Green care in the framework of health promotion

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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

Health
- Physical
- Mental
- Social

Positive
- True Well-being
- Fitness

Negative
- Disease
- Illness
- Deformity
- Unwanted states
- Injury
- Disability
- Handicap
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

Health and Social Outcomes

Health outcomes measures: reduced morbidity, disability, avoidable mortality
Social outcomes measures: quality of life, functional independence, equity

Determinants of Health and Social outcomes

Healthy lifestyles measures: food choices, physical activity
Effective health services measures: provision of preventive services, access to services
Healthy environments measures: safe physical environment, social support

Modifiable factors

Health literacy measures: health-related knowledge, behavioral intentions, skills
Social action measures: community participation, social norms, public opinion
Healthy public policy measures: policy statements, legislation, regulation
Outcomes.