



INFOM™

The North American Chapter of the International Society of Nature & Forest Medicine

The North American Chapter of the International Society of Nature and Forest Medicine (INFOM) is an interdisciplinary organization of researchers and practitioners striving to advance the use of nature as a holistic healthcare treatment. A primary purpose of INFOM is to encourage rigorous scientific research on the health benefits of spending time in nature so that healthcare providers can confidently make treatment recommendations that include natural settings.

INFOM was founded in Tokyo, Japan in 2004 to study the affect of forest bathing trips in local forests. The initial meeting of the North American chapter of INFOM was held in conjunction with the joint conference of the International Union of Forest Research Organizations (IUFRO) and the Society of Outdoor Recreation Professional (SORP) in Traverse City, Michigan May 19-24, 2013. Significant interest was expressed in INFOM during the conference, as well as from researchers and practitioners from across North America who have contacted us since the meeting. Qing Li, MD, Ph.D, Associate Professor at Nippon Medical School in Tokyo, Japan (Forest Medicine/Shinrin yoku researcher and vice president of INFOM) presented information about the history and purpose of the organization. Mark Ellison, Ed.D., an educator, researcher and author on the restorative power of nature and INFOM board member, facilitated a discussion on the plans for the North American chapter and the next steps. Several INFOM board members were in attendance at the meeting including Liisa Tyrvaiven, Professor at the Finnish Forest Research Institute, and Kalevi Korpela, Professor at the University of Tampere, Finland.

The North American Chapter of INFOM is now organizing. INFOM is an interdisciplinary organization and welcomes participation from individuals in fields related to nature and health. INFOM membership dues are \$60 annually and are payable online at www.infom.org. If you are interested in becoming involved in the leadership of INFOM we would like to utilize your talents.

Learn more about INFOM at www.inform.org or www.hikingresearch.com. To obtain additional information and learn how to become involved in INFOM email Mark Ellison at hikingresearch@yahoo.com.