



# Healthy Trees, Healthy Lives



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## 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.

[See the benefits](#)

November 2, 2022

Joan Scales

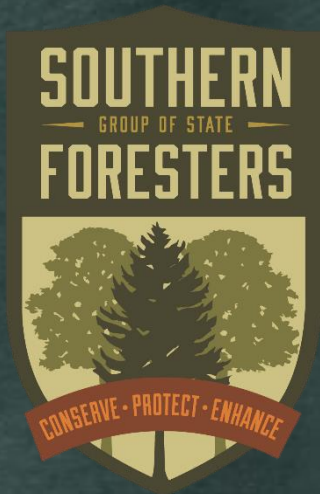
Georgia Forestry  
Commission

[GATREES.ORG](http://GATREES.ORG)

As research is becoming available, findings reinforce what much of the forest community already knows



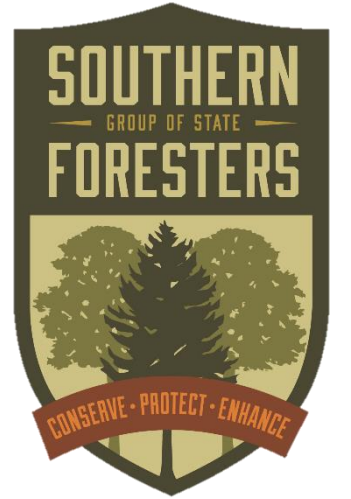
Trees have a positive impact on human health





# Healthy Trees, Healthy Lives

- Started as social media campaign across the south hoping to lead to social change influencing behavior patterns, cultural values, and more appreciation of the value of trees
- Developed HTHL website as one stop shop for research and media tools



## Mission:

Increase the collective understanding of how trees in communities are connected to human health



**Dale Dickens** @DaleDickens1 · 17 Oct 2017



Spooky! Tree loss is linked to increased mortality from heart and lung disease  
#HealthyTreesHealthyLives [bit.ly/EABandHumanHea...](https://bit.ly/EABandHumanHea...)





**GAForestryCommission** @GaTrees · Mar 5

It's springtime in Georgia and while yellow pine pollen might have some people sniffing, it's a potent plant source of testosterone, and has even been used in ancient Chinese medicine as a beauty tonic and remedy for arthritis.

#ThanksTrees #**HealthyTreesHealthyLives**



♥ NCSU Ext Forestry liked



**N.C. Forest Service** @ncforestservice · 1 May 2017



April showers bring May flowers! On May Day, help your community by planting trees to aid against skin cancer! [#HealthyTreesHealthyLives](#)



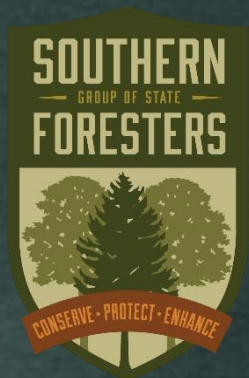
# #HealthyTreesHealthyLives

<https://www.youtube.com/watch?v=02wSvWakDyI>



# #HealthyTreesHealthyLives

We're looking for life's  
little moments of  
Healthy Trees, Healthy Lives



*Tag yours on social media*





# Healthy Trees, Healthy Lives

## Trees care for your lungs

Trees help keep our world clean and healthy by filtering particles out of the air we breathe, decreasing the risk of respiratory illnesses.



# TREES CARE FOR YOUR SKIN

Urban trees throw shade on your exposure to harmful UV rays, reducing your chances of developing skin cancer.



#HealthyTreesHealthyLives



## TREES CARE FOR YOUR BRAIN

Kids who play in nature are more relaxed and attentive, this improves learning and performance in school.

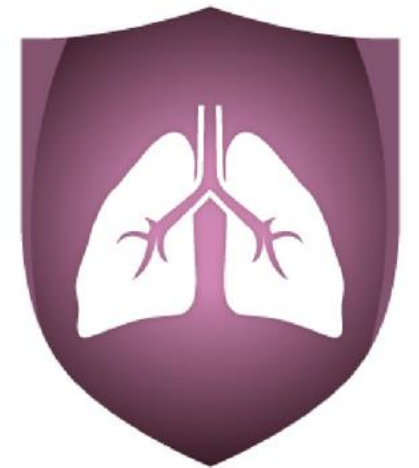


#HealthyTreesHealthyLives



## TREES CARE FOR YOUR LUNGS

Trees help keep our world clean and healthy by filtering particles out of the air we breathe, decreasing the risk of respiratory illnesses.





## TREES CARE FOR YOUR NUTRITION

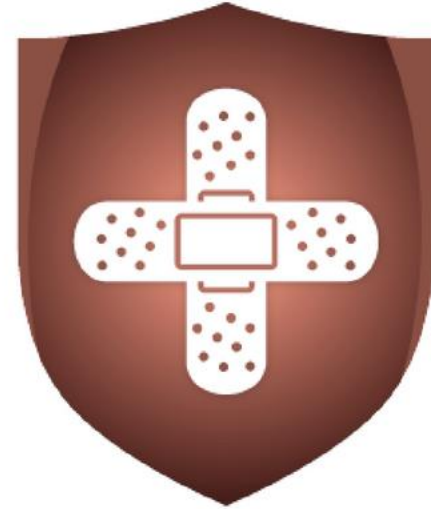
Fruit and nuts from trees contain antioxidants which boost your immune system and provide healthy fats to help decrease bad cholesterol levels.



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## Trees care for your healing



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

# Trees care for your comfort



**#HealthyTreesHealthyLives**

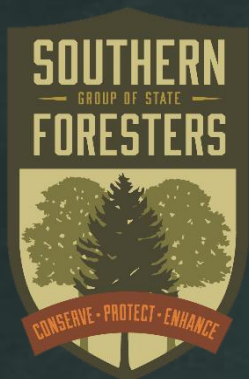
Shade from a tree's canopy can reduce temperatures by up to 20° F, making it safer and more comfortable to be outdoors.



<https://healthytreeshealthylives.org/>



Explore how urban forests can improve our physical and mental health and promote healing.







# Tree Equity Score

<https://www.treeequityscore.org/>

Metric that helps cities assess how well they are delivering equitable tree canopy cover to all residents

Are there enough trees in an area for everyone to experience the health, economic and climate benefits that trees provide?

Scores are based on how tree canopy & surface temps align with income, employment, race, age and health factors

Currently, only available for limited number of communities



# Climate and Economic Justice Screening Tool

<https://screeningtool.geoplatform.gov>

Screening tool is part of the Justice 40 Initiative

*at least 40% of federal funding is going towards disadvantaged communities*

Tool identifies communities that are marginalized, underserved, and overburdened by pollution.

Census tracts identified as disadvantaged if above threshold for one or more climate indicators AND socioeconomic indicators



# Climate and Economic Justice Screening Tool

<https://screeningtool.geoplatform.gov>

## Key areas:

Climate change

Clean transit

Reduction of legacy pollution

Clean water infrastructure

Clean energy and efficiency

Affordable housing

Training & workforce development

Health burdens



# Healthy Trees, Healthy Lives

- <https://ejscreen.epa.gov/mapper/>
- <https://ephtracking.cdc.gov/Applications/heatTracker/>
- <https://www.heat.gov/pages/urban-heat-islands>



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