

# Nature in Cities

**Tree Care.** TNC and our partners are building a greener city. By caring for mature trees and planting new ones, we are helping trees do what they do best: clean our air and water, promote better health and support wildlife.

Trees also reduce temperatures in the city by as much as 14 degrees, combating “urban heat island effect,” which makes cities hotter than surrounding areas due to pavement and buildings absorbing and retaining heat.

Produced with funding provided by the City of Albuquerque.

## How You Can Help

1. **Plant A Tree** that is adapted to our arid city and native to our region, making the best use of our water
2. **Love Your Trees** by knowing proper watering, pruning and other care that keeps them healthy and vibrant
3. **Get Involved** with TNC and our partners to volunteer, learn about trees, or become a Tree Steward

For information about these programs, visit [nature.org/abq](https://nature.org/abq).



# Benefits of Urban Trees

Research has linked the presence of urban trees to...



## REDUCING RATES

of cardiac disease, strokes, and asthma due to improved air quality



**COOLING** city streets by 2-4° F, reducing deaths from heat and cutting energy use



**FILTERING** up to a third of fine particle pollutants within 300 yards of a tree



## PROTECTING BIODIVERSITY

including habitat for migrating birds and pollinators



## REDUCING OBESITY LEVELS

by increasing physical activity including walking and cycling



## MANAGING STORMWATER,

keeping pollutants out of waterways, and reducing urban flooding



## INCREASING

neighborhood property values



## REDUCING STRESS

by helping interrupt thought patterns that lead to anxiety and depression

