



## Plant A Million – Does it Work?

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It has been revealed by research studies that trees increase productivity in workers, health among residences, healing rates in hospitals and a sense of safety among citizens. Another researched benefit of trees is the impact they have on decreasing asthma rates.

According to eHealthMD, asthma is triggered by an increase of air particles (dust, smoke, mold) causing the lungs to swell which decreases the amount of oxygenated air received when breathing. Trees remove carbon dioxide from the air and replace it with fresh oxygen. Trees also have small fibers on the leaves which together with the texture of bark, trap particles from the air. During a rain storm, these particles are deposited to the ground. Both of these functions of trees clean the air, improving the quality of life for people who struggle with asthma.

BBC News' article, "Tree-lined Streets 'Cut Asthma,'" reveals that streets lined with trees cut asthma down lower than streets that are not lined with trees. The assistant director, Leanne Male, from the charity organization Asthma UK, was quoted saying "This is a positive first step into a new area of research linking the environment and asthma."

Although there is no clear connection between the increase of trees in urban areas and a decrease in asthma, Columbia University has found that the asthma rate decreases 25% for every 343 trees per square kilometer.

Beyond air quality, trees have a way of inviting children outside to play. In the outside air, children are exposed to more microbes allowing their immune system to strengthen and the risk of becoming asthmatic to decrease.

