

# Nature-based Solutions for Health and Wellbeing in Urban Areas



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# Non-communicable diseases account for 63% of global mortality in 2013



Non-communicable disease	Contributing factor	Nature-based prevention or treatment
Cardiovascular	Lifestyle, nutrition,	Exercise, food quality
Respiratory	Lifestyle, pollution, smoking	Exercise, food quality, air quality
Cancers	Lifestyle, diet, pollution and smoking	Exercise, air quality, water quality
Diabetes	Diet and malnutrition	Exercise and food quality
Musculo-skeletal	Lifestyle	Exercise and food quality
Obesity	Diet, lifestyle	Exercise and food quality
Mental and behavioural	Lifestyle	Outdoor recreation, food quality
Genetic/degenerative	Fetal environment?	Palliative outdoor recreation

Mental disorders alone account for about 20% of the burden of disease in Europe





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# Health and well-being, connecting with nature



- Reduced contact of people with nature may increase allergies
- Green spaces play a significant role in human health by reducing stress
- Children who live in neighbourhoods with more street trees may have a lower incidence of asthma
- Hospital patients with a view of nature have shorter hospital stays, more healing power and recuperative benefits



# Nature Based Solutions for Health



- Gardens to improve quality of life for dementia patients. Contribution to well-being and reduced need for medication
- Columbia University study on correlation between number of neighborhood street trees and incidence of asthma in New York Adding 343 trees per square kilometer decreases the asthma rate by as much as 24-29 % among children aged 4-5.



# Greening Brownfield Sites - Gleisdreieck , Berlin



- Former railway site became a wasteland at the end of WWII
- Started to develop rich, diverse vegetation
- Formation of citizen's group, strong public involvement - Creation of park connecting green areas of the government quarter and Potsdamer Platz, and extending into nature park in the South - total area of 26 hectares



‘Every child should have the opportunity to: discover wilderness, camp under the stars, follow a trail, catch and release fish, frogs and insects, climb a tree and explore nature in neighbourhoods and cities’





# Integrating the value of nature in public health, urban planning and development





## Does it work?



**The heatwave in 2003 increased mortality in Lyon by 80%, above the average for a French city. The Rhône River, which runs through the city, has been at the heart of the solution. Climate adaptation plans for Lyon aim to increase access to cool and shaded areas. In 2007, the city reopened access to the banks of the river. The €42 million redevelopment programme, Berges du Rhône, replaces asphalt with 5km of riverside pathway and green spaces (Grand Lyon, 2014). In addition, riverside redevelopments aim to provide 25,000 new homes and 14,000 new jobs by 2030.**

# Partnerships for action



- **The power for change and sustainable leadership** is in cities to channel public and private investment into nature to improve quality of life
- Increased recognition of the **value of ecosystems** for health
- Gather and promote **the evidence** on the services that nature provides as well as the **business case** among policy makers and the public health sector
- Collaboration, **breaking down silos, working across sectors - medical experts, insurance, urban planners and urban citizens, environmental engineers and ecologists, scientists and communities**

# Thank you !

