



NATUREBASED HEALTH EFFORTS AND PRACTICES

25. SEPTEMBER 2019



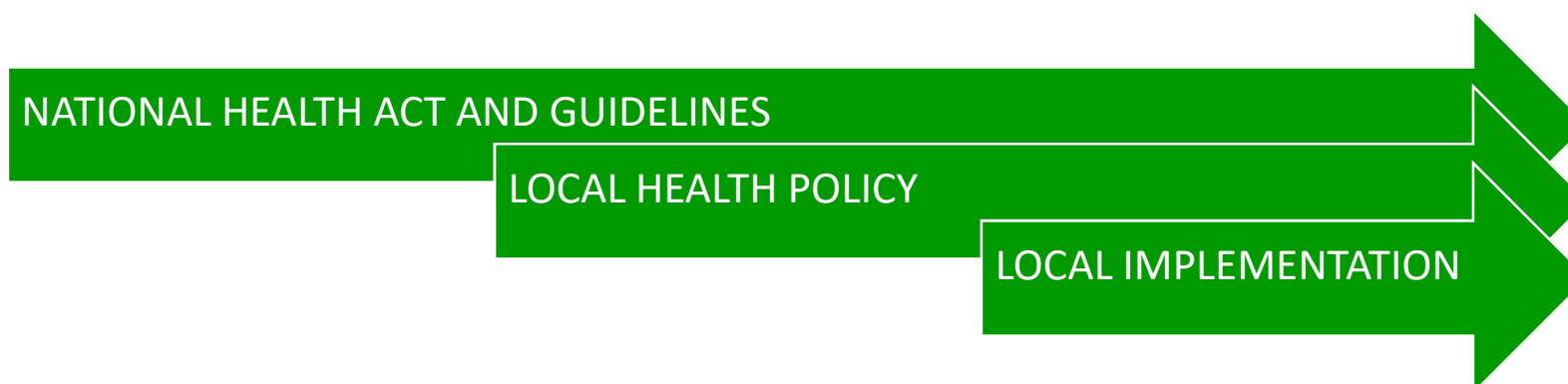
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NATUREBASED HEALTH EFFORTS

- Based on evidence
- Nature facilitating change
- Nature integrated in municipal health policy

