



Means of Promoting Health Benefits Derived from the Forest Environment to the General Public

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Message from the Guest Editor

Shinrin-yoku (forest bathing) is a concept that originated in Japan about 40 years ago. Various studies have proven that the forest environment improves mental and physical health, and Shinrin-yoku has become an established health practice. Forest medicine is expected to have preventive medical effects. Therefore, the future trend of utilizing forest medicine as part of medical care is attracting a lot of attention. We believe that our upcoming challenges lie in properly utilizing the health benefits of forests to improve the health of the population.

In this Special Issue, we invite research covering a wide range of approaches to practical activities for health promotion, including the creation of systems, facilities, and design methods to encourage people to utilize the forest environment from the perspective of forest medicine. This Special Issue will include accounts of some trials that are presently underway. Evaluations of the effectiveness of forest medicine will be included, in addition to new perspectives for future developments.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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