

FINAL REPORT

Project Title: Spreading the Canopy: Promoting Trees and Urban Forests as Key to Healthy Communities

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Final Progress Achieved in Accomplishing Project Goals & Objectives

(Goals and objectives should correspond to the goals and objectives in the approved grant application).

All bulleted and bolded items below are the planned activities as laid out in the original Spreading the Canopy grant. Final updates are provided below each activity.

Phase One

First Collaborative Working Group in Iowa – begins with the signed agreement and requires 12-18 months for completion.

- **Review and revise a list of key stakeholders for collaborative.**
 - In our original grant application, Trees Forever listed a sample list of potential members for our steering committee. Trees Forever recruited members from various professional sectors from around Des Moines including wellness professionals from Hy-Vee grocery store, the Blue Zones project, Iowa’s Healthiest State Initiative, County Conservation, etc. To do this, we contracted with a local community member who had many connections in the area and her own strategic planning firm. With her help, we met with and recruited 25 members to the steering committee. The main goal for the steering committee was, and is, to help inform Trees Forever on how best to communicate the importance of trees and green space to the health and wellness community. Please see the final Spreading the Canopy guide that includes a list of the Trees Forever steering committee.
- **Set targeted dates for collaborative meetings and the symposium. Review key dates with pre-identified keynotes and hosts for symposium; adjust dates as needed; book facilities and sign contracts.**
 - Trees Forever revised this strategy slightly as indicated in our interim reports. After speaking with Dr. Kathy Wolf and heeding her advice to really connect with the committee members, we decided that instead of setting formal meeting dates for the collaborative/steering committee group, we instead setup interviews with each steering committee member in an effort to “meet them where they are.” In this way, we were able to ask targeted questions to their

specific industry (hospital, insurance, etc.) and get to the root of the issues. Through the questions asked, we were able to synthesize the information and pull out the areas that need additional attention and those where the committee members already “got it.” The specific questions used are included in the Spreading the Canopy. We also used the information garnered during the interview process to inform the “Getting Started” section of the guide.

After the formal interviews were completed in early 2013, Trees Forever scheduled a kick-off reception for the committee members on March 13, 2013.

After the kick-off reception, the steering committee met one more time on April 26, 2013 prior to the Symposium.

The Spreading the Canopy Symposium was held on June 14, 2013.

- **Begin recruiting process, primarily through personal visits from Trees Forever CEO, Des Moines Mayor Frank Cownie and other influencers, allowing at least three months for this critical step. Formally invite task force members from the sectors identified above, adjusting for new recommendations, expansion and refinement of the group.**
 - As noted above, the full steering committee was recruited and all personal interviews completed in early 2013. Leslie Berckes and Shannon Ramsay of Trees Forever made personal visits to recruit committee members, as well as our contracted partner, Tina Mowry. Please see the Spreading the Canopy guide to review the factsheet used to inform/recruit committee members.
- **Working with the council of advisors, review final list of collaborative members; create an agenda for the first collaborative meeting.**
 - In early 2013, Trees Forever, along with our contracted partner Tina Mowry, reviewed the full list of steering committee members and felt that we had good representation from the health and wellness sectors in the Des Moines area. At that point, we set our March 2013 steering committee meeting, developed an agenda, and put together a PowerPoint to inform the committee of the process to that date.
- **Convene the task force for three collaborative meetings in Des Moines over a six-month period; the first session would last a full day, the two subsequent sessions a half-day each.**
 - As mentioned previously, the strategy changed from hosting multiple steering committee meetings to instead interviewing each committee member and then inviting them to shorter committee meetings before the symposium.
 - Trees Forever hosted the first steering committee meeting on March 13, 2013. It was the first official meeting of all the steering committee members. The goals of the meeting were to provide introductions of the entire steering committee, inform them where we were in the process, what was expected of them, how they could help, and the next steps. We also presented information from the interviews. A PDF version of the presentation was previously submitted with an interim report on March 19, 2014.
 - After this first meeting of the full committee, one more steering committee meeting was held on April 26, 2013. The goal of that meeting was to follow-up with any items from the previous meeting, to inform the group of plans for the symposium, and to ask for their assistance in recruiting people to the symposium. The next step was planning for the symposium.

