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**Title of presentation:** Using the proven power of woodland to promote health

**Abstract:** The positive effects of woodland on health have been the subject of in-depth research for several years. A distinction can be made between benign factors, which are constantly at work, and activating factors, which have an impact when people spend time in woodland. In the case of benign factors, a healthy macroclimate such as a marine climate is essential. Forest areas stand out for their beneficial interior climate, the protection they offer against radiation and wind, diverse light and wind conditions, moderate temperatures, relatively high humidity and good air quality. Activating factors include sensory impacts like essential oils, psychological effects and topography. In designated curative and therapeutic forests, experts combine activating therapeutic procedures with benign factors in order to unlock each patient's individual salutogenic potential.

Therapy in curative forests can be used primarily for secondary prevention of chronic conditions, and therapeutic forests for tertiary prevention. Musculoskeletal, respiratory tract and skin diseases, as well as neurological, psychological, oncological and cardiovascular conditions are among those most responsive to forest therapy. An open pilot study of patients with chronic obstructive pulmonary disease who received treatment in the Heringsdorf therapeutic forest on the island of Usedom during a period of inpatient rehabilitation showed improvements in typical clinical parameters compared to an indoor control group.