



Using Healing Power of Forest for Public Health in Korea: Policy and Practice

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I. Where am I come from?

1. About the Republic of Korea

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- ▶ Capital: Seoul
- ▶ Area: 99,720km²
- ▶ Language: Korean
- ▶ Population: appx. 51,714,935
- ▶ Climate: continental climate, four distinct seasons

1. University Location

- Republic of Korea - Cheongju City in North Chungcheong Province



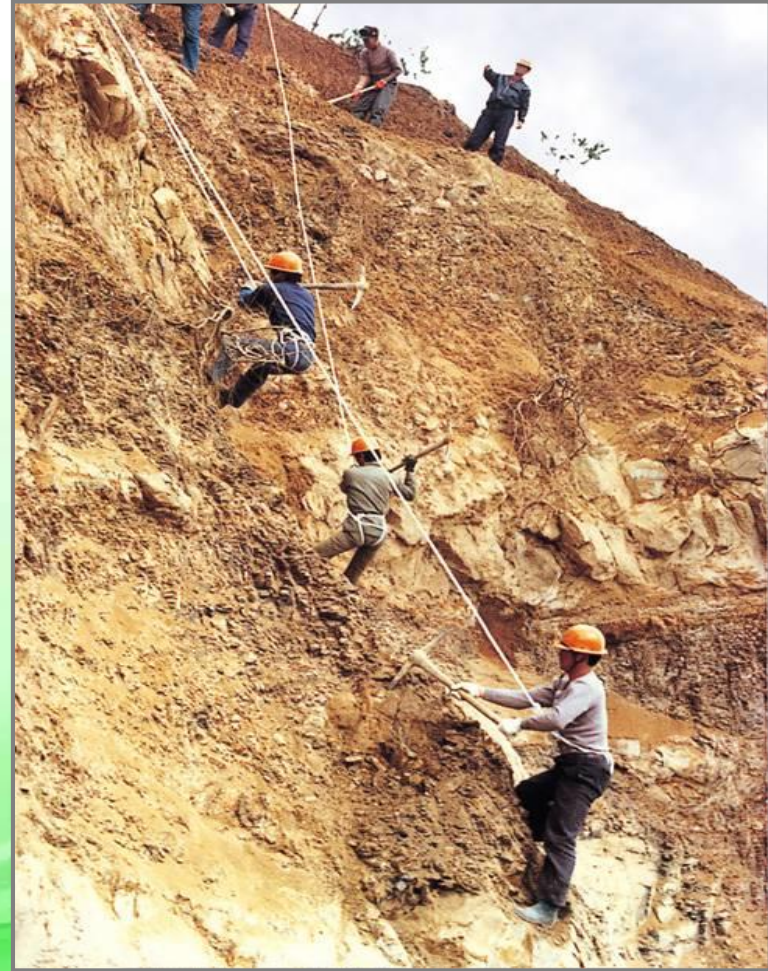
National (land granted) University



2. Collaborative Department (faculties and students)

A collaborative department			number of professor
Forest science, Economics, Physical education, Education Psychology, medicine, Food Engineering, Special plant science, Horticultural Science, Agriculture and Economy, Biology and Child Welfare			30
Student sortation	number of students		
	master	doctor	Tot.
graduation	32	4	36
Current students	66	69	135

II. Forest Resources in Korea





1950s Seongbuk-dong, Seoul



Seongbuk-dong, Seoul

Forest Rate: 64%

Growing stock/ha: 160 cubic m

Mostly owned by private (68%)

Brief History of Korea's Forest Policy

“Beyond the Success of Reforestation, To the Forest Welfare Era”



