



Organización
Panamericana
de la Salud



Organización
Mundial de la Salud
OFICINA REGIONAL PARA LAS
Américas

Parques Saludables

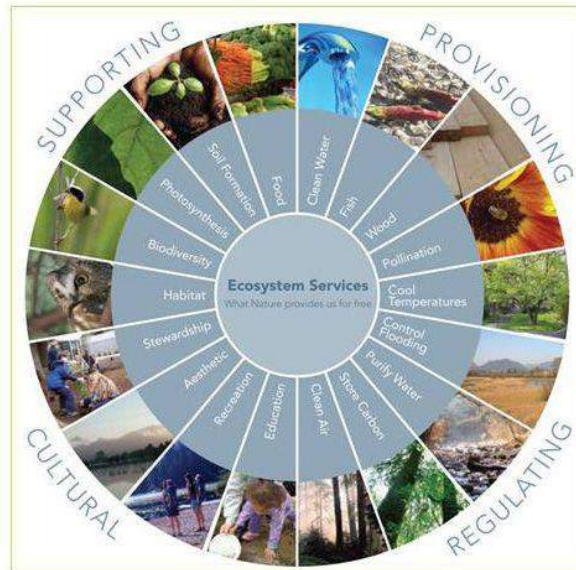
Evaluando y Maximizando el Potencial de un Parque
para Promover la Salud

Daniel Buss

Asesor, cambios ambientales globales
OPS/OMS Washington DC

Antecedentes

Existe una amplia fuente de bibliografía que apoya los beneficios que la naturaleza, parques y espacios abiertos pueden tener sobre nuestra salud física, mental, social y espiritual



Research

A Section 508-compliant HTML version of this article is available at <http://dx.doi.org/10.1289/ehp.1510363>.

Exposure to Greenness and Mortality in a Nationwide Prospective Cohort Study of Women

Peter James,^{1,2} Jaime E. Hart,^{2,3} Rachel F. Banay,² and Francine Laden^{1,2,3}

EVIDENCE BASED PUBLIC HEALTH POLICY AND PRACTICE

Green space, urbanity, and health: how strong is the relation?

Jolanda Maas, Robert A Verheij, Peter P Groenewegen, Sjerp de Vries, Peter Spreeuwenberg

J Epidemiol Community Health 2006;60:587-592. doi: 10.1136/jech.2005.043125

GREEN SPACE

A natural high

Exposure to nature makes people happy and could cut mental-health inequalities between the rich and poor.

BY NATASHA GILBERT

green spaces and mood because of the implications it could have for preventing and counterparts, and nearly 40% more likely to develop mood disorders.

2016
National Park Service
CENTENNIAL

NATIONALPARKS.ORG



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Antecedentes

Constitución de la Organización Mundial de la Salud (1948): Principios

- La salud es un estado de completo bienestar físico, mental y social, y no solamente la ausencia de afecciones o enfermedades.
- El goce del grado máximo de salud que se pueda lograr es uno de los derechos fundamentales de **todo** ser humano sin distinción de raza, religión, ideología política o condición económica o social

CONSTITUTION OF THE WORLD HEALTH ORGANIZATION¹

THE STATES Parties to this Constitution declare, in conformity with the Charter of the United Nations, that the following principles are basic to the happiness, harmonious relations and security of all peoples:

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.

The health of all peoples is fundamental to the attainment of peace and security and is dependent upon the fullest co-operation of individuals and States.

The achievement of any State in the promotion and protection of health is of value to all.

Unequal development in different countries in the promotion of health and control of disease, especially communicable disease, is a common danger.

Healthy development of the child is of basic importance; the ability to live harmoniously in a changing total environment is essential to such development.

The extension to all peoples of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health.

Informed opinion and active co-operation on the part of the public are of the utmost importance in the improvement of the health of the people.

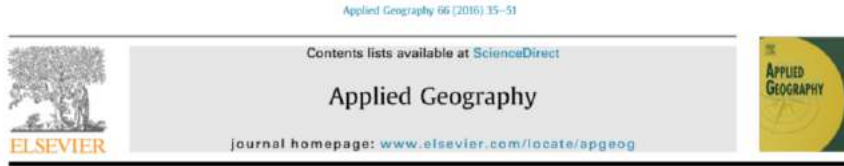
Governments have a responsibility for the health of their peoples which can be fulfilled only by the provision of adequate health and social measures.

ACCEPTING THESE PRINCIPLES, and for the purpose of co-operation among themselves and with others to promote and protect the health of all peoples, the Contracting Parties agree to the present Constitution and

¹ The Constitution was adopted by the International Health Conference held in New York from 19 June to 22 July 1946, signed on 22 July 1946 by the representatives of 61 States (*Off. Rec. Wld Hlth Org.*, 2, 100), and entered into force on 7 April 1948. Amendments adopted by the Twenty-sixth, Twenty-ninth, Thirty-ninth and Fifty-first World Health Assemblies (resolutions WHA26.37, WHA29.38, WHA39.6 and WHA51.23) came into force on 3 February 1977, 20 January 1984, 11 July 1994 and 15 September 2005 respectively and are incorporated in the present text.