- Difficulties/Resolutions: Scheduling and hosting the steering committee meetings was an area where we ran into some difficulties. Trees Forever’s steering committee was made up of high level representatives from various organizations. Because of this, we had a perception that we should not take too much of their time and schedule too many meetings. This strategy did not create the cohesiveness we needed among the committee members and did not allow them enough time to take in the information about the tree/health. Because our meeting times were limited, the committee members were not able to ask the questions they wanted of the group or voice their concerns. Trees Forever sought to be transparent with clear lines of communication during the meetings and in all communications as a way to remedy some of the committee members’ concerns. In hindsight, Trees Forever would have spent more time developing the relationships among the steering committee and their relationship to Trees Forever.
- **Plan and host a public symposium, also in Des Moines, that will include a national keynote speaker and a full day of speakers and break-out sessions.**

- The Spreading the Canopy symposium was held on June 14, 2013. Presenters included Des Moines-area individuals working in the health and wellness fields as well as two national keynote speakers, Dr. Kathy Wolf and Dr. Mary Northridge. The symposium had breakout sessions where people could either take a walking tour of the downtown area or learn more about healing gardens. At the end of the day, attendees spent time in small groups discussing what they had learned and how they would use that information in their daily lives – both work and personal. Each small group then reported out to the larger group. There were many great ideas shared, providing for action steps to be taken. In total, 73 people attend the event. The full agenda for the symposium is included in the Spreading the Canopy guide.



- Trees Forever completed the Spreading the Canopy guide that includes suggestions and information about how urban forestry groups can integrate the message of trees for health into their communities. Information gleaned from the one-on-one interviews, additional meetings, and the symposium were used to create a “Getting Started” section. The Spreading the Canopy guide also includes case studies of the work done by Trees Forever (TF), Sacramento Tree Foundation (STF), Keep Indianapolis Beautiful, Friends of Trees, and Greening of Detroit.
- **Develop commitments with specific action items with timelines from collaborative members on how they will take “spread the canopy” within their organizations.**
 - Since the symposium, the steering committee for Trees Forever’s Spreading the Canopy process has not met. With the completion of the Spreading the Canopy guide, the steering committee has received an email with an electronic version of the guide. Over all, Trees

Forever has a goal of working with the steering committee members to help them “spread the canopy” in their organizations.

- Difficulties/Resolutions: As mentioned, a challenge Trees Forever found was getting the high level executives who were recruited for the steering committee to be actively involved with the process. As we look to continue our trees and public health work outside of this grant, we will consider asking each steering committee member to identify a person who is in charge of the day-to-day wellness program to become a champion for trees and green space in their organization.
- **Create a working draft of the Spreading the Canopy Guide, to be used in Sacramento and three other locations and refined before the conclusion of the project. Document all steps in the process, including the development of templates for agendas, etc.**
 - Trees Forever has completed the Spreading the Canopy guide. The guide contains a Getting Started section, Case Studies from all organizations involved with the process, Resources, and Sample Materials that other urban forestry groups can use. The document was unveiled at ACTrees Day on November 17, 2015. Trees Forever, along with the four other organizations who took part in the Spreading the Canopy grant, presented at this conference as a way to disseminate the lessons learned to a broad range of urban forestry organizations. A few printed copies of the guide were available to attendees. Trees Forever’s intention is that most people will access the guide online at Trees Forever’s website.

Phase Two

Sacramento Collaborative – begins 12 to 18 months after agreement is signed and requires 12 to 18 months for completion.

- **Trees Forever consults with Sacramento Tree Foundation to review process refined in Iowa and explain the *Spreading the Canopy Guide* and other resources (agendas, facilitator guide, etc.) developed.**
 - Ray Tretheway, president of the Sacramento Tree Foundation (STF), attended the Trees Forever Spreading the Canopy symposium on June 14, 2013. Ray served on a panel during the conference to talk about the work that STF had completed to-date with their Green Rx project. Part of Ray’s attendance was also to see the work that Trees Forever had completed for Spreading the Canopy.
 - Starting in July 2013, Leslie Berckes of Trees Forever worked with Cindy Blain of STF to bring Cindy up-to-date on the work that Trees Forever had completed for Spreading the Canopy. This included updating Cindy on the revision to the steering committee process (i.e., interviews, etc.) and providing Cindy with sample materials (interview questions, agendas, etc.) to help STF continue through the process. Important to note is that STF had already started a similar project in which they are looking at canopy data and health information data to identify correlations between the extent of tree cover and areas where health indicators (depression, weight, etc.) could potentially point to trees as positively correlated. The work they had already completed was instrumental in STF starting the Spreading the Canopy process.
- **Sacramento Tree Foundation reviews and revises a list of key stakeholders for collaborative.**
 - Previous to starting the Spreading the Canopy project, STF had pulled together a collaborative group to refine their aforementioned Green Rx program. STF worked with some members from

