Expert Group on Human Health and Well-being

Forests for Human Health: Challenges and Opportunities

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BASOAN Project

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CHALLENGES:

1. **Multifunctional** forests based on SFM. Other monetary incomes for private forest owners, in addition to timber harvesting.

2. **Measuring Forest Bathing impact** on users: emotional well-being and interpersonal relationships (life quality evaluation).

3. **Communication** to society:
   2. Ecosystem Services payment.
   3. Involving Public Health Department.
BASOAN Project

- **Lifetime:** 18 months (finishing 30 of June 2019).
- **Budget:** 99,934 € (100% FEADER and BG funded).
- **Partnership:**

- **Collaboration with:**
**Aim:** To offer forest bathing walks for human health and well-being promotion, moving them to a specific intervention.

**Target group:** The project in a first stage is focused on people with mental illness. 3 groups (25 people from AVIFES).

**Activity:** Forest Bathing walk series. Once a week, 2 hours, 3 months.

**Needs:**
- Specifically trained forest bathing guide*.
- “Well” designed forest trail.
- Signposting and equipment for a public use.
- Transportation.
- Models to measure Forest Bathing impact on users.
Preliminary Results (I):

• General trend towards an increase in oxygen saturation, a decrease in blood pressure and a decrease in heart rate after forest bathing (not as a scientific research).

• Psychological evaluation (life quality model analysis), positive trends: overcome barriers such as panic to physical contact, refusal to socialize, refusal to participate in group activities, refusal to leave home, ...
Preliminary Results (II):

• Significant improvement in the maintenance of a favourable mood and in the regulation of anxiety and stress.
• The symptomatology of mental illness improves, especially that related to reluctance and demotivation.
• Greater impact on people suffering from mood disorders: depression, bipolar illness, ...
• In both genders the results have been positive, although in women the benefit has been greater.
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Relevance of guidance and collaboration with health and social professionals

- **Collaboration:**
  - Adapted Forest Trail
  - Trained Forest Bathing Guide: working with specific populations.
  - Knowing the Participants: Specific purpose.
  - Feedback Culture: Improving the process.
Thank you!

Eskerrik asko!

Moltes gracies!

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