



Bosques urbanos: vertebradores de la infraestructura verde

Madrid, 9 de octubre de 2019

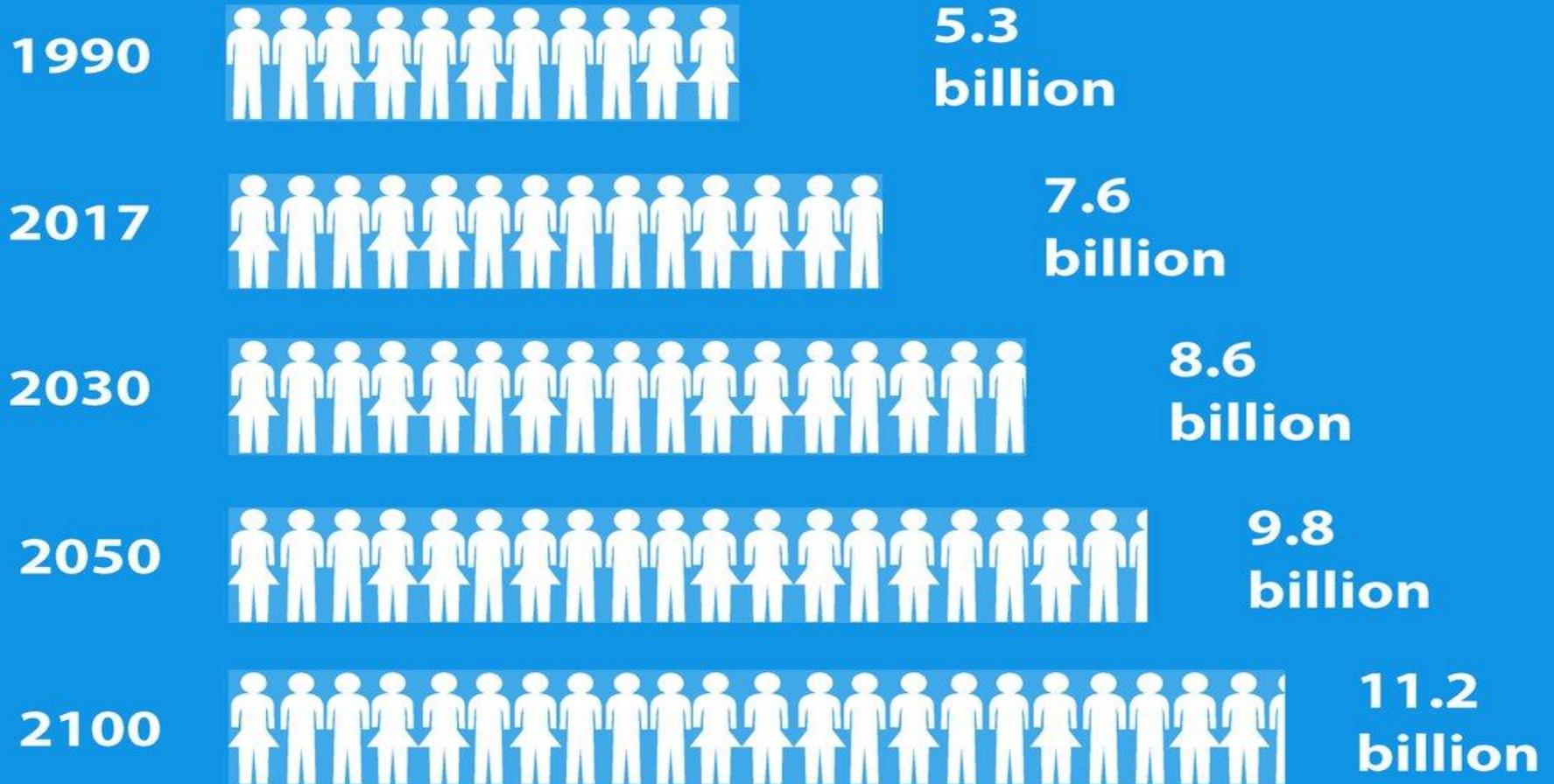
Pedro Calaza Martínez
PhD-Eng. + PhD-L.A.



Abducibus

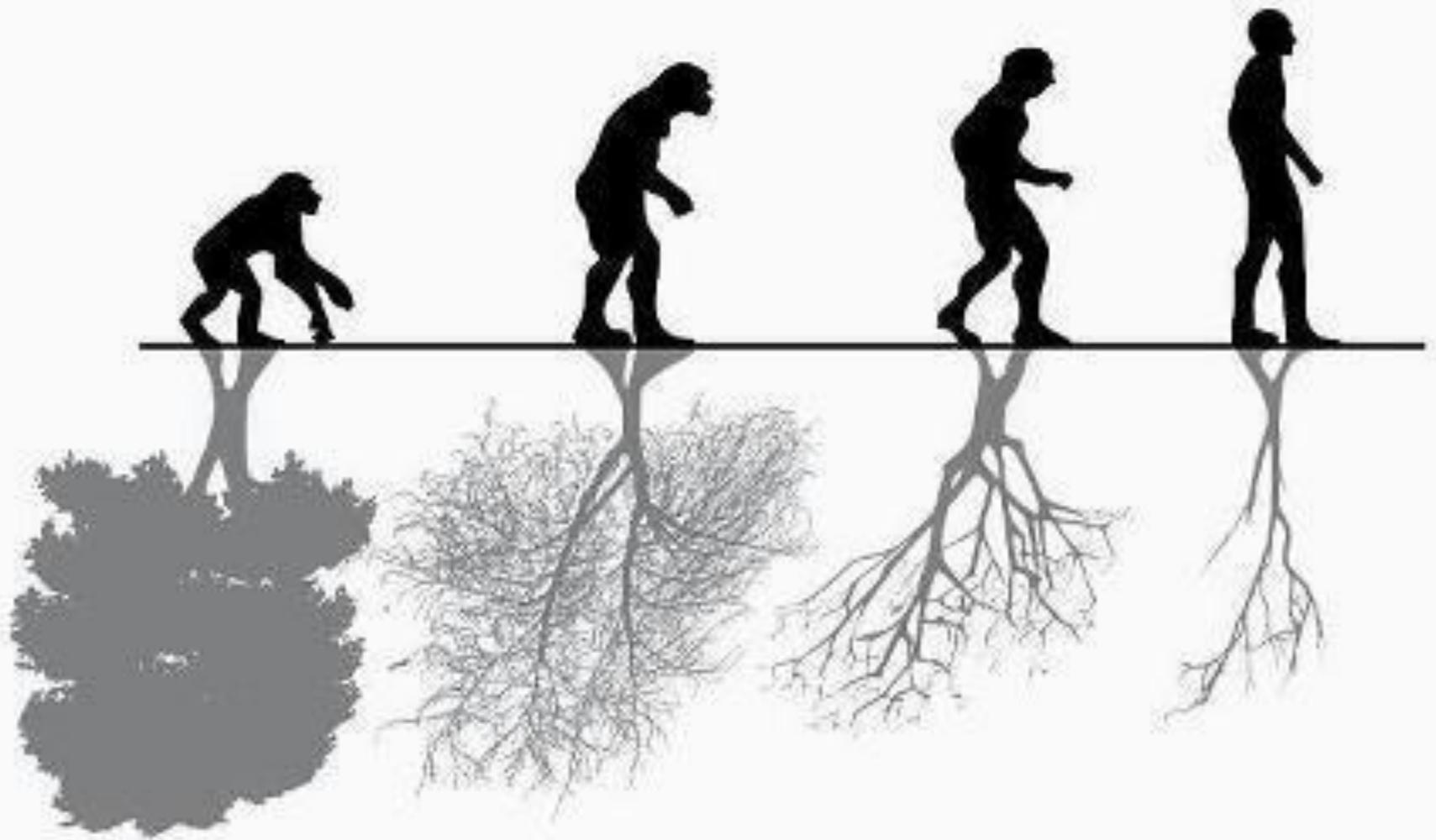
World Population

Projected world population until 2100



Source: United Nations Department of Economic and Social Affairs,
Population Division, *World Population Prospects: The 2017 Revision*
Produced by: United Nations Department of Public Information

De un mundo vacío a un mundo lleno





Antropoceno

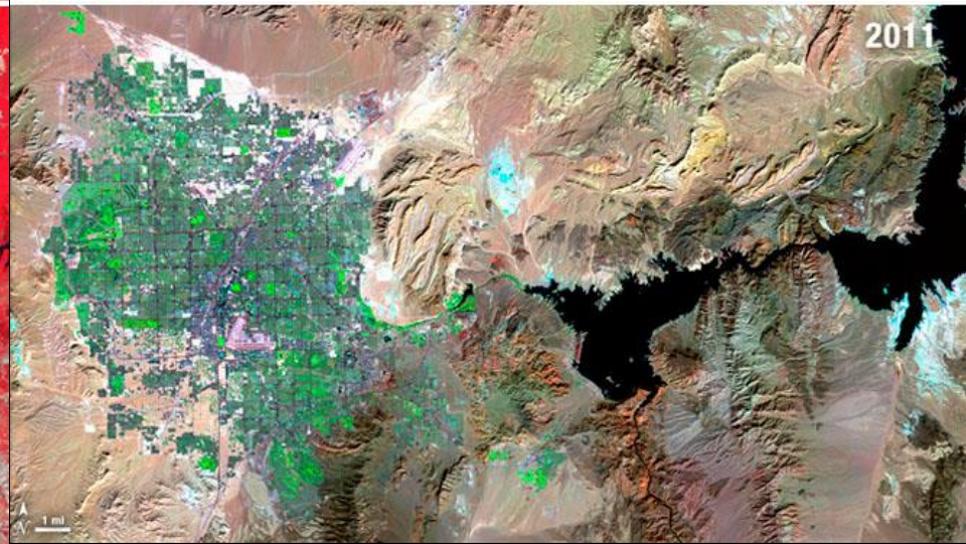
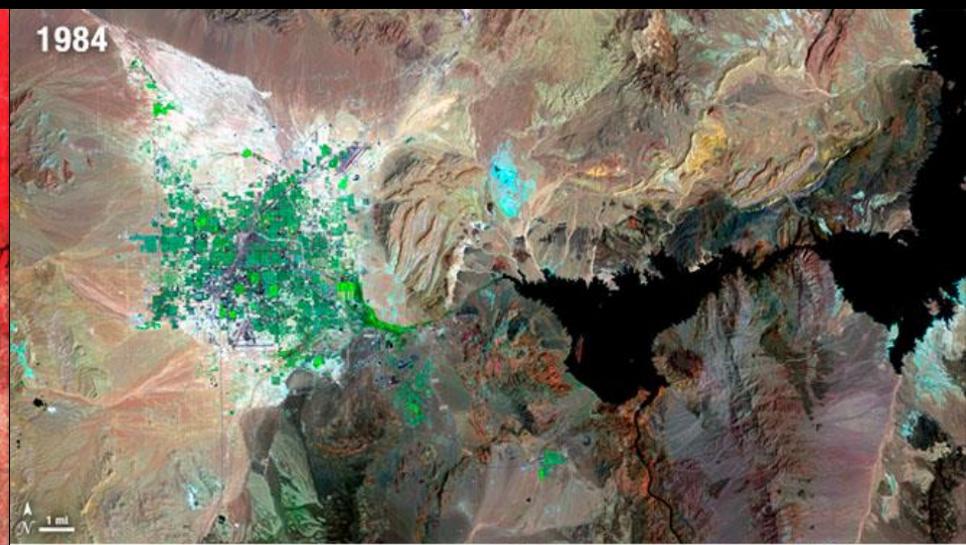
A low-angle, upward-looking photograph of several tall, modern apartment buildings. The buildings are densely packed and feature balconies with glass railings. The sky is bright blue with scattered white clouds. The perspective creates a sense of height and urban density.

2014: 54%



Primer siglo urbano

Stewart Pickett

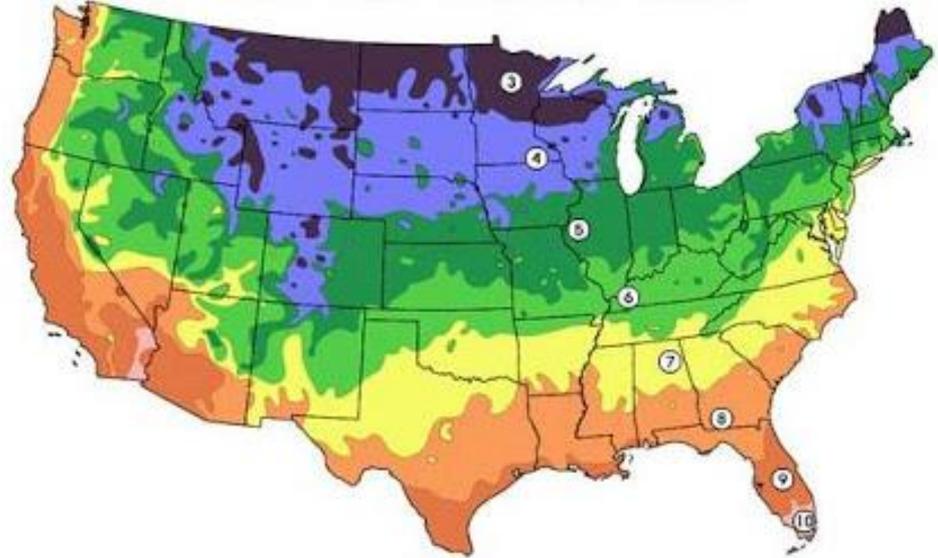


Istanbul (Turquía)

Las Vegas (EEUU)



Zonas USDA PEZM
Calentamiento global



1990

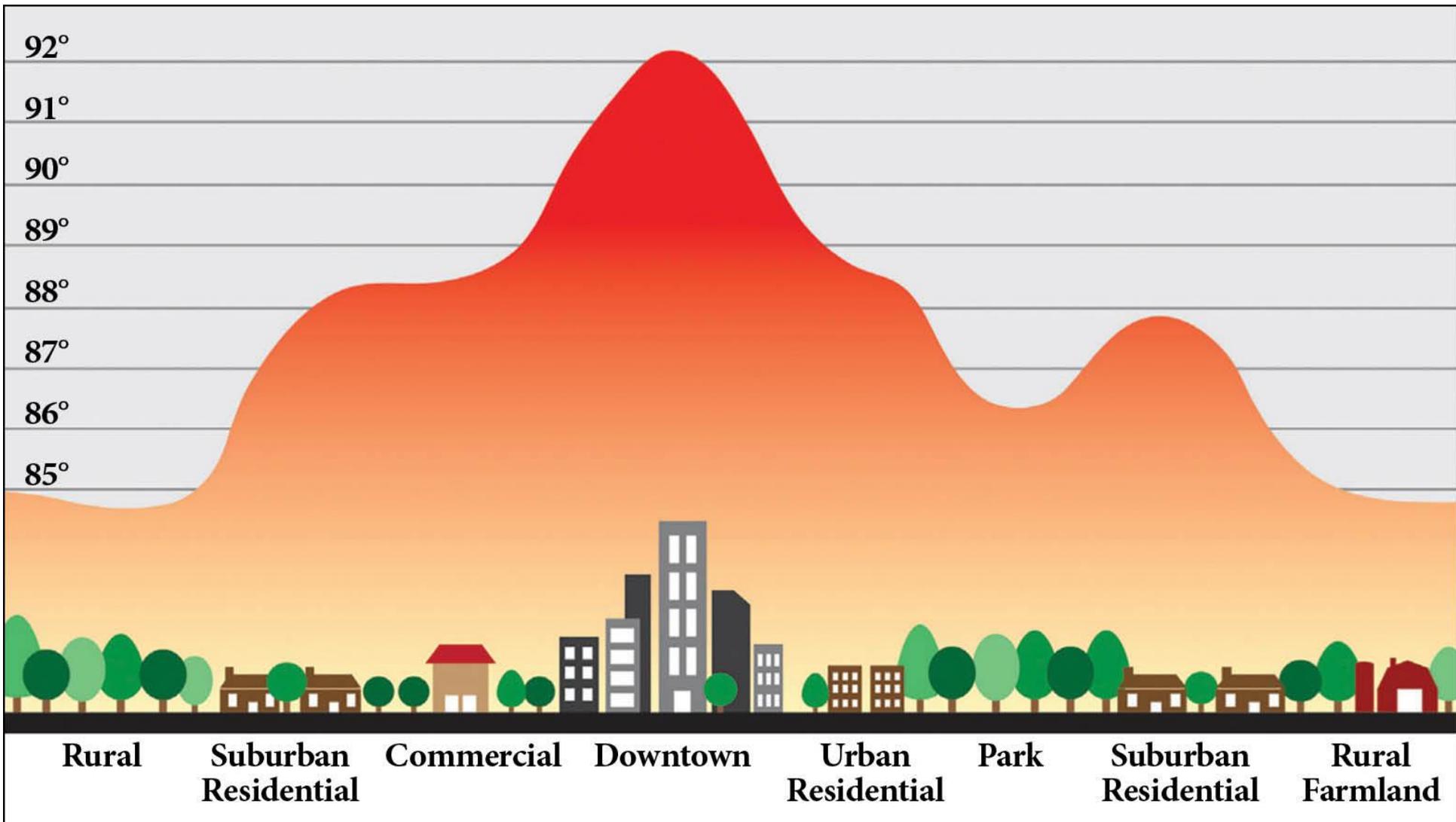


2012

Zones



Efecto isla de calor







El derecho a desobedecer

WALDEN;
OR,
LIFE IN THE WOODS.