that existing group and added additional participants to create a collaborative that could help inform the Spreading the Canopy process.

- **Sacramento Tree Foundation sets target dates for collaborative meetings and the symposium. Review key dates with pre-identified keynotes and hosts for symposium; adjust dates as needed; book facilities and sign contracts.**
 - Sacramento Tree Foundation worked with their steering committee throughout the fall of 2013 leading up to the Greenprint Summit that the organization held January 31, 2014. Sacramento Tree Foundation held another Greenprint Summit conference on January 29, 2015. Both Leslie Berckes and Shannon Ramsay with Trees Forever attended the event and Ramsay presented information on Trees Forever's Spreading the Canopy program as well as information on the work that the other three communities selected had accomplished to that that point.
- **Begin recruiting process, primarily through personal visits from Sacramento Tree Foundation CEO and other influencers, allowing at least three months for this critical step. Sacramento Tree Foundation formally invites task force members from the sectors identified above, adjusting for new recommendations, expansion and refinement of the group.**
 - As mentioned, STF had an existing collaborative group for their Green Rx program. The final STF steering committee is as follows:
 - Barry Azarcon, Principal, EPIC Insurance Brokers and Consultants
 - Bob Waste, Government Relations Director, UC Davis Health System
 - Christine Tien, Program Manager, California Endowment
 - Cindy Blain, Community Partnerships & Innovation Director, Sacramento Tree Foundation
 - Dan Woo, Planning & Sustainability Analyst, Cunningham Engineering Corporation
 - Desirée Backman, Chief Prevention Officer, Dept of Healthcare Services & UC Davis Health Systems
 - Janine Bera, Physician, Kaiser Permanente
 - Judy Robinson, Sustainability & Infill Development Manager, Sacramento County
 - Lisa Bates, Deputy Director, California Department of Housing and Community Development
 - Olivia Kasirye, Sacramento County Public Health Officer
 - Ray Tretheway, Executive Director, Sacramento Tree Foundation
 - Robert Phillips, Director Of Health Programs, Sierra Health Foundation
 - Sandra Shewry, Director of State Health Policy, California Healthcare Foundation
 - The Sacramento Tree Foundation Spreading the Canopy Overview document is included in the Spreading the Canopy guid.
- **Working with the council of advisors, Sacramento Tree Foundation reviews final list of collaborative members and adapts as needed the agenda developed and tested by Trees Forever for the first collaborative meeting.**
 - STF finalized the steering committee and utilized the expertise of these individuals to refine the work that STF was already doing and to lead to the 2014 and 2015 Greenprint Summit.
- **Convene the task force for three collaborative meetings in Sacramento over a six-month period; the first session would last a full day, the two subsequent sessions a half-day each.**
 - Sacramento Tree Foundation held two collaborative meetings and also conducted phone calls with the steering committee. This was done in an effort to open the lines of communication

and to prepare for the Greenprint Summit. During that time, STF also interviewed individuals in the health and wellness field who could not be part of the committee, but who had valuable information to provide to the process.

- **Plan and host a public symposium, also in Sacramento, that will include a national keynote speaker and a full day of speakers and break-out sessions.**

- On January 31, 2014, Sacramento Tree Foundation held its Spreading the Canopy-related symposium – the event was entitled “Greenprint Summit.” The agenda for the event is included in the Spreading the Canopy guide. Trees Forever’s Shannon Ramsay took part in the conference, providing an update on the Spreading the Canopy project in Iowa. National speakers at the Greenprint Summit included Dr. Kathy Wolf and Dr. Lawrence Frank.



