

## Environmental Quality

Trees regulate water quality and quantity. The Department of Education says in landscaping for energy efficiency, proper placement of just three trees can save an average household \$100-\$250 in energy costs per year.

Studies have shown that trees improve air quality, reduce cooling and heating energy use, while improving mental health aspects like stress levels and blood pressure. Trees help cool air as transpiration occurs in the atmosphere, which can be beneficial to a neighborhood. Perhaps most importantly to our future, trees provide important habitat for our pollinators.



\*\*\*For sources and more information, visit *The Nature Conservancy and the Alliance for Community Trees* online.



## Aesthetic Value

Trees are a critical factor in making a neighborhood beautiful. Humans experience a biological effect from exposure to nature. Our bodies respond well to the environment because of our species' historical past.

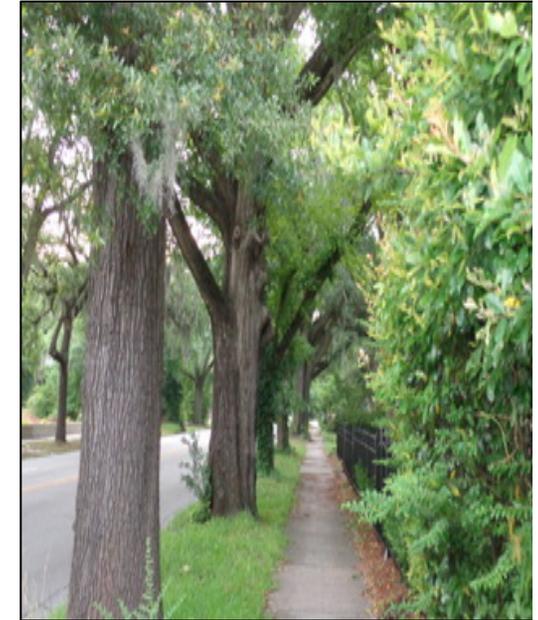
Proper public knowledge on tree diversity and value will determine what types of trees will be most beneficial to what neighborhood



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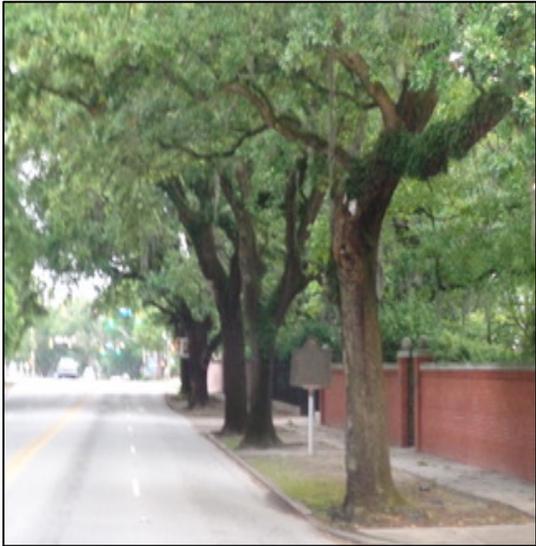
[www.allianceforcapefeartrees.com](http://www.allianceforcapefeartrees.com)



**PLANTING  
TREES FOR  
PUBLIC HEALTH**

*The Positive Effects of  
Urban Forestry*

*Alliance for Cape Fear Trees*



## Action

Although knowledge has increased about the relationship between trees and public health, urban forests have declined over recent years. We need to encourage city planners to promote tree planting in neighborhoods not only for beauty, but health. Trees need to be viewed as more than ornamentation in the landscape.

For more information visit:

<https://global.nature.org/content/healthyair>

<https://www.nature.org/en-us/explore/newsroom/investing-in-city-trees-can-help-save-lives-and-millions-of-dollars-in-health/>

<https://www.arborday.org/programs/alliance-for-community-trees/downloads/tree-facts-health.pdf>

## Statistics

Neighborhoods with abundant green space enjoy better health overall.

People within 1 mile of a park are 3X more likely to achieve recommended levels of physical activity.

One acre of trees produces enough oxygen for 18 people to breathe daily and eliminates as much CO<sub>2</sub> from the air as a car that has driven 26,000 miles.

Air pollution is linked to 3 million deaths annually- Particulate air matter gets absorbed by trees and can be reduced by 10% when trees are present

Overall human well-being can be attributed to trees. Research suggests that people closely involved with nature tend to have healthier lifestyles.

Trees near a hospital window have shown to speed up recovery time, and children who are more associated with trees have higher academic performances.

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*“Kids in tree-lined neighborhoods play outside 10% more than kids without tree-lined neighborhoods, and have lower rates of A.D.D. and asthma” Quote via Arbor Day Foundation*

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Childhood obesity has tripled over the last 30 years, so trees can encourage us to make a change in our lifestyles for the sake of future generations.

Urban youth report a “lighter” feeling with a bit more nature, having a tree to read under, or a safe space in a garden.

