



# FOR IMMEDIATE RELEASE

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## Trees & Your Health

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**Columbus, Ohio (April 16, 2018)** – The spring season is a time when many people suffer from respiratory difficulties, and trees can help provide some much-needed relief. Former United States President Franklin D. Roosevelt stated that:

*“Forest are the lungs of our land, purifying the air and giving fresh strength to our people.”*

Trees today have become a vital resource in our urban centers in Ohio in cities like Cleveland, Columbus, Cincinnati and other areas. In fact, on the average, one tree produces nearly 260 pounds of oxygen each year. Two mature trees can provide enough oxygen for a family of four. An acre of trees also produces enough oxygen for 18 people to breathe for a year.

Beginning with the earliest cultures on earth humans have revered trees for their many benefits including improving the quality of life and improved health benefits,

Access to trees has been correlated with a striking number of mental and physical health benefits in humans including:

- Reduction in stress;
- Reduction in depression;
- UV rays and pollutants that are intercepted by trees have direct ties to improvements in human health and reductions in skin cancers, cataracts, heat stroke, and respiratory diseases such as asthma, bronchitis, emphysema, and Chronic Pulmonary Disease (COPD); and
- Increase in white blood cell count.

### Happy Places to Live

Homes situated on tree-lined streets have statistically higher value, and many residents who grow up in neighborhoods have strong childhood memories and treasure the washed cool air and shelter from urban noises.

### Our Ohio Cities Need More Trees

With more than half of the United States now residing in cities, the urban forests of today provide millions of dollars in benefits. Those benefits include:

- Trees provide filtration of pollutants and increase of clean oxygen;
- Intercepting ultraviolet (UV) rays which reduces glare;
- Tree canopies decrease storm water runoff and the pressures on public drainage systems;
- Trees reduce climate change by storing carbon and reducing air pollution.

### Trees Engage People to Live Life!

Trees along roadside, streets, parks, neighborhoods and high-density cities have a significant impact on the air quality and reduce wear and tear on public infrastructure. In fact, a tree-lined avenue encourages people to walk and engage in the places they live.

### Making A Difference One Tree at a Time

As you can see, trees are essential to our health and life on our planet. The great thing is as humans we can play an active role in your health by planting trees. The Ohio Chapter ISA encourages you to plant and care for trees and to work with an International Society of Arboriculture Certified Arborist. Ohio is blessed with nearly 1000 qualified tree professionals to help trees improve your health.



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## **Over 1,000 Ohio Professionals Ready to Help!**

There are over 1,000 qualified tree experts in the state of Ohio that have been designated by the International Society of Arboriculture as Certified Arborists. These tree care professionals have experienced rapid growth over the past decade and there is a significant amount of knowledge required to perform at the highest level. To find one in your area, visit [www.treesaregood.org](http://www.treesaregood.org).

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**ABOUT US:** The mission of the Ohio Chapter International Society of Arboriculture is to advance responsible tree care practices through research, technology, and education while promoting the benefits of trees. Visit us at: [www.ohiochapterisa.org](http://www.ohiochapterisa.org)

**INTERVIEW AN ISA CERTIFIED ARBORIST:** Please contact the Ohio Chapter ISA if you are interested in interviewing a local certified arborist.