- Sacramento Tree Foundation held another Greenprint Summit conference on January 29, 2015. Both Leslie Berckes and Shannon Ramsay with Trees Forever attended the event and Ramsay presented information on Trees Forever’s process as well as the other three communities selected. National speakers at the Greenprint Summit included Dr. Vivek Shandas (Portland State University) and Dr. Susan Dieterlen (SUNY).

- **Using information developed by the collaborative group, STF creates a list of recommendations for next steps to continue the process of integrating trees and community forests into other sectors.**

- The Sacramento Tree Foundation’s Spreading the Canopy committee has joined with the Green Prescription committee to further the outcomes of two grants – the USFS Spreading the Canopy grant and one that STF received from CalFire. Specific work of the committee included review and approval of two policy briefs. One brief was written for decision and policy makers. The other brief was written for public health and urban forest advocates. Both briefs include specific recommended actions to improve neighborhood urban forests and public health outcomes. In addition, the committee assisted Sacramento Tree Foundation in the development of a communications plan to actively market and disseminate the grant products: lay person’s article, journal articles; policy briefs; Greenprint Summit video’s; and interactive website on health outcomes and tree canopy cover by zip codes. Sacramento Tree Foundation has created a webpage to house the work they have completed to connect trees to public health: <http://sactree.com/pages/472>.

- **Develop commitments with specific action items with timelines from collaborative members on how they will “spread the canopy” within their organizations.**

- STF has compiled the information from the Greenprint Summit and completed the policy briefs with the committee. STF reviewed the information garnered from its committees and conferences in order to create action steps.

Phase Three

Selection of Additional Three Collaboratives – begins half-way through the grant period and requires 12 months for completion

- **Trees Forever publicizes through ACTrees, the United States Forest Service and other networks the opportunity for community tree groups to apply to host a collaborative.**
 - In January 2014, Trees Forever advertised the Spreading the Canopy grant opportunity through various networks. ACTrees helped spread the word through social media (Twitter) and through their e-news. Jill Johnson of the USFS e-mailed the information to her list of Midwest forestry professionals. Trees Forever also used social media and personal contacts to let organizations know of the opportunity to apply.
- **Trees Forever develops and distributes a brief application for participation and convenes a national application review team to select three groups to participate.**
 - Trees Forever developed a grant application to be used for recruitment of the three additional collaboratives and posted it to our website. The application deadline was February 28, 2014. Trees Forever utilized the national Spreading the Canopy advisory committee to review the application and provide feedback on ways the application could be improved and refined.
 - The overall goals, laid out in the application, for each organization were as follows:
 - Create a process for urban forestry leaders to engage and collaborate with professionals in the public health arena, including the insurance industry, hospitals, municipal and state governments, private business and the wellness community.
 - Establish or deepen the connection across multi-disciplinary groups (example: through the establishment of a working collaborative).
 - Disseminate research and knowledge on the benefits of trees and the community forest to the public health community.
 - Conduct a signature event(s) with information garnered during the research phase. For example:
 - Host an informational conference inviting public health officials, planners, etc.
 - Present at conferences aimed at public health and well-being professionals throughout the project.
 - Hold walking audits or community tours focusing on the connection between trees, green space, and health.
 - Develop and install a demonstration project with input from the public health community.
 - As of the due date, February 28, 2014, six organizations from across the country had applied for the Spreading the Canopy project. Those organizations include:
 - TreePeople
 - Friends of Trees
 - The Greening of Detroit
 - Keep Indianapolis Beautiful
 - Tree Pittsburgh
 - South Dakota Discovery Center
- **Trees Forever signs an agreement with selected applicants to provide phone consultation and guidance on forming local collaboratives, as well as one \$10,000 grant each to assist with costs for coordination; selected applicants agree to follow process identified in the *Spreading the Canopy Guide* and to complete activities within one year's time, including recommendations for further refinement of the *Spreading the Canopy Guide*.**

