



Healthy Trees, Healthy Lives

HealthyTreesHealthyLives.org



Trees can transform your health.

There's something remarkably simple that anyone can do to improve their well-being: Spend time near trees. Learn how healthy trees and forests benefit you and your community.

IT IS OUR MISSION TO INCREASE THE COLLECTIVE UNDERSTANDING OF OUR HEALTH BEING CONNECTED TO OUR FORESTS AND TO THE TREES IN AND AROUND OUR COMMUNITIES.

Texas A&M Forest Service continues to create relationships with health care providers, local governments and other state forestry organizations to expand the use of trees to improve individual and community health. Increasing this practice will ensure that everyone has access to trees, forests and their benefits. It will also improve urban and community forestry management to better public health, reduce healthcare costs and create happier, healthier communities.

A growing body of research has made a clear connection between access to trees and improved human health.

Communities can promote healthier living by strategically placing treescapes to have the greatest impact on public health.

GETTING OUTDOORS AMONG TREES CAN IMPROVE PHYSICAL HEALTH

Treescapes reduce the risk of dying from several common causes of death — including cardiovascular and respiratory diseases — by between 8-12%

The risk of developing cardiovascular disease is 1.5 times greater for individuals living more than 2 blocks away from a park

TREES CAN SOOTHE AND ENERGIZE US, IMPROVING MENTAL HEALTH

A 1% increase in proportional greenspace leads to a 4% decrease in rate of anxiety/mood disorder treatment

Dementia patients with access to treed “wander gardens” saw reduced falls by 30% and medications by 10%

TREES CAN HELP YOU HEAL, ENHANCE IMMUNITY, AND FIGHT DISEASE

10% increase of urban tree canopy in a mother's neighborhood decreases small gestational age births and increases birth weights

Being able to see trees while recovering from surgery, as through a window, increases pain thresholds, requiring less pain relievers and shortening recovery time