



IOWA DEPARTMENT OF NATURAL RESOURCES

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# HEALTHY TREES HEALTHY IOWANS

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TREES AND FORESTS CAN MAKE IOWA A HEALTHIER STATE

If properly cared for, trees provide a wide variety of benefits to people, communities, and the economy. An investment in our trees is an investment in our future.

## HEALTHY PEOPLE

- Trees reduce childhood obesity by promoting physical activity
- An increase in trees decreases childhood asthma by 29 percent
- Trees reduce stress and improve mental and physical health
- Symptoms of ADD in children can be lessened through activities near trees
- “Green time” can replace or supplement traditional treatments
- Forest walking and breathing, “forest bathing”, improves immune system response, lowers stress, reduces depression and lowers glucose levels in diabetics
- High mortality rates are found in communities with tree loss from pests like emerald ash borer



## HEALTHY PLACE TO LIVE

- Tree-filled neighborhoods report lower rates of domestic violence
- Crime rates are lower where trees are abundant
- As trees calm and slow traffic, tree lined roads decrease crash rates by 46 percent
- Trees create a sense of community, increasing activities and relationships
- The number of trees strongly predicts the amount of time spent outdoors



## HEALTHY ECONOMY

- Iowa has more than 18,000 tree and wood based jobs
- Trees increase home values 3 to 15 percent
- Rental rates of commercial office space increase by 7 percent with treed landscapes
- Shoppers travel greater distances and shop longer in areas with high quality trees
- Strategically placed trees save up to 56 percent on annual air-conditioning costs



**FOR MORE INFORMATION ON URBAN FORESTRY  
AND THE BENEFITS OF GREEN CITIES, VISIT:**

**[http://depts.washington.edu/hhwb/Thm\\_Physiology.html](http://depts.washington.edu/hhwb/Thm_Physiology.html)**

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