The New Green Rx: Trees

Healthy Sacramento Coalition
May 28, 2014

Cindy Blain
Research & Innovation Director
3 Take-Aways Today

1. Trees = Critical to Community Health

2. Green Rx = Local Canopy-Health Results

3. See the trees...
Summit Videos

http://www.sactree.com/GreenprintSummit

PLANNING FOR TREES & PUBLIC HEALTH

Watch the Greenprint Summit Overview video to see highlights about the New Green Prescription.

Individual Presentations and Videos from the Summit are available below.

Welcome and Overview of the Summit

- Ray Tretheway, Executive Director, Sacramento Tree Foundation

Slides (.pdf)
Video

Expectations of the Day

- Cindy Blain, Community Partnerships & Innovation Director, Sacramento Tree Foundation

Slides (.pdf)
Video

Place and Health

- Dr. Anthony Iton, Senior Vice President, The California Endowment

Slides (.pdf)
Video
Sac Region: 7 Million Trees

Air

$35M Air Pollution Clean-up/Year
14M lbs of air pollution

Water

$24.5M Stormwater Runoff Cost/Year
2.45B gal of rainwater

Energy

$70M Energy Savings/Year
30% Summer Cooling Cost Savings
Human Health Projects

- Skin Cancer / CDPH (1990s)
- Urban Forest for Clean Air / AQDs (2006)
- Fruit for Families / CDPH (2009)
- Green Rx / USFS (2010)
- Green Rx Expansion / CALFIRE (2012)
- Spreading the Canopy / Trees Forever (2012)
Human Health Projects

All of our projects
Life Support System
Green Rx

Correlation or Association: Urban Greening to Health Behaviors & Outcomes
Expert Advisory Committee

Desirée Backman, DrPH, MS, RD
Chief Prevention Officer
UC Davis Health System & Calif Dept of Health Care Services

Teri Duarte, MPH
Executive Director
WALKSacramento

Greg McPherson, PhD
Project Leader
US Forest Service

Aimee Sisson, MD, MPH
Organic Farming Apprentice
Soil Born Farms

Mary E Northridge, PhD, MPH
Editor-in-Chief, American Journal of Public Health

Glennah Trochet, MD
Former Sacramento County Public Health Officer

Kathy Wolf, PhD
Research Social Scientist
Urban Forestry & Urban Ecology
Univ of Washington
Hi Res Canopy Data

- Aerial Imagery – NAIP 2009
- LIDAR – DWR 2008
Hi Res Health Data

California Health Interview Survey

- 50,000 households
- Residences geo-coded – not zip code level
Green Rx: Hypotheses

- ADHD
- Asthma
- Overweight/Obesity
- Diabetes
- General Health
- High Blood Pressure
- Social Cohesion
- Physical Activity
- Mental Health
Green Rx: Results

- ADHD
- Asthma - Adult
- Overweight/Obesity - Adult / Child
- Diabetes
- General Health - Adult / Teen / Child
- High Blood Pressure
- Social Cohesion - Adult
- Vigorous Physical Activity - Adult
- Mental Health
Updated Predictive Modeling

In two neighborhoods with identical populations and different Tree Canopies of 18% and 28%...

With 28% canopy, we would expect to find:

• Adult Obesity 20 % ↓
• Adult Type 2 Diabetes 20 % ↓
• Adult Overweight/Obese 10% ↓
• Adult Vigorous Physical Activity 10% ↑
Updated Predictive Modeling

In two neighborhoods with identical populations and different Tree Canopies of 18% and 28%.

With 28% canopy, we would expect to find:

- Child ADHD 27% ↓
- Child Obesity 21% ↓
- Child Overweight/Obese 13% ↓
- Child Asthma 11% ↓
How to use this info:

• Impact policy
• Lead to more targeted research
• Change school design standards
• Influence our health care approach
• **Activate our communities!**
• ...How else?
Resources...

Thank you!

Questions?
Call me...

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