1960

- **KFS Est.(1967)**
- **Forest Restoration**

1970~1980

- **Nationwide Tree Plant Movement**

1990

- **Multi-use of Forest Resources**
- **Wood, Recreation, etc.**

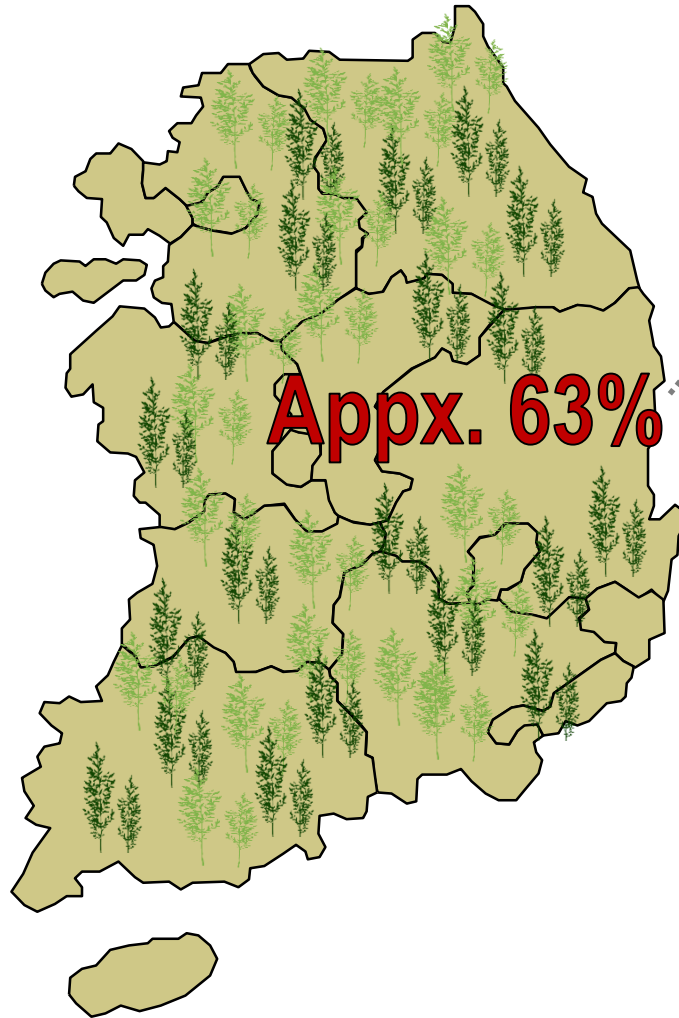
2000

- **Sustainable Forest Management**
- **Green Growth, Climate change**

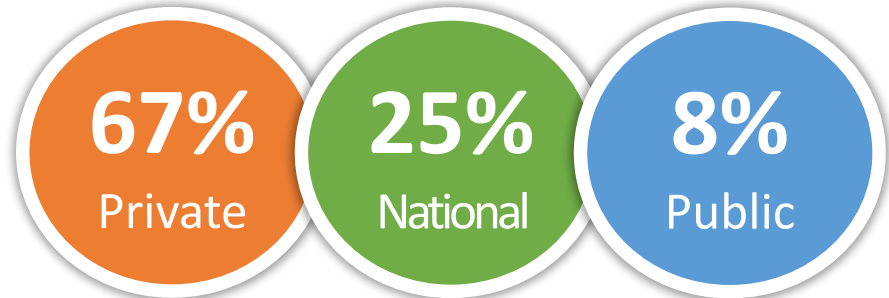
2010

- **Forest Welfare**
- **Forest Education, Healing, etc.**

A. Korea's Forests



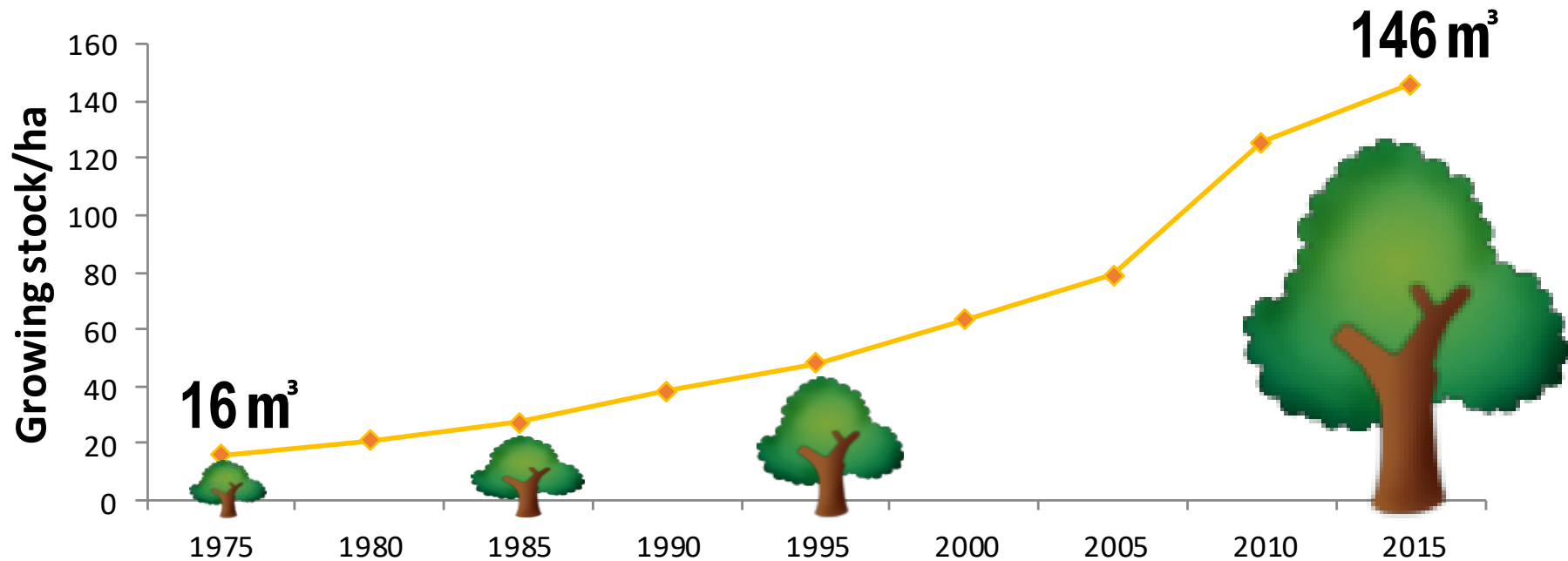
- Total land mass 10,030,000ha
- Forest cover 6,335,000ha



