

## Let's Thank Our Health Heroes by Planting Trees In Their Honour

Supported by *Trees for Life's, Trees for Heroes* program, Trees for Health is a coalition of passionate organizations partnering with health facilities, municipalities, and conservation authorities to plant trees to honour health workers across Ontario.

### How Can Trees for Life Accelerate Planting Goals?

In addition to expertise and material resources, Trees for Life can provide 50%-75% of the funding needed for tree-planting projects at health facilities.

### How Can Trees Benefit People?

- Individuals gain greater restorative experience and lower stress levels with longer stays and more visits to green spaces.<sup>1</sup>
- Studies on forest walking have found improved immune system response, lowered stress, reduced depression, and lower glucose levels in diabetics.<sup>2</sup>
- Urban nature, like parks and walkways and incorporated into building design, provides calming and inspiring environments and encourages learning, curiosity, and alertness.<sup>3</sup>
- Nature helps restore our minds from the mental fatigue of work or studies, even office plants and views from windows help reduce stress, boost productivity, improve job satisfaction, and help workers stay more attentive.<sup>4</sup>

### How Do Trees Benefit Patients?

- Faster, smoother recovery with fewer complications. Recuperating patients with a view of trees vs a brick wall experienced<sup>5</sup>:
  - Shorter stays: 7.96 days vs 8.7 days.
  - Fewer negative post-surgery notes from nurses, 1.13 per patient, vs 3.96 per wall-view patient.
  - Fewer analgesic doses 2-5 days after surgery.
  - Fewer and less intense pain medications (such as aspirin vs narcotics).



**Do you know of an opportunity to plant trees at a health facility, or elsewhere in your community?**

Please contact: Tony DiGiovanni, Partnerships & Development | [digiovanni.tony@gmail.com](mailto:digiovanni.tony@gmail.com) | 1.844.277.4376

