A photograph showing three people engaged in gardening work in a park-like setting. They are bent over, using tools to dig and plant in a garden bed. The background features a dirt path, trees, and a building.

Green care in the framework of health promotion

PhD Erja Rappe
Department of Applied Biology
University of Helsinki

Green care

- a setting of health: farm or park in the context of its physical, social and ecological surroundings
→ a wide array of means to affect health



Health promotion

- the aim is to empower individuals capable to exert control over the determinants of their health
- to adjust personal, social, economical, physical, and ecological factors which have an effect on health
- means: prevention, health education, and health protection



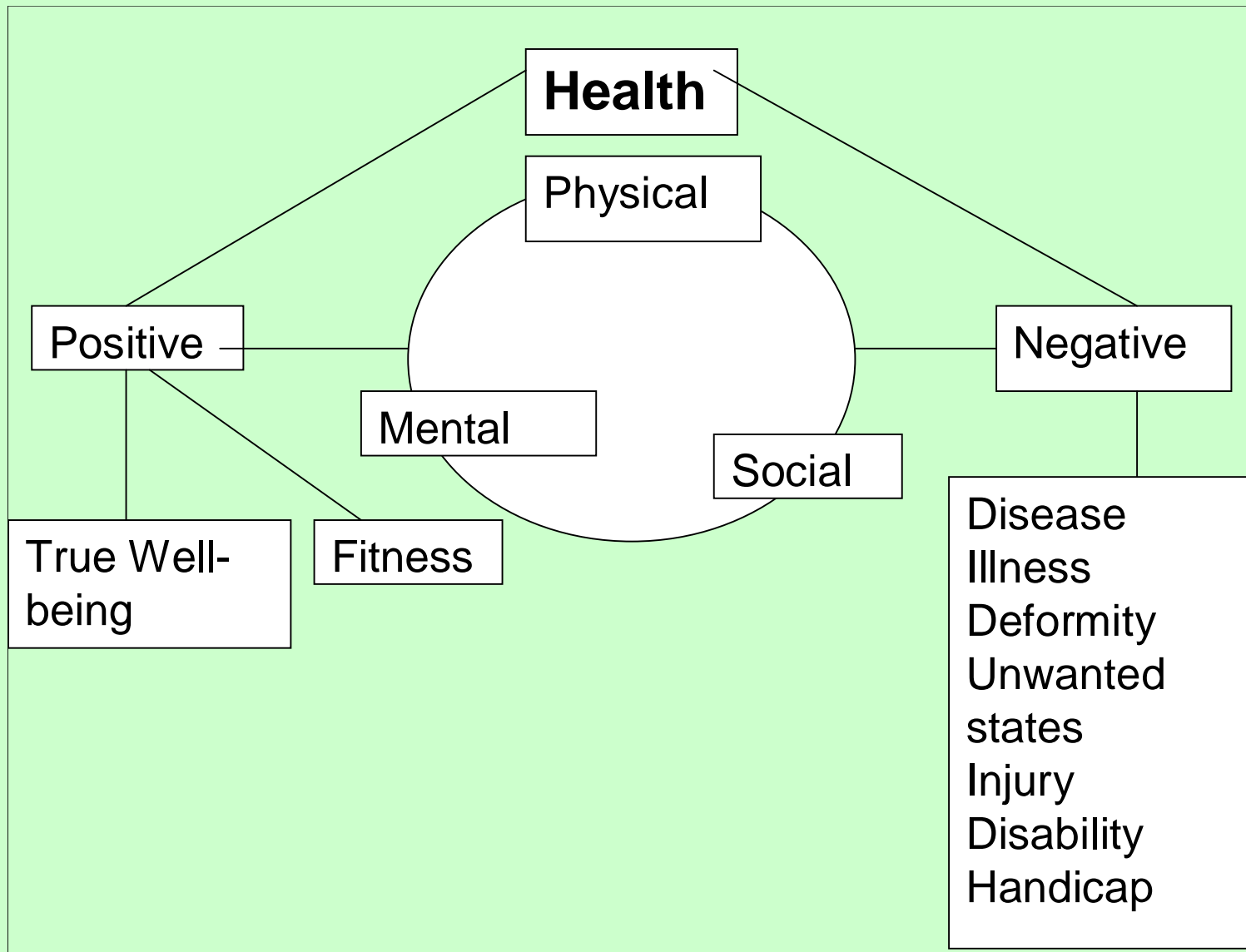
Health promotion actions

- healthy public policy
- creating supportive environments
- launching community actions
- educating life skills and health literacy of individuals
- development of health services



