



KENELLE LUONTOLÄHETE? SIPOON TERVEYSMETSÄHANKKEEN VAIKUTUKSET OSALLISTUJEN HYVINVOINTIIN

WHO NEEDS A GREEN REFERRAL? THE HEALTH IMPACTS OF SIPOO HEALTH FOREST ON PARTICIPANTS' WELLBEING

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Targeted health promotion with guided nature walks or group exercise: a controlled trial in primary care.

Kolster A, Heikkinen M, Pajunen A, Mickos A, Wennman H and Partonen T (08/2023)

Front. Public Health 11:1208858. doi: 10.3389/fpubh.2023.1208858



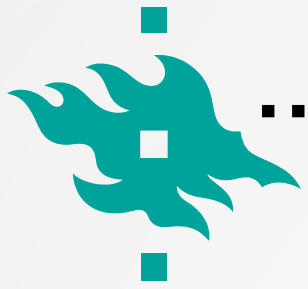
Länsi-Uudenmaan hyvinvointialue
Västra Nylands välfärdsområde

Itä UUSIMAA
Östra NYLAND

Hyvinvointialue
Välfärdsområde



UNIVERSITY OF HELSINKI
FACULTY OF MEDICINE



... JUST TO PUT YOU ON THE MAP

General practice in Finland:

- First contact and care of chronic medical conditions
- Multimorbidity in population: age 18-64
♂31% ♀44%
- 20% have symptoms not caused by medical disease.

-> Important to improve capability



About us

Our work

Commissioning

Get involved

Personalised care

Social prescribing

Social prescribing – frequently asked questions

Green social prescribing

Case studies

What is personalised care?

Comprehensive model of personalised care

Shared decision-making

Personalised care and support planning

Choice

Self-management

Home > Personalised care > Social prescribing > Green social prescribing

Green social prescribing

Green social prescribing is the practice of supporting people to engage in outdoor activities to improve their mental and physical health. [Social prescribing](#) (by health professionals in allied roles) connect people to community resources for emotional support, based on a 'what matters to you' conversation.

Green social prescribing includes both what is known as green social prescribing (local walking schemes, community gardening projects, community sports) and blue social prescribing (water-based activities).



❖ 65 inhabitants/km²

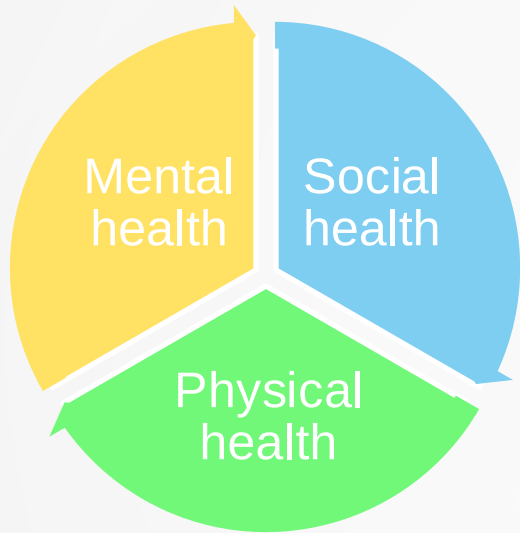
❖ Accessible Greenspace and Bluespace

Google Earth 18.1 2024



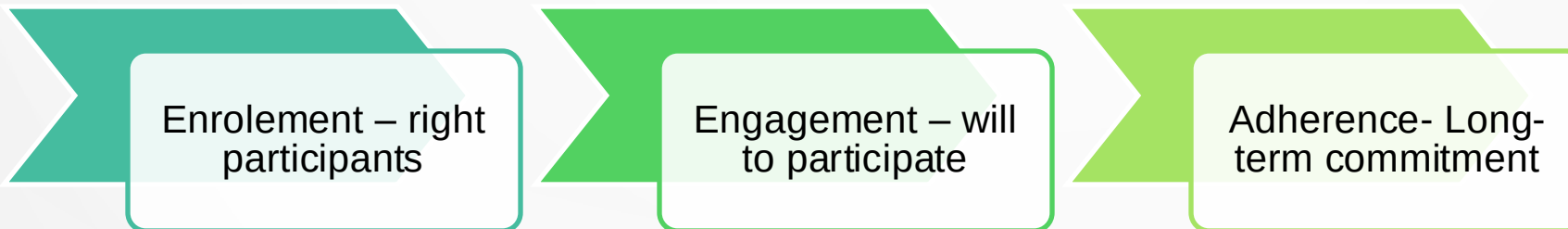
CAN WE PRESCRIBE HEALTH?

