



# IUFRO Task Force Forests and Human Health, ForHealth 2007-2011

*Coordinator:*

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**METLA**

# IUFRO Task Force 2007 - 2011: Forests and human health, ForHealth



Human health is defined by the World Health Organization (WHO) as "a state complete physical, mental and social well-being and not merely the absence of disease or infirmity".

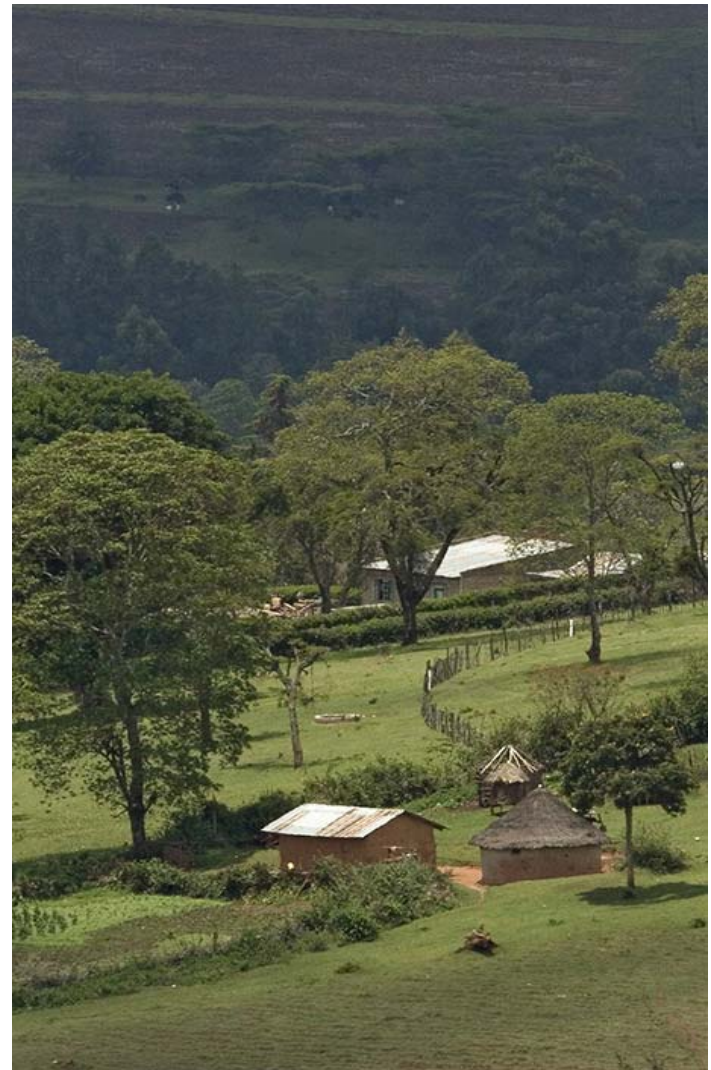
Many research articles show that human health, in terms of physical, mental and spiritual well-being, is linked to forest use and forest management.

Forest have many positive but also negative impacts on human health.

Research on the impacts of forests and trees on human health and well-being is so far either limited or is not being fully recorded.



- The main purpose of ForHealth is to increase and enhance the **dialogue** between the various actors in this field, such as **scientists from different disciplines** (e.g. health, forestry, environment, social sciences), **policy-makers**, **implementing agencies** and other stakeholders.
- Cross-sectoral co-operation, especially between forest and health professionals, is planned
- ForHealth will continue the European activities (COST E39) at a global level





## **1. Food and medicinal products**

traditional as well as new products and innovations based on forests (e.g. fruits, fungi, forest-derived pharmaceuticals, health-promoting foods, herbs, organic credentials/organic certified products)



## **2. Mental and physical health and well-being**

improving living environments,  
physical and mental health  
benefits of forests and trees,  
processes of the formation of  
these health effects,  
therapeutic and cultural  
aspects of forests and trees,  
services based on health  
benefits of forests and trees,  
diseases linked with forests



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## Possible activities

- Series of meetings, workshops and conferences
- Book: *Human Health and Forests: A Global, Interdisciplinary Overview*, by CIFOR, submitted to Earthscan
- State of art report and annual reports
- Portal for networking and delivering information
- Enhance the set-up of research projects





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### **Steering committee members:**

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- Johan Barstad, Researcher, Møre research Volda, Norway
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- Gabriel Rugalema, Senior Officer, Gender and Population Division, FAO, Italy
- Marcus Sangster, Head of Social and Land Use Research, Forestry Commission, UK
- Steve Selin, Prof, West Virginia University, USA
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IUFRO Task Force 2007-2011:

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**Further information and Call  
for Expressions of Interest:**

[www.iufro.org/science/task-forces/forests-trees-humans](http://www.iufro.org/science/task-forces/forests-trees-humans)