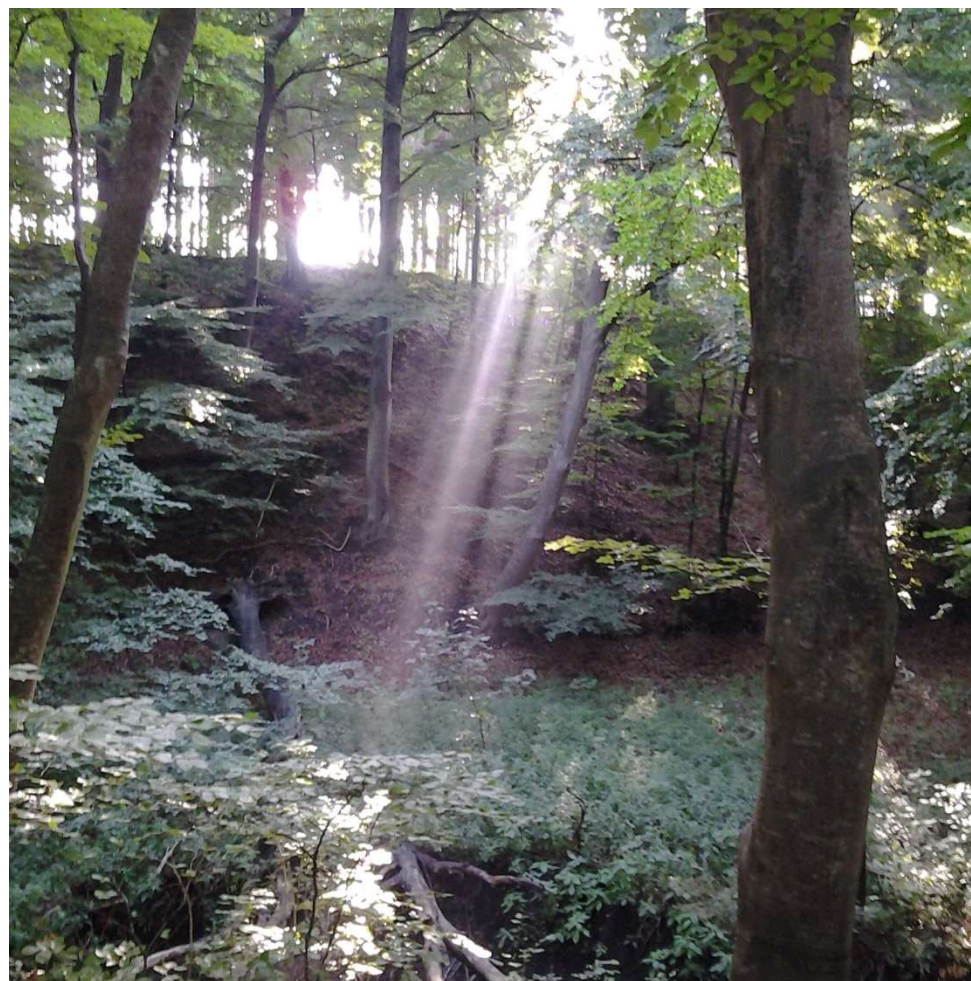


FROM POLICY TO ACTION



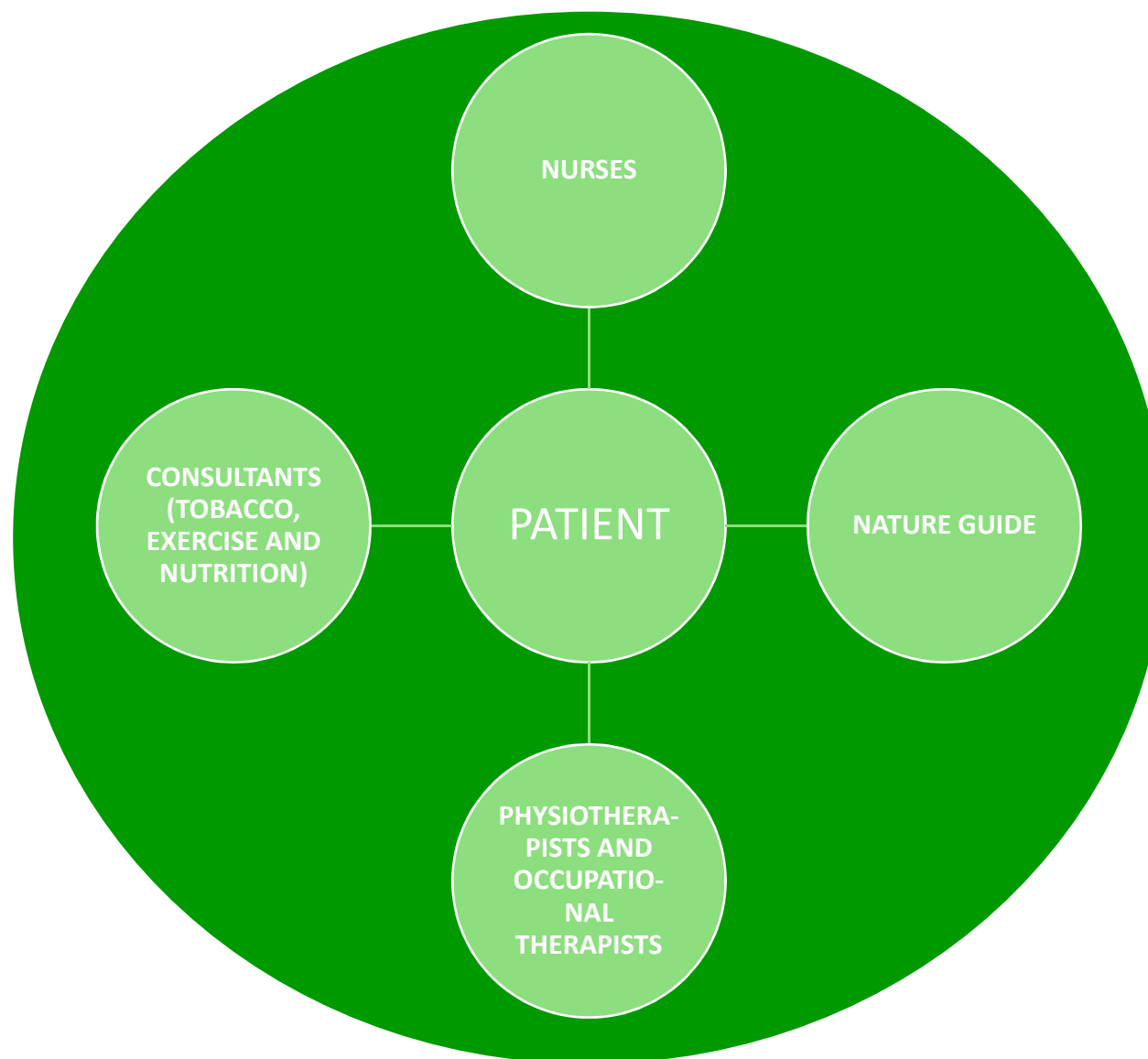
NATURE FACILITATING CHANGE

- Forests/Nature: A freespace
- Inclusion for everybody
- No requirements
- No powerstructure
- Always there
- Free of charge





CORE TEAM



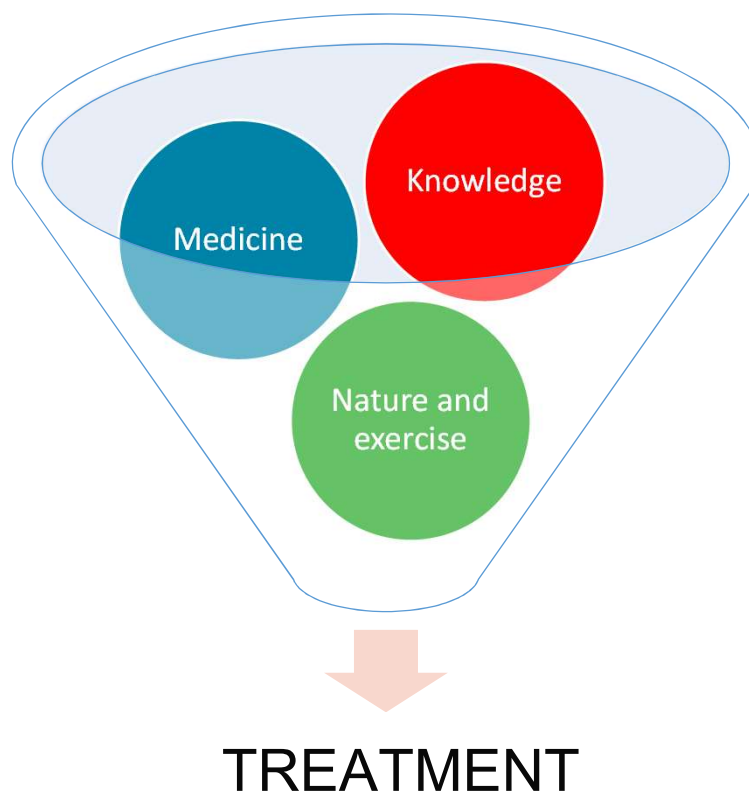
WHY GUIDING?

- **Nature guidance:
Strengthening
the life of people
with health
challenges**





AN EXAMPLE: AN OVERWEIGHT PATIENT





NATURE GUIDANCE FOR THE EVERYDAY LIFE QUALITY

The nature guide facilitates:

- Information
- Inspiration
- Empowerment
- Awakening memories
- Excitement
- Feeling alive
- New goalsetting
- Increasing life quality







FORSKNING

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THANK YOU

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