3. Current status of Forests in Korea

14

A. Korea's Forests



- OECD' average growing stock: 131m³/ha

2. History of Forest in Korea

15

D. International Recognition for Forest Rehabilitation



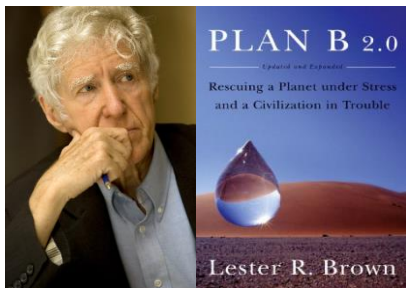
“The special nation that successfully accomplished forestation after the Second World War”

(FAO, 1982)



“Successful reforestation is the proud of Korea”

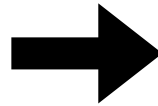
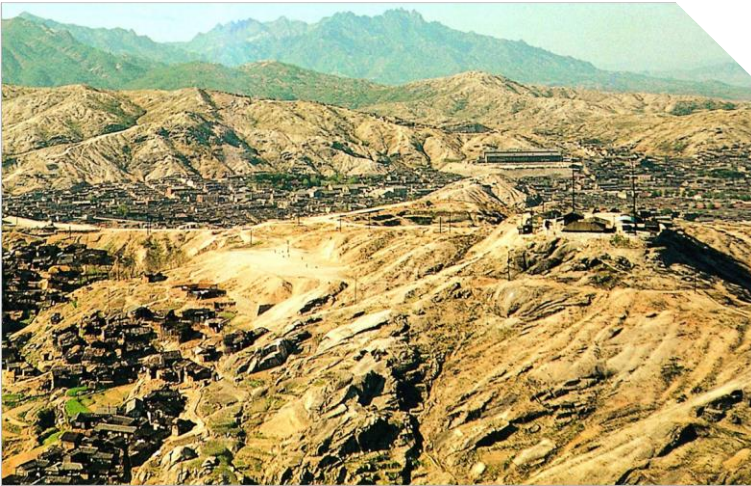
(Achim Steiner, 2008)