THE CONCEPT OF SOCIAL PRESCRIBING



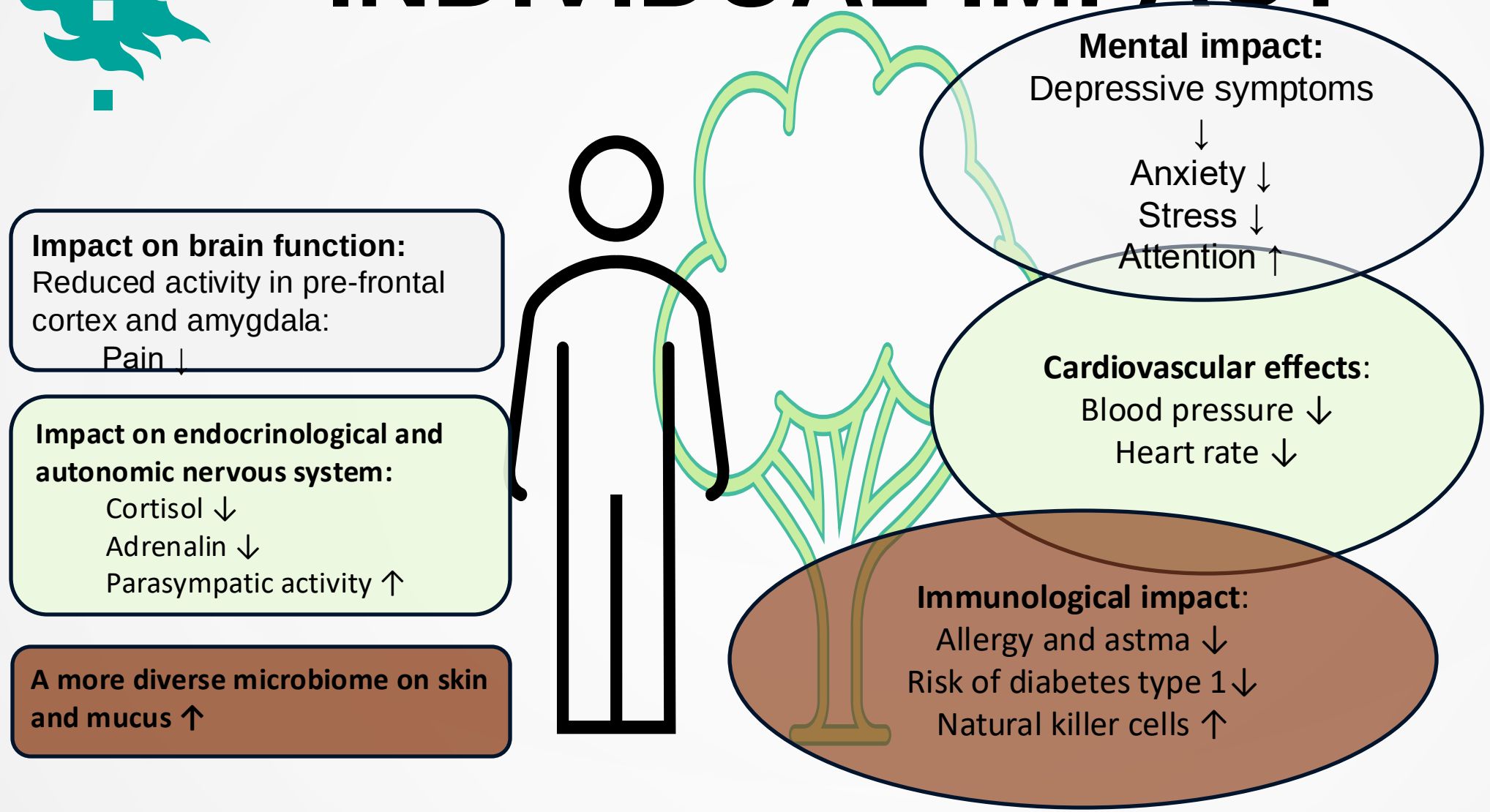
Positive mental well-being: Better perceived health and positive mental well-being are independent predictive factor for health outcomes. Positive mental wellbeing can be measured and also promoted.*

