

# Healthy Lakes – Healthy People

World Wetlands Day 2008

Easter

Sus

Ta

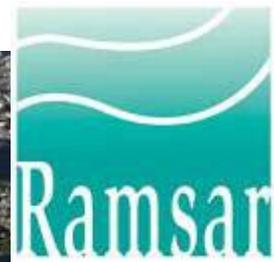
ce

t



<p><b>Le bien-être psychologique</b></p> A group of people, including children and adults, are engaged in fishing in a shallow wetland area with tall grasses.	<p><b>Une eau propre</b></p> A close-up of a young child drinking water from a green bottle.	<p><b>Les disponibilités en eau</b></p> A large, rusted metal shipwreck is partially submerged in a dry, cracked landscape under a blue sky.
<p><b>Les zones humides – magasins d'alimentation</b></p> A market stall displaying a large quantity of fresh fish, likely caught in the wetlands.	<p><b>Les moustiques Més à l'eau</b></p> A close-up of a mosquito on a person's skin, illustrating the health risk of standing water.	<p><b>Les zones humides – une pharmacie naturelle</b></p> A collection of medicine bottles and a large, spiky plant, representing natural resources and their medicinal value.
<p><b>Les invasions</b></p> A group of white swans swimming in a body of water, with a red and white triangular warning sign in the foreground.	<p><b>La pollution de l'eau</b></p> A blue and white warning sign with the word "WARNING" in red. It lists "BUTYRANOL, URÉE AND DOPOLIFINE MAY BE LIKELY TO BE DANGEROUS TO BIRDS" and "DUE TO POLLUTION." It also features three red prohibition symbols: a crossed-out bird, a crossed-out person, and a crossed-out dog.	<p><b>Les incendies de tourbières</b></p> A landscape showing the aftermath of a fire, with charred trees and a smoky atmosphere.

Notre santé dépend de celle des zones humides: une bonne gestion des zones humides et de l'eau accroît les avantages que nous voyons sur les photos ci-dessus tout en réduisant au minimum les aspects négatifs.