“Korea is representing model of forestation in the world”

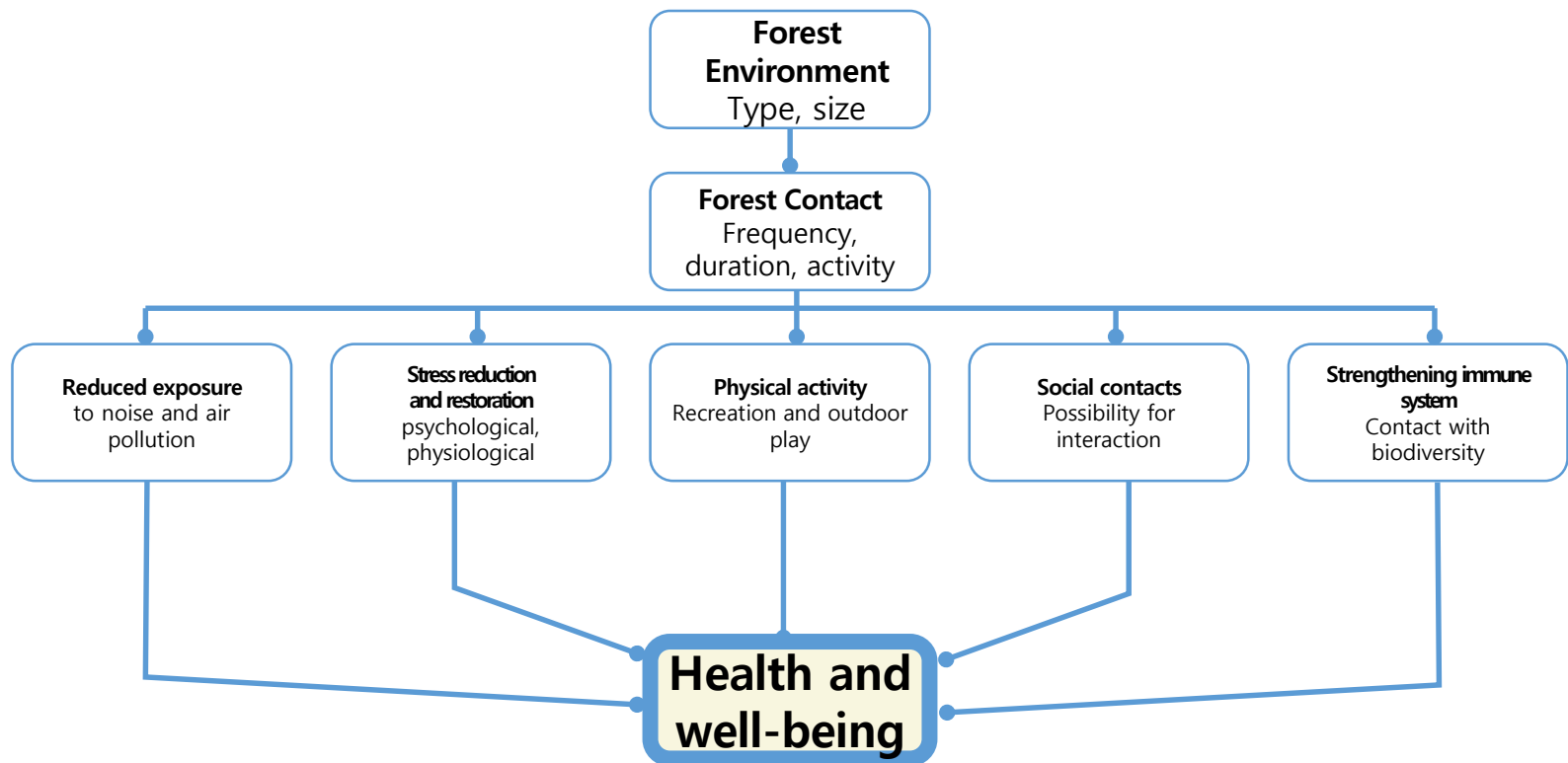
(Lester Brown, 2006)