Social prescribing is defined as a non-medical community referral program to support well-being and health.





INDIVIDUAL IMPACT

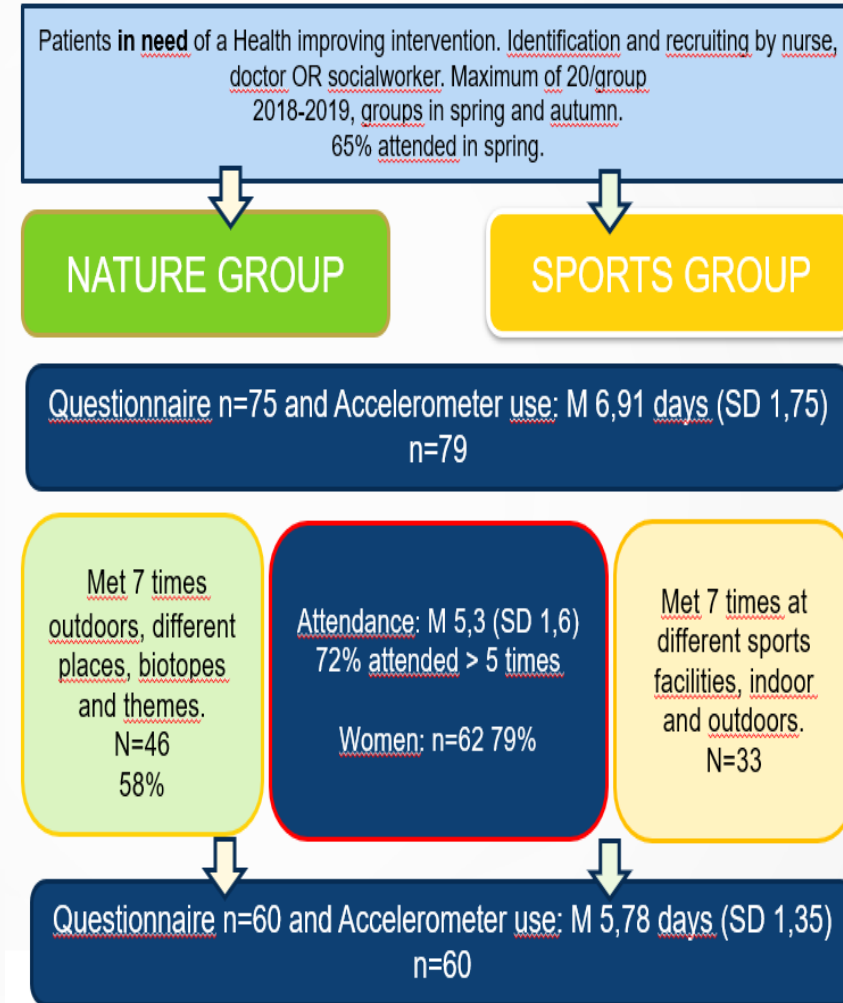




Health promotion with guided nature walks or guided sports activities: a controlled trial in primary care

AIM:

1. To compare a nature-based and an exercise-based social prescribing scheme
2. To explore whether the effects on mental wellbeing differs depending on participants general health or mental health status.





