



Parques Nacionales Naturales  
de Colombia



MINAMBIENTE



**TODOS POR UN  
NUEVO PAÍS**  
PAZ EQUIDAD EDUCACIÓN





Parques Nacionales Naturales  
de Colombia



## COMMITMENT FULFILLED



“I’ll start conversations with Health’s Ministry of Colombia to initiate a Healthy Parks Healthy People program and promote how national parks can improve the health and wellbeing of Humans.”



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## GENERAL OBJECTIVE

Consolidate the Natural National Parks as spaces that promote healthy life styles and well-being to children, young people and adults who visit them, contributing to the improvement of visitor's health.









## STATISTICS OF PUBLIC HEALTH IN COLOMBIA

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### In children and adolescents 5-17 years

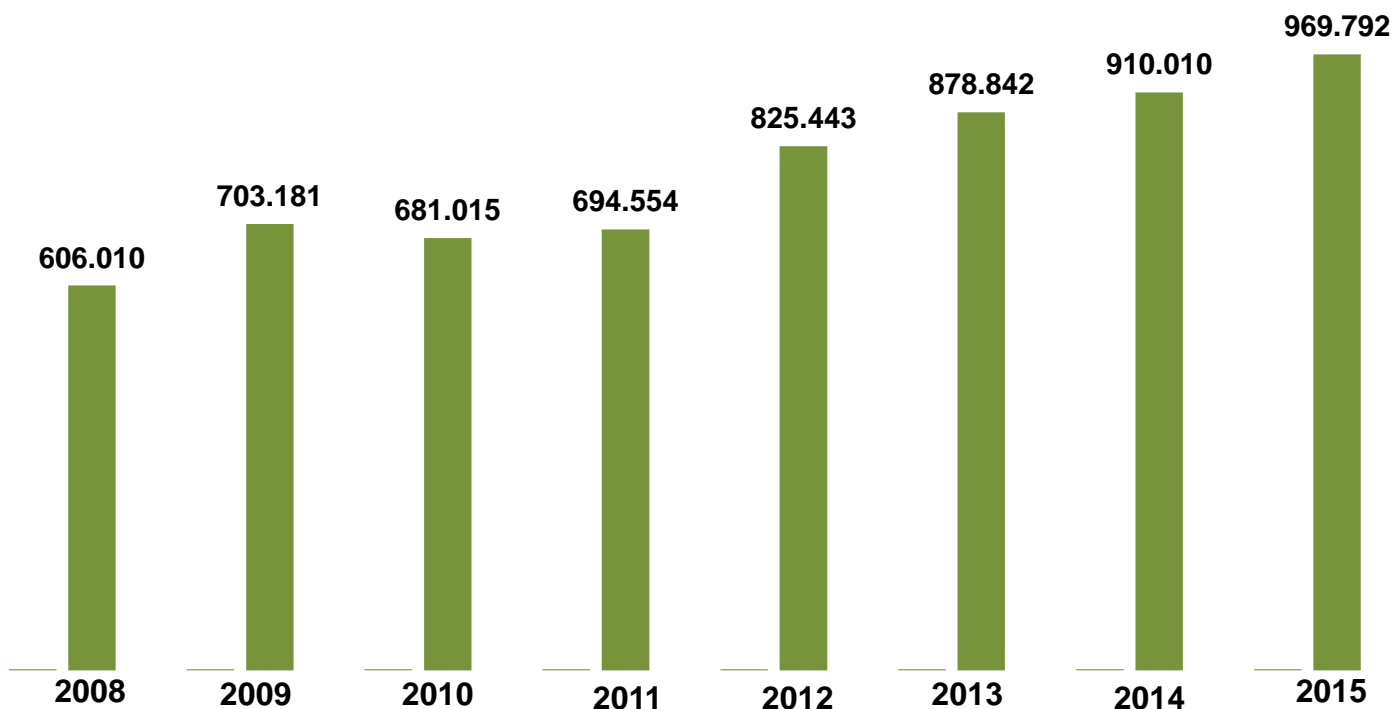
- 62% children and young people see more than 2 hrs TV or video games
- One in six children and adolescents presents weight excess or obesity.
- The weight excess is greater in the urban area (19.2%) than in rural area (13.4%)

