



Sixty-one percent of the 2.9 million lowans live in urban or community settings, & trees play a major, but often silent role in their lives. Trees along our streets, in our parks & public areas, natural areas, & in private yards, provide a wide range of benefits. Used properly, they improve the air we breathe, beautify the environment, provide wildlife habitat, reduce energy consumption during summer & winter, enhance our self-image, & generally make Iowa communities a more pleasant place to work & live.

Benefits of Trees

- Trees can reduce annual stormwater runoff by 2-7%, & a mature tree can store 50-100 gallons of water during large storms.
- Tree shade has shown to reduce pavement fatigue, cracking, rutting, shoving & other distress, saving on repair costs.
- Residents of areas with the highest levels of greenery were three times as likely to be physically active & 40% less likely to be overweight or obese than residents living in the least green settings.
- A study on children with attention deficit disorders discovered that the effect of a walk through a park is equal to peak effects of two typical ADHD medications.
- Children and youth living in greener neighborhoods have lower body mass index.
- There is less graffiti, vandalism & littering in outdoor spaces with natural landscapes than in comparable plantless spaces.
- Workers without nature views from their desks claimed 23% more sick days than workers with views of nature.

Considerations When Tree Planting

- Select an appropriate size & type of tree for the planting location.
- Watering and mulching after planting greatly increase the survival rate and vigor of a tree.
- Scheduled structural pruning improves a tree's storm resistance & can dramatically increase the life span of a tree.
- Suitable nursery stock must be chosen based on planting site conditions & intended after-care, which should dictate maximum tree size at planting, root ball characteristics, appropriate tree production method, & tree structure.

TREE PLANTING

Did you know that West Des Moines has a yearly residential tree sale called Shade Crusade?

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