PARTICIPANTS (N=79, ♀ 79%)



General health good: 27%

general population 63% **

Mental health good 44%

Physical ability good 20%

Positive mental well-being: Measured on WEMWBS
(Warwick-Edinburgh Mental Well-being Scale, Range 14-70)

WEMWBS score at baseline (n=68) M 48,3 (SD 7,9)

FinHealth 2017 population M 52,8 (95% CI: 52,3-53,3) **

Sleep: Mean total sleep time 4,8 h (1,2)

81% slept less than 6 h/night, 31 % slept well

In the FinHealth2017 study, only 13.5% of the women
and 16.2% of the men slept less than 6 h/ night**

**FinHealth2017 Koponen et al (2018). Terveys, toimintakyky ja hyvinvointi Suomessa: FinTerveys 2017-tutkimus



THE HEALTH FOREST – A FINNISH NATURE PRESCRIPTION MODEL

7-session forest therapy during 2 months

Themes of forest-sessions:

recognizing places, sensory experiences, relaxation,
experience of beauty, survival, dark forest, collecting
edible greens

Gradual increase in awareness of wellbeing effects of
nature

Special emphasis upon nature-connectedness





SPORTS GROUP

The groups were accompanied by two sports leaders.

7 meetings x 2 h

Planned to be as alike as possible in terms of amount and intensity of physical exercise

A small meal was served

Activities:

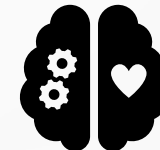
- Muscle training and relaxation (indoor activity) Theme: Introduction
- Aquatic workout (indoor swimming pool) Theme: try the power and softness of the water.
- Mindfulness/yoga (Indoor activity) Theme: towards a more relaxed and de-stressed life
- City orientation, Porvoo Theme: outdoor activities in cultural small city surrounding (duration 3.5 h)
- Nordic walking and muscle training (outdoor) Theme: introducing outdoor activities and tools for outdoor exercise.
- Exercise individually and together (indoor activity) Theme: try the game of kin-ball.
- Easy Olympic Games, the central sports field (outdoor) Theme: exercise and fun.

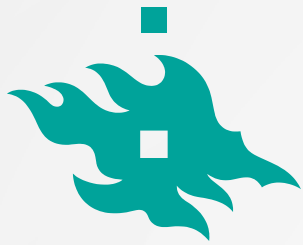




SUBJECTIVE WELLBEING: SCALE 1-5

	<u>General health</u>	<u>Physical ability</u>	<u>Mental health</u>
	Mean change (95%)	Mean change (95%)	Mean change (95%)
Nature group:	0.39 (0.16 to 0.62) p= 0.002	0.47 (0.22 to 0.72) p <0.001	0.39 (0.16 to 0.62) p=0.002
Sports group:	0.42 (0.09 to 0.74) p=0.01	0.42 (0.2 to 0.63) p <0.001	0.04 (-0.25 to 0.33) p=0.77





OUTCOME

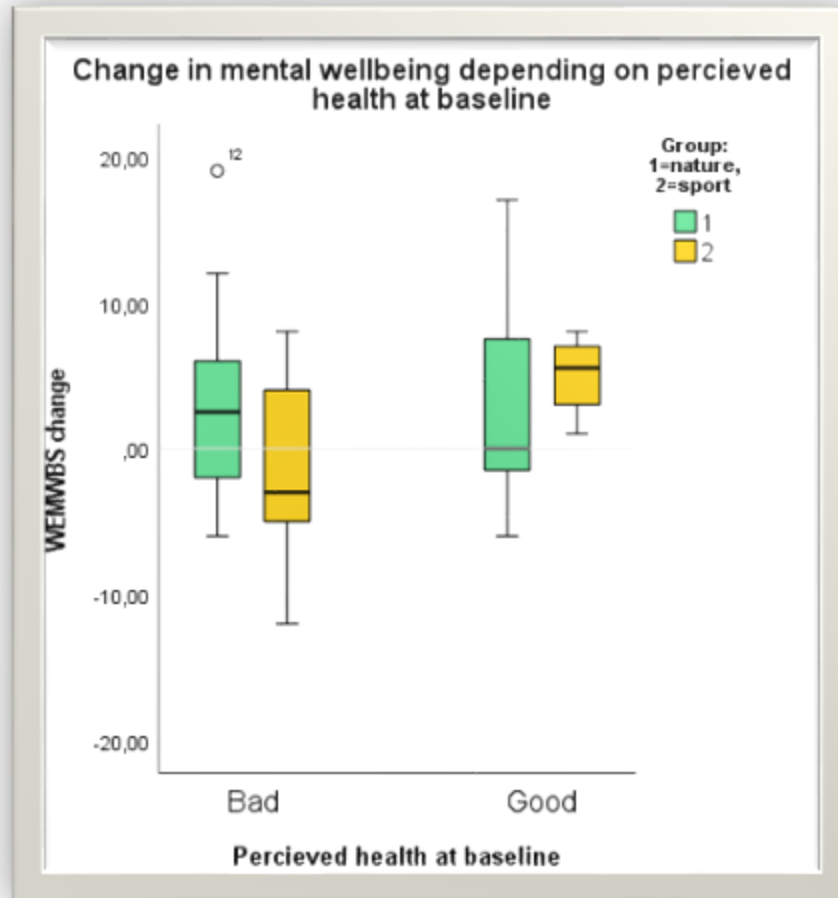
POSITIVE MENTAL WELL-BEING:
MEASURED ON THE 14-ITEM WEMWBS (WARWICK-EDINBURGH MENTAL WELL-BEING SCALE)

