



## "Nature Assisted Health Care" – Var står forskningen idag – evidensläget

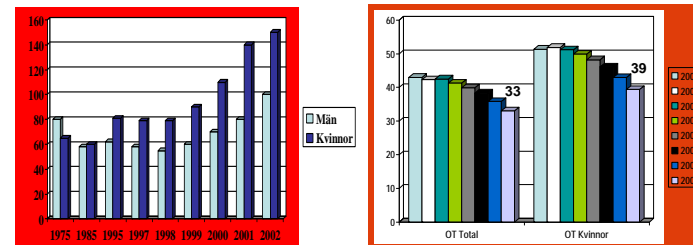
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SLU Alnarp

## Disposition

- Ohälsan
- Evidensen
- Varför NAHC fungerar

## Ohälsan

## Ohälsotalets utveckling

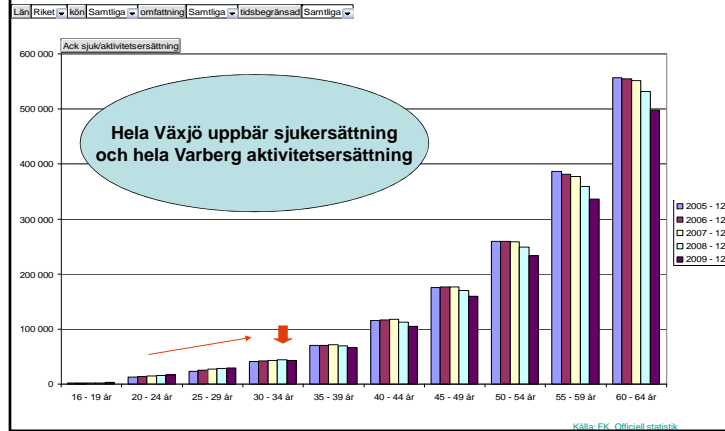


OT = Ohälsotal (sjukpenning + sjukpension [SA])

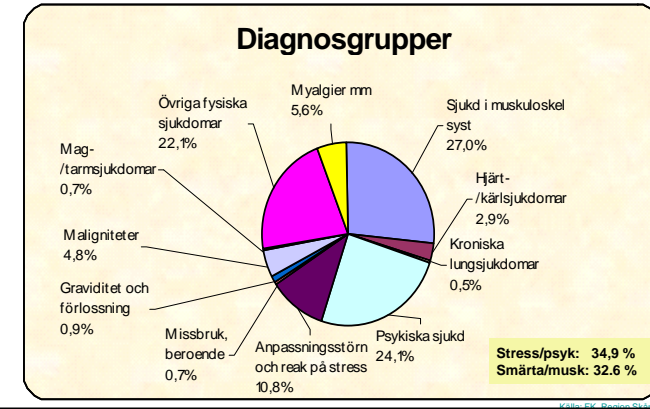
- "Utbrändhet" i populationen landstingsanställda varierar mellan 20 – 40%.
- *Utmattningsyndrom* (F 43.8.A) öf. + privat sektor ca 7 – 8%.

Källor:  
SCU 2002:5  
Försäkringskassan  
Peterson U et al. Int J Stress Management 2008; 15:2,153-172  
Oldenburg Burnout Inventory (OLBI)  
Währborg, Data on file

## Utvecklingen av SA i förhållande till ålder



## Ohälsotalets fördelning i Skåne (2006)



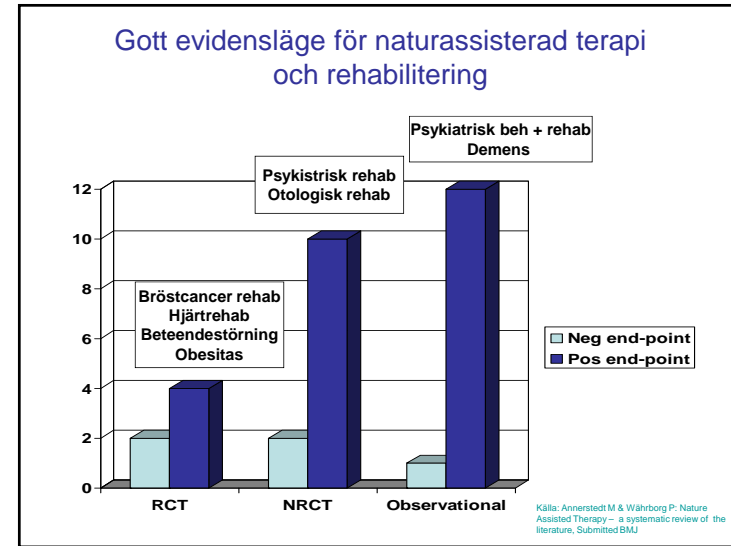
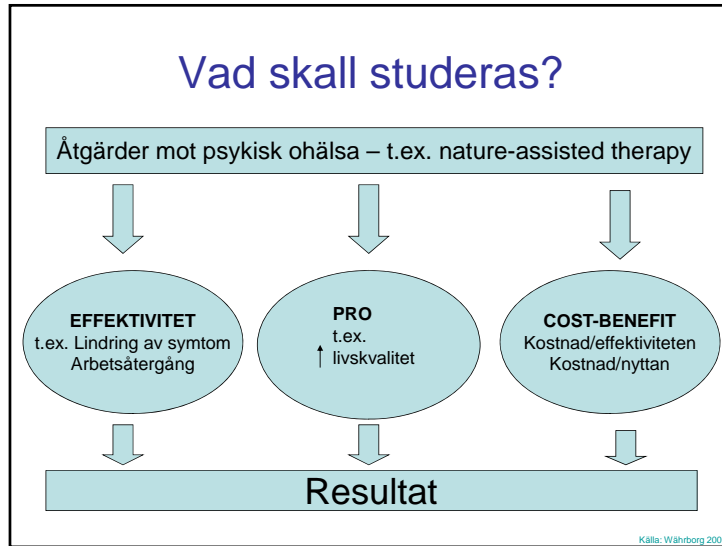
## ”The global burden of disease - DALYs”