- Three organizations were selected and started work on their Spreading the Canopy project as of April 1, 2014. The three organizations and the name of their projects are:
 - Friends of Trees – Healthy Nature, Healthy People
 - The Greening of Detroit – Greener D
 - Keep Indianapolis Beautiful – Going Native
- Each organization was provided with half of the grant money (\$5,000) upfront and the second portion of the funding (\$5,000) was paid out at the completion of the grant.
- The organizations were allowed to expand and present ideas beyond what was done by Trees Forever (i.e. a symposium). Trees Forever felt that each organization came up with a unique way to reach out to their community and that the lessons they learned would help other organizations from across the country better “spread the canopy.” Ways that the three organizations proposed to engage their local communities included a conference with national speakers, healthy walking tours of natural areas, and work with policy makers to create community policy recommendations.
- **Participating groups follow timeline as laid out in the *Spreading the Canopy Guide*.**
 - Each organization signed their contract and started work on their projects as of April 1, 2014. An interim report was required in October 2014 to update Trees Forever on each organization’s process. April 1, 2015 was the end of their contracts. A final report was provided to Trees Forever. As mentioned, since each group was afforded the latitude to try processes different than what Trees Forever did, an exact timeline was not followed.
- **Trees Forever provides guidance and monitors progress via phone consultations throughout**
 - From the beginning of each community contract, Trees Forever was available to each organization to provide guidance and answer any needed questions. A group conference call was held with all organizations. The conference call served as an opportunity for each group to share their project and ask questions. This “knowledge sharing” call was very informative for each organization and allowed them to take ideas developed and honed by other organizations.
 - The contracts came to a close on April 1, 2015. Trees Forever was available to assist with closeout of the project. Two organizations, Greening of Detroit and Keep Indianapolis Beautiful needed extra time to complete their work past the April 1st deadline. This was provided to them to ensure that their projects were completed to the fullest.



Phase Four

Final Phase of Activities – completed in the final six months of the project

- **Based on contacts made and strengthened through this project, Trees Forever will create a speaker’s bureau consisting of members of the working collaborative. Speakers will make joint presentations on the *Spreading the Canopy* model at national conferences and symposia.**
 - Trees Forever identified and promoted nationally-known speakers/researchers who are experts in various fields related to trees/green space and health. These experts are included in the

Spreading the Canopy guide to make it easy for other forestry groups from across the country to tap into the knowledge they provide. In addition to the speakers/researchers identified in the guide, Trees Forever and Sacramento Tree Foundation are available to present at conferences on the lessons learned during the Spreading the Canopy conference and their continued work to insert the message of trees and green space into the public health conversation.

- Nationally-known speakers presented at the Trees Forever Spreading the Canopy symposium, Sacramento Tree Foundation's two Green Print Summits, and Keep Indianapolis Beautiful's Going Native conference. Trees Forever included the names of these researchers/speakers in the Spreading the Canopy guide so that others from across the country could utilize their expert information at conferences, etc.
- Trees Forever, Sacramento Tree Foundation, Greening of Detroit, Friends of Trees, and Keep Indianapolis Beautiful presented at the national ACTrees Day conference on November 17, 2015 in Denver, Colorado. Each organization prepared a presentation to briefly discuss the process that they took to "spread the canopy" and the key lessons learned. The information was meant to provide guidance to the many urban forestry groups that were in attendance. During the presentation, the Spreading the Canopy guide was officially unveiled and made available to the general public. Copies were available for people to take with them, but the main mode of distribution is and will be electronically on Trees Forever's website.
- **Final revisions to the *Spreading the Canopy Guide* will be completed based on feedback and lessons learned in Iowa, Sacramento and the three participating communities.**
 - The Spreading the Canopy guide is complete and contains information about how forestry groups can insert the message of trees in the wellness community, case studies, sample documents, and resources (studies, speakers, etc.) for organizations from across the country to access. The four participating communities – Sacramento, Portland, Indianapolis, and Detroit – each contributed valuable case studies and resources that can be used by others across the country. These case studies were included alongside Trees Forever's lessons learned. The final guide is included as a PDF with this e-mail and can be found on Trees Forever's website here: www.treesforever.org/Canopy.
- **The *Spreading the Canopy Guide* will be marketed and disseminated through ACTrees, the United States Forest Service and other networks and will be made available on Trees Forever's and partners' websites.**
 - The Spreading the Canopy guide was unveiled during the national ACTrees Day conference in November 2015. Organizations from across the country were present to hear about the guide and what it entails. A few printed copies were made available to people in attendance. Otherwise, people were directed to view the guide online at Trees Forever's website. The guide was sent to ACTrees for dissemination with their monthly e-news and was provided to Jill Johnson to share with her Midwest contact list and national counterparts to broaden the distribution network. The Spreading the Canopy guide was also sent to 109 contacts within the Urban Forestry listserv (housed out of the University of Florida) with a nationwide reach. A member of the U.S. Urban Forestry listserv also forwarded the document to the Canadian Urban Forest Network listserv.
 - Feedback on the Spreading the Guide has been very positive. Here are a couple of the responses Trees Forever has received:

- “...the exciting announcement from Leslie Berckes about the *Spreading the Canopy* guide and it's laudable aim to promote nature and human health connections...” – Dr. Christopher Coutts, Florida State University
 - “This is a great document to help communities (not just urban forestry organizations) envision how to inform and engage local partners in health initiatives that include trees and nearby nature. I am getting many requests for exactly this kind of information. I get requests [saying], 'OK we have the research, what can we do about it?’” – Dr. Kathy Wolf, University of Wisconsin
 - Trees Forever will continue to share the Spreading the Canopy guide locally in Iowa and with national audiences. The primary distribution method will be the electronic version with minimal printing planned.
- **Trees Forever will compile a progress report on how well Iowa and Sacramento collaborative participants are achieving the action items they committed to as part of their respective collaboratives. This progress report will be included in Trees Forever’s final report to the United States Forest Service.**
 - The Spreading the Canopy Guide contains case studies/progress reports for each of the collaborative participants and the steps they took to integrate the tree/health message into their community. The case studies focus on the steps taken during each partner's respective Spreading the Canopy process (each partner used a different working title). The case studies also contain details about what has come from their respective strategies. Please see the case studies for more in-depth details. Below is a quick snapshot of the progress the partners made from their proposed action steps to the final outcomes inside the official grant period.
 - Under Trees Forever’s original proposal for Spreading the Canopy, the proposed action steps were to engage a core committee of leaders in the Des Moines area in a process that would open their eyes to the health benefits of trees. As outlined throughout this report, Trees Forever accomplished this task and had this committee help assist with the Spreading the Canopy symposium. Since the symposium, the committee has not come together to meet again. However, Trees Forever has had great success taking the Spreading the Canopy model and using the ideas and lessons learned to aid in the work done in Cedar Rapids, IA – Trees Forever’s national headquarters. In particular, Trees Forever annually holds the Our Woodland Legacy symposium and invites key policymakers. The past several symposiums have focused on trees and health and we are seeing that the message is resonating in Cedar Rapids and surrounding cities.
 - Sacramento Tree Foundation – Sacramento has taken great strides to promote their Green Prescription program – a process the organization took to find statistically significant results of how trees influence health in Sacramento – and meld it with the networking/messaging angle of Spreading the Canopy. During the formal Spreading the Canopy process, they held two Green Print Summits with speakers from across the country who helped people better understand the message of trees and public health. The following video provides a quick snapshot of the summit and its key message: <https://www.youtube.com/watch?v=TFak4gf8cq4>. Sacramento’s core committee continues to meet and provide guidance on how the organization can spread the message to their community and influence policy. More information about Sacramento’s research and policy work is contained in the next section.