		ALL n=59-60	NATURE-GROUP N=34-35		SPORTS-GROUP N= 23-24	
QUESTION Score 1-5 RANGE 14-70		Mean (SD)	Mean change (95% CI)	p	Mean change (95% CI)	p
1	I've been feeling optimistic about the future	3,5 (0,8)	0,23 (-0,02-0,48)	0,073	0 (-0,31-0,31)	1
2	I've been feeling useful	3,5 (0,8)	0,08 (-0,16-0,33)	0,499	0,04 (-0,3-0,38)	0,802
3	I've been feeling relaxed	3,1 (0,8)	0,31 (0,02-0,6)	0,039	0,22 (-0,13-0,56)	0,203
4	I've been feeling interested in other people	3,7 (0,8)	0,14 (-0,08-0,36)	0,201	0,13 (-0,29-0,54)	0,543
5	I've had energy to spare	3 (0,8)	0,42 (0,11-0,72)	0,009	0,25 (-0,06-0,56)	0,11
6	I've been dealing with problems well	3,2 (0,8)	0,31 (0,02-0,6)	0,039	0 (-0,37-0,37)	1
7	I've been thinking clearly	3,6 (0,7)	0,06 (-0,18-0,29)	0,624	-0,25 (-0,61-0,11)	0,162
8	I've been feeling good about myself	3,2 (0,7)	0,31 (0,07-0,55)	0,014	-0,13 (-0,43-0,17)	0,377
9	I've been feeling close to other people	3,4 (1)	0,39 (0,08-0,69)	0,014	0,17 (-0,28-0,61)	0,445
10	I've been feeling confident	3,4 (0,9)	0,26 (-0,02-0,54)	0,071	-0,13 (-0,48-0,23)	0,479
11	I've been able to make up my own mind about things	4 (0,8)	0,03 (-0,19-0,25)	0,8	0 (-0,23-0,23)	1
12	I've been feeling loved	3,6 (1)	0,19 (-0,06-0,45)	0,128	-0,13 (-0,43-0,17)	0,377
13	I've been interested in new things	3,8 (0,8)	0,22 (-0,05-0,49)	0,103	0,09 (-0,17-0,34)	0,492
14	I've been feeling cheerful	3,6 (0,8)	0,39 (0,08-0,69)	0,014	-0,13 (-0,37-0,11)	0,266
Total WEMWBS score		48,3 (7,9)	3,15 (0,87-5,43)	0,008	0,76 (-1,82-3,34)	0,545

Total WEMWBS score at baseline
M 48.3 (SD 7,9)
FinHealth 2017 population M 52,8 (95% CI: 52,3-53,3) **



CHANGE IN MENTAL WELLBEING DEPENDING ON SUBJECTIVE HEALTH





SLEEP

Nature group:

- 15 min in total sleep time

61% reported a positive change in sleep ($z = -3.78$, $p < 0.001$)

