

## Forests and Health——Forest health

### Forum 4 Global Initiatives in Harmony with nature

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**DOI: 10.52428/27888991.v5i8.1069**

**Abstract**

"Forest health" is relying on forest ecological resources to carry out forest recreation, vacation, recuperation, health care, elderly and other activities, is an important part of the health industry, cross-border and integration is the only way for the development of forest health industry. The development of forest health industry perfectly interprets the huge advantages of "tourism, entertainment, products and cultivation" brought by a fine ecological environment, fully reflects the development concept of "innovation, coordination, green, open and sharing", and is an important content of promoting supply-side structural reform to strengthen green supply. The government should continue to coordinate and promote a variety of ways of using forest resources, encourage the development of ecotourism, forest health care, forest home, nature education industries with their own characteristics, and integrate science popularization education, leisure tourism, health care, entertainment and sports, specialty food, old-age health care and other related industries into forest health care. Let forest health develop into an integrated and innovative industry of ecology, forestry, psychology, medical treatment, tourism, sports, culture and other formats.

森林与健康——森林康养

**Forests and Health——Forest health**

大家好，我叫裴婷婷，我本次汇报的主题是森林与健康——森林康养。

首先，背景引入：随着城市化进程的推进，以及城镇规模的扩大，人口密度剧增。

First, background introduction: With the advancement of urbanization and the expansion of urban scale, the population density has soared.

城市化带给人们生活很多便利的同时也产生一些负面影响，比如：城市热岛效应；其次，城市化造成的空气污染、水污染、噪声污染、土壤污染等环境污染在很大程度上影响着人的身心健康；第三，人类的生活方式都市化，在快节奏的工作、生活等各方面的进程中，人们压力增加，而在满是混凝土塑造的这样一个空间内，很难有一个比较舒适的空间供居民放松、修心养性。在这样一个城镇空间硬质化的过程中，除了城市的一些公园、城市绿地等类似的空间可以给人提供一个安静、比较适宜的休闲空间之外，森林旅游与森林景观逐渐受到重视。

Urbanization brings a lot of convenience to people's life, but also produces some negative effects, such as: urban heat island effect; Secondly,



the environmental pollution caused by urbanization, such as air pollution, water pollution, noise pollution and soil pollution etc, affects people's physical and mental health. Thirdly, the urbanization of human life style; People's pressure increases in the process of fast-paced work, life and other aspects. Also in such a space full of concrete shape, it is difficult to have a more comfortable space for residents to relax and cultivate their mind. In such a hardened space, some parks and urban green spaces and other similar Spaces in the city can provide quiet and more suitable leisure spaces for people, people also have gradually pay attention to forest tourism and forest landscape.

通过查阅相关的文献，我们发现有一些学者对居民健康水平及其影响因素进行的分析；比如河南理工大学王莉对我国居民健康水平、时空演变特征及影响因素等进行分析，研究结果表明，城镇化对城市居民健康指数有极显著的影响，环境质量对城市居民健康有明显的影响。

By referring to relevant literature, we find that some scholars have analyzed residents' health level and its influencing factors; For example, Wang Li from Henan Polytechnic University has analyzed health level, spatio-temporal evolution feature and influencing factors of the residents' health of China. The research results show that urbanization has a very significant impact on the health index of urban residents and environmental quality has obvious influence on the health of urban residents.

除了在城市有限的空间内塑造一些绿地景观之外，森林康养、森林景观、森林公园、森林旅游等逐渐受到人们的青睐。

In addition to shaping some green landscape in the limited space of the city, forest health and forest landscape, also forest park and forest tourism and so on are gradually favored by people.

针对森林康养的相关研究主要涉及有森林康养开发利用模式和评价指标体系构建、森林康养资源的建设、森林康养旅游基地的开发、森林康养要素组成和景观设计等等。

The related research on forest recuperation mainly involves the construction of forest recuperation development and utilization mode and evaluation index system, the construction of forest recuperation resources, the development of forest recuperation tourism base, the composition of forest recuperation elements and landscape design, etc.

另外，我们在中国知网上对森林康养进行主题检索后，得到的结果如图所示；以森林康养为主题的研究居多，并进一步对其研究机构进行分析发现高校为主要研究单位。

In addition, we carried out with the theme of Forest Kang on CNKI, and the results showed that the majority mainly about the forest health landscape and system construction; We also further analysed its research institutions and found that universities are the main research units.

另外有一些相关的政策或文件，在一定程度上促进了森林康养的建设。

In addition, some related policies or documents, to a certain extent, promote the construction of forest health.