By HENRY D. THOREAU,
AUTHOR OF "A WEEK ON THE CONCORD AND MERRIMACK RIVERS."



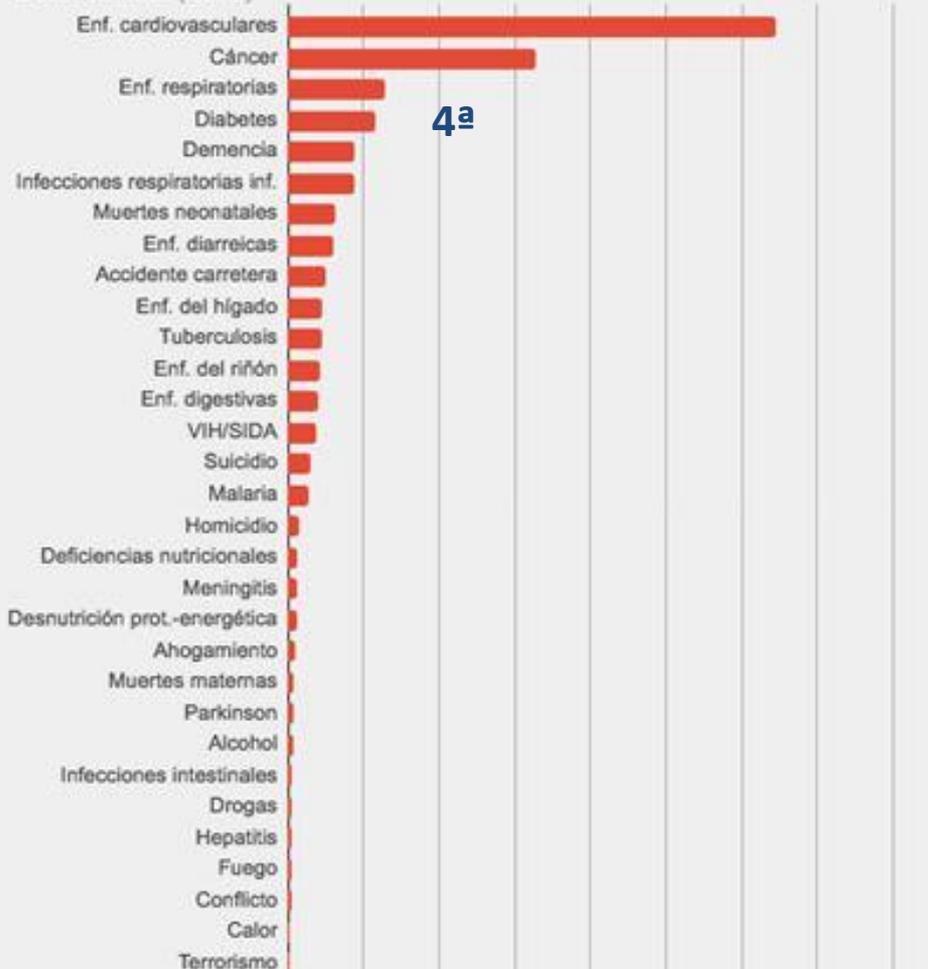
I do not propose to write an ode to dejection, but to brag as lustily as chanticleer in the morning, standing on his roost, if only to wake my neighbors up. — Page 92.

BOSTON:
TICKNOR AND FIELDS.
M DCCC LIV.

Causas de muerte en el mundo 2016

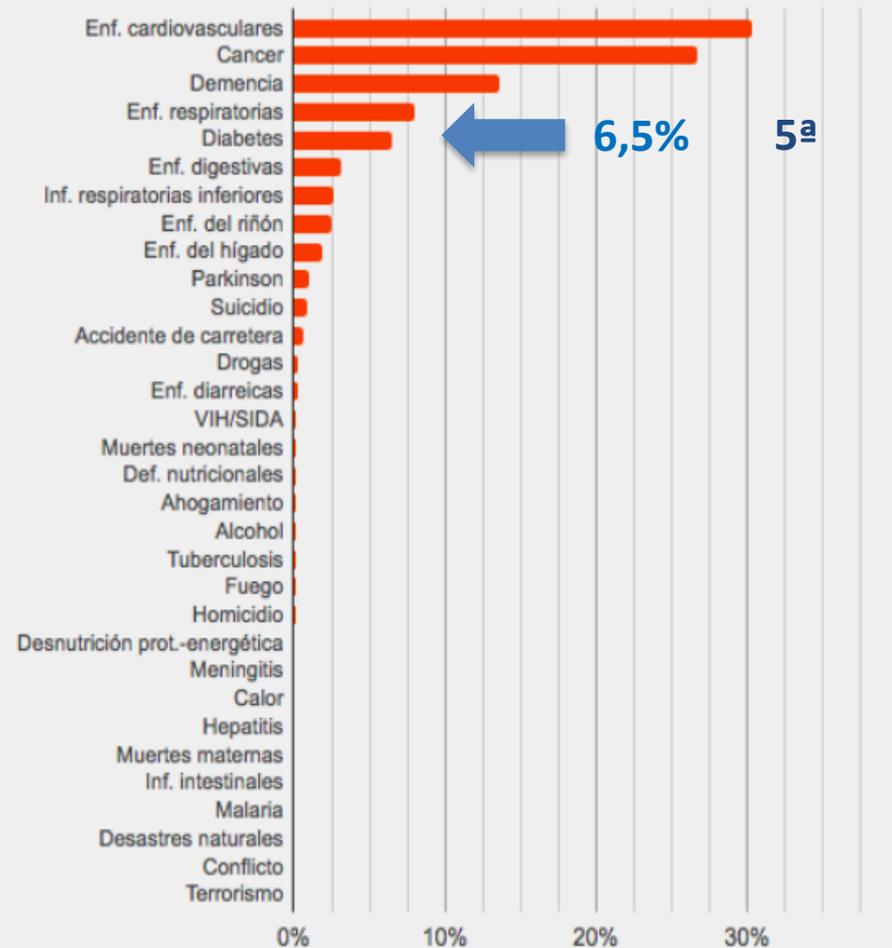
Porcentaje de causas de muerte en el mundo

Datos: IHME (2016)



Causas de muerte en España en 2016

Datos: IHME (2016)



El 92% de las muertes en España se deben a enfermedades no transmisibles, según la OMS

• Abarcan las dolencias de tipo cardiovascular, respiratoria, diabetes o distintos tipos de cánceres



Un equipo especializado para abordar distintos tipos de cáncer - EFE

María Teresa Benítez de Lugo @mt237 [Seguir](#)

Actualizado: 18/09/2017 18:48h

De acuerdo con el último estudio sobre enfermedades no transmisibles publicado hoy por la [Organización Mundial de la Salud \(OMS\)](#), **363.000 personas mueren a causa de una enfermedad no transmisible (ENT)**, ya sea de tipo cardiovascular, respiratoria, diabetes o **distintos tipos de cánceres**, un 92% del total.

NOTICIAS RELACIONADAS

«Tener cáncer no es una sentencia de muerte»

La OMS propone aumentar el precio de los refrescos con azúcar para reducir la obesidad

Publicidad **RTU**

Mientras tanto **#ItsRiuTime** en Chiclana

Desde **99 EUR**

[RESERVAR](#)

LO MÁS LEÍDO EN ABC

Sociedad

ABC

1 **Cobra fuerza la hipótesis de que la muerte a tiros de los dos jóvenes en Granada pudo ser un accidente**

2 **Condena sin precedentes para 'La Manada' marroquí que agredió a una niña**

3 **La nueva esclavitud del siglo XXI**

4 **El Gobierno considerará familias numerosas**

ENT

WHO (2014)

Urbanización
Envejecimiento
poblacional
Globalización.

**España 92%
(64,7%-
2011)**

El problema....

Ordenadores/Consolas/Actividades en interior/Poco tiempo

Ocasionan desconocimiento de la naturaleza... Síntoma de una desconexión total...



Nature déficit disorder

Richar Louv...

Last child in the Woods





Vandalismo



Enfermedades de corazón



Regeneración económica

Enfermedades Respiratorias



Stress



Incohesión Social



Cambio Climático



Biodiversidad.

Problemas Urbanos???

An aerial photograph of a city, likely New York City, showing a dense grid of buildings. A large, curved, metallic-looking structure, possibly a bridge or a large architectural element, arches over a portion of the city. Two arrows, one white and one green, point towards each other at the top of the structure. The sky is blue with some clouds.

Que sentido queremos?

o
cual necesitamos?

No hay mayor signo de
demencia que **hacer la misma
cosa una y otra vez** y esperar
que los resultados sean
distintos.

Albert Einstein



Paley park

Ciudades...

La gran promesa: un lugar mejor...
oportunidades... bienestar, equidad... sí,
pero...

Polarización económica, transporte,
enfermedades...

+

Cambio climático, desigualdad social,
organización social, estilos de vida...
Incremento de vulnerabilidad...

Ciudad saludable

”aquella que crea y mejora continuamente los entornos físicos y sociales y amplía los recursos de la comunidad que permiten a las personas apoyarse mutuamente para realizar todas las funciones de la vida y desarrollarse a su máximo potencial”
(OMS, 2016)



SUSTAINABLE DEVELOPMENT GOALS

<p>1 NO POVERTY</p>	<p>2 ZERO HUNGER</p>	<p>3 GOOD HEALTH AND WELL-BEING</p>	<p>4 QUALITY EDUCATION</p>	<p>5 GENDER EQUALITY</p>
<p>6 CLEAN WATER AND SANITATION</p>	<p>7 AFFORDABLE AND CLEAN ENERGY</p>	<p>8 DECENT WORK AND ECONOMIC GROWTH</p>	<p>9 INDUSTRY, INNOVATION AND INFRASTRUCTURE</p>	<p>10 REDUCED INEQUALITIES</p>
<p>11 SUSTAINABLE CITIES AND COMMUNITIES</p>	 <p>THE GLOBAL GOALS For Sustainable Development</p>			<p>12 RESPONSIBLE CONSUMPTION AND PRODUCTION</p>
<p>13 CLIMATE ACTION</p>				<p>14 LIFE BELOW WATER</p>



SUSTAINABLE DEVELOPMENT GOALS



Meta 11.7: De aquí a 2030, proporcionar acceso universal a zonas verdes y espacios públicos seguros, inclusivos y accesibles, en particular para las mujeres y los niños, las personas de edad y las personas con discapacidad.

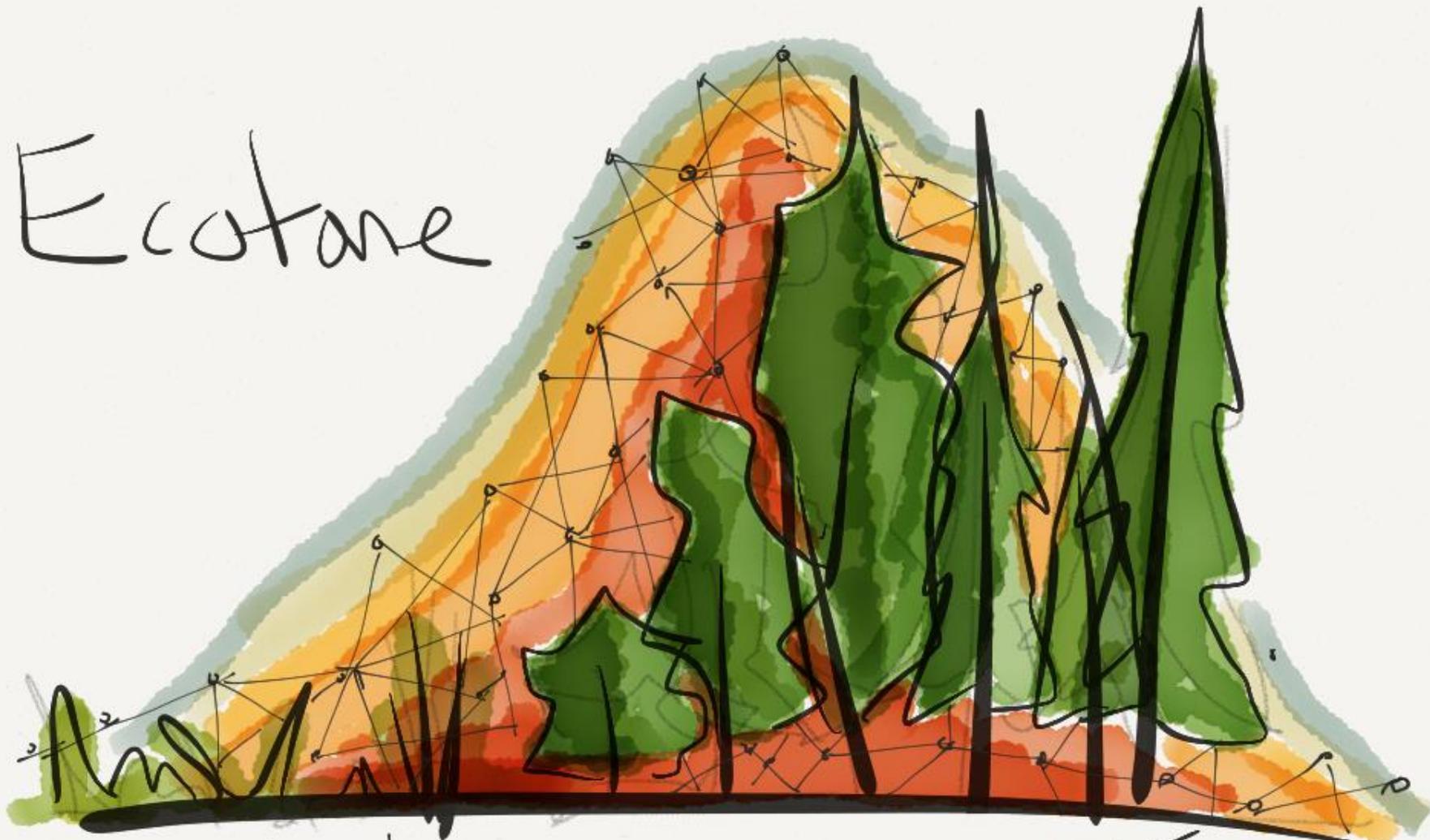
Habitat III: *conference on sustainable urban development*. Quito, 2016.