- Friends of Trees – During the Spreading the Canopy process, Friends of Trees strengthened their relationship with Legacy Health and The Intertwine Alliance (ITA), a regional coalition of agencies supporting and working for Portland metro green spaces. Their work with ITA led to the creation of Neighborhood Nature Walks during the Spreading the Canopy process. As Friends of Trees and the alliance worked through the process for the walks, they discovered many ways to improve the walking nature tours and how they could become more deeply involved in local neighborhoods. Additionally, Friends of Trees proposed to present at and attend local conferences and during the Spreading the Canopy process, they achieved this goal. Their presence at the conferences helped area organizations to see Friends of Trees as an expert on the issue of trees and health.
- Greening of Detroit – When preparing for the Spreading the Canopy process, Detroit set a goal of gathering key policymakers and stakeholders in the community who could help spread the message of trees and health. The organization was able to pull together an diverse group of individuals from the private and public sector and work towards their end goal of developing policy recommendations for the city. While they were working on the policy recommendations, a related project goal was developed and included mapping the city by zip code and council districts and looking for incidences of poor health outcomes. The full policy recommendations and health mapping research is included in the Spreading the Canopy guide.
- Keep Indianapolis Beautiful – With pharmaceutical giant Ely Lilly as a key existing partner, Indianapolis set a goal to engage the employees in discussion and education on the health benefits that trees and green space provide. KIB immediately met their established action of hosting a conference for employees of Ely Lilly and the general public where Dr. Doug Tallamy was invited to speak. The organization also partnered with a local 5K to host a race that would bring awareness to the organization and the many benefits of trees including the health benefits.
- **Trees Forever will collect and report in its final report evidence of policy changes and/or case studies of how trees become part of the proposed ways to address public health concerns in the communities and regions where the *Spreading the Canopy* project is implemented, as well as others we become aware of over the course of this project.**
 - Each project in the five communities helped to insert the message of trees and green space into the health and wellness community and spread the knowledge to traditional and non-traditional partners. Some communities had more success than others actually influencing policy. Others were able to achieve key steps and network with the right people that will help to move the tree/health needle.
 - Trees Forever has seen policy progress made with several key partners. For example, the Blue Zones program sponsored by the Wellmark Blue Cross Blue Shield was rolled out to cities across Iowa. The goal of Blue Zones is to see an overall improvement in all areas of well-being through a concerted effort by city officials and private entities. Marion, Iowa, one of Trees Forever primary community partners, was selected as a Blue Zone community. With help from Trees Forever and the Spreading the Canopy program, Marion has now incorporated more trees and biophilic design (ensuring nature is a key part of all designs) standards into the city's development plans. Additionally, the grant making arm of Wellmark has in the past few years begun to incorporate more trees and green into its grant making priorities.
 - Greening of Detroit – the final product of Detroit's Spreading the Canopy process was a list of policy recommendations that city officials could use to incorporate more trees and green space

into the community for health. Greening of Detroit even looked at areas of high and low tree canopy and good or poor health outcomes to determine if any correlations could be made. They took their findings (see the maps in the Spreading the Canopy guide) and divided the results by city council district. After the official closing of Detroit's Spreading the Canopy contract, the following message was received:

- *This morning [Greening of Detroit] hosted a meeting at which five community groups and one University of Michigan professor presented findings relevant to public health and environmental conditions and how trees and green infrastructure can be used to mitigate them. There were approximately 30 people who attended including the director of Detroit's Public Health Department, the deputy director of the Neighborhoods Department and people from Parks & Rec, Water and Sewer, and the State of Michigan Environmental and Transportation agencies. After the presentations, we talked about how we could use two different grant opportunities that are currently on the street to implement the [policy] recommendations that were made. We had a chance to talk about locations throughout the city where trees could do the most good and, perhaps more importantly, ways we could continue to collaborate. I can honestly say that I'm not sure it would have occurred to me to pull such a meeting together if we hadn't done the work we did with Healthier and Greener Detroit. (Healthier and Greener Detroit is the title that The Greening of Detroit used for their Spreading the Canopy process.)*
- An article from the December 5, 2015 edition of the Detroit Free Press speaks to the work The Greening of Detroit has been doing for many years to increase the amount of green in the community and the particular emphasis the organization and its partners will be putting on trees and green space to improve the quality of life for Detroiters. <http://www.freep.com/story/money/business/michigan/2015/12/05/detroit-greening-infrastructure/76717858/>
- Sacramento Tree Foundation is working towards publishing a peer-reviewed journal article detailing the "the health-promoting potential of trees in an urbanized region of the United States." Findings from Sacramento's Green Prescription research indicate that more neighborhood tree cover was related to better overall health, primarily mediated by lower overweight/obesity and better social cohesion, and to a lesser extent by less type 2 diabetes, high blood pressure, and asthma. The paper is currently undergoing review and the organization is responding to peer-reviewed comments. This research and the subsequent journal article is a result of a project Sacramento Tree Foundation started from a different grant proposal. However, the work Sacramento continued under the Spreading the Canopy project helped to bolster the networking and connections the organization was able to make with key stakeholders. The Sacramento Tree Foundation believes their paper "will be published resulting in research-based new evidence that strengthens the inextricable link between urban tree canopy and the health and well-being of neighborhood residents."