SUCCESS OF FOREST RESTORATION (I)



“Miracle on the Han River”

HOW DOES FOREST PROVIDE HEALTH BENEFITS



HEALTH BENEFITS FROM FORESTS

Physiological	Positive effect on human physical function and/or physical health (O'Brien and Forster, 2017; Lee and Shin, 2019; Yi et al., 2019; Berto, 2014; Lee et al., 2014; ...)
Psychological	Positive effect on human mental processes and emotions (Oh et al., 2020; Hansen et al., 2017; Lee et al., 2017; Lee et al., 2011; Shin et al. 2010; ...)
Cognitive	Positive effect on human cognitive ability or functions as well as provision of educational opportunities in an outdoor and healthy environment (Kyu-Won Sim et al., 2018; RSPB, 2013; Shin et al., 2011; Shin et al., 2001)
Social	Positive effect on social skills, interactions, behaviors and lifestyle (Ambrose-Oij and O'brien, 2017; Yeon et al., 2019; RSPB, 2013; Maller, 2009; Shin et al., 2005; ...)
Spiritual	Positive effect on cultural and religious pursuits or spiritual well-being (O'Brien et al., 2017; Collins et al., 2014; Kenter et al., 2014; Laband, 2013; Chen-Hsuan Cheng and Monroe, 2012; ...)
Economic	Positive effect on local economy and employment, especially in smaller and remote mountain areas (Shin et al., 2017; Edwards et al., 2009; Hine et al., 2009)

III. Why Did Forest Therapy Emerge in Korea?

WHY FOREST THERAPY/WELFARE EMERSED IN KOREA? (I)



Abundant Forests
We Restored



Korea's Rapid Economic Growth
and its Dark side :
A yearning for Forest welfare



Rapid & High urbanization

Urbanization

- **Double-Edged Sword**

- 🏢 Opportunities (e.g. Economic development)

- 🏢 Environmental Degradation

- 🏢 Alienated from the traditional people-nature relationship

- 🏢 Exposed risk of mental/psychological disorders

WHY FOREST THERAPY/WELFARE EMERSED IN KOREA? (II)



Super-aged
Society



Perspective of Preventive
Medicine



Combating to Problems of
Youth

IV. Main Accomplishments

What is the Forest Welfare in Korea?

Forest Welfare

Economic, social and emotional supports based on forest and its resources in order to promote people's health and welfare

Forest Welfare Services

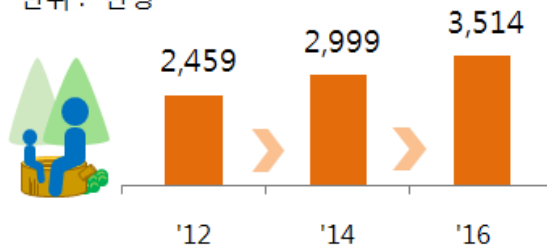
Cultural, recreational, educational and therapeutic services based on forest and its resources

Forest Welfare Facilities

Recreational forest, forest campground, healing forest, forest kindergarten, forest education center, forest bathing facilities, forest leports, burial forest, etc.

(Unit : ten thousand)

단위 : 만명



<Forest Welfare Population>



<Leisure Activity Ranks>

Introducing Forest Welfare with People's Life Cycle

Provides tailored forest welfare services according to the life cycle

Birth

Prenatal Education Program



Pre-School

Forest Kindergarten



Youth

Forest Education



Adolescence
Wild Activities



Middle Aged
Recreation/Leisure



Senescence
Forest Therapy



Death
Tree Burials



New Legislation on the Forest Welfare



Forest Welfare Promotion Act in effect (March in 2016)

: To contribute to improve people's health and happiness through various forest welfare services

📖 The world's first case of legislation to specify 'forest welfare'



5-year Plan



Forest Welfare
Services



Forest Welfare
Complex



Committee



Specialized
Agency

Establishment of Specialized Agency



Korea Forest Welfare Institute (April in 2016)

To promote forest welfare and to make contribution to the improvement of health and quality of life and the pursuit of happiness by providing diverse and well-organized forest welfare services.



