

Forests Help Keep Us Healthy

Trees Ontario Report Promotes Health Benefits of Forests to Environment & People

Forests keep us healthy. They provide important physical and psychological benefits to people and a new research paper produced by Trees Ontario explains just how this works.



A Healthy Dose of Green: A Prescription for a Healthy Population highlights the direct links between the natural environment – especially trees and forests – and human health. These links include the physical, physiological, and

rehabilitation benefits of forest environments, the physical activities they promote, and the many ecosystem services they provide.

Trees Ontario, a nonprofit organization that facilitates tree planting in rural and urban Ontario, released its paper at the recent annual meeting of the Ontario Forestry Association. The objective of Trees Ontario is to help its tree planting partners to increase the number of trees being planted today to 10 million trees per year by 2015.

Conservation Authorities work with Trees Ontario to plant more than 1.5 million trees annually in partnership with Trees Ontario and the Ministry of Natural Resources' **50 million Trees**

initiative.

Forests can improve water quality in lakes and streams, provide wind and water erosion protection, make poor land more productive and create wildlife habitat. In addition, trees help us to adapt to climate change by reducing heat and absorbing carbon dioxide and releasing oxygen, reducing greenhouse gas emissions.

Working with almost 2,000 landowners in 2010, Conservation Authorities planted a total of 2.7 million trees (approximately 70% of all the trees planted in southern Ontario) on over 2,000 hectares of rural and urban lands. A third of these projects were with agricultural partners.

[Trees Ontario Report: A Health Dose of Green](#)

[Trees Ontario UTube Video](#)

[See what Conservation Authorities are doing around planting trees.](#)

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