

A photograph of two elderly men standing in a forest. The man on the left is wearing a dark jacket and a grey beanie, leaning his head on the shoulder of the man on the right. The man on the right is wearing a dark puffy jacket, a brown flat cap, and a blue and white striped scarf. They are both smiling. The background is a dense forest of tall trees with some autumn-colored leaves. A semi-transparent dark green banner is overlaid across the middle of the image, containing the text.

# THE URBAN FOREST: CAN THE TREES MEASURE OUR WELLBEING?



# THE NEW HABITAT



*Location: Ramat Gan, Tel Aviv*





## CLIMATE CHANGE AFFECTS

Urban spaces can deconstruct mental health:

- Anxiety, stress, and depression
- Climate gentrification and displacement
- Loss: 1000-4300 premature deaths each year
- *(U.S., 2022 CDC)*
- Extreme weather conditions

*Location: Delhi, India*





# Johannesburg, South Africa

*Images by Johnny Miller*





*Parc La Fontaine, Montréal*

## URBAN FOREST BENEFITS

Urban forests are regenerative spaces for:

- Psychological relaxation and stress alleviation
- Stimulating social cohesion
- Supporting physical activity
- Reducing exposure to air pollutants, noise, and excessive heat



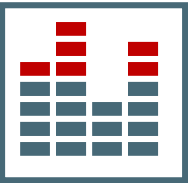
# THE ENVIRONMENT OF MENTAL HEALTH

70 F

Cooler days reduce mental health.



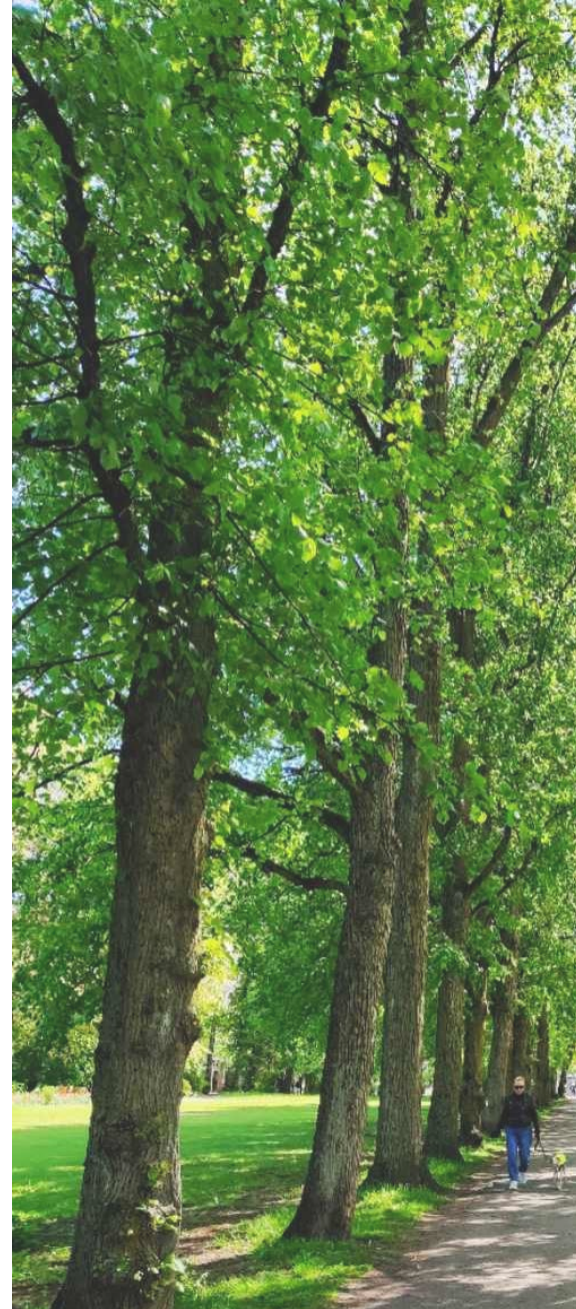
Vitamin D helps with depression, fatigue and brain development



Noise pollution can cause psychiatric disorders,



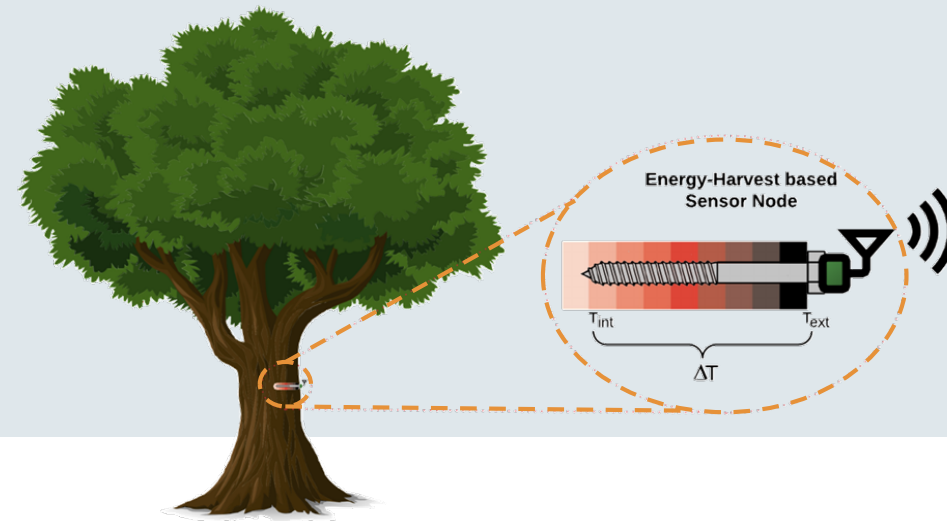
Air pollution causes anxiety, depression, and conduct disorder.



To prove the mental benefits of the urban forest we can let the trees measure our wellbeing!



# SMART CITY SMART CHOICES



sustainable sensor system can monitor current environmental conditions in shaded urban forest and green spaces.



Collecting data of temp., air quality, noise level and light to be analyzed and shared with existing monitoring systems.



Environmental data is shared to the internet making it accessible and generating a network of information for all users.



# Urban forest application by City4forest



● **Trees on Private Property** Location: Truba 1



..... **Street Trees** Location: San Francisco 2



— **Streets with Green Infrastructure** Location: Chesapeake Bay 3



● **Pocket Park** Location: Sao Paulo 4



— **Urban Park** Location: Hong Kong 5



— **Linear Park** Location: Coimbra, Portugal 6



# CONCLUSION



Nature in cities increases our mental health, wellbeing, and quality of life.



Trees can help us measure live data of current conditions to make smart choices for our mental health and wellbeing.



Generating a network of live environmental conditions provides information to all and generates an equitable mitigation to mental disorders.





# THANK YOU

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In collaboration with UW  
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the impact of our  
environment.

## Sources:

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