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USE OF NATURAL RESOURCES IN HUMAN HEALTH: EXPERIENCE OF ĶEMERI NATIONAL PARK

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Nature Conservation Agency of the Republic of Latvia



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Healthy Parks Healthy People EUROPE

- Developed by the EUROPARC Federation to support parks and protected areas at the national, regional and local level to deliver better outcomes for the health of people and nature;
- Creation of the programme officially started by the **Jūrmala Communiqué** agreed by EUROPARC at its conference in Latvia 2019 (calling for the Federation to create a **Healthy Parks Healthy People Europe Programme**).



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Kemeri National Park – background



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- created in 1997
- area 36 165 ha
- NATURA 2000
- wetland park
- closest National Park to the capital city Riga, partly situated in Jūrmala
- one of the aims – preservation of formation processes of sulphurous mineral waters and medical mud – basis for the famous Kemeri historical resort



Nature values of KNP in human health - medical resources I

Kēmeri Raised Bog – one of the main areas of formation processes of sulphurous mineral waters AND one of the TOP attractions of Latvia, used also in national image brochures, videos and other materials

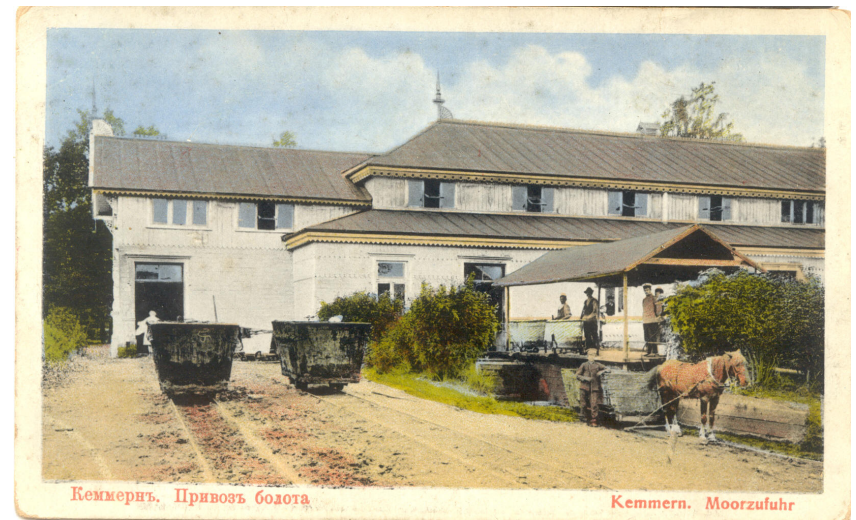


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Nature values of KNP in human health - medical resources II



Images of historical resort & use of medical resources – main part of the identity of the National Park, highlighting the most unique aspect of the area (included in brochures, maps, tourism offers (in cooperation with www.jaunkemeri.lv, etc.)



Managing institution of the Park is supervising the use of medical mud – organizing public tenders for rent etc; as well as promoting research



Nature values of KNP in human health – other nature and health offers



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- first and one of the longest barefoot trail in the Baltics (~ 3km)
- meditation labyrinths



www.valgumapasaule.lv



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Nature values of KNP in human health – other nature and health offers II



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- «Let's do good for Nature!»
www.darudabai.lv -
campaign by Nature
Conservation Agency and
World Wide Fund for
Nature/Latvia (www.pdf.lv)
- A chance to get involved in
practical habitat
management activities for
anyone – friends and families,
wider public, socially



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Nature values of KNP in human health – other nature and health offers III

- «Let's do good for Nature!» + presence of a health specialist (e.g., ergo therapist and/or physiotherapist) = «green gym», health and nature benefits combined 😊
- first tried in 2020 during KNP Travel Day – biggest public event in the Park in cooperation with RRC «Jaunķemeri»



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Nature values of PAs in human health – some conclusions

- habitat management activities – element with the biggest potential of becoming a health offer with high added value;
- outside that, physical activities in PAs (especially involving active movement and/or in groups of people together – running, cycling, etc.) – are to be treated with care and preferably carried out in green spaces of cities or less sensitive areas of PAs;
- focus of using the potential of PAs in human health should be given to mental health aspect – regaining



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THANK YOU!

Questions welcome
Looking forward to
cooperation 😊



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