



- Shade from urban trees reduces the chances of developing skin cancer.

<https://www.skincancer.org/blog/healthy-skin-made-in-the-shade/>

- Urban trees are found to promote higher birth weights and support good health in newborn babies.

[https://www.researchgate.net/publication/265913924 Association between residential greenness and birth weight Systematic review and meta-analysis](https://www.researchgate.net/publication/265913924_Association_between_residential_greenness_and_birth_weight_Systematic_review_and_meta-analysis)

- Being in and around nature helps your body's immune system and boosts disease-fighting cells to act faster.

<https://pubmed.ncbi.nlm.nih.gov/20487629/>

- Shade from a tree's canopy can reduce temperatures up to 20° F, making it safer and more comfortable to be outdoors.

[https://nfs.unl.edu/documents/community\\_forestry/coderbenefitsofcommtrees.pdf](https://nfs.unl.edu/documents/community_forestry/coderbenefitsofcommtrees.pdf)