Forest Welfare
Facilities



Tailored Services



Professionals
Education



Programme
Development

Service for Vulnerable Social Group



FWS* Providers

Forest welfare
voucher for
the vulnerable



Forest Welfare Voucher

A voucher worth 90 USD can be
used at forest welfare facilities

- Who would be qualified for the voucher?
: The low income, disabled, etc.

** 9,100 persons('16) → 15,000 persons('17)

Forest welfare facilities at which People can use the voucher

* Forest Welfare Service

** 31 facilities('16) → 66 facilities('17)

Extension of Cooperation

Government



Enterprise

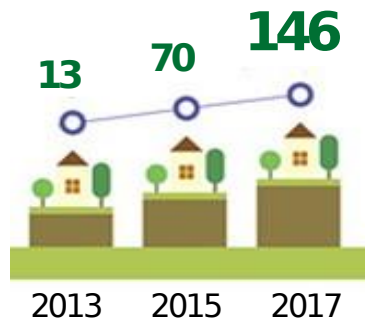


The Memorandum of Understanding for expanding welfare support of vulnerable social group

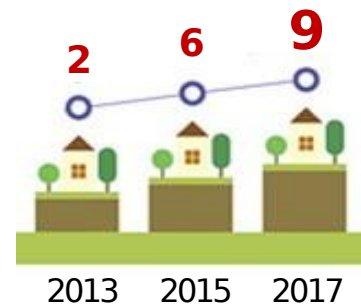


Major Facilities for Forest Welfare

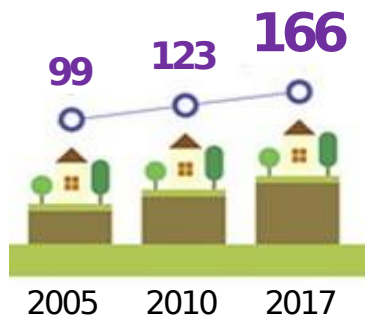
Forest Kindergarten



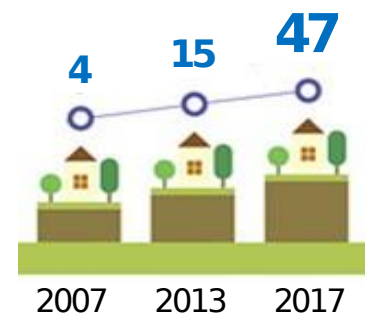
Forest Education Center



Recreation forests



Healing forests



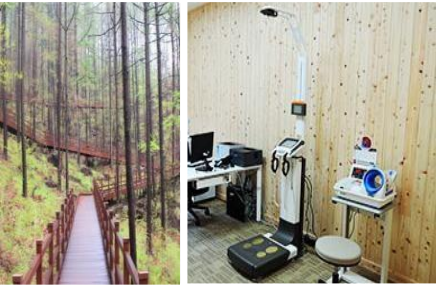
Major Facilities for Forest Welfare(cont.)



National Forest Healing Center

A large-scale Forest healing complex for long stay visitors

- Scale :2,889ha (main facilities:152ha)



Major Objectives

- Health promotion through the various forest-healing services
- Development & spread of forest-healing service programs
- Research on the effectiveness of forest-healing services



Jobs Specialized in Forest Welfare



Forest interpreter
(8,937 persons)



Forest Kindergarten Instructor
(2,143 persons)



Forest Trail Instructor
(1,018 persons)



Forest Healing Instructor
(695 persons)

Some Challenges to Overcome

① **Mainstreaming of forest welfare facilities and service (leading by states)**

② **Evidence-Based Forest Therapy Programs (weak) and Research**

③ **Setting reasonable price of the forest welfare service
- Operating by Public vs. Private**



**When 'I' is replaced with 'We'
Even 'ILLness' becomes 'WeLLness'.**

~ Malcolm X