

»Forests, Trees and Human Health and Wellbeing«

Traditional medical and public health approaches to illness and health are among the successes of modern science. However, society today is faced with increasing incidence of various forms of poor health, related to modern lifestyles. Contributing factors have been identified as an increasingly sedentary population, increasing levels of psychological stress related to urban living and contemporary work practices. These problems encourage new thinking about ways to prevent disease and promote health. Natural spaces and natural elements such as forests and trees have been seen as providing opportunities to ameliorate such trends.

The COST Action E39 'Forests, Trees and Human Health and Wellbeing' was started in May 2004 and, so far, 22 countries have signed the Memorandum of Understanding. The main objective of the action is to increase the knowledge about the contribution that forests, trees and natural places make, and might make, to the health and wellbeing of people in Europe. The benefit will be a better understanding and improved description and evaluation of processes and pathways linking forests to human health and well being. The scientific cooperation is organized by five Working Groups:

Physical and Mental Health and Well-being



Forest Products, Forest Environment and Health



Therapeutic Aspects including Rehabilitation and Outdoor Education



Evaluation in Terms of Best Practice and Economic Contribution



Physical Activity, Well-being, and Prevention of Illness

For further information, see homepage www.e39.com.ee

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