New Urban Agenda:

referencias *explícitas* a la salud mental y física,
construcción de la comunidad realizando tareas
ecológicas urgentes...

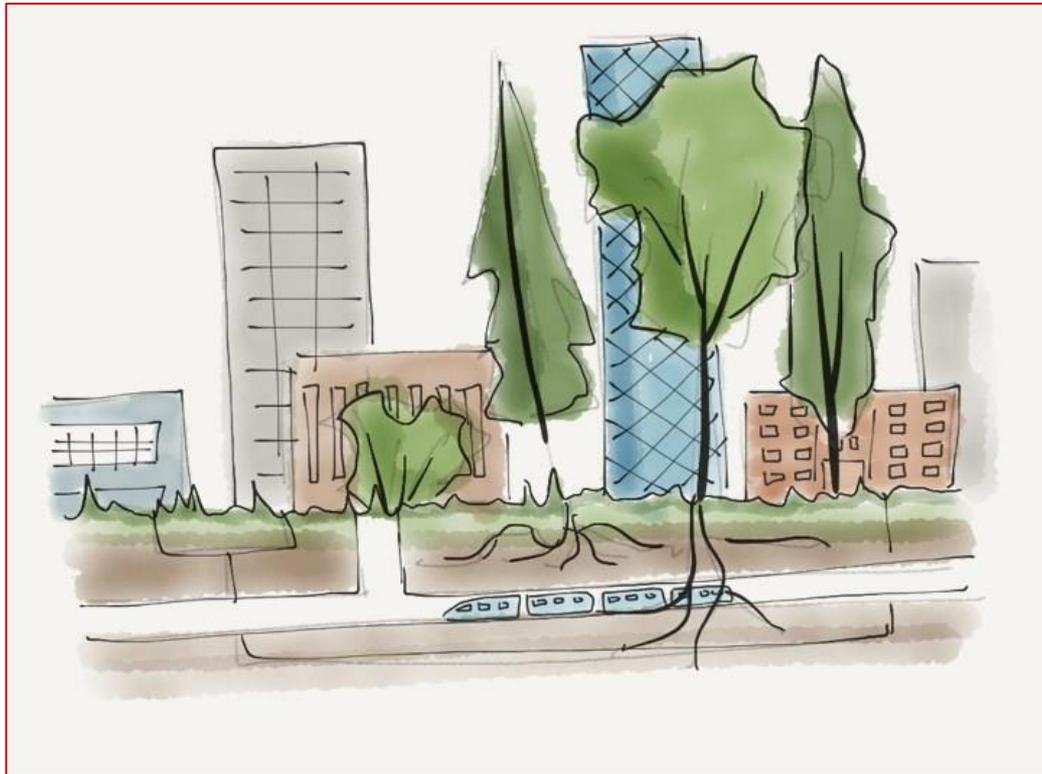
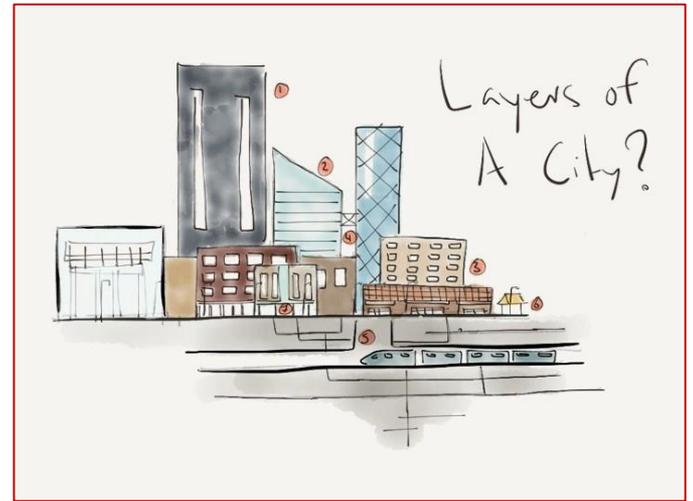
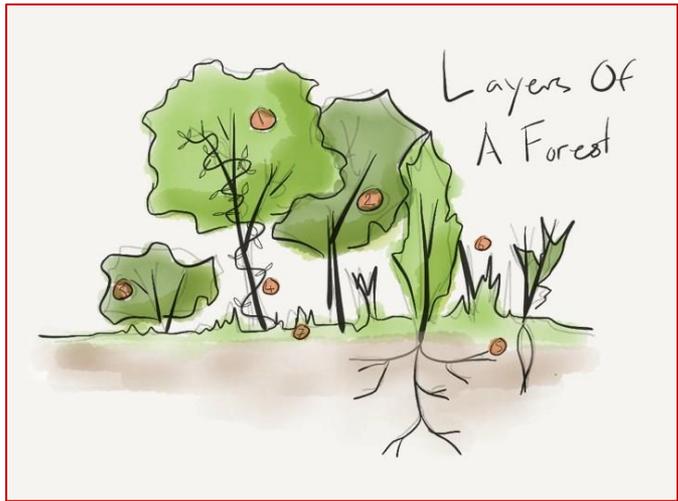
Los políticos, planificadores y
desarrolladores urbanos deben implicarse
con el uso del arbolado.

Ecotone



Grassland

Forest

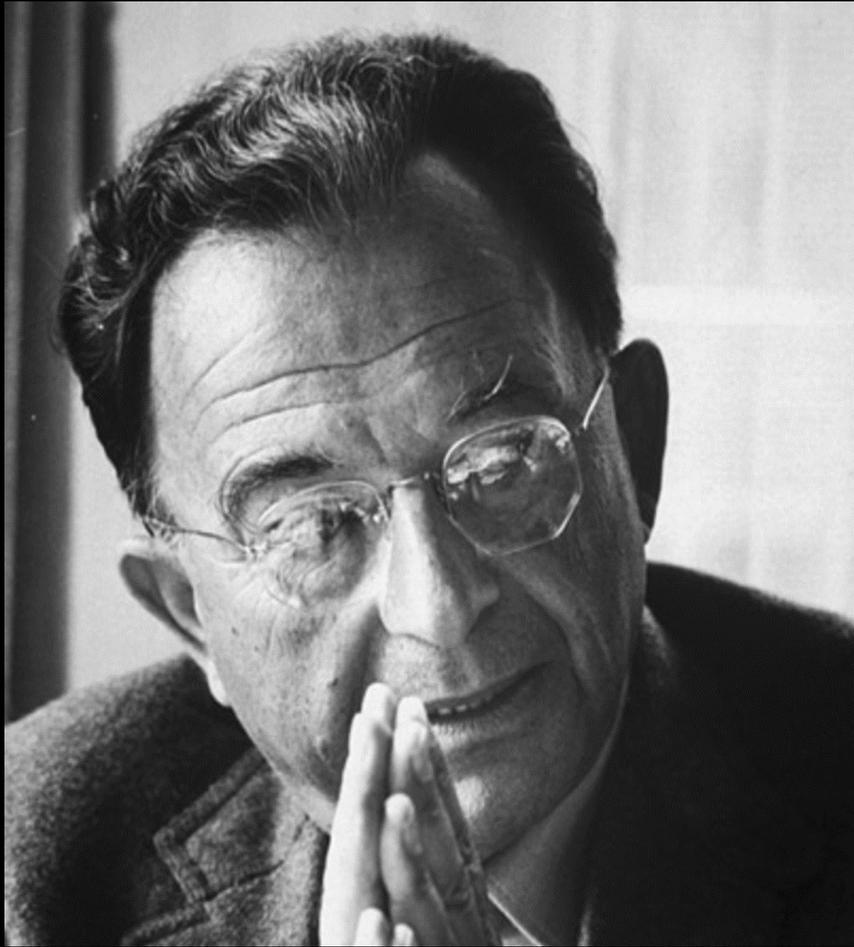


bio·phil·ia

(bahy-oh-fil-ee-uh) noun

an innate and
genetically determined
love for the natural world
felt universally by humankind.

Biofilia



El corazón del hombre (Fromm, 1964),

*The anatomy of Human Destructiveness
(Fromm, 1973).*



Biofilia (Edward Wilson, 1984)

*afiliación
emocional innata
de los seres
humanos a otros
organismos vivos
(Wilson, 1993, p. 31).*









Exposici na la
naturaleza???

Eco-planificación:

"estrategias y técnicas que combinan el urbanismo y la naturaleza para crear lugares para vivir enriquecedores sanos y civilizados"
(Williams, 2000)

Ciudades biofílicas



Biofilia representa el hilo conductor conceptual de un diseño y la gestión de ciudades que potencia la *gobernanza, la información y formación, los estilos de vida sanos, y sobre todo la naturación de las ciudades, a diferentes escalas y morfologías* (Beatley, 2010).

La presencia de naturaleza es necesaria pero ...
no es una condición suficiente...

filia

es tan importante como

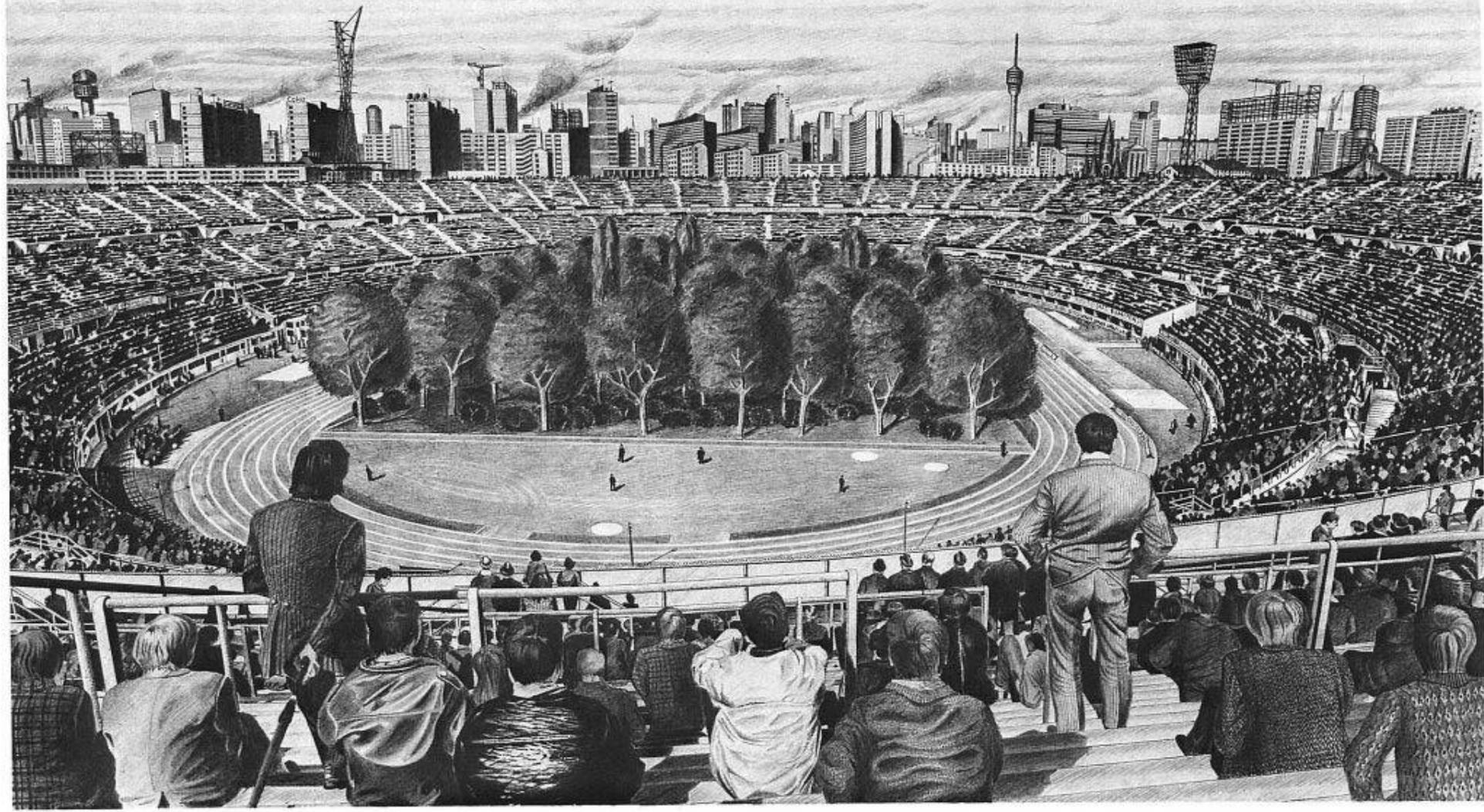
bio-

En ciudades biofílicas los **residentes están directa y activamente involucrados en el aprendizaje y cuidado de la naturaleza** y han desarrollado importantes **conexiones emocionales** con ella.



En 1971, Max Peinter realizó un dibujo distópico y surrealista, en el cual un bosque crecía en el césped de un gran estadio:

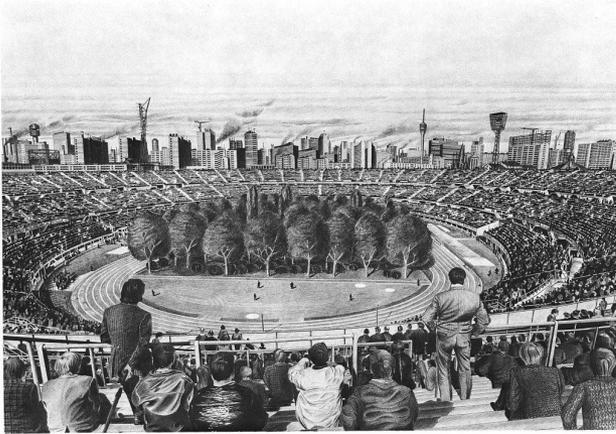
The Unending Attraction of Nature (La Atracción Interminable de la Naturaleza): un auténtico icono del arte.



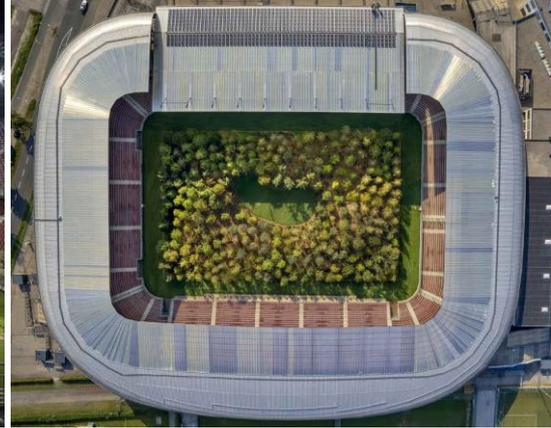
El artista sueco Klaus Littmann descubrió el diseño hace 30 años...

30 000 espectadores, Klagenfurt, en Lake Wörthersee: “FOR FOREST”

*“a través de esta instalación monumental, Littmann **pretende nuestra percepción sobre la naturaleza y cuestionar su futuro**”.*









Parque natural Arseny Meschersky



Parque natural Arseny Meschersky

Urbanismo biofílico

Objetivo clave: la naturaleza en el centro de la planificación y diseño urbano.

UB requiere la acción a múltiples escalas geográficas en un **enfoque macro y micro**.

El acceso a la naturaleza puede ocurrir de diferentes formas y a través de un rango muy variado de elementos vegetales.