Number of awakenings after sleep onset: -1.4 (-2.78 to -0.01)
 $p = 0.05$

Sports group:

+14 min in total sleep time

33% reported a positive change in sleep ($z = -1.81$, $p = 0.07$)

Number of awakenings after sleep onset:
0.95 (-1.07 to 2.98) $p = 0.34$



CONCLUSIONS

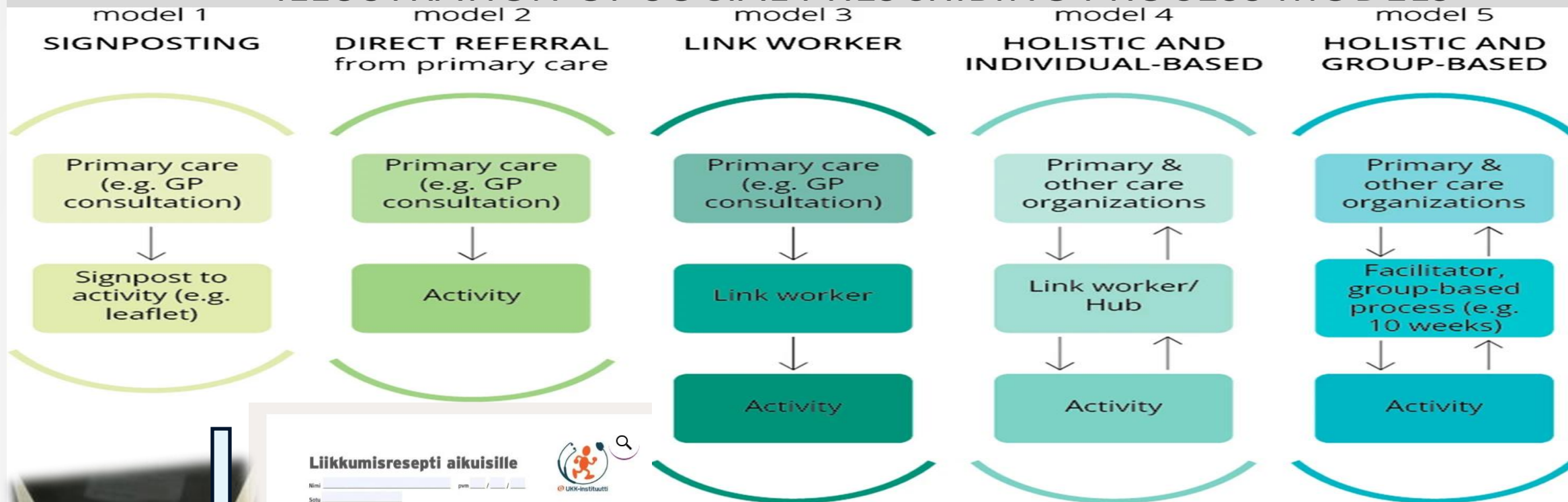
- We would recommend either sports or nature-activity for those initially feeling healthy, and nature-based intervention especially for those rating their health as poor.
- Also in a green surrounding, active interventions can improve health.

Thankyou! Kiitos! Tack!