### In adults from 18 to 64 years

- The figures of weight excess increased in the last five years in 5.3 %
- Weight excess is higher in women than in men (55.2% vs. 45.6%)
- The highest prevalence of overweight is presented in the urban area (52.5%)



## Number of visitors to NNP



2015	Nº of Visitors
Adults	889.021
Children and adolescents	80.771
Total	969.792

- Visitor's increase of 2015 vs 2014: **6%**
- Visitor's increase of 2015 vs 2013: **10%**
- Visitor's increase First Quarter 2016 vs 2015: **11,7%**





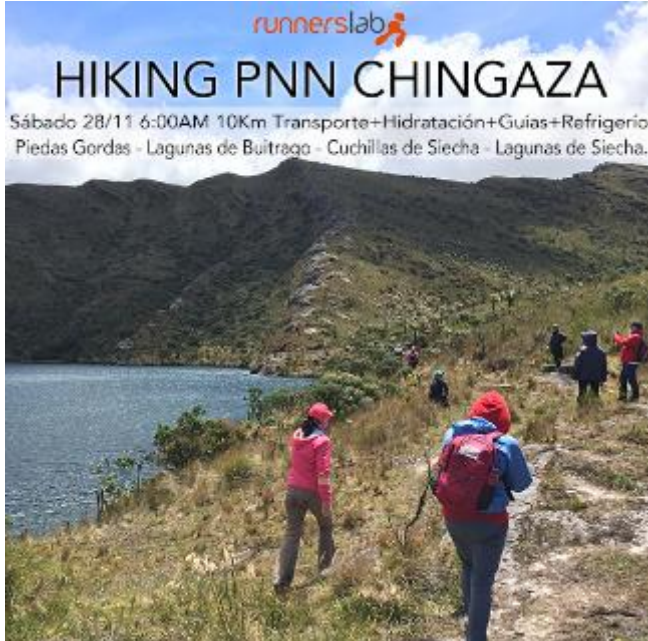
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## ALLIANCE TO PROGRAM



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## 1. MINISTRY OF HEALTH

- Articulation with Decennial plan of Public health (2012-2021), in the Dimension Ways, Conditions and Life styles.
- Guide to phisical activity in the free time (Include National Natural Parks).
- Preventions protocols for visiting National Parks.
- Participation in II Forum of Healthy Life Styles.
- Campaign of promotion and prevention in health and wellnes.



MINSALUD





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## 2. MINISTRY OF COMMERCE, INDUSTRY AND TOURISM

- Articulation with the strategy of “Tourism and Sport”
- Development of a pilot program of tourism and sport in National Parks of Colombia
- Development a promotion campaign about Tourism and sport in National Parks of Colombia



MINCOMERCIO  
INDUSTRIA Y TURISMO



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### 3. COLOMBIAN FOUNDATION OF THE HEART



- Begin the process of certification as a healthy organization.
- Support scientific and technically in all initiatives to promote programs of healthy habits and process advance teaching that allow empower the members of the communities to be health promoters in their families, immediate environments and work places.



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## ACTIVITIES 2016

### SPORTING ACTIVITIES

- 21K and 10K in Chingaza NNP – 100 people
- 25 – 93 K in Nevados NNP – 300 people
- 42, 21 and 16 K in Farallones NNP – 900 people

### HEALTHY ACTIVITIES

- Activities to participate in the healthy lifestyles week on Sept- 2016
- Parks community-based ecotourism enterprises: product of well-being designed for two National Parks (Otun Quimbaya - Iguaque)





The strategy of **communication** and **education**  
to youth people who are involve with  
National Natural Parks