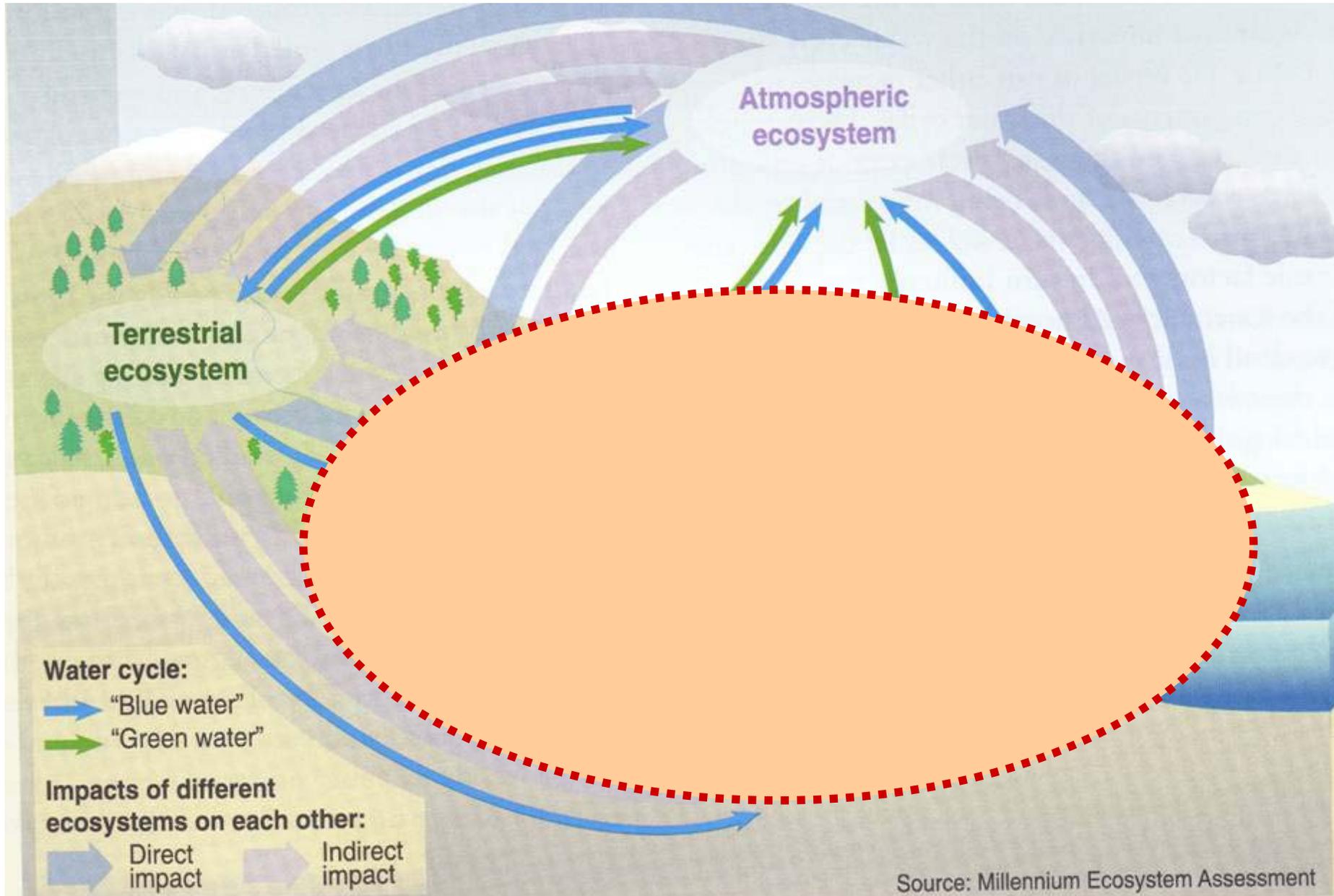


# the 3 pillars of the Ramsar Convention

- 1. Wise Use** (sustainable use) of all wetlands through national land-use planning, appropriate policies and legislation, management actions and public education
2. designation of suitable wetlands for the **List of Wetlands of International Importance** (Ramsar Sites) and ensuring their effective management to maintain their ecological character, provide training, undertake necessary research and monitoring
- 3. International Cooperation** concerning transboundary wetlands, shared wetland systems (and water catchments), shared species, and development projects that may affect wetland ecosystems

the **global water cycle** maintains and links all environmental components

**Ramsar** focuses on **Aquatic**, **Subterranean** and **Coastal marine** ecosystems



# lakes are wetlands ...

*the Ramsar classification of wetland types includes:*

**marine/coastal wetlands:** coastal brackish/saline and freshwater lagoons *(J, K)*

**inland wetlands:** permanent and seasonal/intermittant freshwater, saline/brackish/alkaline lakes and flats (> 8 ha)  
*(O, P, Q, R)*

**human-made wetlands:** water storage areas (reservoirs/barrages/dams/impoundments generally over 8 ha)  
*(6)*

# living lakes in Eastern Europe ...

*are particularly numerous in the basins of:*

**Baltic, White and Barents seas**

**Black and Mediterranean seas**

**Anatolian plateau**

**Caspian sea and Persian gulf**

Eastern Europe is arguably among the World's regions most rich in lakes



## lake ecosystem services

### ***provisioning:***

drinking water supply, fisheries, energy reservoir

### ***regulating:***

water retention, climate regulation, water purification, flood retention

### ***cultural:***

leisure, recreation, education, tourism, sport

### ***supporting:***

nutrient cycling, landscape, well-being



# the need to pay for lake ecosystem services

## **a step-wise approach:**

identify services provided by our lake

assess the costs to maintain them

compare with the costs for technical solutions  
(for some services no technical solutions may be possible)

value the lake ecosystem services

establish payment schemes (public, private, public-private)

