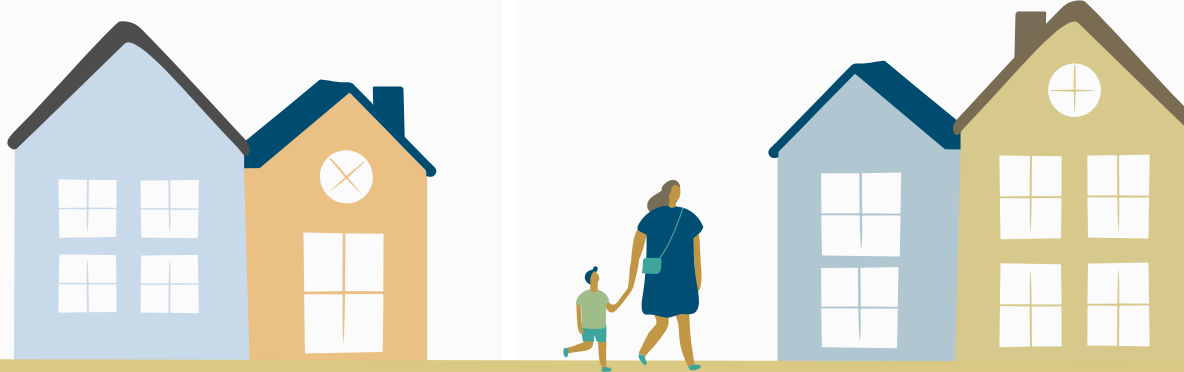


# Green Heart Louisville Project

The Green Heart Louisville Project is an initiative of the Christina Lee Brown Envirome Institute at University of Louisville that seeks to demonstrate the scientific link between nature and human health. The project is a clinical trial where trees are the medicine.

2018



○ Areas surrounding the center of the study

● Area in the center of the study

## Collecting Initial Measurements

To understand community health at the start of the study, researchers documented health data from 745 people living in a four-square-mile area of South Louisville. Some people lived in the center of the study area, and others lived in a doughnut-shaped ring surrounding the center. Researchers also measured tree coverage and air pollution.

2019



Surrounding areas did not receive plantings.

Large trees and shrubs were planted in the center area.

## Planting + Growing Trees

The team and volunteers planted thousands of trees in the center of the study area to create a robust and sustainable ecosystem maximized to remove air pollution.

2020

2021

2022

2023



Residents in surrounding areas showed no changes.

Residents in planted areas showed a significant decrease in inflammation.

## Assessing Changes

The team reassesses residents' health in both the planted and unplanted areas at regular intervals as plantings grow.

2024

ONE KEY FINDING

### Decrease in inflammation

Residents in the center of the study area where trees and shrubs were planted showed a significant decrease in hsCRP, a marker of inflammation in their blood, compared to residents in the surrounding unplanted areas.



This finding is important because lower levels of inflammation are associated with reduced risk of heart disease.

[greenheartlouisville.com](http://greenheartlouisville.com)

2025

Analysis continues...