

TREES FOR HEALTH – EVIDENCE			Compiled 2011			
Theme	Subject	Detail	Author	Publisher	Reference	
Nature & Health	Evidence Summaries	Outdoors	Sustainable Development Commission	Sustainable Development Commission	Health, place and nature: how outdoor environments influence health and well-being – a knowledge base. Sustainable Development Commission. (2008)	
		Natural Heritage	Scottish Natural Heritage	Scottish Natural Heritage	Health and the natural heritage – the evidence base (2009)	
		Greenspace	Greenspace Scotland	Greenspace Scotland	The links between greenspace and health: a critical literature review (2007)	
		Greenspace	Faculty of Public Health UK	Faculty of Public Health UK	Great Outdoors: How Our Natural Health Service Uses Green Space To Improve Wellbeing (2010)	
		Summary	Social Care Institute for Excellence	Social Care Institute for Excellence	At A Glance 28 – Sustainable Social Care – The Natural Environment (2010)	
		Urban Woods	O'Brien, E	Forestry Commission	O'Brien et al (2010) Urban health & health inequalities and the role of urban forestry in Britain – A review	
		Trees & Woods	Forest Research	Forest Research	Forest Research (2005). Trees & Woodlands, Nature's Health Service	
		UKNEA	UKNEA	UKNEA	UK National Ecosystem Assessment: Technical Report, Chapter 23: Health Values from Ecosystems (2011)	
		Healthcare Design	Design	Lawson B R, Phiri M	The Stationary Office	Lawson B R, Phiri M (2003), The Architectural Healthcare Environment and its Effects on Patient Health. Outcomes, London: The Stationery Office.
			Design	Lawson B	Hospital Engineering & Facilities Management	Lawson B, (2005) Evidence-based Design for Healthcare, Business Briefing: Hospital Engineering & Facilities Management 2005 Issue 2
	Evidence Based Design		Lawson B		Lawson B, (2006) Effective NHS Hospital Design	
	Design		The King's Fund	The King's Fund	The King's Fund (2004), Enhancing the Healing Environment	
	Design		The King's Fund	The King's Fund	The King's Fund (2008), Improving the Patient Experience, Sharing success in mental health & learning disabilities	
	Design		Ulrich et al	The Center for Health Design	Ulrich et al, A Review of the Research Literature on Evidence-based Healthcare Design, 2008	
	Design		CABE	CABE	CABE (2004) The role of hospital design in the recruitment, retention and performance of NHS nurses in England	
	Design		Malkin, J.	The Center for Health Design	Malkin, J., A visual reference for evidence-based design 2008	
	Outdoors		Gardens	Cooper Marcus, C. and M. Barnes	John Wiley & Sons	Cooper Marcus, C. and M. Barnes, 1995. Healing Gardens: therapeutic benefits & design recommendations
			Gardens	Cooper Marcus, C.	Interdisciplinary Design and Research e-Journal	Cooper Marcus, C. (2005), Healing Gardens in Hospitals
		Horticultural Therapy	Sempik et al.	Loughborough University	Sempik et al. (2005). Health, well-being and social inclusion: therapeutic horticulture in the UK	
		Sunlight	Gillie, O.	Health Research Forum	Gillie, O., (2010). Sunlight Robbery: Vitamin D & Public Health. Health Research Forum.	
Trees, Woods & Forests		General	Nilsson, K et al (Eds.)	Springer	Nilsson, K.; Sangster, M.; Gallis, C.; Hartig, T.; de Vries, S.; Seeland, K.; Schipperijn, J. (Eds.) (2011) Forests, Trees & Human Health, Springer.	
	General	Forestry Commission	Forestry Commission	Forestry Commission (2010). The Case for Trees.		
	General	O'Brien, E	Forest Research	O'Brien, E. (2005) Trees & Woodlands, Nature's Health Service, Forest Research		
	Forests	Park et al,	Environmental Health & Preventive Medicine	Park et al, (2010) The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan, Environmental Health & Preventive Medicine 15(1): 18–26		
	Meaning	O'Brien, E	Forest Research	O'Brien, E. (2004). A sort of magical place: people's experiences of woodlands in northwest and southeast England. Forest Research, Farnham.		

