

# CANADA CELEBRATES National Tree Day

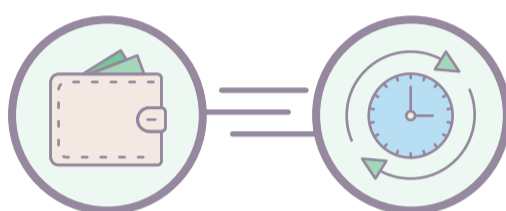
Forest cover in Canadian cities has been in decline for more than two decades. With 82% of the population now living in urban areas, Tree Canada believes it's important to recognize the many great and unexpected benefits that trees provide us all.



## Trees help us live longer, healthier lives.



According to research, exposure to nature helps **reduce stress, speeds healing** and **improves mental health**.

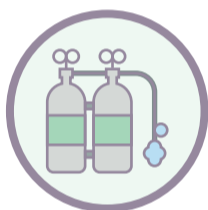


Adding 10 trees to a city block offers mood and health benefits akin to **getting a \$10,000 salary raise** or **being seven years younger**.

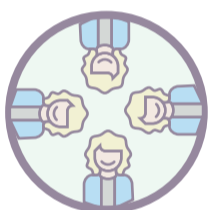


Living near trees **lowers the risk of mortality** from common causes of death by up to 12%.

## Trees reduce the effects of climate change, naturally cooling cities



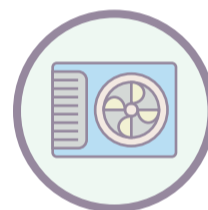
Trees **absorb carbon dioxide** (CO<sup>2</sup>), removing and storing the carbon while releasing clean oxygen back into the air.



One large tree can **provide a day's oxygen** for up to four people.



It takes 500 full-sized trees to **absorb the CO<sup>2</sup> produced** by a typical car driven 20,000 km/year.



Shade from trees can help us **feel up to 15°C cooler** on hot summer days and **reduce air conditioning costs** by 20% to 30%.

## Trees beautify our communities while providing many other unexpected benefits



### Trees increase property value

Mature trees in a well-landscaped yard can **boost a home's value** up to 19%.



### Trees help reduce crime

A 10% increase in tree canopy can lead to 12% **decrease in neighbourhood crime**.



### Trees help prevent flooding

Each mature tree **lifts nearly 400 litres of water** out of the ground.



### Trees provide shelter for wildlife

Trees **offer habitat for 80+ species** of North American birds

Tree Canada, a non-profit charity dedicated to improving the lives of Canadians by planting and nurturing trees, was a driving force behind the establishment of National Tree Day. Since 1992, we've planted more than 80 million trees, greened more than 600 schoolyards, helped restore places hit by natural disasters and brought together urban forestry experts greening cities across Canada.



THIS NATIONAL TREE DAY, HELP US GROW BETTER PLACES TO LIVE | [PLANT WITH US TODAY](#) | [TREECANADA.CA](#)

#### SOURCES:

[Neighborhood greenspace and health in a large urban center](#)

[Urban greenness and mortality in Canada's largest cities: a national cohort study](#)

[The Benefits of Trees](#)

[Can trees really cool our cities down?](#)

[Increase Your Home's Value With Mature Trees](#)

[The relationship between tree canopy and crime rates across an urban-rural gradient in the greater Baltimore region](#)

[Tree Facts](#)

[Cavity-Nesting Birds of North American Forests](#)