

FORESTS, TREES, AND HUMAN HEALTH AND WELL-BEING
International Conference
27th-30th August in Hamar-Elverum, Norway



We are pleased to invite you to a conference on issues related to trees, forests, human health and well-being. This conference is the final one within COST Action E39, “Forests, Trees, and Human Health and Well-being.” It will provide an excellent opportunity for discussion between practitioners, policy-makers and scientists as well as for learning about the final results of four years of European co-operation within COST Action E39.

Major objectives of the Action have been to consolidate and disseminate knowledge about the contributions that forests, trees and natural places make, and might make, to the health and well-being of people in Europe. The Action has aimed specifically to set out the key health priorities identified within European countries and the possibilities for forestry to contribute to meeting them; to engage health policy interests in the identification of information gaps in this field, and; to develop a network of researchers and research institutions in forestry, health, environment and the social sciences.

The final conference on “Forests, Trees, and Human Health and Well-being” will be held in the City of Hamar in the heart of South Norway, 28th-30th August 2008. The first conference day will focus on the general politics of human health and forests and “highlights” from COST Action E39. This day will be open for a wide range of interest groups, including politicians, health personnel, forest managers, social and behavioural researchers, and others. The second day will concentrate on specific COST E39 results and further presentations, discussions and recommendations. The third conference day will be an excursion in the surroundings of The Health City of Elverum ending at the Forest Museum.

Registration: See www.e39.ee

Conference fee COST-participants: 300 euros

Non-COST participants:

Day 1 (August 28): NOK 750,-

Day 1 (August 28) included Conference Dinner: NOK 1650,-

The conference hotel is Scandic Hamar, tel. +47 2161 4023, fax 2161 4011 from August 27-August 29, and Budor Holiday Resort from August 29-August 30.

Travel to Hamar: By air to Oslo Airport Gardermoen. From the airport there is an hourly train-service to Hamar. Trains leave at 5 minutes past the hour starting at 07.05 a.m. Tickets can be bought from automats at the airport (accepting credit-cards). Travel time from the airport to Hamar is approx 1 hour.

The Scandic Hamar hotel is within walking distance from the station, alternatively by taxi.

The conference is organized by COST E39 “Forests, Trees and Human Health and Wellbeing” in cooperation with the Norwegian Forestry Society, the IUFRO Task Force on Forest and Human Health, CARE-FOR-US (the Nordic Centre of Advanced Research on Forestry Servicing Urbanised Societies), and sponsored by the Research Council of Norway and Innovasjon Norge

Organizing Committee:

Mr. Olav Kaveldiget, director, The Norwegian Forestry Society

Ms Merete Larsmon, COST E39

Mr. Tore Molteberg, The Norwegian Forestry Society

Ms Anne Kathrine Fossun, County Governor Office of Hedmark

Dr. Merete Furuberg, Hedmark County Forestry Society

Scientific Committee:

Dr. Kjell Nilsson, University of Copenhagen, **Denmark**

Dr. Terry Hartig, Uppsala University, **Sweden**

Dr. Christos Gallis, Forest Research Institute (NAGREF), **Greece**

Dr. Klaus Seeland, Swiss Federal Institute of Technology, **Switzerland**

Dr. Fabio Salbitano, University of Florence, **Italy**

Dr. Sjerp de Vries, Alterra Green World Research, **Netherlands**

PROGRAMME

Wednesday 27th August

Most COST-participants will arrive during the afternoon or evening and take the train from Oslo Airport (ca. 1 hour away).

15.00-17.00	Final meeting of the Management Committee
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Thursday 28th August

“Open” conference Forests, Trees, Human Health and Wellbeing

10.00-10.30	Opening session I: Governmental representative County Governor of Hedmark Sigbjørn Johnsen
10.30-11.30	Opening session II: Major achievements of COST E39 “Forests, Trees and Human Health and Wellbeing Dr. Kjell Nilsson, Danish Centre for Forest, Landscape and Planning, chairman of COST Action E39 Dr. Sjur Baardsen, chairman of COST Domain “Forests, their Products and Services” Dr. Terry Hartig, Uppsala University, Sweden Dr. Christos Gallis, Forest Research Institute (NAGREF), Greece Dr. Klaus Seeland, Swiss Federal Institute of Technology, Switzerland Dr. Fabio Salbitano, University of Florence, Italy Dr. Sjerp de Vries, Alterra Green World Research, Netherlands
11.30-11.45	Coffee break
11.45-13.15	Keynote session I: Urbanisation and health—new challenges in health promotion and prevention , Gunnar Tellnes, Prof., Med. Dr., University of Oslo Partnership for Better Health , Roar Blom, Nordland County Community “Green steps”, green rehab programme . Margrethe Nøkleby, The County Governor of Hedmark
13.15-14.30	Lunch Cultural performance
14.30-16.30	Keynote session II: Public health education , Marit Aralt Skaug, Hedmark University College Health in Urbanised Societies , Marco Martuzzi, World Health Organization European Centre for Environment and Health Environment and health , Dr. Dorota Jarosinska, European Environment Agency Environment and Health in the 7th Framework Programme , Representative of DG Research, European Commission
16.30-16.45	Coffee break
16.45-17.30	Plenary session I: COST Speaker WG1: The effects of walks in wild and tended forests on psychological well-being , Dörte Martens and Nicole Bauer, Swiss Federal Research Institute

	COST Speaker WG5: Health effects of local green space: new results from the Vitamin G program , Jolanda Maas, Sonja van Dillen and Sjerp de Vries, Netherlands Institute for Services Research and Alterra Green World Research
17.30-17.40	Summing up
17.40-19.00	Poster session I
20.00	Conference Dinner at Scandic Hotel Hamar Cultural performance