Change in rank order of Disability adjusted Life Years (DALYs) for the 20 leading causes, world, 2002-2030

2002			2030		
	% total deaths	Rank		% total deaths	Rank
Perinatal conditions	6.6%	1	HIV/AIDS	10.3%	1
Lower respiratory infections	6.3%	2	Unipolar depressive disorders	5.3%	2
HIV/AIDS	5.7%	3	Ischaemic heart disease	4.4%	3
Unipolar depressive disorders	4.5%	4	COPD	3.8%	4
Diarrhoeal diseases	4.3%	5	Perinatal conditions	3.8%	5
Ischaemic heart disease	4.0%	6	Cerebrovascular disease	3.7%	6
Cerebrovascular disease	3.3%	7	Road traffic accidents	3.6%	7
Road traffic accidents	2.6%	8	Cataracts	2.9%	8
Malaria	2.3%	9	Lower respiratory infections	2.8%	9
Tuberculosis	2.3%	10	Tuberculosis	2.5%	10
COPD	1.9%	11	Hearing loss, adult onset	2.5%	11
Congenital anomalies	1.8%	12	Diabetes mellitus	2.5%	12
Hearing loss, adult onset	1.7%	13	Diarrhoeal diseases	2.0%	13
Cataracts	1.7%	14	Violence	1.8%	14
Violence	1.4%	15	Malaria	1.4%	15
Measles	1.4%	16	Vision disorders, age-related	1.4%	16
Self-inflicted injuries	1.4%	17	Self-inflicted injuries	1.4%	17
Alcohol use disorders	1.4%	18	Osteoarthritis	1.4%	18
Protein-energy malnutrition	1.1%	19	Alcohol use disorders	1.3%	19
Diabetes mellitus	1.1%	20	Trachea, bronchus, lung cancers	1.2%	20
Osteoarthritis	1.0%	24	Congenital anomalies	1.2%	21
Vision disorders, age-related	0.9%	25	Measles	0.6%	32
Trachea, bronch, lung ca	0.8%	31	Protein-energy malnutrition	0.5%	46

Källa: Mathers CD, Loncar D. Updated projections of global mortality and burden of disease, 2002-2030: data sources, methods and results. Evidence and Information for Policy Working Paper. WHO, October, 2005

## Evidensen

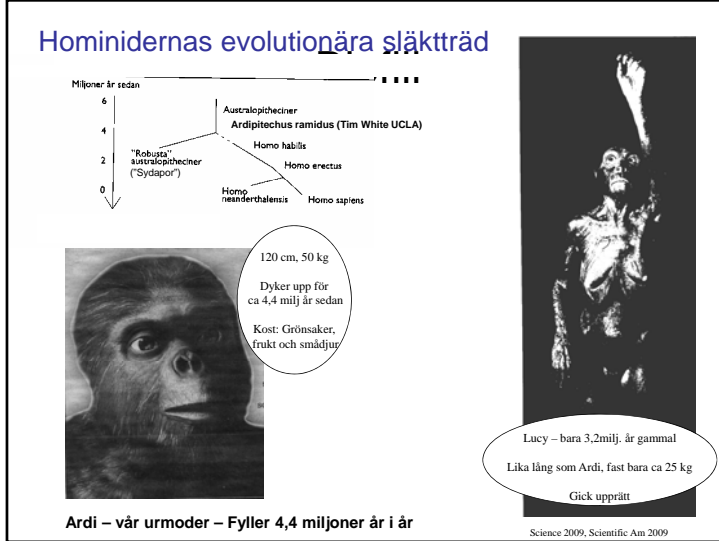


## Varför NAHC fungerar

Reflektion och spekulat

## Biofil

Naturen är biologins och homo sapiens moder  
– den trygga anknytningen



### Viktiga komponenter i NAHC

naturrummet  
 aktiviteterna  
 samtalen  
 gruppen  
 den sociala  
 ordningen och  
 strukturen

TACK FÖR  
UPPMÄRKSAMHETEN