



# Good Health Grows on Trees

## The influence of nearby nature on public health

8:30 REGISTRATION

9:00 OPENING REMARKS:

**Mr. Mike Warnke**, Wisconsin Department of Natural Resources

9:15 KEYNOTE ADDRESS:

**Dr. Kathleen Wolf**, University of Washington Seattle

### **City Trees and Human Health: Evidence to Action**

*Nearly 40 years of research has produced important evidence about the connections between nearby nature experiences and human health benefits. A recent literature review focused on the specific benefits gained by encounters with trees and the urban forest. This presentation will provide highlights from the review, emphasizing key findings about how trees in cities contribute to public health and wellness. In addition, organizations and communities are starting to act on the evidence, creating programs that engage people in nature-based health promotion events and activities. Information about these new initiatives will inspire ideas for your own organization and community. Overall, Dr. Wolf will provide the science stories that link trees to quality of life in cities, and offer the evidence and ideas to help build new collaborations across places and professions.*

10:45 BREAK WITH REFRESHMENTS

11:00 SERIES OF PRESENTATIONS:

**Dr. Kirsten Beyer**, Medical College of Wisconsin

### **Trees, Greenspace, and Public Health in Wisconsin**

*Dr. Kirsten Beyer will provide an overview of studies undertaken by her research group over the past few years relating trees, greenspace and nature with health outcomes in Wisconsin.*

**Dr. James LaGro, Jr.**, University of Wisconsin Madison

### **Green Urbanism: Tools & Tactics for Local Governments**

*A brief survey of policy, planning, and management strategies that local governments can employ to promote public health, safety, and well-being.*

**Mr. Dan Buckler**, Wisconsin Department of Natural Resources

### **Breathe Easy in the Urban Forest**

*Trees offer quantifiable public health benefits, specifically with regards to air pollution. But how do trees actually reduce air pollution? Are there pollutants trees are particularly apt to reduce? And given this public health role, how do we decide where to place or protect trees in order to sustain and grow their benefits? Dan will provide an overview of tree anatomy and survey available mapping tools to help answer these questions.*

12:00 LUNCH (PROVIDED)

1:00 Dr. Samuel Dennis, Jr., University of Wisconsin Madison

**Public Health and the Green Environment: Translating Research into Action**

*Every week seems to bring more evidence that urban forests (and urban greening) support thriving communities. The public health benefits alone are reason enough to invest more resources in urban forestry. But translating this research into actions is not always easy. This talk explores the possibilities by addressing the following questions: How can foresters, landscape architects and other professionals work together to insure equitable access to nearby nature? How can we work together to address health disparities related to urban forests? How can we bring about a green environment revolution in our cities? Linking answers to these questions to site-specific actions is crucial for improving human health and wellbeing. And it improves urban forests as well.*

2:00 BREAK WITH REFRESHMENTS

2:15 FACILITATED INTERACTIVE SESSION:

**Dr. Samuel Pratsch**, University of Wisconsin Environmental Resources Center

**Dr. Kathleen Wolf**, University of Washington Seattle

**Connect and Collaborate**

*We've shared and learned about many dimensions of the nature for health evidence. The existing, and newly emerging, research is attracting the attention of non-traditional partners and raising public awareness about the importance of trees. This session offers space for attendees to explore the potential to build broader professional relationships, and craft action steps to move to greater collaboration for both urban forests and human health.*

3:15 CLOSING REMARKS AND CALL TO ACTION

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**CONTINUING EDUCATION CREDITS AVAILABLE FOR THE FOLLOWING ORGANIZATIONS:**



- American Institute of Certified Planners: Certification Maintenance (AICP CM) (5 credits)
- International Society of Arboriculture: Certified Arborist, Municipal Specialist, BCMA-Management (4.5 credits)
- Landscape Architecture Continuing Education System (LA CES) (4.25 credits)
- National Board of Public Health Examiners: Certified Public Health (CPH) Recertification Credits (5 credits)
- American Park and Recreation Association: Credits available via self-submission and approval