Relative model of health

Downie et al. 2000



Outcomes of green care

- How to measure?
- Variables affecting the effects of green environment and activities
 - Environmental characteristics (light, temperature, moisture, VOCs...)
 - Cultural
 - Individual
 - Physiological responses
 - Emotional responses
 - Cognitive appraisals
 - Functional ability

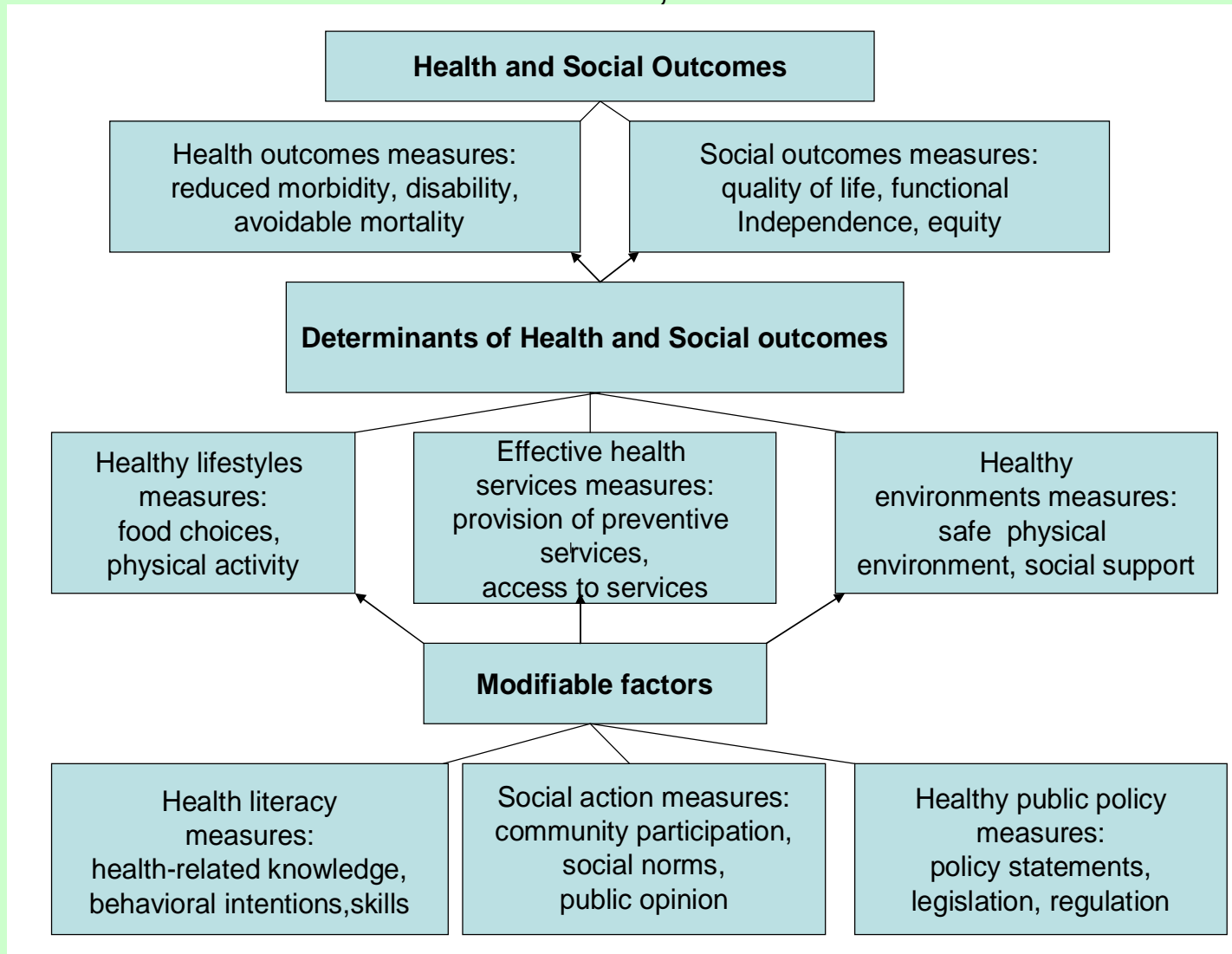
Outcomes of health promotion

- changes in the determinants of health which can be related both to individuals and to the structure of the society
 - direct changes in health status
 - changes in health behaviour or in community participation
 - environmental and political changes



An outcome model of health promotion

Modified from the model by International Union for Health Promotion and Education, 1999



Outcomes!