Antecedentes

Por consiguiente, si el **acceso** a los parques es **desigual** ...



Reduction of disparities in access to green spaces: Their geographic insertion and recreational functions matter

Roland Ngom ^{a,*}, Pierre Gosselin ^{a,b,c,d}, Claudia Blais ^{b,c}



ARTICLE SUMMARY
February 2015

Neighborhood Race, Poverty, and Access to Parks and Green Space

Introduction

Blacks, Hispanics, and lower-income adults are less likely than Whites and adults with higher incomes to meet aerobic physical activity guidelines. Neighborhood poverty and residential segregation can result in environmental inequalities (e.g. inadequate parks and open spaces) that prevent these communities from being active. This study examined the relationship between neighborhood social disadvantages and access to parks and green spaces nationwide.

SOURCE
Wen, M., et al. (2013). Spatial Disparities in the Distribution of Parks and Green Spaces in the USA. *Annals of Behavioral Medicine*, 49(1Suppl), S18-S27.
Open access to the full text article is available at:
<http://www.springer.com/articledoi/10.1007/s12160-012-9426-x>

Estamos fracasando en ofrecer el **más alto nivel de salud posible** para todos!



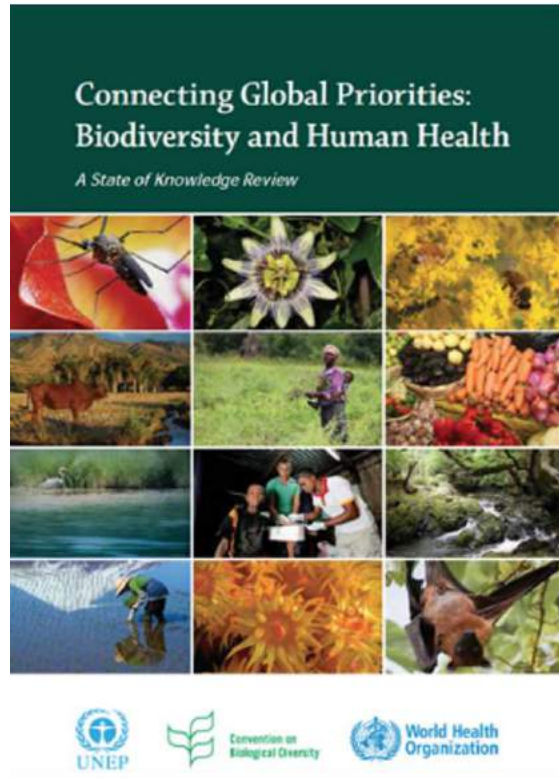
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La biodiversidad y la salud

Los espacios públicos verdes son importantes, pero la biodiversidad también juega un papel significativo en ayudar a ofrecer beneficios para la salud



"Conectando prioridades globales: la biodiversidad y la salud humana", lanzada el año pasado por la Organización Mundial de la Salud y la Convención de las Naciones Unidas sobre la Diversidad Biológica

