

# A study on the forest policy for human health and well-being

## : Focusing on the case of forest welfare policy in Korea

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### I. Introduction

- The government established a 20-year long-term reforestation project starting in 1973 to achieve national reforestation.
- The perception of forests began to change with the improvement of living standards and increased leisure time because of rapid economic growth.
- On the other hand, the forest turn in to the space for the healing because of modern social problems such as urbanization, industrialization, and Covid-19 etc.
- Therefore, the Korean government has focused on the solutions for these problems through forests and implemented policy on Forest Welfare which has contributed to the promotion of welfare for the public.
- The purpose of this study is to explore the case of Korea's policy utilizing forest's resources in respect of improvement for human health and well-being.

\* Definition of Forest Welfare: To offer economic, social, and emotional support for the improvement of people's well-being by providing forest-based welfare services for individuals and society.

### II. Methods

#### A scope and materials of study

Korea's unique model frame work to improve the human health through forests.

#### Review on the Forest Welfare Related Act

- ❖ (1990) Introducing recreational forest in Forest Act
- ❖ (2005) Forest Culture and Recreation Act
- ❖ (2011) Forest Education Promotion Act
- ❖ (2015) Forest Welfare Promotion Act

\* Forest Welfare Institute was established in 2016 year based on Article 49 of the Forest Welfare Promotion Act.

#### Research on the Forest Welfare for life cycle services



Figure1. Generation Seven-Projects for each life cycle

### III. Results

#### Establishment of FOWI which is specialized in forest welfare

##### Mission and Mandate of the Institute

- ❖ Mission: Elevate the quality of life to provide forest welfare services
- ❖ Main Facilities: National Center for Forest Therapy(8), Forest Education Center(7), Forest Welfare Research Center(1)
- ❖ Main Programs: Forest Therapy Program, Forest Education Program etc. - PTSD, ADHD, COVID-19 workers, etc.
- ❖ Main Business
  1. Operation of national forest welfare facilities
  2. Operation of forest welfare business registration system
  3. Provision of voucher for forest welfare service
  4. Cultivation education for forest welfare expert
  5. Cooperation with concerned organizations
  6. Management of forest environment funds(Green Funds)
  7. Strengthen R&D for scientific evidence of forest therapy

#### 8. Support and Vitalize Private sector



Figure2. The number of Registering Specialized Forest Welfare Business('21.7.)

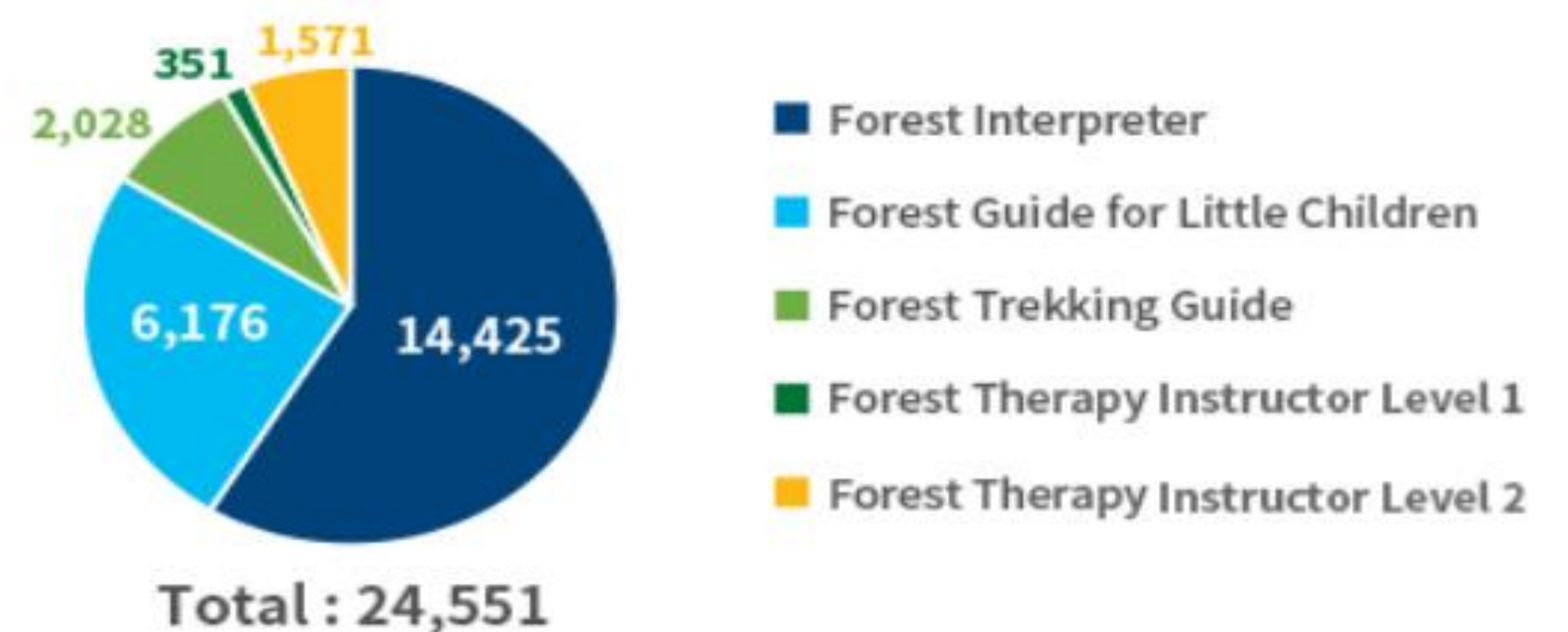


Figure3. The number of Issuing Certificates for Forest Welfare Expert('21.7.)

### IV. Conclusions

The concept of forest welfare is proposed as a unique model framework to improve the health benefit from forests. For instance, it is established that forest exposure and experience significantly contribute to reducing stress, and has therapeutic value. And Forests also are a suitable environment for recreation, education, and leisure sports. Through the forest welfare concept, a range of health and other human welfare benefits from forests are yet to fully explored and enhanced in many countries. This study implies that the forest welfare policy in Korea is one of the most advanced and future-oriented policies between forests and humans. The forest welfare policy will contribute to the development of a more holistic lifestyle all over the world.