A healthy community is often directly tied to a healthy community forest. As more and more cities and towns face shrinking urban tree cover, they are focusing on improving access to nature — with the support of healthcare organizations. And for good reason.

Trees improve our overall health by:

- Removing pollutants, including fine particulate matter, from our air.
- Breaking up heat islands and cooling urban spaces.
- Filtering pollutants from ground water.
- Promoting physical activity.
- Creating calming spaces that aid stress recovery.
- Improving medical outcomes and patient recovery.
- Reducing ADHD symptoms in children.
- Reducing crime in public spaces, encouraging more youth activity.
- Lowering rates of childhood asthma.

Find out more at treecampushealthcare.org

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