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From: Nancy Morris <taweyahnan@gmail.com>
Sent: Thursday, June 16, 2022 11:13 AM
To: Plancom
Subject: [EXTERNAL] PART ONE Important considerations for development in Shoreline: Nature Rx: Should you prescribe the forest to patients? | MDLinx

Importance: High

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Hello Planning Commission:

An informative article, ***Nature Rx: Should you prescribe the forest to patients?*** that I hope you read and note how important forests, groves of mature trees, and urban canopy are for human well being besides their added importance to mitigate air pollution, keep moisture in the air, block traffic noise, provide habitat for wildlife that includes at high risk bird species on the brink of extinction, and mitigate heat island effects and heat waves. The article goes into detail on the trees' importance to human health and again reasons to consider designing complexes and buildings around mature tree groves as much as possible as other cities are beginning to do. A second email addendum will be sent as part of this email comment.

Regards,

Nancy Morris
Shoreline, WA

Nature Rx: Should you prescribe the forest to patients?https://www.mdlinx.com/article/nature-rx-should-you-prescribe-the-forest-to-patients/1zpytr27BJxuvJHhq6hs1Y?show_order=1&article_type=selected&tag=Morning&utm_campaign=malert_052122_Including_Trivia_misc_specialties&ipost_environment=m3usainc&utm_medium=email&utm_source=iPost&igs=9z2z5qn3ubke9p6gjupv4m2mvsa8pcdtk2v5igpfk8o By **Naveed Saleh, MD, MS** | **Fact-checked by Barbara Bekiesz** | **Published May 18, 2022**

Key Takeaways

- Nature prescriptions are becoming increasingly popular. They use the forest and green spaces, which are freely available to all.
- Nature prescription is associated with various health benefits including improvements in diabetes, hypertension, heart disease, and mental illness—although more research is required.
- Before prescribing nature, have a conversation with your patient that explores their interests, commitment, and goals.

When most physicians think of the word “prescription,” drugs come to mind. Not all prescriptions, however, require a trip to the pharmacy. Lifestyle interventions can also be prescribed. Take, for instance, the burgeoning interest in nature prescription.

Nature prescription programs target the staggering rates of chronic disease and sedentary lifestyle in the US.

An emerging body of evidence is focusing on nature prescription, providing guidance on how to prescribe this way.

What is a ‘nature prescription’?

Nature has been a resource to man from our beginning, and the notion of prescribing nature is old. The 16th-century Swiss physician Paracelsus contended that healing comes from nature—not physicians. **In Japan, *shinrin-yoku* (forest bathing) is promoted as a public-health measure.**^[1] https://www.mdlinx.com/article/nature-rx-should-you-prescribe-the-forest-to-patients/1zpytr27BJxuvJHhq6hs1Y?show_order=1&article_type=selected&tag=Morning&utm_campaign=malert_052122_Including_Trivia_misc_specialties&ipost_environment=m3usainc&utm_medium=email&utm_source=iPost&iqs=9z2z5qn3ubke9p6gjupv4m2mvsa8pcdtk2v5igpfk8o