



Voedselbossen: uitdagingen

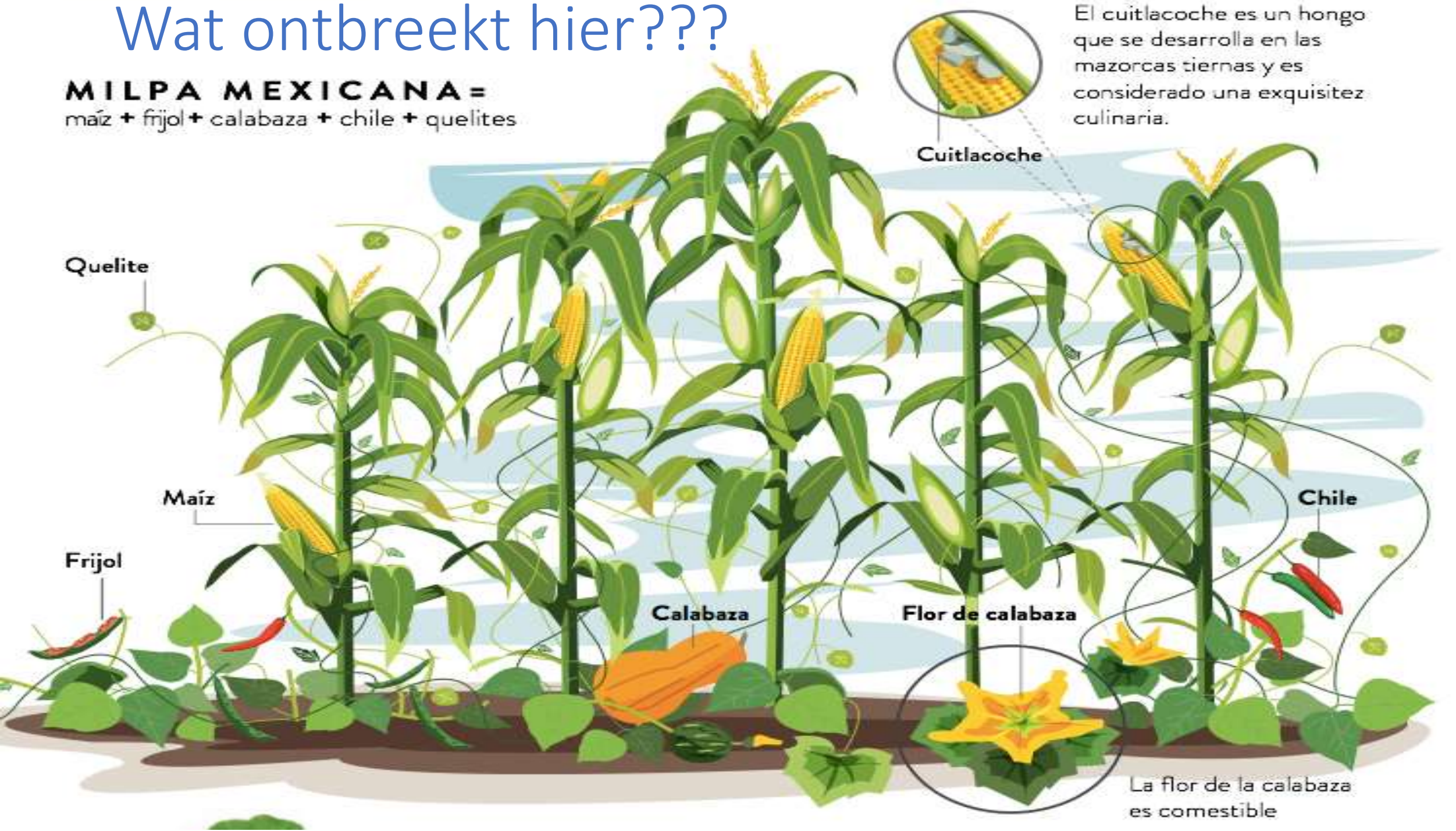
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inhoud

- Voorbeelden
- Voedselbossen
- Functies
- Uitdagingen

Wat ontbreekt hier???

MILPA MEXICANA =
maíz + frijol + calabaza + chile + quelites



El cuitlacoche es un hongo que se desarrolla en las mazorcas tiernas y es considerado una exquisitez culinaria.

Cuitlacoche

Quelite

Maíz

Frijol

Calabaza

Flor de calabaza

Chile

La flor de la calabaza es comestible

- the concept of *milpa* ... involves complex interactions and relationships between farmers, as well as distinct personal relationships with both the crops and land.
- “the making of *milpa* is the central, most sacred act, one which binds together the family, the community, the universe...[it] forms the core institution of Indian society in Mesoamerica”[\[1\]](#)



Voedselbos, CSA, in Uganda



Permaculture in Malawi



Stadslandbouw en voedselbossen



windbrekers



aquacultuur

Groene utopieën



Voedsel utopieën

- Agrarianisme: weg met de stad, boeren deugdzame mensen, ingesteld op seizoenen, werken op het land
- China, 7^{de} voor Ch. (Xu Xing)
- Fysiocraten, 17/18 eeuw Europa
- VS: Jefferson
- Veganisme:
- Raw Foods:



EVIDENCE BASED PUBLIC HEALTH POLICY AND PRACTICE

Green space, urbanity, and health: how strong is the relation?

