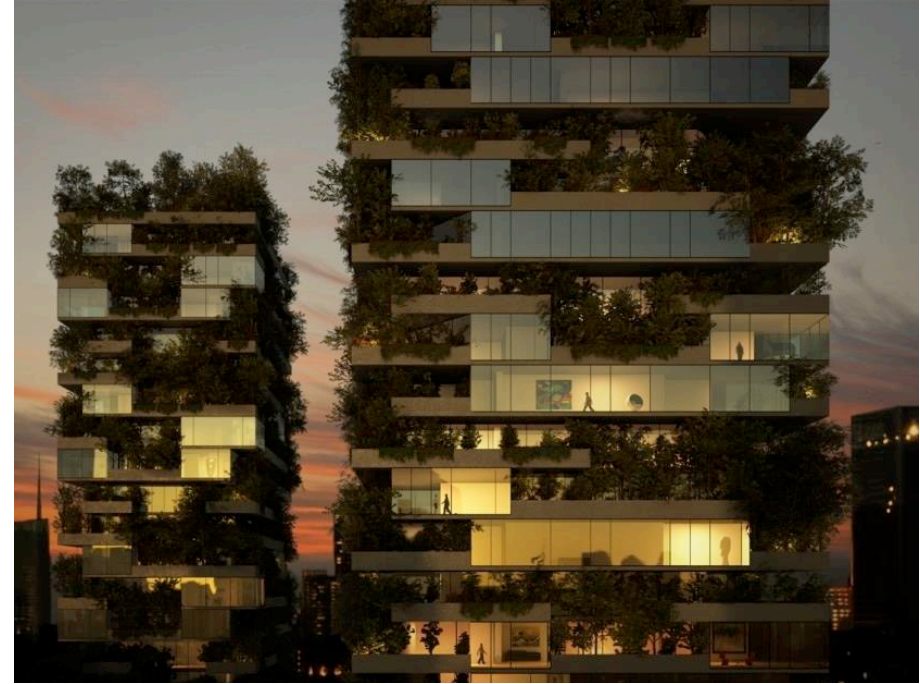


Medvednica Nature Park Natura 2000 site in Zagreb



Zadorra river – a Natura 2000 site in Vitoria-Gasteiz

Bosco Verticale - Vertical forest in Milan, Italy











**Green corridors for
urban well-being:
City of Barcelona, Spain**

Nature's role for Health

if nature were a pill, it would be reimbursed by health care insurance

HEALTH BENEFITS


NATURE IS THE BEST NURTURE
MANY STUDIES SHOW SIGNIFICANT HEALTH GAINS FOR THOSE IN CONTACT WITH NATURE

 REDUCED ANXIETY & DEPRESSION	 DECREASED STRESS	 INCREASED ENERGY	 INCREASED IMMUNITY
 50% LOWER RISK OF DIABETES	 INCREASED VITAMIN D PRODUCTION	 INCREASED WEIGHT LOSS & FITNESS	 REDUCED SYMPTOMS OF A.D.D.

★ 50% LOWER RISK OF HEART ATTACK ★ 30% LOWER RISK OF COLON CANCER ★

SUGGESTED DOSAGE

CONTACT WITH NATURE IS AN AFFORDABLE, ACCESSIBLE AND EQUITABLE FORM OF PREVENTATIVE AND RESTORATIVE MEDICINE.



2 MINUTES
STRESS IS RELIEVED WITHIN MINUTES OF EXPOSURE TO NATURE (AS MEASURED BY MUSCLE TENSION, BLOOD PRESSURE AND BRAIN ACTIVITY)

2 HOURS
MEMORY PERFORMANCE AND ATTENTION SPAN IMPROVES 20% AFTER SPENDING AN HOUR INTERACTING WITH NATURE

2 DAYS
LEVELS OF CANCER FIGHTING WHITE BLOOD CELLS INCREASE 50% AFTER SPENDING TWO OR MORE CONSECUTIVE DAYS IN NATURE

Graphic by Samantha Menzies