

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.

Produced with funding provided by the City of Albuquerque.

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.



Benefits of Urban Trees

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



REDUCING RATES
of cardiac disease, strokes, and
asthma due to improved air quality



COOLING city streets by 2-4° F,
reducing deaths from heat and
cutting energy use



FILTERING up to a third of fine
particle pollutants within
300 yards of a tree



PROTECTING BIODIVERSITY
including habitat for migrating
birds and pollinators



REDUCING OBESITY LEVELS
by increasing physical activity
including walking and cycling



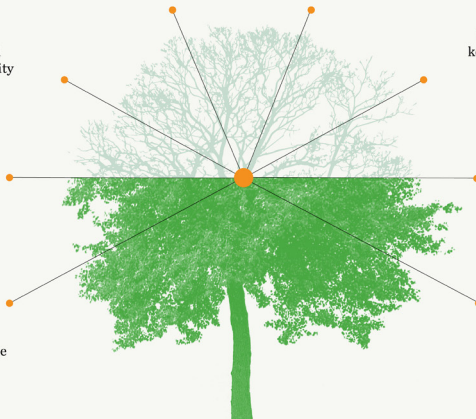
MANAGING STORMWATER,
keeping pollutants out of waterways,
and reducing urban flooding



INCREASING
neighborhood property values



REDUCING STRESS by helping
interrupt thought patterns that
lead to anxiety and depression



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Contact Tracey Stone for more information: tstone@tnc.org