# lakes for sustainable development



## ***need for a catchment basin approach:***

water quantity management (inflows, outflow, level)

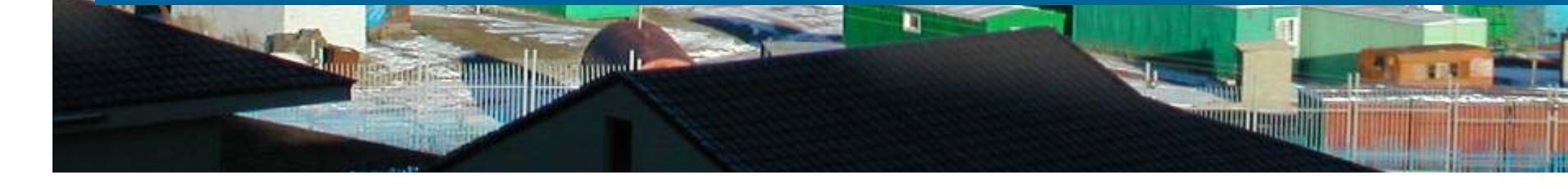
water quality management (pollution, eutrophication, agriculture, urban, industrial)

***changing climate:*** lake water stratification and mixing

## ***the waterbody and its surroundings:***

lake use management (fisheries, sports, transport, sanctuaries without disturbance)

lake shore management



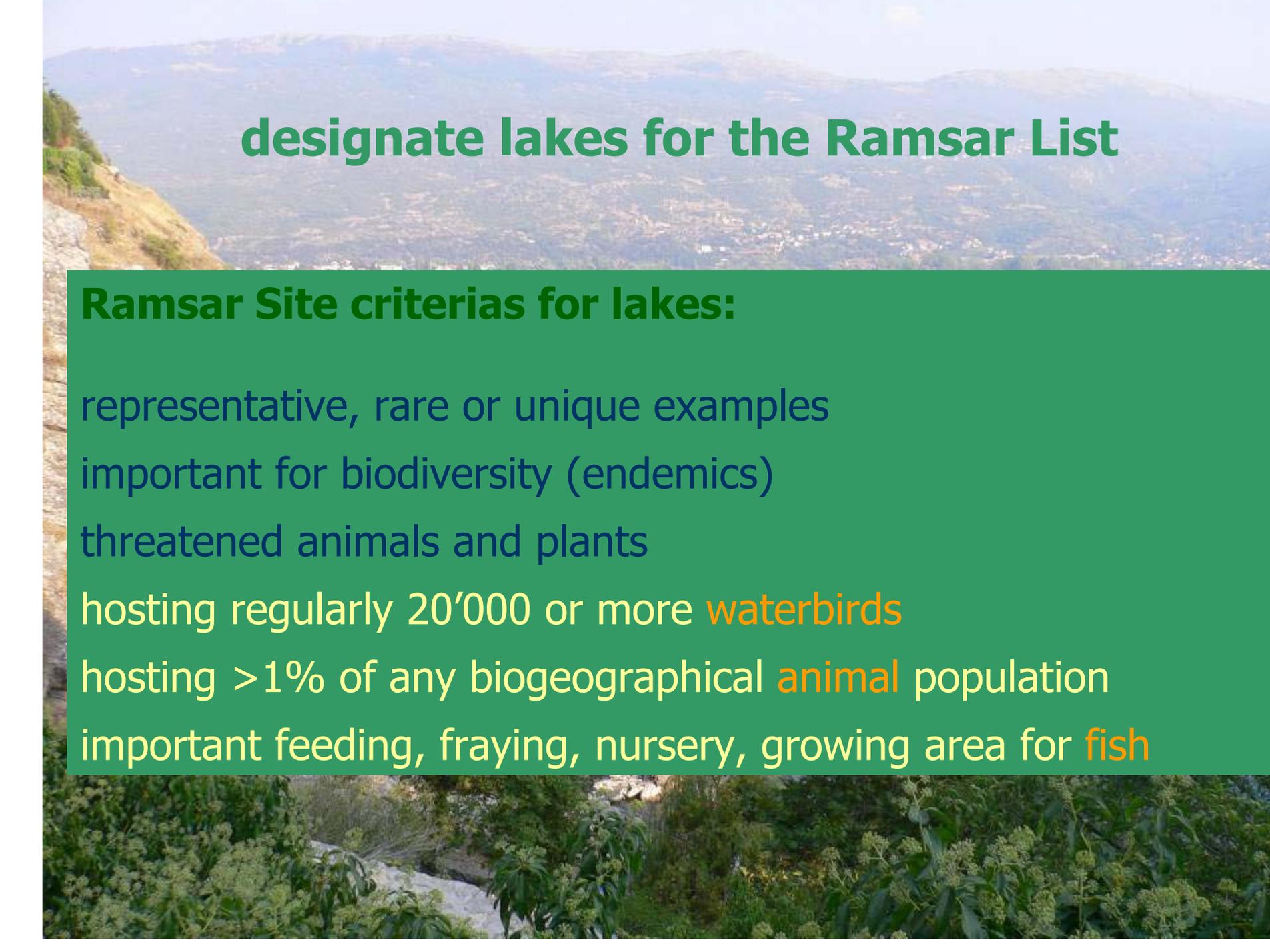
A scenic view of a lake with mountains in the background and a small boat on the water. The text is overlaid on the image.

