Nature's Rx in cities ::

economic value . . . and who should care

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School of Environmental & Forest Sciences

SEFS Seminar Series – Spring 2016
May 25, 2016
### SEFS Seminar Series: Spring 2016

**Exploring Nature, Health, Ecosystems and Sustainability**

*Wednesdays, 3:30 - 4:20 p.m., Anderson Hall 223*

(Students register for course credit under SEFS 529a; * indicates reception immediately following in the Forest Club Room)

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>30-Mar.</td>
<td>Greg Bratman</td>
<td>The impacts of nature experience on mood, emotion regulation and cognitive function</td>
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<tr>
<td></td>
<td>Stanford Univ.</td>
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<tr>
<td>6-Apr. *</td>
<td>Dina Izenstark</td>
<td>The effects of family-based nature activities on family relationships</td>
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<td></td>
<td>Univ. Illinois</td>
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<tr>
<td>13-Apr.</td>
<td>Dongying Li</td>
<td>Access to nature and psychological health: The geography of children</td>
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<td></td>
<td>Univ. Illinois</td>
<td></td>
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</tbody>
</table>
Outline:
urban greening & human health research review
economic valuation
who should care?
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urban greening & human health
research review
economic valuation
who should care?
Local Economics

Trees in cities are not grown and managed for products that can be bought and sold on markets, but they do provide many intangible services and functions. This article serves two purposes. First, it introduces valuation methods that are used to convert intangible benefits to dollar sums.\textsuperscript{1,2} Then, it shows how nonmarket valuations can support local decision-making.

Fast Facts

- The presence of larger trees in yards and as street trees can add from 3\% to 15\% to home values throughout neighborhoods.

- Averaging the market effect of street trees on all house values across Portland, Oregon yields a total value of $1.35$ billion, potentially increasing annual property tax revenues $15.3$ million.\textsuperscript{9}

- A study found 7\% higher rental rates for commercial offices having high quality landscapes.\textsuperscript{14}

- Shoppers claim that they will spend 9\% to 12\% more for goods and services in central business districts having high quality tree canopy.\textsuperscript{34}

- Shoppers indicate that they will travel greater distance and a longer time to visit a district having high quality trees, and spend more time there once they arrive.\textsuperscript{34}
Human Health Benefits Across the Life Cycle
Urban Forests and Newborns

the urban natural environment and pregnancy outcomes . . .

10% increase in tree-canopy cover within 50m of a house

= lower number of low weight births (1.42 per 1000 births)

Donovan et al., Health & Place, 2011; similar studies in Lithuania, Vancouver B.C., Munich, Tel Aviv Israel, Spain
Hygiene Hypothesis

- presence of soil bacteria in body, *Mycobacterium vaccae* = increased serotonin
- may alleviate depression
- dirt or Prozac?

Lowry et al. 2007. Neuroscience
Eat Dirt!

immune function
prep
Fiddleheads Forest School
Washington Park Arboretum (Seattle)

cognitive social & physical learning
**Shinrin-yoku**  Forest Bathing

- extended forest walks
  - reduced ‘fight or flight’ nervous system activity
  - lower cortisol – a stress indicator
  - increased immune function
  - lower pulse rate & blood pressure
combatting obesity
CDC moderate activity recommendations

parks prescription
Elders: mobility & social connections
Alzheimer’s Disease & Dementia
Provide wander gardens & horticulture therapy

- 10.5% reduction in amount of medications used in dementia facility
- 30% fewer falls, accompanied by a reduction in fall severity

Detweiler et al. 2009. American Journal of Alzheimer’s Disease and Other Dementias

www.rph.org/eden.html
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Green Cities: Good Health
www.greenhealth.washington.edu

Sponsors:
USDA Forest Service, U&CF Program
University of Washington
NGO partners

thanks!
to U of WA students:
Katrina Flora
Mary Ann Rozance
Sarah Krueger

research review & summaries
Local Economics

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- Shoppers claim that they will spend 9% to 12% more for goods and services in central business districts having high quality tree canopy.
- Shoppers indicate that they will travel greater distance and a longer time to visit a district having high quality trees, and spend more time there once they arrive.
strength of evidence!
air quality
physical activity
social contacts
stress reduction

Restorative, Healing Nature not only beyond the city!
Outline:
urban greening & human health research review
**economic valuation**
who should care?
Green Cities: Good Health > 3,800 article database

