



APPENDIX | Research Sources

- **Trees remove substantial amounts of pollution and improve quality.** ("Air pollution removal by urban trees and shrubs in the United States," Urban Forestry & Urban Greening, April 2006)
- **Trees can prevent heart & lung ailments.** ("Relationship Between Trees and Human Health: Evidence from the Spread of the EAB," American Journal of Preventive Medicine, February 2013)
- **Walking near trees can reduce blood pressure, lower pulse rates, and reduce stress.** ("The physiological effects of Shinrin-yoku: evidence from field experiments in 24 forests across Japan," Environmental Health and Preventive Medicine, January 2010; "Urban Nature Experiences Reduce Stress in the Context of Daily Life Based on Salivary Biomarkers," Frontiers in Psychology, January 2010)
- **Hospital patients recover faster and experience less pain when exposed to trees and natural settings.** ("View Through a Window May Influence Recovery from Surgery," Science, 1984)
- **Spending time in parks helps children with ADHD concentrate better.** ("Children With Attention Deficits Concentrate Better After Walk in the Park," Sage Journals, March 2009)
- **Obesity in children tends to be lower in greener neighborhoods.** ("Neighborhood Greenness and 2-Year Changes in Body Mass Index of Children and Youth," American Journal of Preventive Medicine, December 2008)



- Shade from urban trees reduces the chances of developing skin cancer.
<https://www.skincancer.org/blog/healthy-skin-made-in-the-shade/>
- Urban trees are found to promote higher birth weights and support good health in newborn babies.
[https://www.researchgate.net/publication/265913924 Association between residential greenness and birth weight Systematic review and meta-analysis](https://www.researchgate.net/publication/265913924_Association_between_residential_greenness_and_birth_weight_Systematic_review_and_meta-analysis)

- Being in and around nature helps your body's immune system and boosts disease-fighting cells to act faster.
<https://pubmed.ncbi.nlm.nih.gov/20487629/>
- Shade from a tree's canopy can reduce temperatures up to 20° F, making it safer and more comfortable to be outdoors.
<https://nfs.unl.edu/documents/communityforestry/coderbenefitsofcommtrees.pdf>



Links to learn more about the projects included in **What's Working Now:**

Kashmere Gardens tree-planting (Houston, TX)

<https://tfsweb.tamu.edu/kglovestrees/>

Philadelphia LandCare Program (Phila., PA)

<https://phsonline.org/programs/transforming-vacant-land>

Green Heart Louisville (Louisville, KY)

<https://greenheartlouisville.com>

Los Angeles Parks Foundation (Los Angeles, CA)

<https://www.laparksfoundation.org/initiatives/los-angeles-park-forests/>

Park Rx (Nationwide)

<https://www.parkrx.org>

Walk With a Doc (Nationwide)

<https://walkwithadoc.org>

Cities4Forests (Worldwide)

<https://cities4forests.com>



Links to learn more about the websites and reports included in **Tools You Can Use:**

Healthy Trees, Healthy Lives

<https://healthytreeshealthylives.org>

NatureQuant

<https://www.naturequant.com>

iTree

<https://www.itreetools.org>

Tree Equity Score

<https://www.treeequityscore.org>

Vibrant Cities Lab

<https://www.vibrantcitieslab.com>

USDA Urban & Community Forestry Program

<https://www.fs.usda.gov/managing-land/urban-forests/ucf>

Urban Heat Island Management Study

<https://www.texas trees.org/resource/urban-heat-island-management-study/>

**Forests and Trees for Human Health:
Pathways, Impacts, Challenges and
Response Options**

<https://www.iufro.org/news/article/2023/03/21/world-series-vol-41-forests-and-trees-for-human-health-pathways-impacts-challenges-and-respons/>

Better Forests, Better Cities

<https://publications.wri.org/better-forests-better-cities>