

Green City: Why Nature Matters to Health

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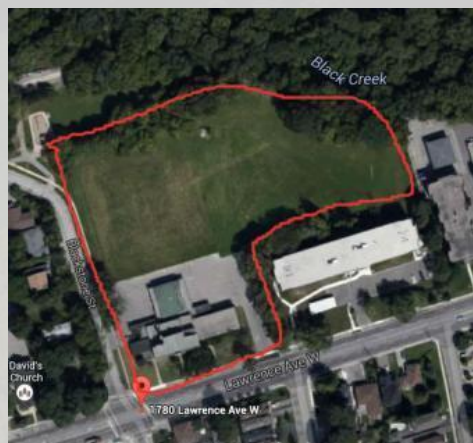
Green spaces in Toronto are facing pressures:



Densification



Climate change



Land development



Invasive pests

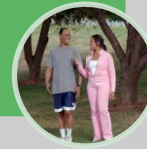
Green space improves health and wellbeing



**Physical
Health**



**Mental
Health**



Air Quality



**Climate
Change**



**Health
Inequities**





The presence of green space has been found to:

↓ **All-cause mortality**

↓ **Morbidity**

↓ **Cardiovascular disease**

↓ **Respiratory disease**

↑ **Healthy weights**

↑ **Positive birth outcomes**



**The presence of green space
has been found to:**

- ↓ Stress, anxiety, depression**
- ↑ Self reported mental health**
- ↑ Wellbeing**



Green spaces improve air quality through the absorption and adsorption of pollutants.

Green space and trees decrease levels of:

- ↓ particulate matter (PM)**
- ↓ sulphur dioxide (SO₂)**
- ↓ ground-level ozone (O₃)**
- ↓ nitrogen dioxide (NO₂)**
- ↓ carbon monoxide (CO)**



Toronto is expected to experience increases in extreme weather events, including flooding and extreme heat.

The presence of green space helps mitigate the impact of extreme weather events by:

- providing cooling
- reducing flooding



Everyone's health benefits from access to green space.

Vulnerable populations benefit the most.

Maintaining and increasing green space in the city would help improve the health of all Torontonians. It is recommended that:

- City Council dedicate sufficient resources to **meet the goal of increasing canopy cover in Toronto to 40%.**
- City Council **prioritize green space investment** in the 31 Neighborhood Improvement Areas.
- Minister of Education **recognize school sites as important community assets** benefitting human health and the environment.



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