Friday 29th August

09.00-09.45	Keynote session III: Landscape design for better access to the outdoor environments , Prof. Catharine Ward Thompson, director of OPENspace Research Centre, Edinburgh College of Arts
09.45-10.45	Plenary session II: COST Speaker WG2: Physical and psychological benefits of green areas during heat stress periods Giovanni Sanesi et al., University of Bari, IT COST Speaker WG3: Working with nature as a way of enabling people to re-integrate into society Liz O'Brien and Ambra Burles, Forestry Commission, UK COST Speaker WG4: Socio-economic cost benefit analysis of the benefits of urban nature Ursula Kirchholtes and ECM Ruijgrok, Witteveen+Bos, NL
10.45-11.15	Coffee break /checking out
11.15-12.00	Working group session I Parallel sessions with oral presentations (see separate programme)
12.00-13.30	Lunch/Poster session II
13.30-15.00	Working group session II Reserved for final work on the book project
15.00-15.30	Coffee break
15.30-17.00	Working group session III Reserved for final work on the book project
17.30-18.00	Bus transport to The Budor Holiday Resort
19.30	Conference Dinner/Cultural performance

Saturday 30th of August, Excursion day

07.00-08.00	Guided morning walk for early risers
08.00-09.00	Breakfast (outdoors, if weather allows)
09.00-11.00	Walking and talking in Koiedalen, Budor Resort Area
11.00-12.00	Outdoor cooking
12.00-13.00	Transport to the Norwegian Forest Museum
13.00-13.15	Presentation for the Health City Elverum, Mayor Terje Røe
13.15-16.00	Outdoors and indoor guiding at the Norwegian Forest Museum. Included a light meal at the Restaurant Forstmann.
16.00	Bus-departure from the Norwegian Forest Museum
16.40	Arrival at Hamar railway station

Working group session I
Parallel sessions with oral presentations

WG 1		
Tina Bringslimark, Terry Hartig and Grete Grindal Patil, Norwegian University of Life, SE	Adaption to windowlessness: Do office workers compensate and does it work?	Oral WG 1
Urban Fransson and Terry Hartig, Gothenburg University and Uppsala University, SE	Leisure home ownership in relation to death before retirement in Sweden	Oral WG 1
WG 2		
Anders Nyrud and Tina Bringslimark, Norwegian Institute of Tree Technology	Psychological benefits of wood: a literature review	Oral WG 2
PA Moro et al. , Poison Control Centre, Milan, IT	Poisonings from wild mushrooms, plants and snakebites in Italy: Epidemiology and clinical cases from Poison Control Centre of Milan	Oral WG 2
WG 3		
Gregor Lutz and Klaus Seeland, ETH Zürich	The influence of beech tree energy on human well-being – an account of empirical research among Swiss students	Oral WG 3
Christos Gallis, Forest Research Institute, GR	Therapeutic gardens and therapies in an ancient Greek Asclepeion; an example of the Hippocrates garden	Oral WG 3
WG 4		
Yannick Joye, Kim Willems and Malaika Brenngman, Vrije Universiteit Brussel, BE	Is green really the colour of money? A conceptual inquiry into the effects of greenery on the consumer experience	Oral WG 4
Kirsti Salo, University of Helsinki, FI	Model Vihti – schoolgarden, farm and forest in everyday schoolwork. Learning by gardening – local possibilities to enlarge learning-ground in ordinary primary schools	Oral WG 4
WG 5		
Stella-Maria Hug, Ralf Hansmann, Terry Hartig and Klaus Seeland, ETH Zürich	Determinants of exercise frequencies in indoor and outdoor settings	Oral WG 5
Peter Schantz and Erik Stigell, Swedish School for Sport and Health Sciences	Are green elements principal pull factors for physical activity?	Oral WG 5

Poster presentations

Affonso Zuin, Susana Alves, Simon Bell and Peter Aspinall, OPENspace Research Centre, UK	Assessing the relative importance of “access to green spaces” as a quality of life attribute in housing location preference
Peter Thaxter, Forestry Commission, UK	Reconciliation of recreation and conservation: Regular walks and minor work in the forest for people with mental health disorder
Inger Sundheim Fløistad, Grethe Waaseth, Arne Sæbø and Stanislaw Grawonsky, Bioforsk, NO	Effects of green areas on Human health and wellbeing: Review of current literature
Bum-Jin Park, Tomohiro Ogata, Kenji Washida, Mario Iwamoto, Hirohiko Nakamura, Kazunori Sekine, Takeshi Morikawa and Yoshifumi Miyazaki, Chiba University, JP	Physiological effects of ingesting eucalyptus essentials oil with milk casein peptide
Tytti Sarjala, Hannamaria Potila, Kaisa Mustajärvi and Jori Uusitalo, Finnish Forest Research Institute	Health from the forest – creating a network between forest and medical research and local companies
Yuko Tsunetsugu and Yoshifumi Miyazaki, Forestry and Forest Products Research Institute, JP	The physiological benefits of forests and wood: Results of laboratory experiments
Miia Tähtinen and Erja Rappe, University of Helsinki, FI	To get employment through maintenance of the agricultural heritage habitats in Finland – experiences from long-term unemployed people
Kadri Maikov and Heldur Sander, Estonian University of Life Sciences	The assessment of the landscape characteristics in bastion parks of Tallinn
Sonja van Dillen and Sjerp de Vries, Alterra, NL	Health effects of a green living environment: Stress, physical activity and social contacts as possible intermediating variables