**Top 10 Tree Benefits**

1. Trees and other land plants produce 25% of the planet’s oxygen. It takes 7 or 8 mature trees to produce enough oxygen for each human every year.
2. Planting trees is an easy and cost effective way to remove carbon dioxide from the atmosphere. The carbon stored in trees can be locked away for decades, or even centuries, providing the timber is used to create lasting items such as building materials and furniture.
3. Trees can cool built-up areas during hot weather. Planting just 10% more trees in our cities could reduce urban temperatures by 3-4°C.
4. Trees reduce storm water run-off, easing the burden on drainage and cutting the number of pollutants entering rivers. For every 5% increase in tree cover storm water run-off is cut by 2%.
5. Trees can capture toxic vehicle exhaust gases and particulates. Well-positioned trees can cut the amount of roadside pollution entering homes by up to 50%. Larger trees have greater air-cleaning potential: ones with a girth of 77cm may be 70 times more effective at removing pollution than ones measuring 8 cm.
6. Easy access to trees and woodland is linked with better health and emotional wellbeing. A highly rated study has shown that living in a tree-lined street gives the same health improvement as being 7 years younger.
7. Noise from traffic and other artificial sources can be disguised by tree sounds. Rustling leaves and bird song have been shown to soften the impact of intrusive urban sounds and a well-situated tree can reduce noise nuisance by up to 40%.
8. Trees make streets safer, for people and for play. Trees slow down traffic and make roads safer for pedestrians, encouraging journeys on foot. Trees close to homes create better play opportunities for children.
9. A house’s market value is linked to the number of trees on the street. The presence of broadleaved trees has been found to add between 5 and 18% to a home’s value.
10. Shopping areas with trees get more sales and attract more investment. Streets with more trees encourage people to stay longer and spend more money, which helps the local economy.

Adapted with permission from STAG: <https://savesheffieldtreesorguk.files.wordpress.com/2017/06/top-10-tree-benefits-a5-x-2.jpg>

**References:**

1. <https://www.sciencefocus.com/planet-earth/how-many-trees-does-it-take-to-produce-oxygen-for-one-person/>

3. Forestry Commission England ‘The case for trees’

<https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/718033/eng-casefortrees.pdf>

4. <https://www.smartcitiesdive.com/ex/sustainablecitiescollective/why-we-need-trees-our-cities/1100050/>

5. <https://www.woodlandtrust.org.uk/media/1702/benefits-of-trees-outside-woods.pdf>

6. <https://www.theguardian.com/society/2015/jul/10/more-trees-on-your-street-means-fewer-health-problems-says-study>

7. <https://www.psychologytoday.com/gb/blog/minding-the-body/201107/the-birds-and-the-trees>

8. <https://www.theguardian.com/world/shortcuts/2016/feb/03/slow-down-traffic-ditch-kerbs-keep-potholes-plant-trees>

<https://naturalstart.org/sites/default/files/journal/6._gull_et_al.pdf>

9. Forestry Commission England ‘The case for trees’ <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/718033/eng-casefortrees.pdf>

10. Forestry Commission England ‘The case for trees’ <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/718033/eng-casefortrees.pdf>