



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)