Región y ciudad

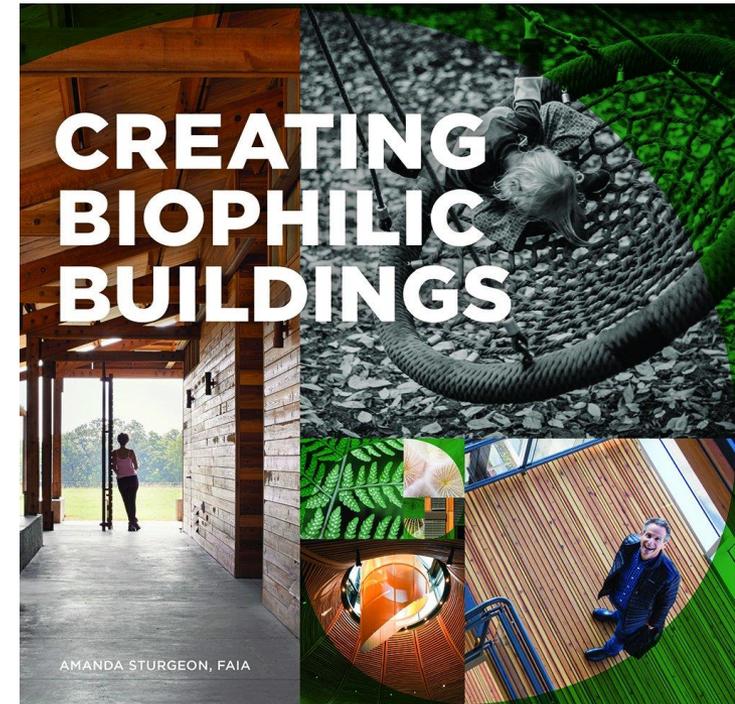
Urbanismo y
planificación
territorial

Barrio y vecindario

Jardines
comunitarios.
Espacios privados...

Edificios

Cubiertas
ajardinadas
Jardines verticales
Diseño interior
biofílico



Infraestructura Verde



OXÍMORON

Es hielo abrasador, es fuego helado,
es herida, que duele y no se siente, ...
Francisco de Quevedo

Estrategia de Biodiversidad de la UE

OBJETIVO 2:

Mantenimiento y mejora de los ecosistemas y **servicios ecosistémicos** antes de 2020 mediante la creación de **Infraestructura Verde** y la **Restauración** de al menos el **15 %** de los ecosistemas degradados.

Estrategia Europea de Infraestructura Verde



Antecedentes conceptuales

Comunicación CE 2013

Ley 33/2015 del Patrimonio Natural y de la Biodiversidad

Normativa/iniciativas

Biosfera XXI
Estudios Ambientales

ESTRATEGIA ESTATAL DE INFRAESTRUCTURA VERDE Y DE LA CONECTIVIDAD Y LA RESTAURACIÓN ECOLÓGICAS

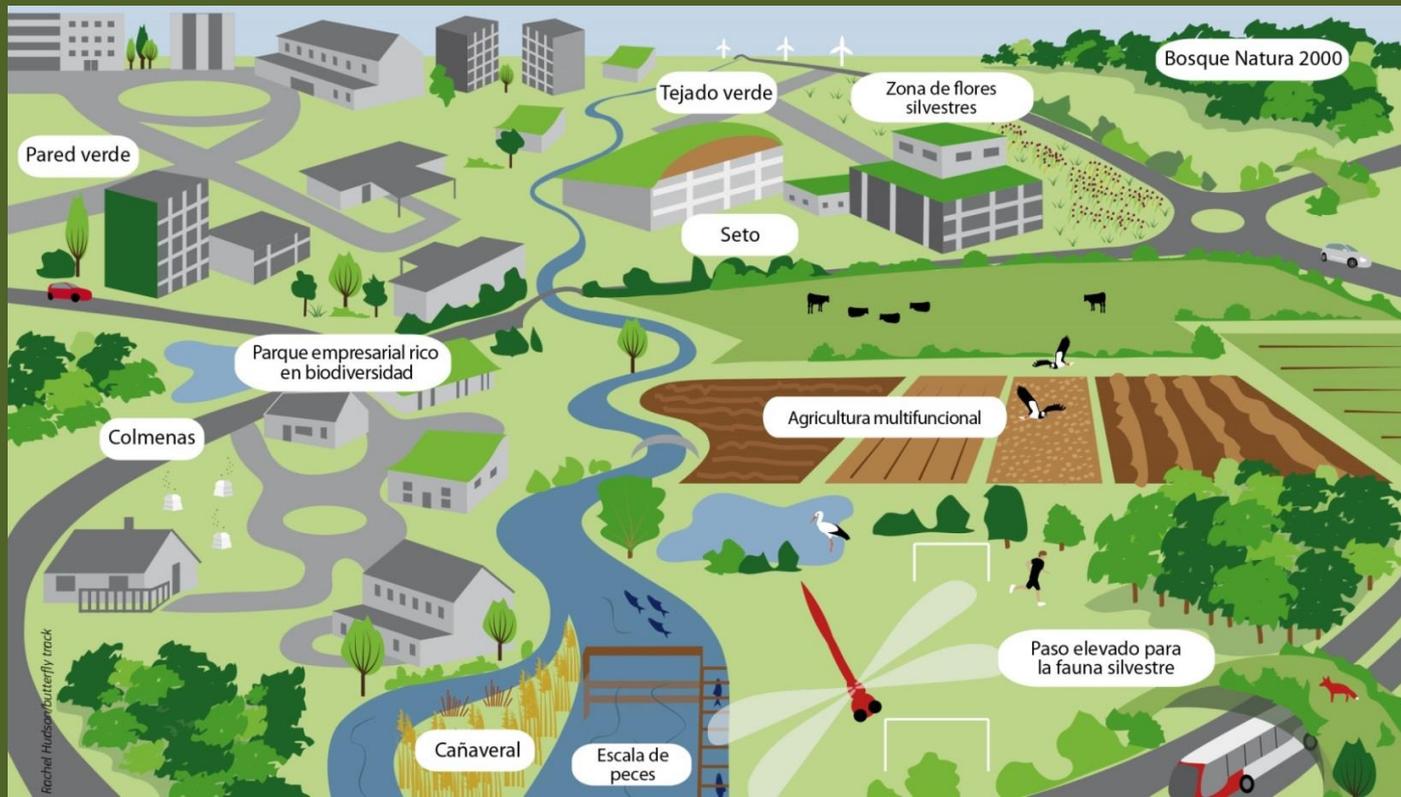
BORRADOR SEPTIEMBRE 2018

La Ley 33/2015, por la que se modifica la Ley 42/2007, **incorpora el concepto de Infraestructura Verde** en nuestro ordenamiento jurídico.

En su art. 15 determina la **obligación** de elaborar una **Estrategia Estatal de IV y de la CyR Ecológica** con la participación de las CCAA. Esta Ley pretende dar cumplimiento a la Comunicación de la Comisión Europea y también a incorporar algunos de los objetivos de la **Estrategia**

Plan estratégico PN y B
Ley de Montes
Ley de aguas
Ley de costas/litoral
Ley protección marino
Ley desarrollo rural
Ley vías pecuarias
Ley de suelo
Ley de Evaluación A

*“La infraestructura verde puede definirse, en términos generales, como una red estratégicamente planificada de zonas naturales y seminaturales de alta calidad con otros elementos medioambientales, diseñada y gestionada para proporcionar un amplio abanico de **servicios ecosistémicos** y proteger la biodiversidad tanto de los asentamientos rurales como urbanos (UE, 2014)..”*



Multi

Sémica

Escalar

Funcional

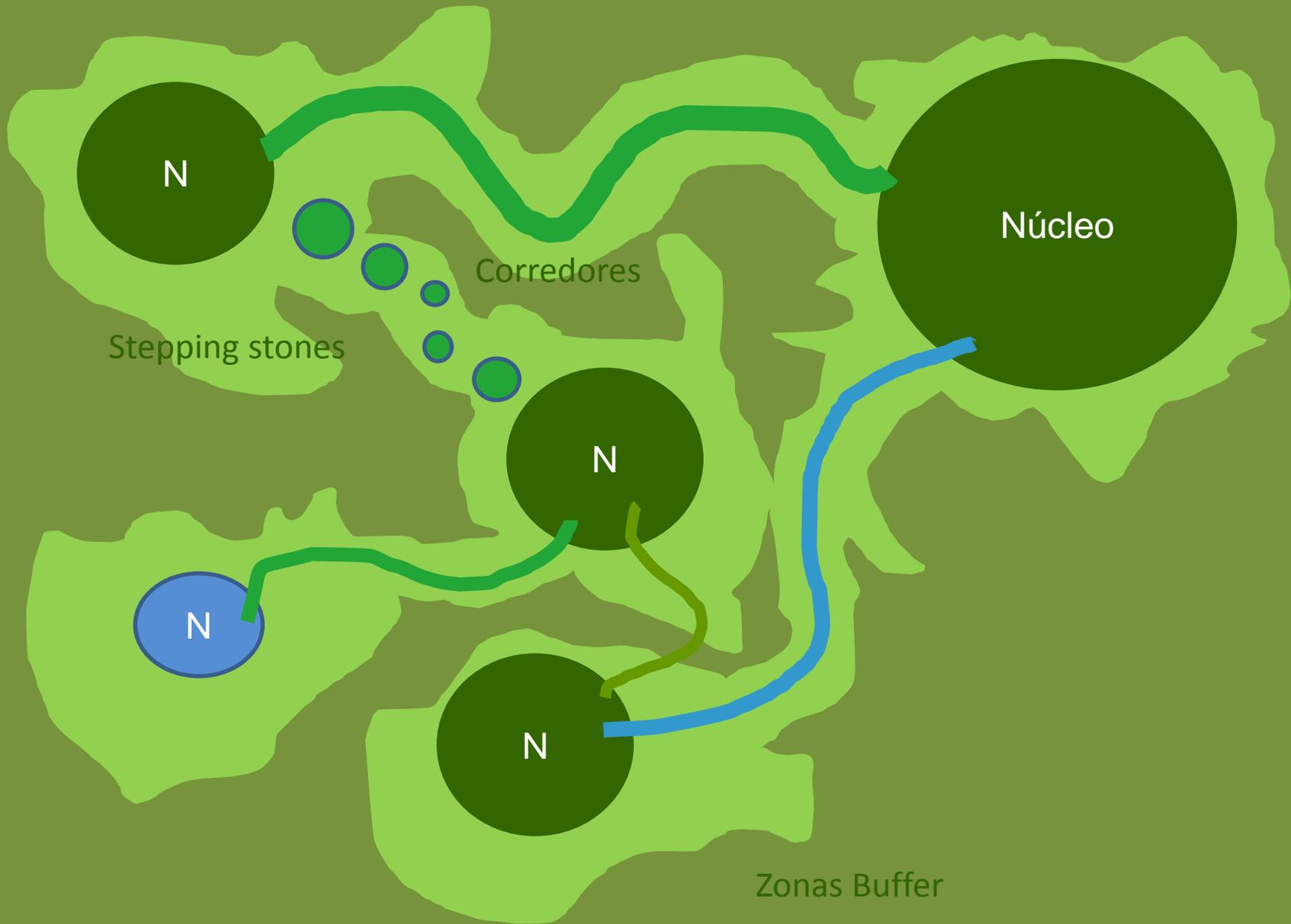
Objetivo

Temporal

Disciplinar



Espacios multifuncionales







Terra

Fluxus

Elementos urbanos y periurbanos

- Arbolado urbano.
- Parques y zonas verdes públicas
- Espacios abiertos urbanos: plazas y bulevares
- Zonas verdes privadas y patios interiores
- Zonas verdes deportivas
- Estanques y balsas de inundación
- Ríos, arroyos, canales y sistemas de drenaje urbanos
- Abrevaderos y fuentes
- Jardines y huertos comunitarios
- Cementerios
- Cubiertas, muros y fachadas verdes
- Áreas agrícolas periurbanas
- Alineaciones de árboles, setos vivos, arbustos y linderos
- Vías verdes
- Parques periurbanos y parques forestales
- Paseos marítimos arbolados
- Tapias, muros verdes, fuentes y cubiertas verdes (paredes y techos verdes)
- Anillos verdes
- Sistemas de regadíos tradicionales (acequias, balsas, charcas)
- Hileras arboladas de caminos rurales
- Setos, sotos, y linderos con vegetación natural
- Áreas inundables
- Vegetación que acompaña a infraestructuras de la movilidad
- Canteras y graveras abandonadas
- Suelos no urbanizables protegidos por sus valores ambientales
- Sistemas de espacios libres y zonas verdes urbanas contempladas en la planificación urbanística







An aerial photograph of a suburban neighborhood. The houses are arranged in a grid-like pattern with winding streets. The houses have various roof colors, including brown, grey, and blue. There are many green trees scattered throughout the neighborhood, and some houses have swimming pools. The overall scene is a typical suburban residential area.

¿Qué vertebra más?

