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

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

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

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

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