<https://www.cbd.int/health/stateofknowledge/>

Parques Saludables

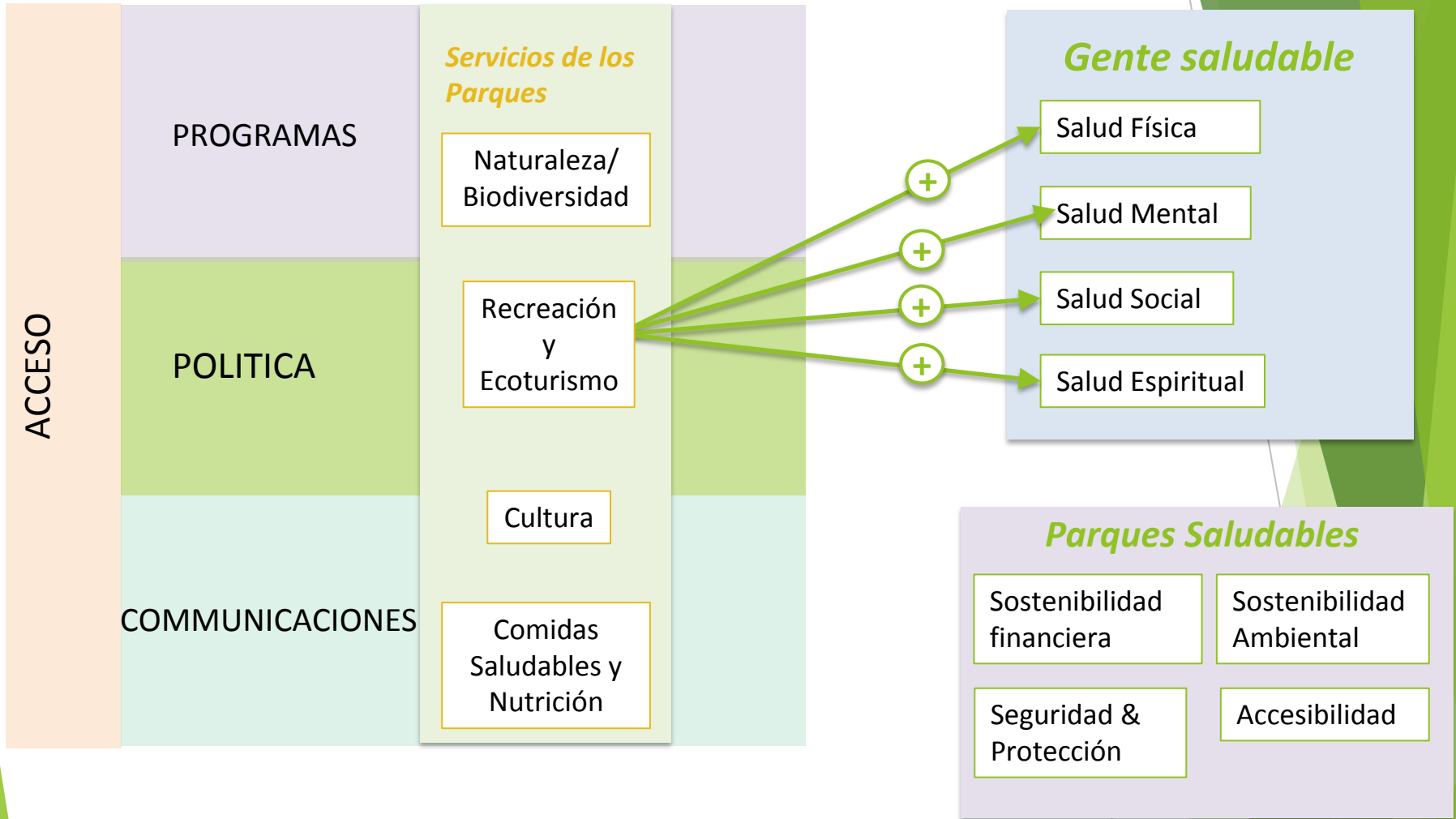


Un parque saludable es un espacio que sostiene vida; contribuye a la salud física, mental y espiritual de las personas; promueve y fomenta el bienestar social, económico y ambiental



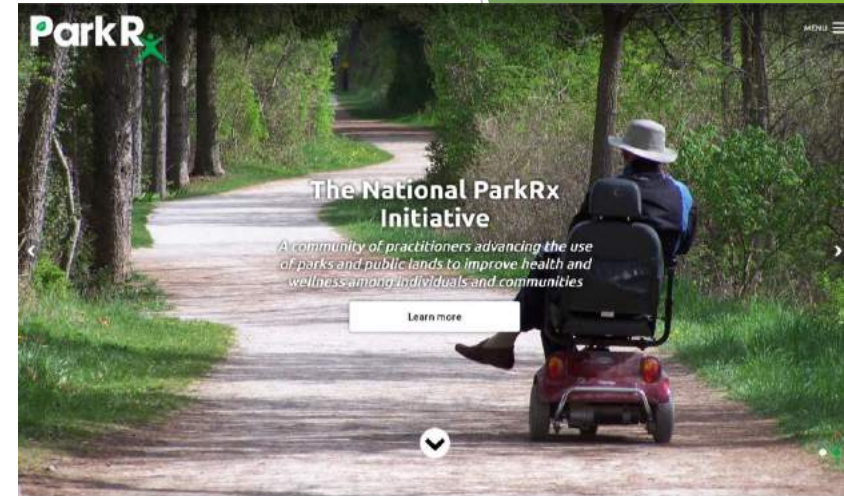
Herramienta de Parques saludables

Centrada en los servicios ofrecidos por los parques



Herramienta de Parques saludables

- Ayudar a guiar la iniciativa de *Park Rx* (Park Prescription) o “Receta Rx por parques”
- Proporcionar orientación a los usuarios
- Utilizar como una herramienta de auto evaluación para los gerentes de los parques para promover la vinculación sana en la naturaleza mediante la utilización de buenas prácticas y apoyando la exelencia → comunidad de prácticas
- Apoyo a la toma de decisiones para las inversiones en actividades que ofrecen beneficios para la salud y proveen acceso universal





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Muchas gracias por su atención