People & Health Issues	Physical health	Pain	Malenbaum, S. et al	Pain Journal	Malenbaum, S., Keefe, F. J., Williams, A. C., Ulrich, R., and Somers, T. J. (2008). Pain in its environmental context: Implications for designing environments to enhance pain control. <i>Pain</i> , 134, –244.
		Exercise	BTCV	BTCV	BTCV Green Gym National Evaluation Report (2008)
		Recovery	Ulrich, R	Science	Ulrich, R. s. (1984). View through a window may influence recovery from surgery. <i>Science</i> , 224, 42–421.
	Mental health	Stress	Sternberg. E,	Harvard University Press	Sternberg. E, <i>Healing Spaces: The Science of Place and Well-being</i> , Belknap Press of Harvard University Press (2009)
		Stress	Bird, W.	RSPB	Bird, W., <i>Natural Thinking, Investigating the links between the Natural Environment, Biodiversity and Mental Health</i> , (2007)
		Depression	Grahn, P et al	Open Space Research Centre	Grahn, P et al, <i>Alnarp rehabilitation garden: possible health effects from the design, from the activities and from the therapeutic team</i> (2007)
		Depression	MIND	MIND	MIND (2007) <i>Ecotherapy - The green agenda for mental health</i>
		Attention Restoration Theory	Berman, M. G. et al	Psychological Science	Berman, M. G., Jonides, J., & Kaplan, S. (2008). The cognitive benefits of interacting with nature. <i>Psychological Science</i> , 19(12), 1207-1212.
		General	Fife, H	Reforestation Scotland	Blarbuie Woodland Partnership (2008). The impact of working and walking in Blarbuie Woodland at Argyll & Bute Hospital on mental health & wellbeing. <i>Reforestation Scotland</i> , Edinburgh
		General	Forest Research	Forest Research	Forest Research. <i>Benefits of Green Infrastructure – Case Study. Promoting Psychological Health and Mental Wellbeing. Blarbuie Woodlands: evaluating the benefits</i>
		Dementia	Rodiek, S., Schwartz, B.	Haworth	Rodiek, S., Schwartz, B., (eds). <i>Outdoor environments for people with dementia</i> , Binghamton: Haworth, (2007)
		Dementia	NICE / Social Care Institute for Excellence	NICE / Social Care Institute for Excellence	<i>Dementia: A NICE / SCIE Guideline on supporting people with dementia and their carers in health and social care: National Clinical Practice Guideline Number 42</i> (2007)
		Immune Function	Li & Kawada	Nippon Medical School	Li & Kawada (2010), <i>Healthy forest parks make healthy people: Forest environments enhance human immune function</i> , Nippon Medical School, Tokyo, Japan
	Older People	General	Day, R	Health & Place	Day, R. (2008). Local environments and older people's health: Dimensions from a comparative qualitative study in Scotland. <i>Health & Place</i> , 14, 299-312.
	Younger People	General	Bingley, A.F., Milligan, C	Institute for Health Research, Lancaster University	Bingley, A.F., Milligan, C. (2004) <i>Climbing trees and building dens: mental health and well-being in young adults and the long-term effects of childhood play experience. End of project report.</i>
		Forest Schools	Murray, R	New Economics Foundation	Murray, R. (2003). <i>Forest School evaluation project: a study in Wales. Report to the Forestry Commission by New Economics Foundation</i>
		Children	Pretty, J et al	Interdisciplinary Centre for Environment and Society	Pretty J, Angus C, Bain M, Barton J, Gladwell V, Hine R, Pilgrim S, Sandercock S and Sellens M. 2009. <i>Nature, Childhood, Health and Life Pathways</i> . Interdisciplinary Centre for Environment and Society Occasional Paper 2009-02. University of Essex, UK.