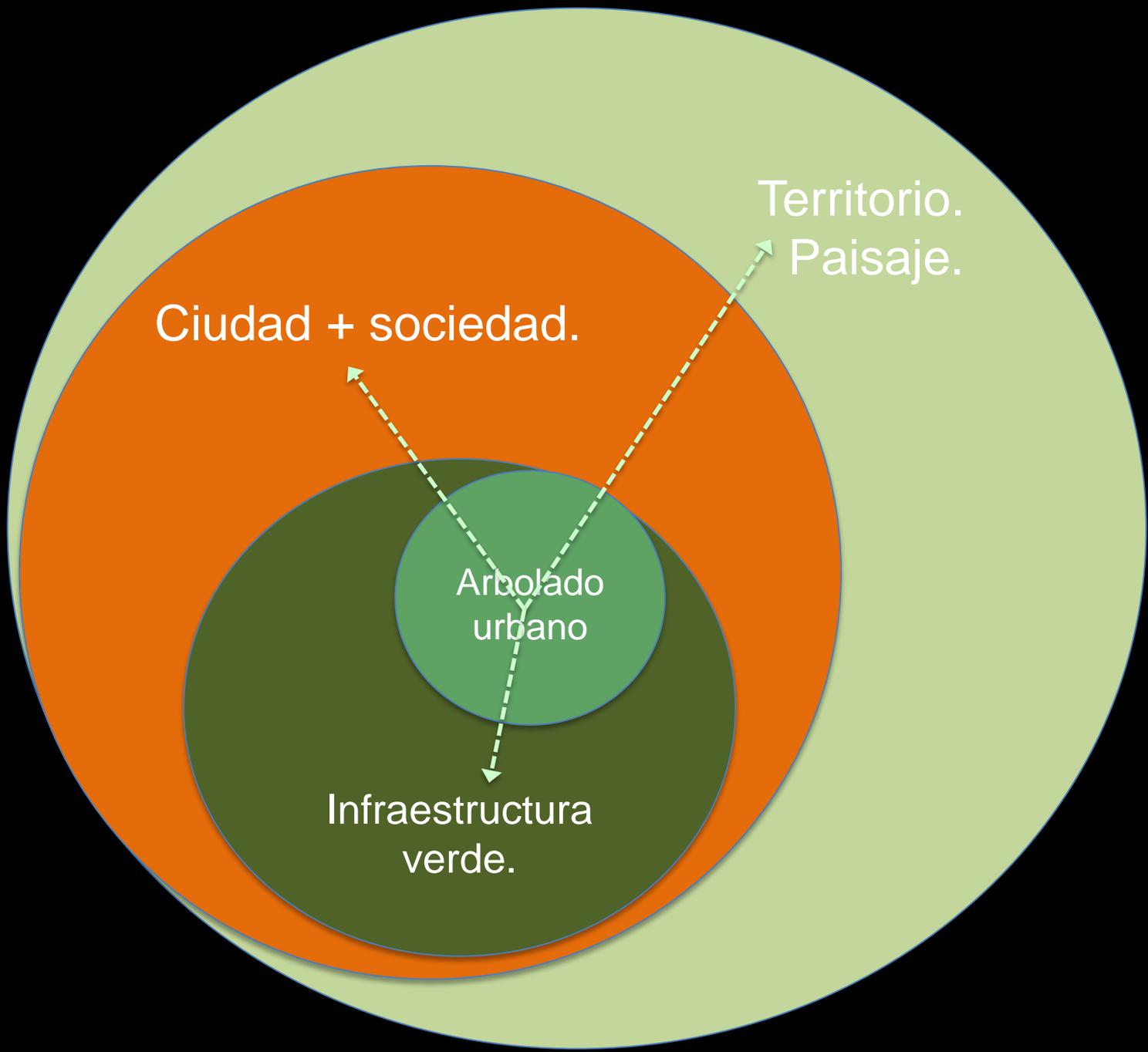




Haagsche Bosch, The Hague Netherlands

Pictures: historical material, city of The Hague



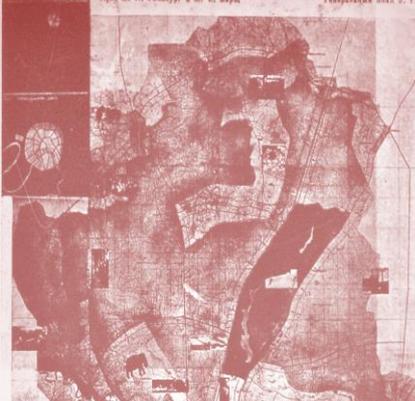
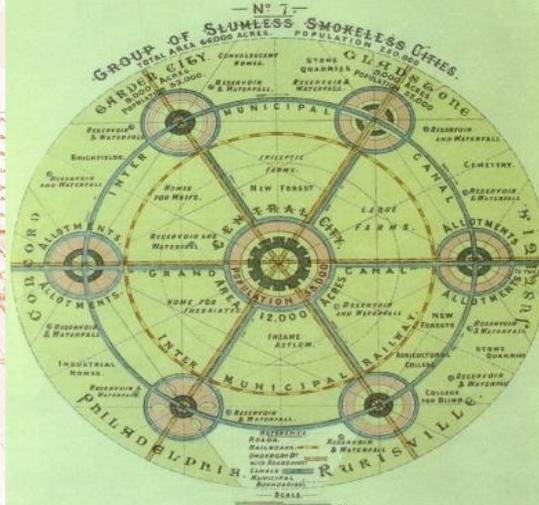
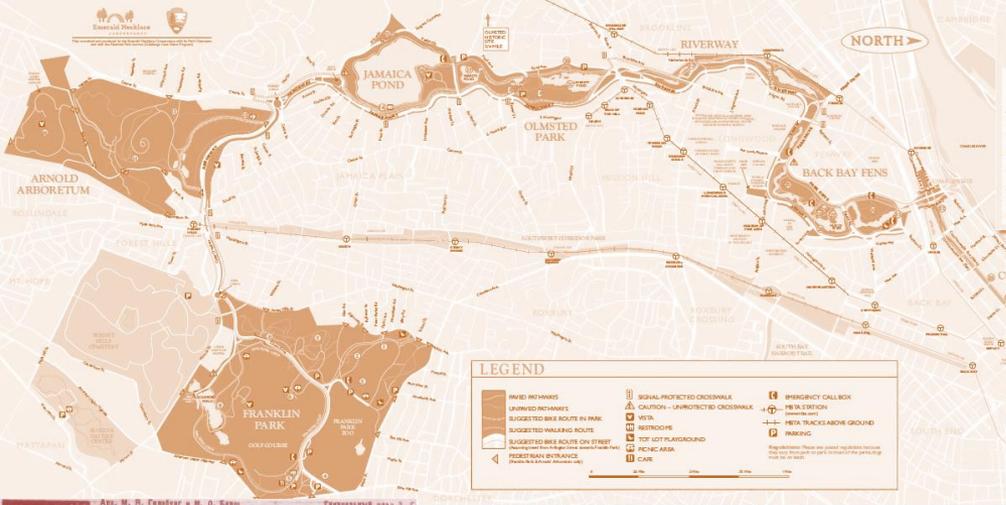


Ciudad + sociedad.

Territorio.
Paisaje.

Arbolado
urbano

Infraestructura
verde.







Arboricultura urbana

*El **arte, ciencia y tecnología** de gestionar árboles y recursos forestales en y alrededor de ecosistemas urbanos comunitarios para los beneficios psicológicos, sociológicos, económicos y estéticos que los árboles proporcionan a la sociedad.*

(Helms 1998, después de Miller 1997)

Bosques urbanos (*Urban forests*):

Redes o sistemas que comprenden todos los bosques, grupos de árboles y árboles individuales localizados en áreas urbanas y periurbanas, incluyen, entre otros, bosques, árboles de calle, en parques y jardines y árboles en áreas abandonadas.

(FAO, 2016)





Peri-urban forests and woodlands.



City parks and urban forests (>0.5 has)



Pocket parks and gardens with trees (<0,5 has)



Trees on streets or in public squares.



Other green spaces with trees (agricultural, sport grounds, river banks, cemeteries or botanical gardens).



MACQUARIE UNIVERSITY CENTRAL
COURTYARD

[Hassell](#)

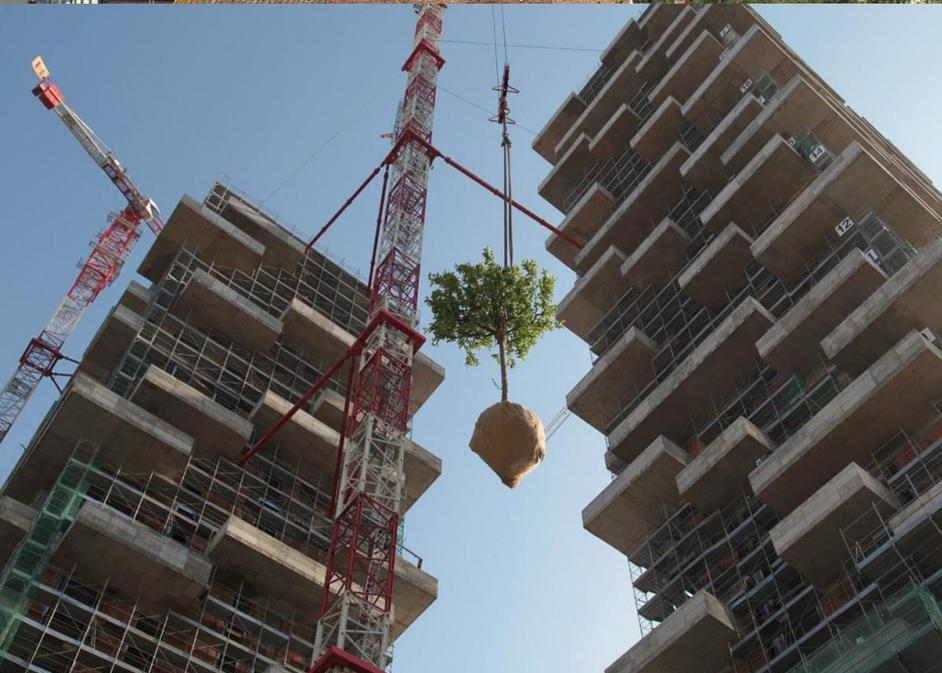












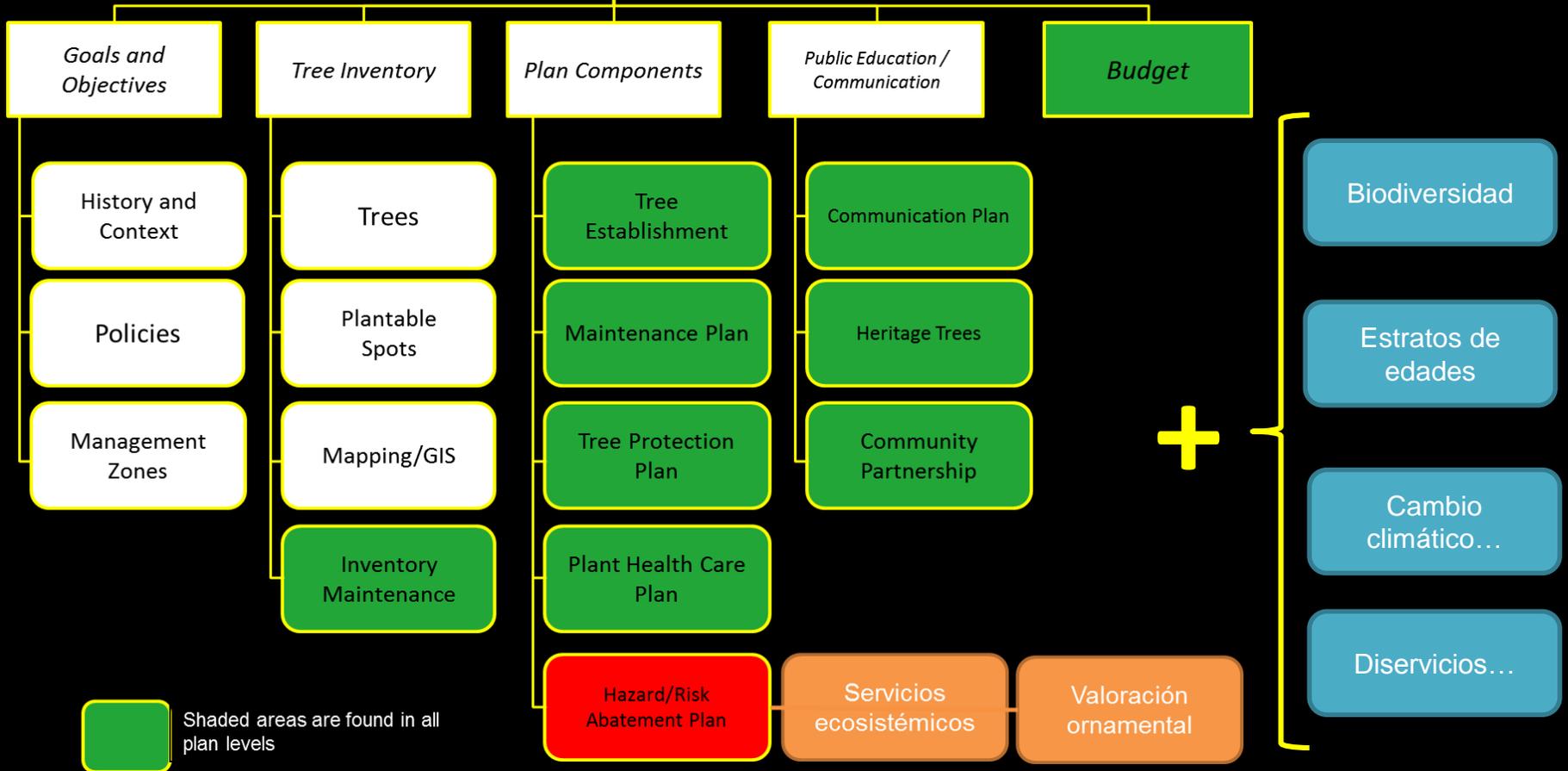
Objetivo de la gestión del arbolado urbano.

Optimizar el área foliar de los bosques urbanos estableciendo y manteniendo una copa de árboles y arbustos genéticamente apropiados (adaptados y diversos) con el **mínimo riesgo para el público** y de una manera de coste efectiva.

Dr. Andrew Kenney, 2010



Strategic Urban Forest Management Plan

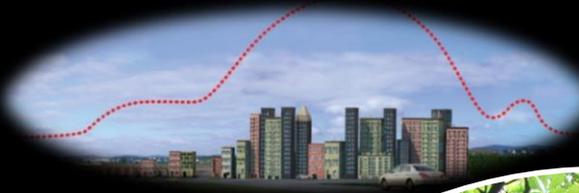




beneficios

DE INVESTIGACIÓN Y DESARROLLO TECNOLÓGICO

Efecto isla de calor



Cambio climático



Biodiversidad



Caracter de la ciudad



Arquitectura del paisaje /estética y recreo



Salud y bienestar



Patrimonio cultural

Valor

	Bosques	Prados y eriales	Zonas húmedas	Conectores fluviales, ríos y arroyos	Setos y riberas	Zonas agrícolas	Vías verdes, ecoductos y ecopuentes	Parques periurbanos	Arbolado urbano	Parques y zonas verdes públicas	Zonas verdes privadas y patios interiores	Zonas verdes deportivas	Estanques y balsas de inundación	Ríos, arroyos y sistemas de drenaje urbanos	Jardines y huertos comunitarios	Cementerios	Cubiertas, muros y fachadas verdes	Infraestructura de transporte público	Paseos peatonales y ciclistas	Plazas y zonas públicas abiertas	Edificios verdes	
1	••	•	••	••	••	•		•	•	•	•		••	•								
2	••		••	••					••	•			••	••								
3	••	•	••	••	••	•		•	•	•	•	•	•	•	•							
4	•				•			•	••	••	•	•			•	•						
5	••			••	••		•		•					•								
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14	••	•	•	•	•			••	••	••	•				••	•		•		•	•	
15	••	•			•	•	•	•														
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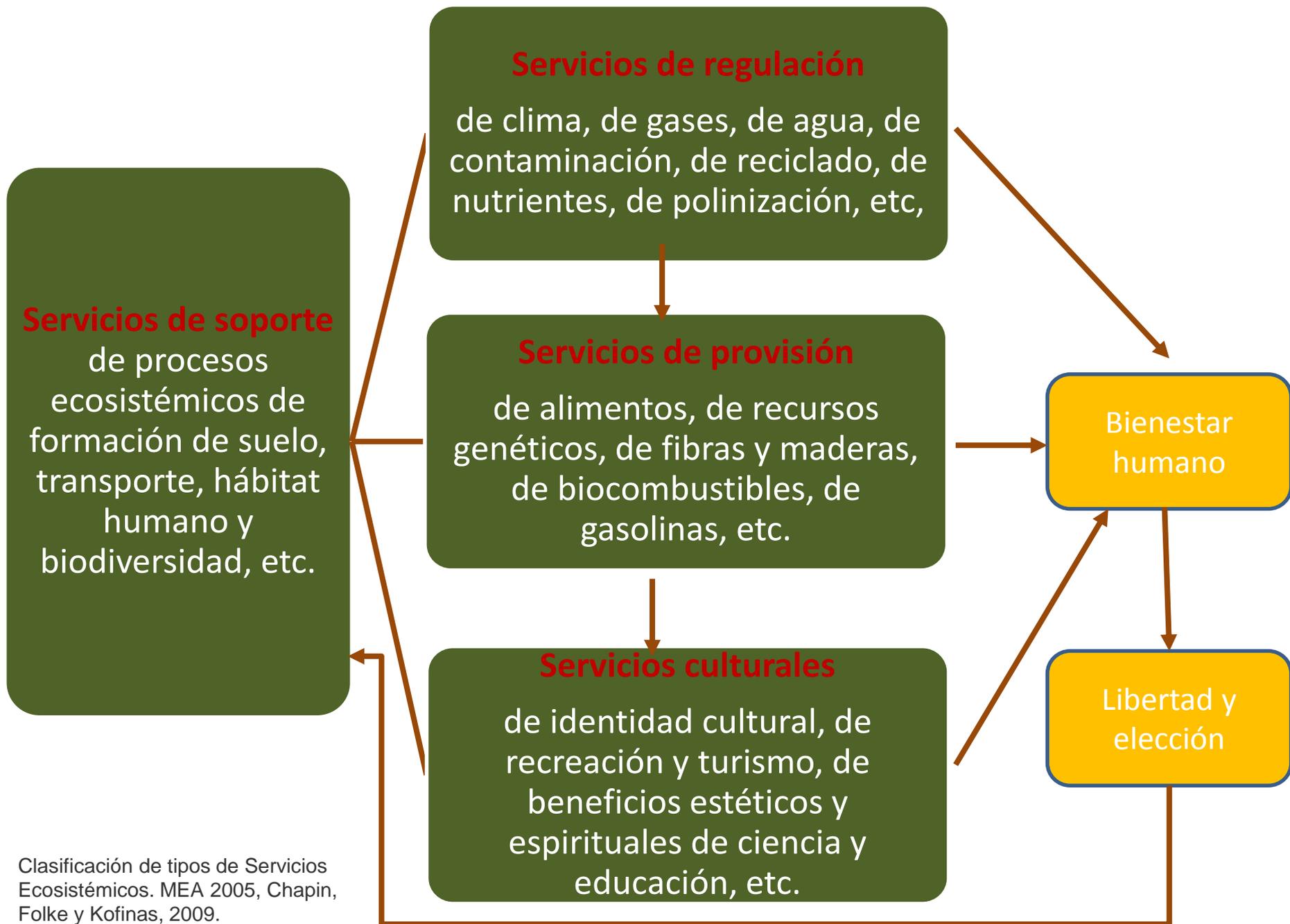
“Urban trees can reveal income inequality”



“You can identify poor neighbourhoods from space” (Google Earth)

Servicios ecosistémicos

beneficios que la población obtienen
de la naturaleza (Forestry Commission
2017).



