

**Pregnant women’s access to quality green spaces results in higher birth rates.**

**Adults who spend time outdoors including short walks in the woods may boost their immunity levels and healthy white blood cells.**

**Green spaces in urban areas reduce risk of chronic health conditions including cancer, diabetes, and heart disease.**

Andersen, L., Corazon, S. S., & Stigsdotter, U. K. (2021). Nature exposure and its effects on immune system functioning: a systematic review. International Journal of Environmental Research and Public Health/International Journal of Environmental Research and Public Health, 18(4), 1416.https://doi.org/10.3390/ijerph18041416; Twohig-Bennett, C., & Jones, A. (2018, October). The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes. Environmental Research, 166, 628–637. https://doi.org/10.1016/j.envres.2018.06.030; Urban Forestry Toolkit. (n.d.). Vibrant Cities Lab: Resources for Urban Forestry, Trees, and Green Infrastructure. <https://www.vibrantcitieslab.com/toolkit/>; Wolf, K. L., & Robbins, A. (2015). Metro Nature, environmental health, and economic value. Environmental Health Perspectives, 123(5), 390–398. <https://doi.org/10.1289/ehp.1408216>.

**Passive nature experiences and views result in faster surgical recovery, healing, and higher pain thresholds.**

**People live longer when they have access to green spaces. This is especially true in urban communities.**

**GREEN SPACES**

**For Improved Physical Health**