# **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.

## 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.



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### **Benefits of Urban Trees**

cutting energy use

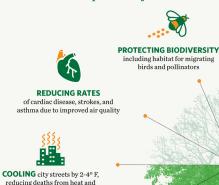
FILTERING up to a third of fine

particle pollutants within

300 yards of a tree

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







#### 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

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**The Nature Conservancy, New Mexico Chapter** | Albuquerque | Santa Fe | Silver City Contact Sarah Hurteau for more information: sarah.hurteau@tnc.org