
LIFESTYLE FACT SHEET

How Green Spaces
Benefit Lifestyles



— PROJECT —
EverGreen
Because Green Matters™



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How Green Spaces Benefit Lifestyles

- Privacy and tranquility. Well-placed plantings offer privacy and tranquility by screening out busy street noises and reducing glare from headlights.¹
- Lower crime and enhanced self esteem. Studies over a 30-year period in communities, neighborhoods, housing projects and prisons show that when landscaping projects are promoted there is a definite increase in self esteem and a decrease in vandalism.²
- Stress reduction. A study published in *Environment and Behavior* (Vol 35:311.330) indicates that, "... by boosting children's attentional resources, green spaces may enable them to think more clearly and cope more effectively with life's stress."³
- Green space is beneficial to children. Studying the effects of green space, a Cornell University researcher indicated that, "children who had the greatest gains in terms of 'greenness' between their old and new homes showed the greatest improvements in functioning."⁴
- Girls & greenery. A University of Illinois study found that girls exposed to green settings are better able to handle peer pressure, sexual pressure and other challenging situations as well as perform better in school.⁵
- Health benefits. There is growing evidence that horticulture is important on a human level. Plants lower blood pressure, reduce muscle tension related to stress, improve attention and reduce feelings of fear and anger or aggression.⁶
- Good landscaping increases community appeal. Parks and street trees have been found to be second only to education in residents' perceived value of municipal services offered. Psychologist Rachel Kaplan found trees, well-landscaped grounds and places for taking walks to be among the most important factors considered when individuals chose a place to live.⁷
- Green spaces create a better, safer environment. Studies conducted by the Human Environment Research Laboratory at the University of Illinois Urbana-Champaign indicate that "Green spaces are gathering places that create close-knit communities and improve well-being—and in doing so, they increase safety."⁸

Bibliography: Lifestyle Fact Sheet

1 Virginia Cooperative Extension: *The Value of Landscaping*,

<http://www.ext.vt.edu/pubs/envirohort/426-721/426-721.html#TOC>

2 Charles A. Lewis: *The Role of Horticulture in Human Well-Being and Social Development*,

<http://www.projectevergreen.com/resources/LowerCrimecopy.pdf>

3 *Cornell Chronicle*, <http://www.projectevergreen.com/resources/Nature%20Benefits%20Children.pdf>

4 *Cornell Chronicle*; op cit

5 University of Illinois at Urbana-Champaign, College of Agricultural, Consumer and Environmental Sciences:

Girls and Greenery, <http://www.herl.uiuc.edu/girls.htm>

6 *GrowerTalks*, <http://growertalks.com/archive/articles/1384.asp>

7 Virginia Cooperative Extension; op cit

8 *Green Streets, Not Mean Streets*; Project EverGreen, op. cit.



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