Step 1: Evidence screening

% distribution of entire database
Elements of Economic Valuation

Step 1: Screen Benefits Research

• What are the benefits?
• Who experiences nature and gets benefits?
• What is the green condition or situation that provides benefits?
• Scale of value question (i.e., community, province/state, nation)
• What are the costs/income gained/lost associated with these benefits?
Valuation Strategies

Step 2: Benefits Transfer and Value

- factor income
- avoided or replacement cost
- burden of illness
- hedonic pricing
- stated preference/contingent valuation
- revealed preference (e.g., travel cost)
- quality adjusted life years
- benefit/cost
Valuation Sources

Step 3: Benefits Focus for Valuation

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Metro Nature</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn Birth Weight</td>
<td>increased tree canopy cover near mothers' homes</td>
<td>fewer small for gestational age babies</td>
</tr>
<tr>
<td>Attention Deficit Hyperactivity Disorder</td>
<td>greener play areas vs built outdoor or indoor settings</td>
<td>reduced symptoms potentially reducing medication</td>
</tr>
<tr>
<td>School Performance</td>
<td>green views from classrooms and cafeteria</td>
<td>reduced dropout rate - average annual income</td>
</tr>
<tr>
<td>Crime Reduction</td>
<td>trees and lawn in outdoor common areas</td>
<td>reduced violent and non-violent incidence and costs</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>presence of residential tree canopy</td>
<td>reduced incidence or severity of cardiovascular disease</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>wander garden in care facility</td>
<td>reduced medications for patients</td>
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</tbody>
</table>
Potential Annual Cost Savings and Increased Income Associated with Human Health and Well-being Benefits Derived from Metro Nature

<table>
<thead>
<tr>
<th>Benefit (geographic scope)</th>
<th>Minimum ($)</th>
<th>Maximum ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn Health (U.S.)</td>
<td>5.3</td>
<td>5.3</td>
</tr>
<tr>
<td>Attention Deficit Hyperactivity Disorder (U.S.)</td>
<td>383.5</td>
<td>1,917.7</td>
</tr>
<tr>
<td>Schools (U.S.)</td>
<td>20.4</td>
<td>1,262.9</td>
</tr>
<tr>
<td>Crime (U.S.)</td>
<td>340.6</td>
<td>899.4</td>
</tr>
<tr>
<td>Cardiovascular Disease (U.K., U.S.)</td>
<td>1,220.0</td>
<td>1,220.0</td>
</tr>
<tr>
<td>Alzheimer’s Disease (U.S.)</td>
<td>724.6</td>
<td>1,449.2</td>
</tr>
<tr>
<td>Totals</td>
<td>2,694.4</td>
<td>6,754.5</td>
</tr>
</tbody>
</table>

Millions of U.S. Dollars (2012)

Change in % Population on ADHD Treatments
2001 - 2010

America’s State of Mind, Medco Health Solutions, Inc
% of Americans Ages 20-44 on ADHD Meds
2001 - 2010

America’s State of Mind, Medco Health Solutions, Inc
ADHD and nature contact

- 17 children aged 7-12 with diagnosed ADHD
- 20-minute guided walks
  - Park
  - Neighborhood
  - Downtown
- Pre-walk puzzles
- Post-walk cognitive test

Faber Taylor & Kuo. 2009. *Journal of Attention Disorders*
ADHD and nature contact

- 96 children aged 7-12 diagnosed ADD or ADHD
- Parents gave *postactivity attentional functioning ratings* (PAAF) – 4 measures:
  - Can’t stay focused on unappealing tasks (homework or chores)
  - Can’t complete tasks
  - Can’t listen and follow directions
  - Easily distracted

Faber Taylor. 2001. *Environment & Behavior*
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Determinants of Public Health
- 3,800 physicians and scientists
  + 50,900 allied staff
- over $500 million a year on research
- ranked No. 1 on lists of “Best Hospitals”
- about 1,318,300 different patients in 2015
SYSTEMS THINKING
Biophilic Design :: buildings

integrated nature and architecture

credit: Progressive Times
Human Dimensions of Urban Forestry and Urban Greening

featuring research on peoples' perceptions and behaviors regarding nature in cities

Nature and Consumer Environments
Research about how the urban forest influences business district visitors.

Trees and Transportation
Studies on the value of having quality landscapes in urban roadways.

Civic Ecology
Studies of human behaviors and benefits when people are active in the environment.

Policy and Planning
Integrating urban greening science with community change.

Urban Forestry and Human Benefits
More resources, studies and links...

www.naturewithin.info