

WHY TREES AND PUBLIC HEALTH?

➤ **Neighborhood and Built Environment** is one of the **5 domains** of the Social Determinants of Health (SDOH). Addressing **non-medical factors** that influence health outcomes without addressing the environment will be incomplete.

Several research studies have demonstrated the relationship between trees and human health.

- Exposure to forests boosts our immune system.
- Spending time around trees and looking at trees reduces stress, lowers blood pressure and improves mood.
- Spending time in nature helps you focus.
- In children, attention fatigue causes an inability to pay attention and control impulses (risk factors for MH illness).
- Patients recover from surgery faster and better when they have a "green" view.

Family Tree Adoption Program (FTAP) Objectives



Family Tree Adoption Program (FTAP) is a community-based environmental conservation program that engages families, communities, and plants native trees and shrubs in private homeowners in Prince George's County, Maryland.

- Increase tree planting in urban and rural areas
- Involve individuals and local organizations in tree adoption
- Highlight the importance of tree adoption
- Promote awareness campaigns for tree planting
- Increase the number of green spaces in targeted urban areas
- Provide educational workshops and resources on tree maintenance
- Monitor and support of adopted trees to ensure their health and growth

Family Tree Adoption Program (FTAP) in Action





Capacity Building Initiative (CBI)

Program Summary: The Capacity Building Grant Program is designed to increase the effectiveness of organizations that work at the nexus of natural resource and community health issues, within the Chesapeake Bay, Coastal Bays, and Youghiogheny River watersheds by addressing organizational capacity needs.

Three Levels of Investment:

- Movement level investments: including the development of tools and trainings that advance the field.
- Regional (Collaborative) level investments: including critical Infrastructure to advance shared goals, this comes in the form of collaborative model development or enhancement through backbone support, training, leadership development, and shared resources.
- Individual organization level investments: through a competitive annual grant program.

Eligible Project Locations: This program funds throughout the Chesapeake watershed, including the DC, DE, MD, NY, PA, VA, and WV portions of the watershed, and the Maryland Coastal Bays and Youghiogheny watersheds in Maryland.

Request amounts are generally:

Requests are typically no higher than \$30,000 for non-profits but may be higher (up to \$150,000 if applying for the local government track) with justification for both non-profits and local governments.



Outreach and Restoration

Program Summary:

This grant program encourages outreach, community engagement activities, and on-the-ground restoration projects that increase knowledge, change behavior, and accelerate stewardship of natural resources.

Eligible Project Locations: This grant program welcomes applications for projects in the state of Maryland.

Request Amounts: Applicants can request funds from one of the following tracks:

Track 1: Outreach/Knowledge Building (up to \$50,000)

Track 2: Behavior Change (up to \$75,000)

Track 3: Restoration (up to \$100,000)

Track 4: Outreach and Restoration (up to \$125,000)



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- Chevy Chase, Maryland
- Chesapeake Bay Trust Outreach and Restoration Grant Program
- Teachable Moments: Using a Community Science Stream Monitoring Program to Build the Stream Health Knowledge of Maryland Park Visitors
- Amount Awarded \$29,413





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July 2023 - April 2024. Nature Forward and partner organizations developed and piloted streamside LEARNING STATIONS to engage community members.

The LEARNING STATIONS were set up adjacent to volunteer-run Water Quality Monitoring community science stations at 7 of our 27 stream monitoring sites.

The LEARNING STATIONS featured live aquatic macroinvertebrates which helped us convey messages to increase the stream health knowledge of people living near the sites.

- 13 Community Engagement Events in Prince George's, Montgomery, and Howard Counties
- 517 People Engaged
- 61 Stream Monitoring and Outreach Volunteers Engaged/Participated
- 6 Bilingual Events in Communities with Large Spanish-Speaking Populations





For more information visit
cbtrust.org