习总书记在江西考察时指出“发展林下经济，开发森林食品，培育生态旅游.....要培育生态旅游、森林康养等新业态”等建设。

During General Secretary XI visited to Jiangxi province, his pointed out that “Developing the economy under the forest, developing forest food, cultivating eco-tourism .....and New forms of business such as eco-tourism and forest health should be cultivated”.

2022年版《中华人民共和国职业分类大典》中，森林康养师正式被纳入其中。森林康养师的工种主要包括森林康养师和园林康养师。

In the 2022 edition of the“People's Republic of China Classification of Occupations,” forest health division was formally included. The kinds of Forest Health work category mainly include Forest Health teacher and Landscape Health teacher.

接下来我们对森林康养进行一个简单的说明，首先是其概念。

Next, we carry on a simple explanation to the forest health, first is its concept.

森林康养是指依托优质的森林资源，将现代医学有机结合，配备相应的养生休闲及医疗、康体服务设施，在森林里开展以修身养性、调适机能、延缓衰老为目的的森林游憩、度假、疗养、保健、养老等一系列有益人类身心健康的活动。

Forest health refers to rely on high-quality forest resources, and equip with the corresponding health leisure and medical, recreation and sports service facilities, in the forest to develop self-cultivation, adaptation function, which may delay the aging of forest recreation, vacation, convalescence, health care, aging and a series of activities beneficial to human health.

森林康养类型主要有：首先，深度体验型，主要是在森林林下空间开展一些活动，供人亲临其境；其次是强身健体型，比较典型的有森林浴、森林瑜伽，还有森林快走、森林太极等等；第三是疗养度假型，结合特色的森林康养区设计、森林特色住宿、森林食疗以及芳香疗养等方式体现其康养的功能。

The main types of forest health are: Firstly, deep experience type, mainly carry out some activities in the forest space so that people can feel it; Secondly, physical fitness type, the typical examples such as typical forest bath, forest yoga, and forest walk, forest tai chi and so on; Thirdly, convalescent vacation type, which combines the design of the characteristic forest convalescent area, the forest characteristic lodging, the forest dietotherapy and the fragrant convalescence, and so on, to embody its convalescent function.

森林康养的作用从两方面来分析。第一是康养，主要是采取一定的措施、提供一定的环境，或是利用一定的技术来给人们提供这样一个比较舒适的环境，在一定程度上促进其身心发展。第二是森林的作用，首先森林对环境的作用，植物能够释放氧气，能够形成一个自然氧吧；其次有生态的作用，能够作为气候的调节器，也可作为空气的

净化器。森林对机体的作用，可从以下四个方面分析，首先它是有毒气体的防毒面罩，可以滞尘与吸收有害物质；其次它是自然界的“CDC”；第三，是噪声的隔音板；第四，是精神心理治疗师，能给人提供不同的场景满足其精神需求。森林中大面积的林木可以释放氧气，释放杀菌素，形成负氧离子，营造具有较高浓度的负氧离子浓度的微环境；同时可以释放一些芳香，尤其是芳香类的植物。

The function of forest health cultivation is analyzed from two aspects. The first is health, which mainly take certain measures, provide a certain environment, or use a certain technology to provide people with such a relatively comfortable environment, to promote their physical and mental development. The second is the role of forests, first of all the role of forests on the environment, plants can release oxygen, can form a natural oxygen bar, can also be used as air purifier. The effect of forest on organism can be analyzed from four aspects: Firstly, it is the gas mask of poisonous gas, which can catch dust and absorb harmful substances; Secondly, it is the “CDC” of nature; Thirdly, it is the noise insulating board; Fourthly, it is the psychotherapist, which can provide people with different scenarios to meet their spiritual needs. Large areas of forest trees can release oxygen, release fungicides, form negative oxygen ions, create a higher concentration of negative oxygen ions microenvironment; at the same time, can release some aromatic, especially aromatic plants.