Clasificación de tipos de Servicios Ecosistémicos. MEA 2005, Chapin, Folke y Kofinas, 2009.

Servicios ecosistémicos. Cuantificación

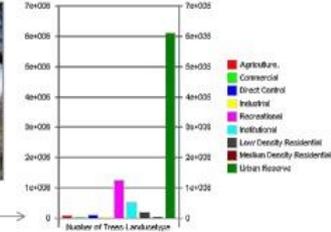


Eco
Streets
Hydro
Vue

STRUCTURE
FUNCTION/BENEFIT



ECONOMIC
VALUE



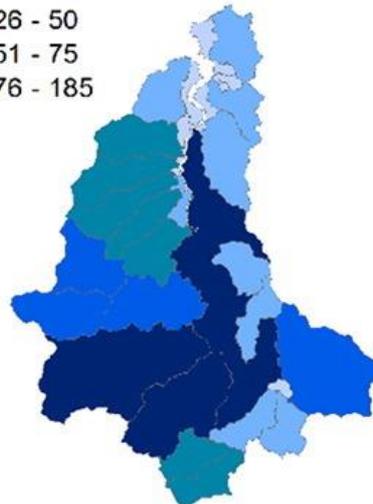
MANAGEMENT

photo credits: Seattle i-Tree Training by Al Zelaya



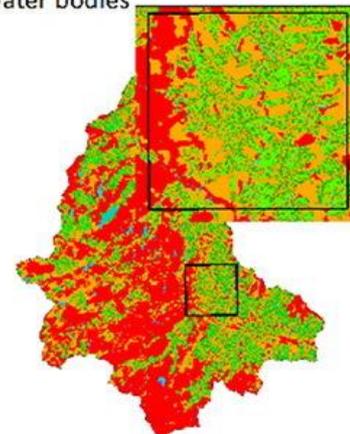
InVEST
Annual water yield
Million m³

- <5
- 6 - 25
- 26 - 50
- 51 - 75
- 76 - 185



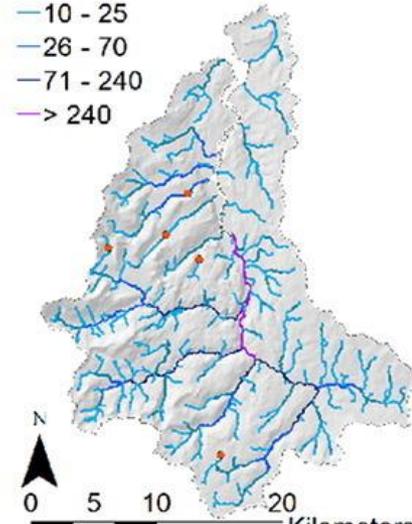
LUCI
Flood interception

- Flood mitigating land
- Low flood concentration
- Moderate flood concentration
- High flood concentration
- Water bodies



ARIES 'Flow and Use'
Available water flow
(m³/yr)

- Abstraction points
- < 10
- 10 - 25
- 26 - 70
- 71 - 240
- > 240



InVEST
integrated valuation of
ecosystem services
and tradeoffs

LUCI
LAND UTILISATION & CAPABILITY INDICATOR

Action COST FP 1204: **Green Infrastructure approach: linking environmental with social aspects in studying and managing urban forests**

The Cost Of Ecosystem Services In Cities: Ecosystem Disservices

Coste de los **servicios ecosistémicos** o ecosystem disservices (ED) (Lyytimäki and Sipilä, 2009).

Delshammar, Ötsberg and Öxell (2015) desarrollaron un estudio de los diservicios del **arbolado urbano** comparando Goteborg, Malmo y Estocolmo.

Interacciones entre SE en bosques urbanos



The Cost Of Ecosystem Services In Cities: Ecosystem Disservices

✓ Diservicios medioambientales-Ecológicos:

CO₂ + VOCs+alergias+...contaminantes (Calfapietra, 2013; Cariñanos et al, 2015.)

<http://www.lifegaia.eu/Gli-alberi>

1. Impacto en la salud ([CO₂] + BVOCs (Sur et al., 2013) + polen

(Bartra et al., 2007) + Artrópodos-alérgicas (Bonamonte et al., 2013); pájaros son **vectores de enfermedades** (Lohmur-Balbur 2015)+ peligrosidad...)

✓ Problemas/peligros Sociales. crímenes...

✓ Costes Económicos (I-tree, directos, indirectos,...)



I
n
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s

- 1.- Problemas de tipo físico y/o mecánico.
 - Problemas originados por el desarrollo del sistema radicular.
 - Rebrotos de raíz.
 - Presencia de espinas.



Heracleum mantegazzianum

GIANT HOGWEED

- **Came to Britain in 1893 from Central Asia**
- **Grows up to 16ft high**
- **Member of the Apiaceae family - which also contains carrots and parsnips**
- **Toxic sap contained within the stem**
- **Breaking stem causes sap to ooze out**
- **Just one drop of sap in the eye can cause blindness**
- **Widespread across England Scotland and Wales**
- **Found on riverbanks, verges and wasteland**
- **Growing the plant in Britain is illegal**

**CAUTION
GIANT HOGWEED
DO NOT TOUCH THIS PLANT**



CAUTION

If you come into contact with this plant, you could experience severe burns to your skin.

Contact with the eyes can cause temporary or permanent blindness.

If you do come into contact with Giant Hogweed, wash affected areas immediately, keep out of direct sunlight and seek medical attention as soon as possible.

HEALTH RISK

Clear sap found in the hairs, leaves and stem of the Giant Hogweed plant contains compounds that cause photodermatitis (symptoms can range from redness and itching to painful blistering).

This reaction can occur up to 48 hours after contact, and can, in some cases, result in recurrent dermatitis.



**DARLINGTON
BOROUGH COUNCIL**

**El árbol urbano.
Peligrosidad.**



La víctimas asistían a un concierto de música hebrea al aire libre, que no se suspendió pese al aviso de fuertes vientos

Conmoción en Francia por la muerte de once personas en Estrasburgo por una tormenta

Pese al aviso que el Este de Francia sería azotado por grandes tormentas, en la ciudad de Estrasburgo nadie quiso suspender el concierto de música hebrea que ofreció el grupo Mamas et Papas al aire libre la noche

del viernes. Fue el fuerte viento racheado el que acabó aguando la fiesta, al arrancar de cuajo un árbol que se desplomó sobre una carpa que cobijaba a 120 personas. Once jóvenes murieron en el acto al ser aplastados.

Otros 18, entre ellos dos niños, resultaron heridos de gravedad. Los franceses asisten conmocionados al desenlace de una tragedia que ya está siendo investigada por la Fiscalía y que algunos creen pudo haberse evitado.

DOMINGOS SAMPEDRO
BRUSELAS. Corresponsal

Astrid Ruff, una joven que asistió al concierto celebrado en los jardines de un castillo situado a las afueras de Estrasburgo, declaró a la televisión francesa que la decisión de celebrarlo «fue imprudente. Podemos decirlo ahora al ver el alcance de esta tragedia».

Aunque visiblemente conternada por lo ocurrido, ella al menos resultó ileña. No tuvieron la misma suerte los siete hombres y cuatro mujeres que murieron en el acto cuando un árbol arrancado por un repentino pequeño tornado se desplomaba sobre la carpa inestable en la que se guarecían de la fuerte lluvia. El suceso tuvo lugar poco antes de las diez de la noche del pasado viernes. Otras 65 personas que se refugiaban de la tormenta en el mismo lugar resultaron heridos, 18 de ellos de gravedad.

En alerta

Los servicios de socorro, que estaban en alerta por el aviso de fuertes tormentas, movilizaron 130 bomberos, 35 ambulancias y tuvieron que utilizar máquinas para cortar las ramas del árbol para rescatar a los heridos. En el lugar se vivieron escenas de desolación, con jóvenes, muchos de ellos menores, que vagaban ensangretados bajo la lluvia llamando a gritos



Un policía permanece junto al árbol derribado por el fuerte viento y que causó la tragedia en Estrasburgo

JEAN MARC LOOS / REUTERS

a familiares y amigos.

Los organizadores habían recibido la autorización para celebrar el concierto al aire libre, pese al pronóstico de fuertes tormentas para los departamentos de la Alsacia, Lorena y el Franco Condado, todos ellos en el Este del país.

Philippe Marland, responsable del Gobierno en la zona, atribuyó el siniestro a «la fatalidad» y dijo que había sido imposible prever la tragedia.

Estragos en otros lugares del país

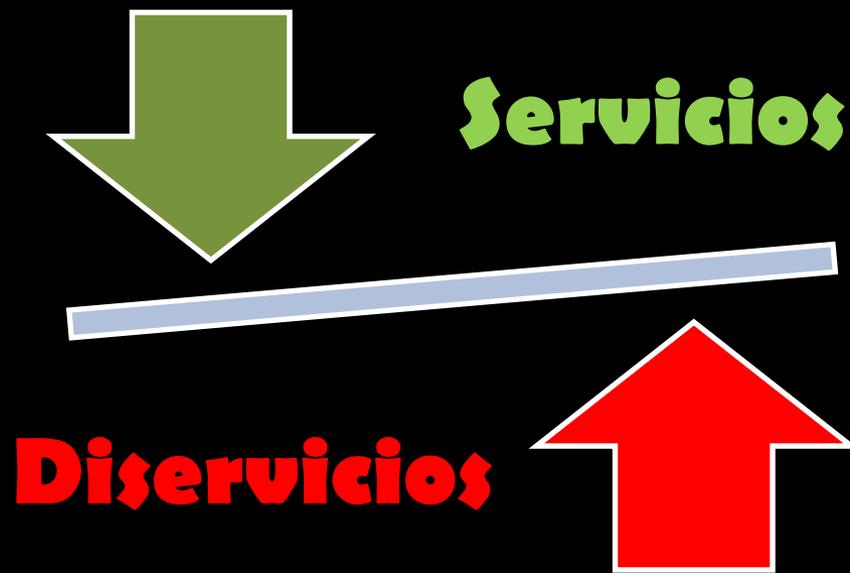
La Fiscalía de Estrasburgo abrió ayer una investigación para esclarecer las circunstancias del siniestro que ha costado la vida a once personas. Se trata de esclarecer si existe alguna responsabilidad del Centro Europeo para la Cultura Judía, organizador del concierto al aire libre, por no haber suspendido la actuación pese que el Servicio de Meteorología francés había recomendado que no se saliese de casa e incluso y la gente evitase refugiarse debajo de los árboles.

La tormenta también causó estragos en Tulle,

centro-este del país, donde fueron evacuados cientos de vecinos, y en Belfort fue interrumpido un concierto de rock al que asistían 20.000 personas y no circulaban trenes. También en el norte de Italia, un huracán arrasó la región de Lombardía, que dejó 60 heridos y numerosos daños.

Además, en el municipio de Felsberg, en el cantón suizo de Grisons (este), una roca de alrededor de 200.000 metros cúbicos, equivalente a un centenar de casas, cayó la pasada noche sin causar víctimas ni daños.





**Criterio de
planificación urbana**

...para desarrollar una correcta gestión sostenible de la vegetación urbana se deben conocer tanto los servicios como los diservicios y se deben comparar para analizar coherentemente su peso específico (Escobedo et al., 2011).



Medioambiental
(Tº, Vocs,
sombra, etc...)

**SERVICIOS
A LA
SALUD**

Economía

Sustancias
tóxicas

Colapsos

Zarcillos,
espinas

BVOCs

Alergias

**DISERVICIO
S A LA
SALUD**

Esporas
fúngicas

Mental

Físico

Social

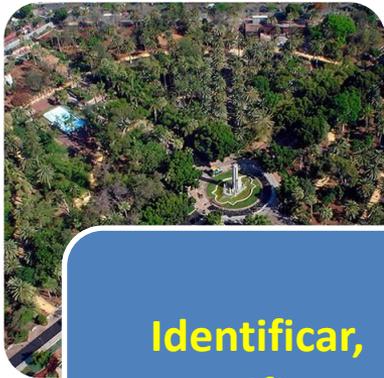


SE y Bosques urbanos

Table 2 Matrix of the relationship between ecosystem services and urban forest components.

Ecosystem service		Urban forest components			
		Single tree	Line of trees	Tree cluster	Woodland
Provisioning	Food provision	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered
	Fuel provision (woodfuel)	Rarely delivered	Rarely delivered	Rarely delivered	Sometimes delivered
	Wood provision	Rarely delivered	Rarely delivered	Rarely delivered	Sometimes delivered
Regulating	Carbon sequestration	Rarely delivered	Rarely delivered	Rarely delivered	Commonly delivered
	Temperature regulation	Rarely delivered	Rarely delivered	Rarely delivered	Commonly delivered
	Stormwater regulation	Rarely delivered	Rarely delivered	Rarely delivered	Commonly delivered
	Air purification	Sometimes delivered	Commonly delivered	Rarely delivered	Commonly delivered
	Noise mitigation	Rarely delivered	Commonly delivered	Rarely delivered	Commonly delivered
Cultural	Health	Rarely delivered	Commonly delivered	Rarely delivered	Commonly delivered
	Nature and landscape connections	Rarely delivered	Commonly delivered	Rarely delivered	Commonly delivered
	Social development and connections	Rarely delivered	Rarely delivered	Commonly delivered	Commonly delivered
	Education and learning	Rarely delivered	Rarely delivered	Rarely delivered	Commonly delivered
	Economy	Rarely delivered	Rarely delivered	Rarely delivered	Sometimes delivered
	Cultural significance	Sometimes delivered	Rarely delivered	Rarely delivered	Commonly delivered
Disservice	Fruit and leaf fall	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered
	Animal excrement	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered
	Blocking of light, heat or views	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered
	Decrease in air quality	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered
	Allergenicity	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered
	Spread of pests and diseases	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered
	Spread of invasive species	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered
	Damage to infrastructure	Rarely delivered	Commonly delivered	Rarely delivered	Rarely delivered
	Creation of fear	Rarely delivered	Rarely delivered	Rarely delivered	Commonly delivered
	Tree and branch fall (especially during storms)	Rarely delivered	Rarely delivered	Rarely delivered	Rarely delivered

Commonly delivered Sometimes delivered Rarely delivered



**Identificar,
cuantificar y
evaluar SE de UF**



**Definir aspectos
específicos y
factores que
influyen la
provisión de SE.**



Físicos

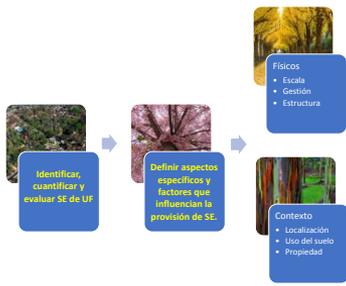
- Escala
- Gestión
- Estructura



Contexto

- Localización
- Uso del suelo
- Propiedad

Escala y gestión



Valorados como conjuntos

Provisión y regulación.
FCC>>> (McPherson, 1994,
Nowak and Crane, 2002)



Árbol
aislado



Alineación
de árboles



Clúster de
árboles



Bosques
urbanos
(urban
woodland,
5000 m² y
20 m)

Técnicas de arboricultura

Tcas de silvicultura (Kenney et al., 2011)



Físicos

- Escala
- Gestión
- **Estructura**



Cobertura de copa...