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MORE THAN  
**1000**  
PRODUCERS OF ENVIRONMENTAL CONTENT



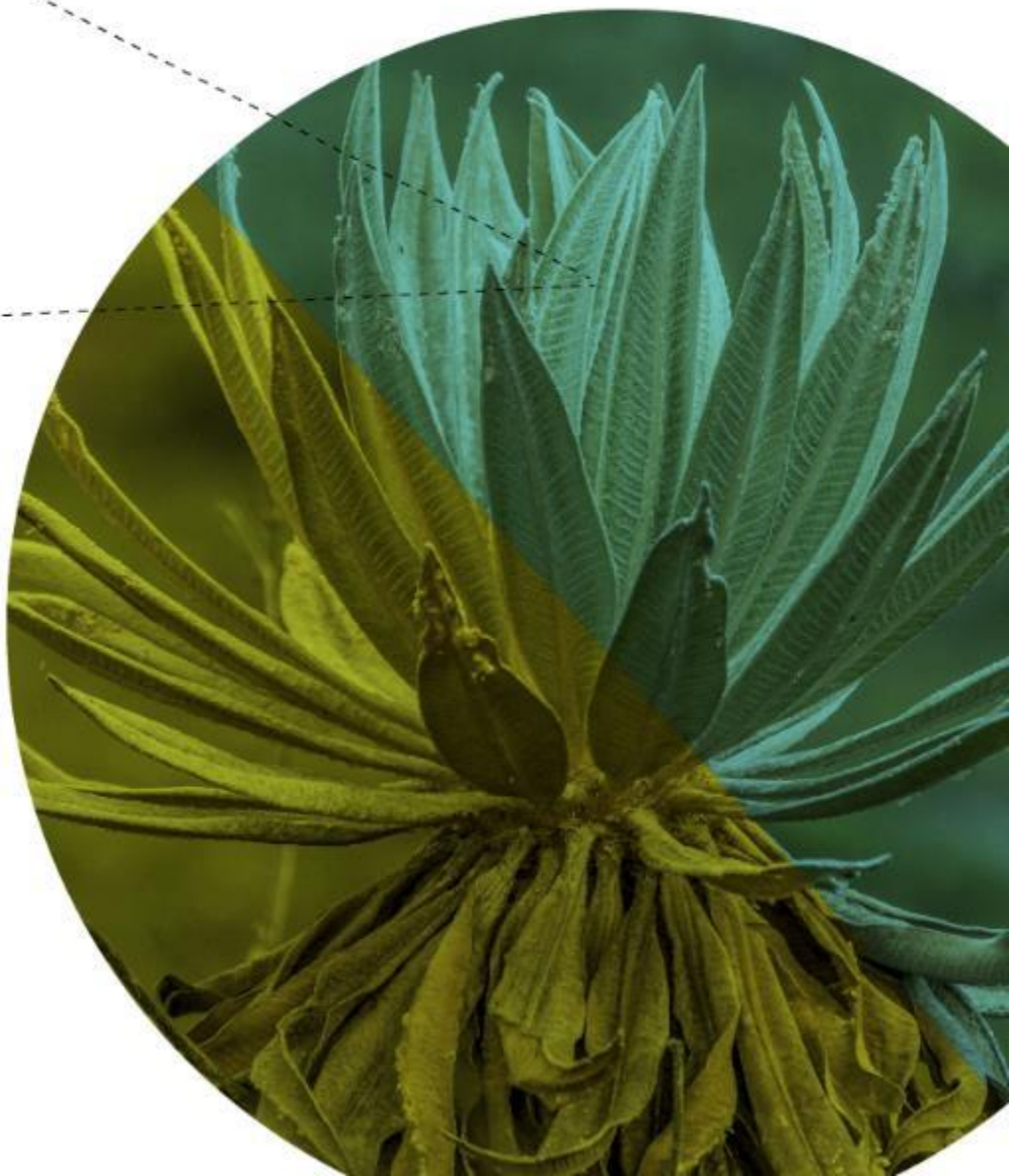
Do you want to be part of the **ECOPARCHE?**

Communications Network and Environmental Education



Collective Communication in **31** protected areas





CONÉCTATE CON LA  
**NATURALEZA**  
VISITA LOS PARQUES  
NACIONALES



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**PARQUES  
NACIONALES**  
un espacio de  
**RELAJACIÓN  
Y AIRE PURO**  
**para todos**



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¿BUSCANDO  
GRANDES MANERAS  
**DE DISFRUTAR LA  
NATURALEZA?**

visita los Parques  
Nacionales



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LA CULTURA  
DEL MOVIMIENTO  
También se practica en  
**LOS PARQUES  
NACIONALES**



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**ESTUDIOS DEMUESTRAN**  
que escuchar los sonidos  
**DE LA NATURALEZA**  
como los pájaros y  
las corrientes de agua  
**AYUDA A REDUCIR EL ESTRÉS**



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# Somos la gente de la conservación



[www.parquesnacionales.gov.co](http://www.parquesnacionales.gov.co)



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