# healthy lake ecosystems **make** human societies healthy

lake ecosystems have **limits**, often poor sanitation, industrial waste, excessive sewage inflow, and agricultural runoff surpass the cleansing capacity of lakes

the **costs** of poor management can be high, thus management has to support both the health of lake ecosystems and the health of humans

closer **cooperation** between lake ecologists, water managers and health researchers is needed

A scenic view of a valley with a town and mountains in the background. The foreground shows a rocky slope with some vegetation. The middle ground shows a town with buildings and roads. The background shows rolling hills and mountains under a clear sky.

# designate lakes for the Ramsar List

## Ramsar Site criterias for lakes:

representative, rare or unique examples

important for biodiversity (endemics)

threatened animals and plants

hosting regularly 20'000 or more **waterbirds**

hosting >1% of any biogeographical **animal** population

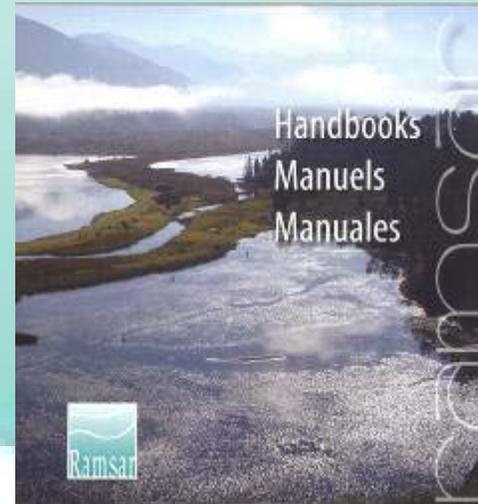
important feeding, fraying, nursery, growing area for **fish**

# Ramsar Handbooks

17 volumes

(english, français, español)

available on CD



or directly via Internet:

[www.ramsar.org/lib/lib\\_handbooks2006\\_e.htm](http://www.ramsar.org/lib/lib_handbooks2006_e.htm)



Handbook 17

**1** wise use of wetlands

**2-3** policies and legislation

**4-5** CEPA, participatory skills

**6-9** water-related issues:  
riverbasins, groundwater,  
water allocation

**10** spatial planning (coastal  
management)

**11-13** inventory, assessment and  
monitoring

**14-16** Ramsar site designation  
and management

**17** international cooperation

# working together for *healthy living lakes*

- firmly establish the regional lake network
- expand it to cover all 19 countries of Eastern Europe
- bring lake experience into the global Convention



*6th European Ramsar Meeting* **Stockholm** 3-7 May 2008  
> special session on living lakes <