La cobertura de copa puede servir como un indicador de la extensión de como los rboles y bosques proporcionan servicios críticos a los residentes

(Nowak et al., 2010).

TREE BENEFITS

- Large maturing trees provide greater value

from McPherson, E.G.; et. al. 2003. Northern mountain and prairie community tree guide: benefits, costs and strategic planting. Center for Urban Forest Research, Pacific Southwest Research Station, USDA Forest Service.



Large Tree

- Total benefits/year = \$55
- Total costs/year = \$18
- Net benefits/year = \$37
- Life expectancy = 120 years
- Lifetime benefits = \$6,600
- Lifetime costs = \$2,160
- Value to community = \$4,440



Medium Tree

- Total benefits/year = \$33
- Total costs/year = \$17
- Net benefits/year = \$16
- Life expectancy = 60 years
- Lifetime benefits = \$1,980
- Lifetime costs = \$1,020
- Value to community = \$960



Small Tree

- Total benefits/year = \$23
- Total costs/year = \$14
- Net benefits/year = \$9
- Life expectancy = 30 years
- Lifetime benefits = \$690
- Lifetime costs = \$420
- Value to community = \$270



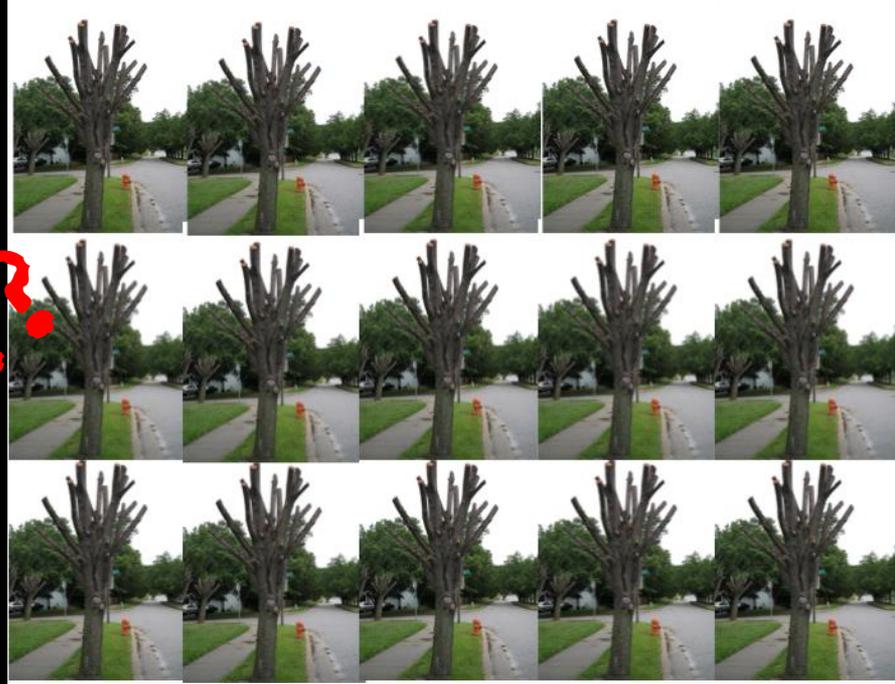
Morris Arboretum of the
University of Pennsylvania

TREE BENEFITS

- Large maturing trees provide greater value

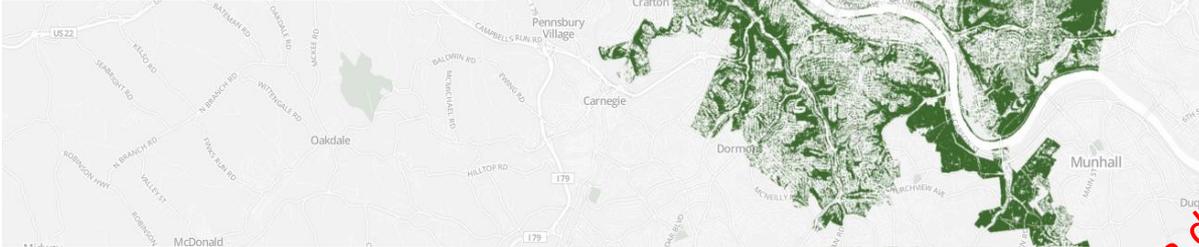


Numero AS FCC???



Pittsburgh | 42% tree cover

A significant portion of hillside around the world's former steel capital has variously been mined, logged, and built upon. But with the passage of time, much of it has been naturally reforested. This new-growth forest and the city's four large parks make for a patchy canopy, so local environmental organizations have enlisted volunteers to plant 20,000 trees in recent years. The expanded urban forest removes 532 tons of air pollution every year.



Austin | 37% tree cover

Last March, Austin adopted an Urban Forest Plan to help sustainably preserve its trees through a drought—which began in 2010—and in the face of expected climate change. Almost all the water in Austin's tree-watering tanker trucks is reclaimed and filtered municipal wastewater, reducing the amount of potable water used for tree initiatives by one million gallons per year.



Washington, D.C. | 36% tree cover

Urban tree initiatives in the nation's capital date to George Washington's presidency, when Pierre L'Enfant—a Frenchman accustomed to Europe's plentiful urban green spaces—emphasized trees and parks in designing the city. Today, Washington has more green space per capita than any other similarly sized U.S. city—largely a legacy of government support. The District spends more money on its trees than any other city: \$10 million per year.



Toronto: 17% cobertura de copa, objetivo: 30-40%

Necesitamos hojas,

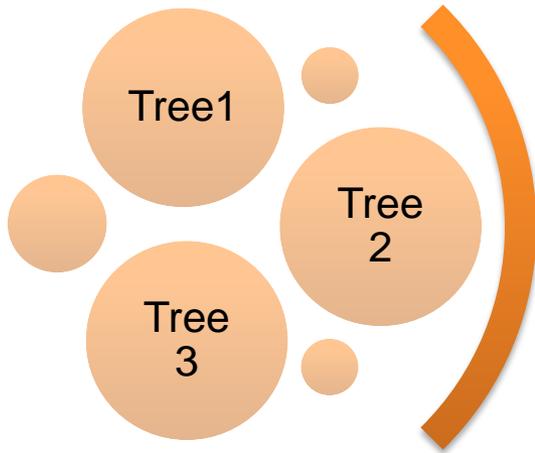
no rboles

(adaptado de Nowak)

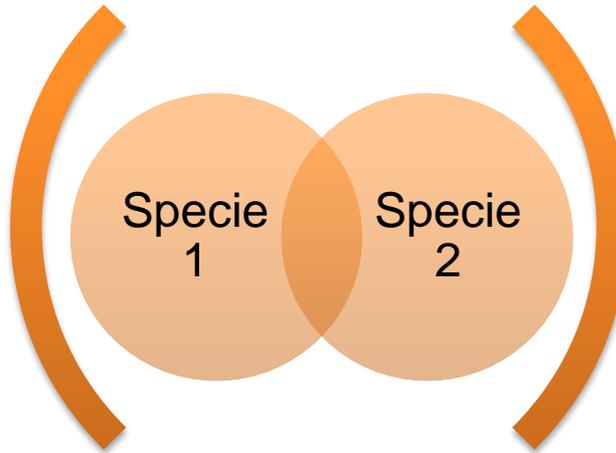
Arbolado urbano sano:

biodiversidad + estratos de edad...

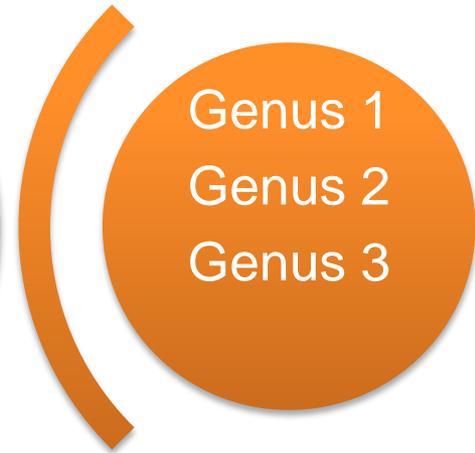
ESTUDIO DE BIODIVERSIDAD - SANTAMOUR, 2002.



Nº trees of the same SPECIE < 10% TOTAL



Nº of trees of the same GENUS < 20%



Nº of trees of the same FAMILY < 30% TOTAL



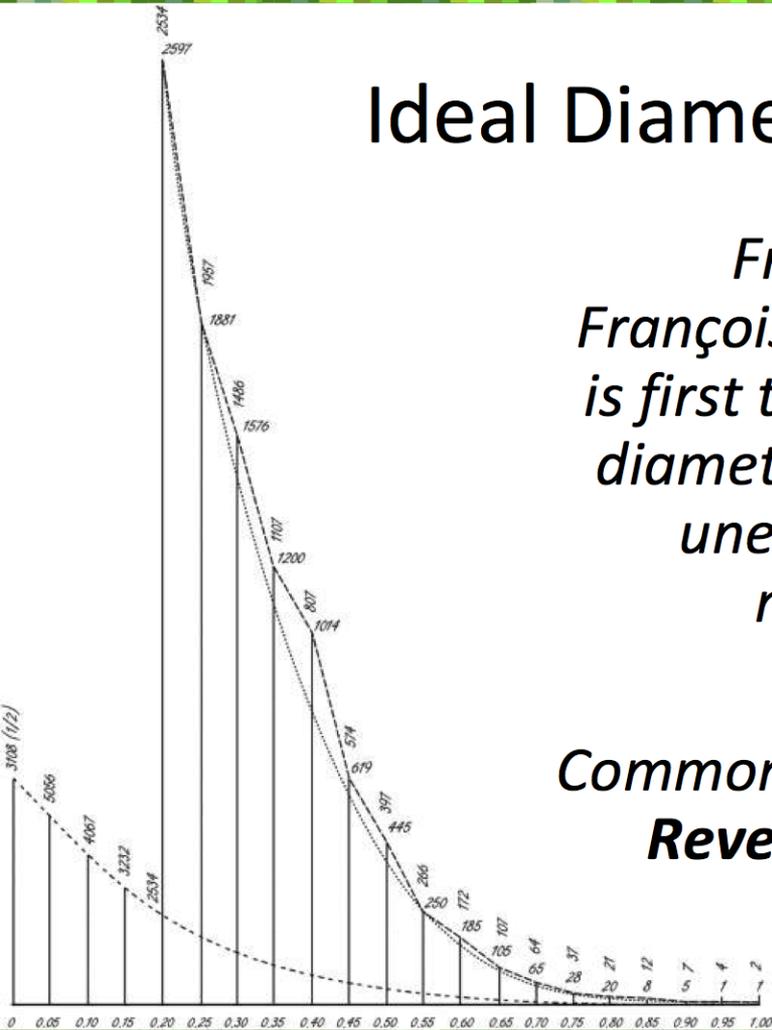
Distribución
diamétrica de la
masa arbórea
urbana

Ideal Diameter Distribution?

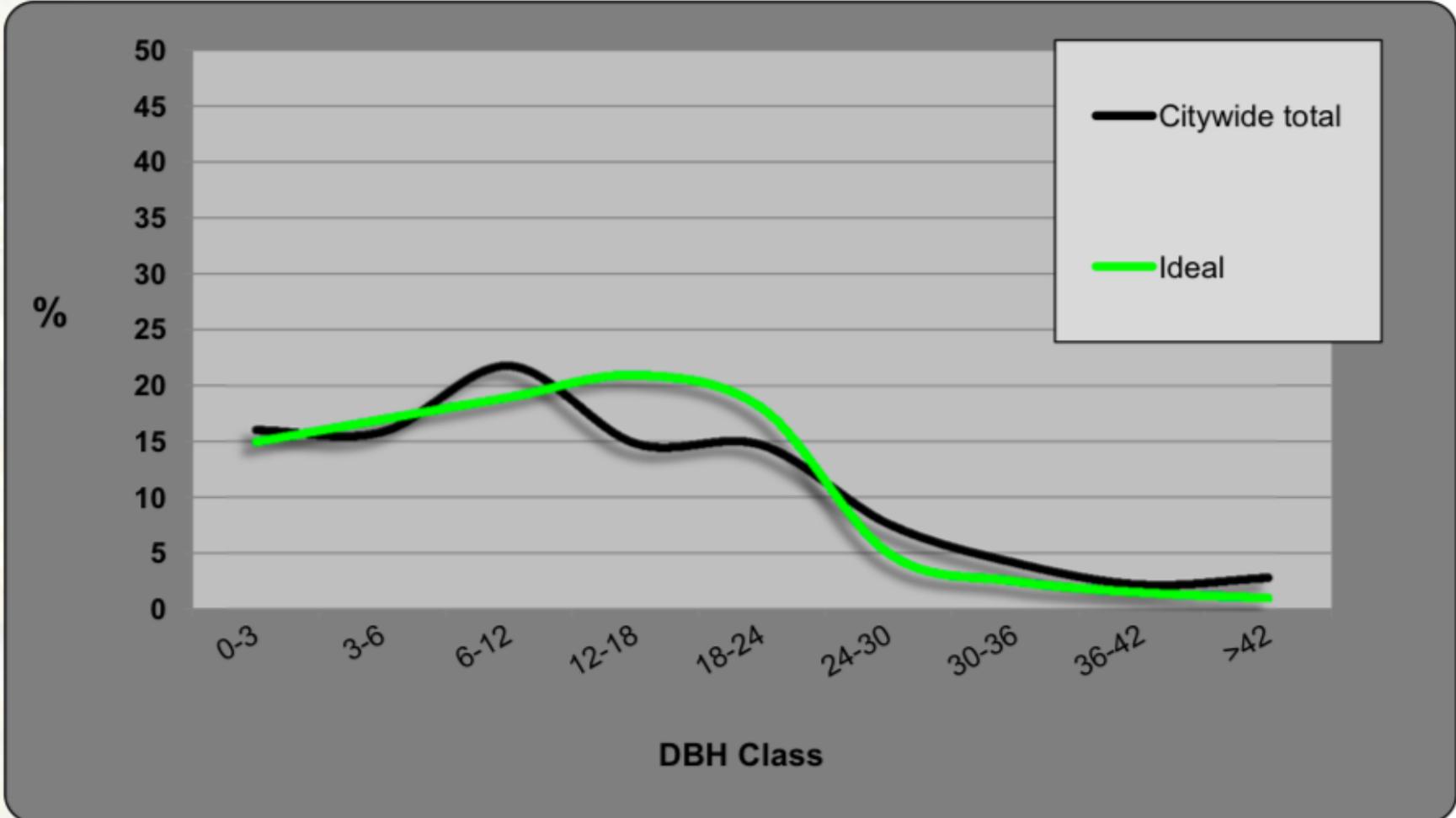
*French forester
François de Liocourt (1898)
is first to formally describe
diameter distributions for
uneven aged forest
management*