负氧离子对人体的作用，可从以下几方面进行分析。第一它可以调节机体内在的生物节律；第二可以改善脏器功能；第三使血液、体液的pH值呈弱碱性；第四，改善脂质糖代谢，促进吸收消化；第五，活化NK细胞，抑制有害菌种增殖。负氧离子浓度是空气清洁程度的重要指标之一，亦与人的健康水平有直接相关。相关研究表明负氧离子可以抵御癌细胞活性的NK细胞的功能，也可以抑制无色三烯以及血清胆固醇等的生成。针对负氧离子对人体的机能的作用，我们还会继续进行相应的文献检索及研究。空气离子作用于人的神经系统、体液等在一定程度上可以起到预防治疗疾病的功能。它的作用机制和作用方法及相应的措施、机理等，我们后续有待进一步的探索与研究。

The effect of negative oxygen ions on the human body can be analyzed from the following aspects. Firstly, it can regulate the body's internal biological rhythm; Secondly, it can improve organ function; Thirdly, the pH value of blood and body fluids is weakly alkaline; Fourthly, improve lipid glucose metabolism, promote absorption and digestion; Fifthly, activate NK cells to inhibit the proliferation of harmful strains. The concentration of negative oxygen ions is one of the important indicators of air cleanliness and is directly related to the health level of the human body. Relevant studies have shown that negative oxygen ions can resist the function of NK cells active in cancer cells, and can also inhibit the production of achrotriene and serum cholesterol. In view of the function of negative oxygen ions on the human body, we will continue to conduct corresponding literature search and research. Air ions act on human nervous system, body fluids, etc., to a certain extent, can play a role in the prevention and treatment of diseases. Its

mechanism and method of action and corresponding measures, mechanisms, etc., we need to further explore and study.

在基础理论研究的基础上，注重森林康养实践。对典型案例进行分析，如河北省林栖谷森林康养基地、丈河森林康养基地和福鼎白茶森林康养基地等等。另外典型森林康养基地进行实地调研以及实景的考察，通过案例分析以及实践的调研，深入其境，在此基础上对它进行具体的分析以及康养景观设计；除此之外还结合高校的环境进行园艺疗法以及师生心理辅导的实践的探索。通过理论的研究以及实践的探索以及实践的应用来提升康养森林、康养景观的建设，也为建设“健康中国”而提供一份力量。

On the basis of basic theoretical research, we should pay attention to forest health practice. The typical cases are analyzed, such as Linqigu forest health base, Zhanghe forest health base, Fuding white tea forest health base and so on. In addition, the typical forest health base field investigation and real scene investigation, through case analysis and practical investigation, in-depth environment, on this basis, the specific analysis and health landscape design; In addition, combined with the university environment horticultural therapy and teachers and students psychological counseling practice exploration. Through theoretical research and practical exploration and application of practice to improve the construction of healthy forest, healthy landscape, but also for the construction of "healthy China" and provide a force.

典型的案例,河北省林栖谷森林康养基地，总占地面积是2800亩，整体划分为森林康养、休闲度假、文化旅游三大产业；它主要提供了高品质的养生、养心、养老旅游、旅居服务。截止目前为止，已建成项目有：康养休闲街、悦享澜庭综合服务中心、禅院、医美中心 民族特色疗法、照护中心、药膳局、康复中心抗衰老中心、慢病调理中心、体检中心、茶院、医疗中心、竹林书院、葛洪热灸、理疗中心、全国森林康养总部、悦享农庄、书田花海、度假公寓、林栖荟、接待服务中心、森林木屋、梦幻夜森林、儿童乐园、罗曼庄园鹿门歌餐厅等项目，着力创建“生态、康养、休闲、聚落”，塑造林栖谷品牌。2023年3月获取“国家级康养示范小镇”，“全国康养示范区”荣誉称号。秉承“做中国康养领军品牌”的企业愿景，围绕“用户至上，专注品质，担当有为”的核心价值观，致力于打造“京南森林康养头等舱”。

A typical case, the forest health base of Linqigu, Hebei Province, it covers a total area of 2800 mu, and it is divided into forest health, leisure vacation, cultural tourism three major industries; It mainly provides high-quality health, heart, elderly travel, sojourn services. Up to now, the completed projects are: Health and Leisure Street, Pleasant Enjoy Lanting Comprehensive Service Center, Zen hospital, Medical beauty center National characteristic therapy, care center, Medicated Diet Bureau, rehabilitation center, anti-aging center, chronic disease conditioning center, physical examination center, tea house, medical center, bamboo forest Academy, Gehong heat moxibustion, physiotherapy center, National Forest health Headquarters, Joy Enjoy farm, Shutian Flower Sea, holiday apartment, Lin

Qihui, reception service center, Forest wooden house, dream night forest, children's paradise, Romain Manor Deer Song Restaurant Other projects, focus on creating "ecology, health, leisure, settlement", shaping the brand of Linqi Valley. In March 2023, it won the honorary title of "National Health Demonstration Town" and "National Health Demonstration Area". Adhering to the enterprise vision of "being the leading brand of health care in China", focusing on the core values of "customer first, focus on quality, and play promising", we are committed to creating "Jingnan Forest Health First Class".

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