		ADHD	Kuo & Faber Taylor	American Journal of Public Health	Kuo & Faber Taylor (2004), <i>A Potential Natural Treatment for Attention-Deficit/Hyperactivity Disorder: Evidence From a National Study</i> , <i>American Journal of Public Health</i> . 2004 September; 94(9): 1580–1586
	Staff	Satisfaction	Ulrich, R.	<i>Plants for People</i> International Exhibition Floriade	Ulrich, R., <i>Health Benefits of Gardens in Hospitals</i> , Paper for conference, <i>Plants for People</i> International Exhibition Floriade (2002)
	Satisfaction	CABE	CABE	<i>The role of hospital design in the recruitment, retention and performance of NHS nurses in England</i> , CABE, (2004)	
	Performance	Boorman et al	NHS	Boorman et al (2009), <i>NHS Health and Wellbeing: Boorman Review</i>	

	Visitors	Satisfaction	Whitehouse, S et al	Journal of Environmental Psychology	Whitehouse, S., Varni, J. W., Seid, M., Cooper-Marcus, C., Ensberg, M. J., & Jacobs, J. R. (2001). Evaluating a children's hospital garden environment: Utilization and consumer satisfaction. <i>Journal of Environmental Psychology</i> , 21(3), 301–314.
Environment	Social Health	Heat Protection	Department of Health	Department of Health	Department of Health, Heatwave Plan for England (2010)
		Interaction	BTCV	BTCV	BTCV Green Gym National Evaluation Report (2008)
		Health Policy	NHS SDU	NHS SDU	NHS Sustainable Development Unit, (2009) Saving Carbon, Improving Health
		Health Policy	NHS SDU	NHS SDU	NHS Sustainable Development Unit, (2010) Saving Carbon, Improving Health – Update
		Health Policy	The Scottish Government	The Scottish Government	The Scottish Government, 2008. Good Places, Better Health. A new approach to environment and health in Scotland
		Health & Safety	Health and Safety Executive	Health and Safety Executive	Legionnaires' Disease: a guide for employers 2006
	Environment	Assessment	Department of Health	Department of Health	A Staff & Patient Environment Calibration Tool (ASPECT)
		Climate Change	UCL	UCL	Lancet and University College London Institute for Global Health Commission Managing the health effects of climate change, Vol 373 May 16, (2009)
		Climate Change	Read, D.J. Et al	The Stationary Office	Read (2009) Combating Climate Change – A Role for UK Forests, The Stationary Office
		Heat Island Effect	Gill et al.	Built Environment	Gill et al. (2007). Adapting cities for climate change: The role of the green infrastructure. <i>Built Environment</i> , 33:1 115–133.
		Sustainable Development	Forum for the Future	Forum for the Future	Forum for the Future (2009), The health system in 2025, a vision of health and sustainability in England
		Urban Forestry	USDA Forest Service	USDA Forest Service	Urban Forest Effects Model (UFORE, USDA Forest Service)
		Urban Forestry	USDA Forest Service	USDA Forest Service	US Department of Agriculture, Forest Service, Northern Research Station– Restorative commons: creating health and well-being through urban landscape 2009
Economics	Economics	Public Space	CABE	CABE	CABE (2004) The Value of Public Space
		Green Space	Bird, W.	RSPB	Bird, W. (2004). Natural fit: Can green space and biodiversity increase levels of physical activity? (Appendix 1)
		Urban Tree Values	TDAG	TDAG	Trees & Design Action Group (2010), No Trees No Future
		Urban Tree Values	USDA Forest Service	USDA Forest Service	USDA (2010), Chicago's Urban Forest
		Urban Tree Values	CREAF	CREAF	CREAF (2009), Ecological Services of Urban Forest in Barcelona
		Cost of Maintenance	Forestry Commission	Forestry Commission	Forestry Commission (2010). The Case for Trees. (Footnote 21)
		Green Space	CJC Consulting	CJC Consulting	CJC Consulting (2005). Economic Benefits of Accessible Green Spaces for Physical and Mental Health: Scoping study. Final report for the Forestry Commission.