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J Epidemiol Community Health 2006;60:587-592. doi: 10.1136/jech.2005.043125

Study objectives: To investigate the strength of the relation between the amount of green space in people's living environment and their perceived general health. This relation is analysed for different age and socioeconomic groups. Furthermore, it is analysed separately for urban and more rural areas, because the strength of the relation was expected to vary with urbanity.

Design: The study includes 250 782 people registered with 104 general practices who filled in a self administered form on sociodemographic background and perceived general health. The percentage of green space (urban green space, agricultural space, natural green space) within a one kilometre and three kilometre radius around the postal code coordinates was calculated for each household.

Methods: Multilevel logistic regression analyses were performed at three levels—that is, individual level, family level, and practice level—controlled for sociodemographic characteristics.

Main results: The percentage of green space inside a one kilometre and a three kilometre radius had a significant relation to perceived general health. The relation was generally present at all degrees of urbanity. The overall relation is somewhat stronger for lower socioeconomic groups. Elderly, youth, and secondary educated people in large cities seem to benefit more from presence of green areas in their living environment than other groups in large cities.

Conclusions: This research shows that the percentage of green space in people's living environment has a positive association with the perceived general health of residents. Green space seems to be more than just a luxury and consequently the development of green space should be allocated a more central position in spatial planning policy.

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Many people experience nature as an environment where they can rest and recover from daily stress. In the hectic society in which we live there is a growing need for nature as a source of relaxation and recreation.¹ But the enjoyment of nature is not obvious anymore. Urban areas have recently experienced a decline in the quality and quantity of their green space.^{2,3} The United Nations Population Division notes that, although just under half of the world's current population lives in urban areas, nearly two thirds of the world's populations will live in urban areas within the next 30 years.⁴

Outside these studies, little is known about the strength of the relation between nearby green space and health. This is also shown by a recent report from the Health Council of the Netherlands,⁵ which concludes that there are important lacunas in current knowledge about the relation between green space and health and the mechanisms underlying this relation. In this study we attempt to fill up the lacunas in current knowledge about the strength of the relation between green space and health.

The aim of this study was to investigate the strength of the relation between the amount of green space in people's living environments and perceived general health.



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Review

Health benefits of green spaces in the living environment: A systematic review of epidemiological studies

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ABSTRACT

Objectives: The objective was to systematically review the literature examining the relationship between quantity and quality of green spaces in the living environment and three health outcomes: perceived general health, perceived mental health, and (all-cause) mortality.

Methods: An online search was followed by a selection process applying eligibility criteria. Three levels of evidence were defined based on the number and quality of the studies, and the consistency of the findings. Fourteen studies on perceived general health, 19 on mental health and seven on all-cause mortality were included in the review.

Results: The evidence synthesis showed strong evidence for significant positive associations between the quantity of green space (objectively measured around the residence) and perceived mental health and all-cause mortality, and moderate evidence for an association with perceived general health. There were insufficient studies on the quality of green spaces to conduct an evidence synthesis. A few studies provided indications that associations depend on subgroups such as gender, age groups and groups with different social economic status, but the findings were mixed.

Conclusions: Further research should focus on exploring relationships between more detailed characteristics of green space and more specific health outcomes in different population subgroups and in different countries. To strengthen the evidence-base, studies with more sophisticated designs, e.g. "natural experiments", are needed.

Multifunctioneel: daarom voedselbossen!

- Sociale integratie
- Contact met aards leven
- Zelf respect: eigen lichaam
- Controle over voeding
- Milieuvoordelen (duurzaamheid)
- Smakelijk en gezond (groente en fruit)

6 uitdagingen

1. Wetenschappen: wat voor wetenschappen?

Zaad oriëntatie (huidige biotechnologie) of oriëntatie op bodem, bewerking, oogsten, bewaren?

2. Burger-consument of boer?

Ook: gemak of niet; welke inbreng van burgers?

uitdagingen

1. Inheems of exotisch?

Welke planten? Uit de buurt, uit dezelfde klimaat zone, van elders?

2. Eenjarigen, meerjarigen?

Genoeg groenten meerjarig?

3. Hand of machine?

Wie wil nog alles met de hand doen / met de rug?

Machine geeft andere indeling van gebied;

aangepaste machines nodig anders dan conventioneel

4. Afgesloten of ingepast in landschap?

Tuin of bos?

Aantrekkelijk landschap is balans tussen minimaal vijf factoren

- **opbrengsten van nutritioneel verantwoorde producten per hectare,**
- **adequate toegang tot voedsel voor iedereen,**
- **efficiënt gebruik van ecosysteemdiensten,**
- **zo klein mogelijke milieuvoetafdruk,**
- **goede structuur voor gebruikers (burgers, boeren, dieren en planten)**

Voedselbossen: gouden toekomst

- Wel: uitdagingen aangaan
- per geval bekijken
- Streef naar multifunctionaliteit
- Opbrengst belangrijk maar niet enige doel