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ILLUSTRATION OF SOCIAL PRESCRIBING PROCESS MODELS

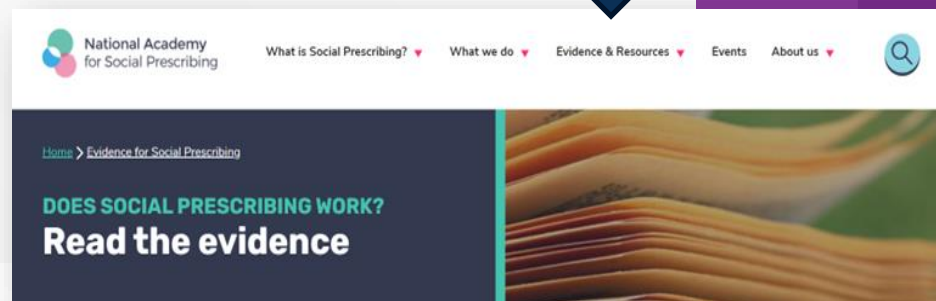


Liikkumisresepti aikuisille

Nimi _____ pvm ____ / ____ / ____
 Sotu _____

Nykyinen säännöllinen liikkuminen

	Päivinä viikossa	Tuntia viikossa	Minuuttia viikossa
Kestävyysoppiläisliikunnasta	kevyesti, hienan hengästyen		
reippaasti, kohtalaisesti hengästyen			
rasittavasti, voimakkaasti hengästyen			
Lihaskuntoharjoittelusta			
Tasapainoharjoittelusta (erityisesti yli 65-vuotiaalle)			





YHDISTYKSET JA PROJEKTIT

RECETAS on kansainvälinen tutkimusprojekti, joka selvittää miten yksinäisyyttä voisi vähentää NBSP (Nature Based Prescribing) keinoin terveyden suhteen riskisryhmissä olevilla. Helsingissä tutkimusväestö on hoivalaitoksissa asuvat yksinäiset. <https://recetasproject.eu/> Tilaa uutiskirje

<https://www.gcfinland.fi/> Green Care Finland ry on valtakunnallisesti toimiva yhdistys joka kokoaa alan toimijat yhteen. Yhdistyksen jäseninä ovat muun muassa palveluiden tuottajia, kehittäjiä, kouluttajia ja tutkijoita.

Espoon Health and Greenspace hankkeesta voi lukea enemmän täältä: <https://www.espoo.fi/fi/liikunta-ja-luonto/tietoa-luonnosta/healthgreenspace-hyvinvointia-kaupunkiluonnosta> Mm Olarin luontopolkuhanke on kuvattu

[luontoaskel-terveyteen - Päijät-Sote \(paijat-sote.fi\)](https://www.luke.fi/en/projects/luontolahete)

<https://www.luke.fi/en/projects/luontolahete>

Luonto- ja ympäristökoulujen liiton ylläpitämä ulkona oppimisen materiaali pankki www.mappa.fi www.ilokasvaauklona.fi

lääkille: <https://vahvike.fi/>

Luonto toimintaympäristönä koulutuksia järjestää Suomen Latu <https://www.suomenlatu.fi/ulkoile/lastentoiminta/luonto-toimintaymparistona.html>

Vanhustyölehti julkaisi 10/21 Luontoa ja vanhenemista koskevan teemanumeron, joka on osittain netissä luettavana: <https://vtkl.fi/tietoa/ajankohtaista/page/2>

<https://www.miinasillanpaa.fi/hankkeet/kuu-kiurusta-kesaan/> elinvoimaa luonnosta ikääntyneiden omaishoivaan –hanke

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Faculty of medicine

<https://sydan.fi/luontoliikunta/>

<https://www.hengityslitto.fi/artikkelit-ja-blogikirjoitukset/hoida-luontoa-niin-luonto-hoittaa-sinua/>

<https://www.diabetes.fi/yhteiso/ajankohtaista/kesakuun-diabetes-lehti-kurkistaa-luonnon-kirjoon.23434.news>

<https://www.reumaliitto.fi/fi/mennaan-metsaan>

<https://www.ilmansyopaa.fi/tunne-syopariskit/liikunta/>



Luontoliikuntapassi on apuna

Luontoliikuntapassi toimii luontoliikuntapäiväkirjana. Passiin voi kirjata luonnossa viettämät hetket ja minuutit kullekin viikolle ja pysyä ajan tasalla omasta aktiivisuudestaan.

LATAA TULOSTETTAVA LUONTOLIIKUNTAPASSI





29.9.2020
Luontokuntosalin luonnostaan hyvää sydämelle

LUE ARTIKKELI



30.11.2018
Luontoliikunnan hyvinvointivaikutukset ja positiivinen mielenterveys

LUE ARTIKKELI



30.4.2019
Luontokuntosalista voimaa lihaksille ja mielelle

LUE ARTIKKELI



21.9.2020
Luontoliikunnasta apua mielen ja kehon hyvinvointiin

LUE ARTIKKELI