Trees and Wellness

Plant a tree, Improve Health

Planting trees in your neighborhood does more than help the environment! Numerous studies point to human health benefits, too.

A comprehensive review of Urban Trees and Human Health (Kathleen Wolf *et al.*[1]) explains that trees appear to promote health in three main ways:

1. **Reducing harm by:**
   - Filtering and reducing air pollutants
   - Reducing exposure to UV radiation while providing cooling benefits
   - Reducing the incidence of violent and property-related crime

> **Did you know?**
> OSU added over 1000 trees to our tree canopy in 2021 thanks to an Initiative by President Johnson.

2. **Restoring capacities by:**
   - Reducing anxiety, depression, anger, confusion, and fatigue by promoting physical activity in nature
   - Lowering stress and providing physiological benefits
   - Improving outcomes of those with clinical diagnoses, such as diabetes and cancer, when exposed to forest-based therapy

3. **Building capacities by:**
   - Encouraging more outdoor physical activity where there are more trees
   - Increasing the likelihood of healthy weights, improving cardiovascular function, and supporting healthier immune systems
   - Increasing social cohesion, sense of connectedness, belonging, and trust where there are more trees

Brought to you by the OSUMC Green Team and Chadwick Arboretum & Learning Gardens
Visit: go.osu.edu/OSUMCTrees

[1] *Urban Trees and Human Health,* Kathleen Wolf et al.:
www.mdpi.com/1660-4601/17/12/4371

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