

The Benefits of Trees

Plant 100 Trees and Save A Life

Exposure to urban trees is associated with improved public health outcomes, including healthier infant birth weights, fewer symptoms of attention-deficit hyperactivity disorder, and decreased cardiovascular mortality. Conversely, tree loss is linked to increased rates of cardiovascular disease and higher mortality.

According to the USDA US Forest Service 2024 finding titled, "Plant a tree and save a life? The value of planting more trees in urban areas."

Save Money

- Property values of landscaped homes are 5%– 20% higher than non-landscaped homes.
- Individual trees have value that is affected by size, condition, and function. In general, the larger the tree, the greater the value.
- Air conditioning costs are lower in a tree-shaded home; and heating costs are reduced when a home has a windbreak.
 - Well-maintained trees can add value to a home.
- Trees intercept water, store some of it and reduce stormwater runoff.

https://www.treesaregood.org/Portals/0/TreesAreGood_Benefits%20of%20Trees_0321_1.pdf

Improve Air Quality

The East and South sides of Akron are exposed to the most toxins in the city due to its proximity to industry. This increases the likelihood of asthma, COPD, and other respiratory issues. Trees absorb odors and pollutant gases (nitrogen oxides, ammonia, sulfur dioxide and ozone) and filter particulates out of the air by trapping them on their leaves and bark.

<https://treepeople.org/22-benefits-of-trees/>

Reduce Violence

Not only does the beauty of trees affect mental health, but trees play a critical role in decreasing heat island effect. On extreme heat days the South and East sides of Akron can be up to 10 degrees hotter than other areas of the city. This not only affects the average person's mood but also can be devastating for those on a wide variety of mental health prescriptions. From being more likely to suffer heat exhaustion, patients may also experience their prescriptions no longer work. The impact this has on violence rates is troubling.

<https://www.npr.org/2019/09/04/757034136/how-high-heat-can-impact-mental-health>
<https://www.npr.org/2021/09/18/1038533100/trees-could-be-a-mental-physical-and-climate-change-antidote>

Feed The Block

The idea that trees can improve food security and promote well-being is nothing new. Well planned urban orchards (or urban food forestry) can be an efficient way to provide free or low-cost, nutrient-dense food to people who need it.

<https://treepeople.org/22-benefits-of-trees/>
Find out more at <https://www.fs.usda.gov/about-agency/features/urban-food-forests>

Save The Planet

Not only do trees absorb CO₂, removing and storing the carbon while releasing oxygen back into the air, but native trees help feed native wildlife especially songbirds. In one year, an acre of mature trees absorbs the same amount of CO₂ produced when you drive your car 26,000 miles. Oak trees can support up to 557 species of caterpillars which are essential to infant bird populations.

<https://treepeople.org/22-benefits-of-trees/>
<https://grownative.org/learn/support-native-songbirds/>