

Benefits of Preserving Land

GREEN SPACE

makes you happy

Walking in nature changes the brain, preventing depression¹

GREEN SPACE

makes you healthy

- “Forest bathing” reduces stress hormones and blood pressure²
- People who live within one mile of a park are 25% more likely to exercise³
- Just living within .6 miles of a natural area reduces anxiety and depression⁴

GREEN SPACE

provides free ecosystem services

- A 10% increase in forest cover decreases water chemical and treatment costs by 20%⁷
- Every acre of New Jersey’s wetlands annually provides about \$8,695 in water services, habitat and aesthetic and recreation services; every acre of forest provides \$1,283 in such services, and riparian buffer, \$3,382

GREEN SPACE

is a natural medicine

Exercise in green space produces greater health benefits than indoor exercise⁵



Eastern red-cedar
(*Juniperus virginiana*)

GREEN SPACE

creates jobs

Protected open space generates jobs in agriculture, tourism, hospitality and land management¹⁴



GREEN SPACE

makes you safer

Green space in cities reduces violent crime¹¹

- The value of land in New Jersey is the highest in the nation
- Average value of an acre in New Jersey is \$196,410 (U.S. lower 48 average: \$1,216)¹²
- Agricultural cropland in New Jersey is valued at \$12,300 per acre (U.S. average: \$3,550)¹³

GREEN SPACE

builds wealth

Preserved land boosts regional property values an average \$10,000—up to a mile away⁶

“A sense of place is being in touch with the natural world, finding health and balance and renewal in nature and the seasons.”

— Country Matters