*Commonly referred to as the
Reverse-J distribution*

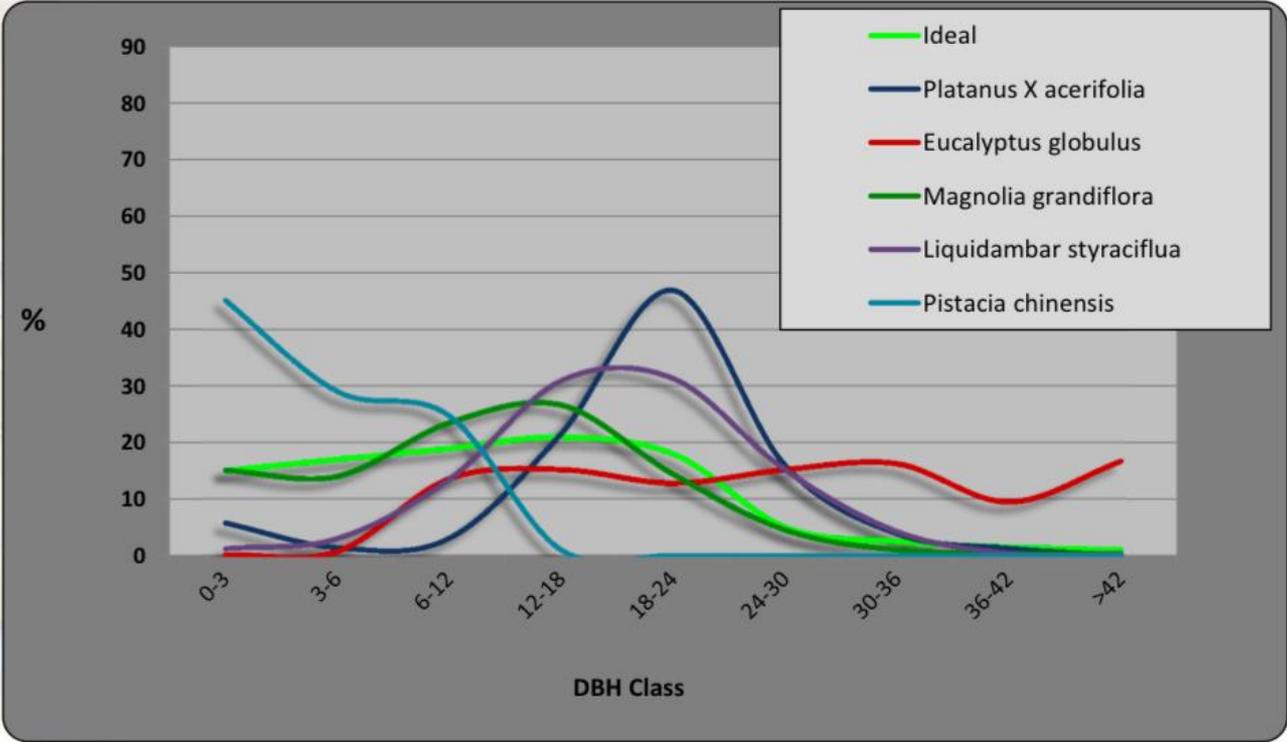
No existe una distribución ideal



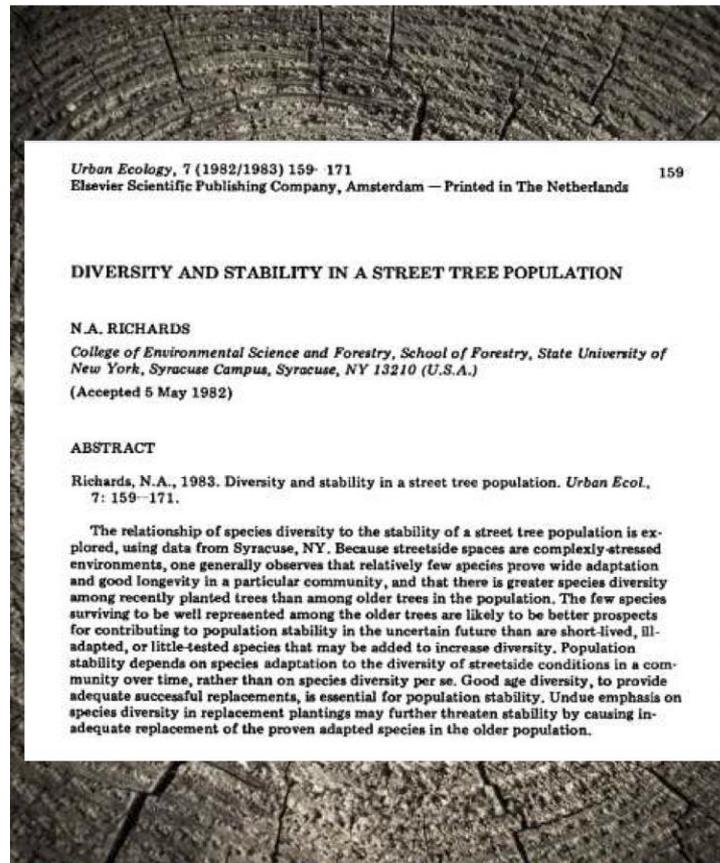
de Liocourt, F., 1898, De l'aménagement des sapinières, in: *Bulletin Trimestriel, Société Forestière de Franche-Comté et Belfort, Juillet*, pp. 396-409.



Age Structure



What is the ideal UF dbh distribution?



- Richards most cited in UF literature
- But is distribution ideal or generally applicable?
- Richards calls them “my approximate guidelines”

Richards, N. A. (1983). Diversity and stability in a street tree population. *Urban Ecology*, 7(2), 159-171.

12.11.2015

From Sapling to Maturity - Exploring Structural Diversity in Urban Forests

Justin Morgenroth
New Zealand School of Forestry
University of Canterbury

David Nowak
USDA Forest Service





My Approximate Guidelines...

- Richards' "*approximate guidelines*"

*"For adapted, long-lived species [...] in Syracuse, [...] a good age distribution for population stability would be about **40% trees under 20 cm diameter, 30% 20 – 40 cm trees in the early functional stage, 20% 40 – 60 cm functionally mature trees, and 10% older trees** with most of their functional life behind them."*

What is the ideal distribution?



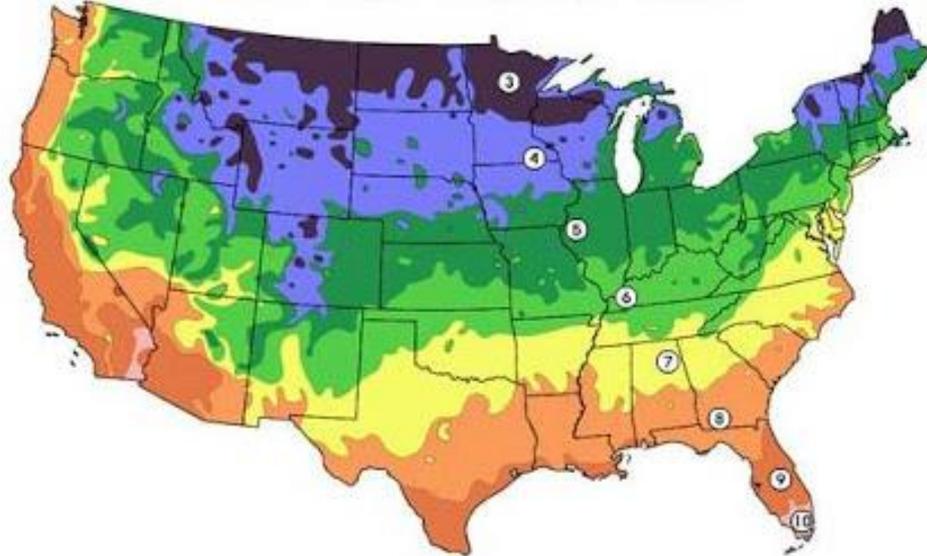
- Millward & Sabir modify Richards and propose:
- “...a generalized ideal distribution [...] that would see **40%** of a tree population fall within a DBH class of **0 – 15 cm**, **30%** from **15 – 60 cm**, **25%** in class **60 – 90 cm**, and **5%** classified as **90 cm** and above.”

Millward, A.A., & Sabir, S. (2010). Structure of a forested urban park: Implications for strategic management. *Journal of Environmental Management*, 91(11), 2215–2224. doi: <http://dx.doi.org/10.1016/j.jenvman.2010.06.006>

1. Trees & Forests – Targets related to the status of the vegetation resource itself and/or knowledge of that resource.

#	Target	Key objective	2017 Rating			
			Low	Fair	Good	Optimal
T3	Species diversity	Establish a genetically diverse tree population across municipality as well as at the neighborhood level.	Five or fewer species dominate the entire tree population across municipality.	No single species represents more than 10% of total tree population; no genus more than 20%; and no family more than 30%.	No single species represents more than 5% of total tree population; no genus more than 10%; and no family more than 15%.	At least as diverse as “Good” rating (5/10/15) municipality-wide – <i>and</i> at least as diverse as “Fair” (10/20/30) at the neighborhood level.
T2	Age diversity (Size class distribution)	Provide for ideal uneven age distribution of all “intensively” (or individually) managed trees – municipality-wide as well as at neighborhood level.	Even-age distribution, or highly skewed toward a single age class (maturity stage) across entire population.	Some uneven distribution, but most of the tree population falls into a single age class.	Total tree population across municipality approaches an ideal age distribution of 40% juvenile, 30% semi-mature, 20% mature, and 10% senescent.	Total population approaches that ideal distribution municipality-wide as well as at the neighborhood level.

Zonas USDA PHZM
Calentamiento global



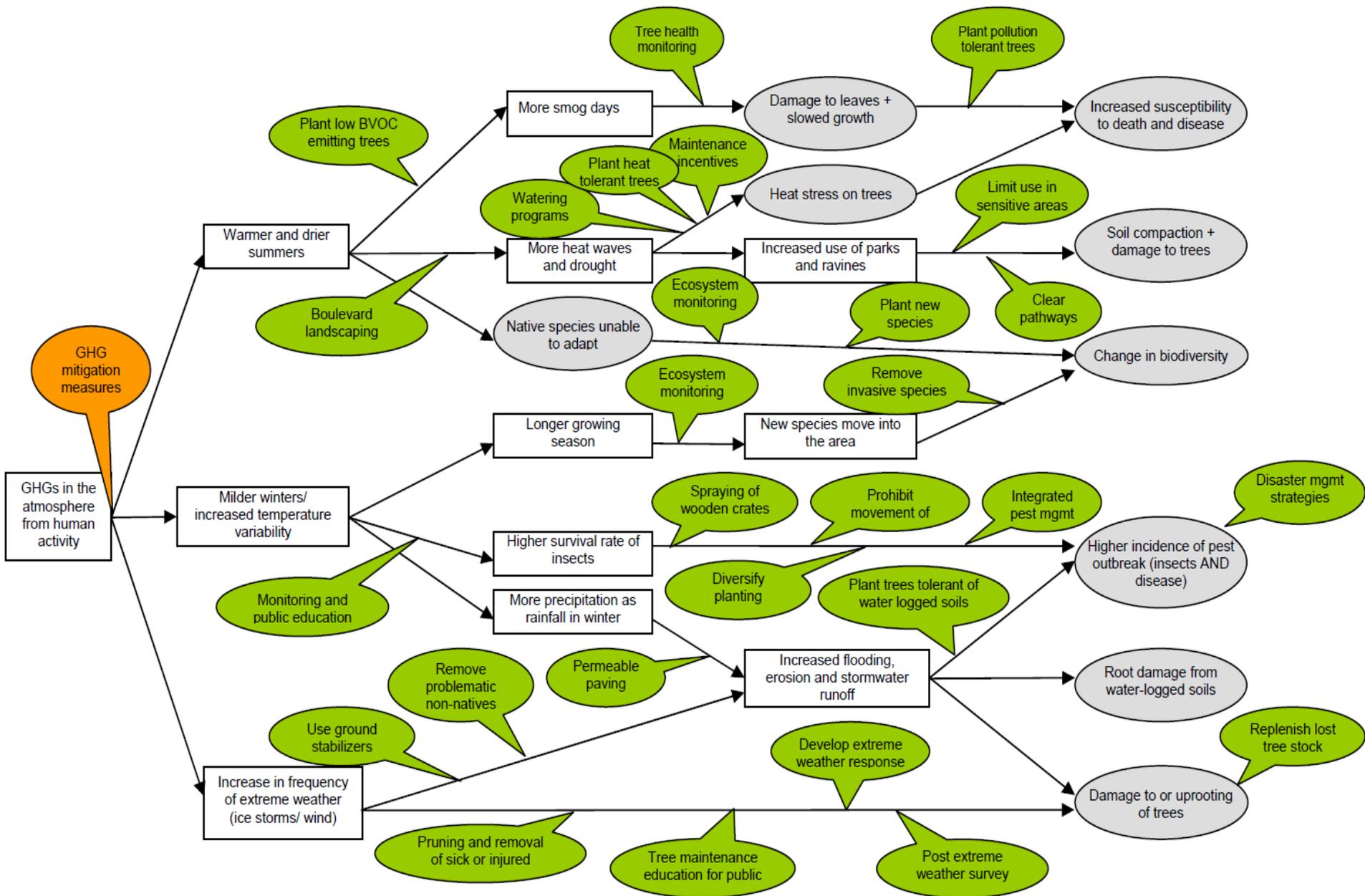
1990



2012



FIGURE 2: ADAPTATION STRATEGIES FOR THE URBAN FOREST IN THE CITY OF TORONTO



La gestión del AU.

Valoración ornamental

Beneficios ecosistémicos

Evaluación de riesgo

Smart cities

Healthier cities

Green cities

Safe cities

Biophilic cities



Tamaño



Estado sanitario



Especie



Factores intrínsecos y extrínsecos...



Especie



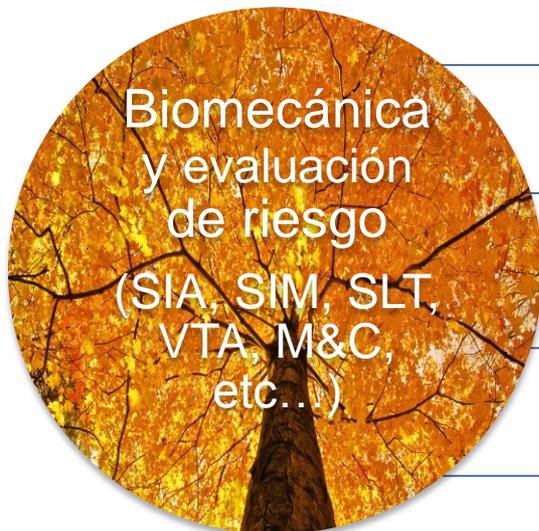
Estado general



Funcionalidad



F. Estructural y externos



Gestión racional



Estado sanitario, fisiopatías...



Especie



Factores de evaluación de riesgo...



Valor básico

BDD+análisis estadístico + ecuación (es) y sustituibles.



Factores extrínsecos e intrínsecos

Rev. de factores, definición, eliminación y sustitución, análisis de ponderación, etc.



Universidad
Politécnica
de Cartagena



Valoración ornamental de palmáceas

Revisión del método, cálculo de índices y ampliación de especies.



Análisis de daños parciales

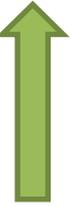
Rev. internacional, análisis y propuestas.



ASOCIACIÓN ESPAÑOLA
DE PARQUES Y
JARDINES PÚBLICOS



Valor
ornamental



Servicios
ecosistémicos



Riesgo





Bosques urbanos y servicios ecosistémicos

SE y Bosques urbanos

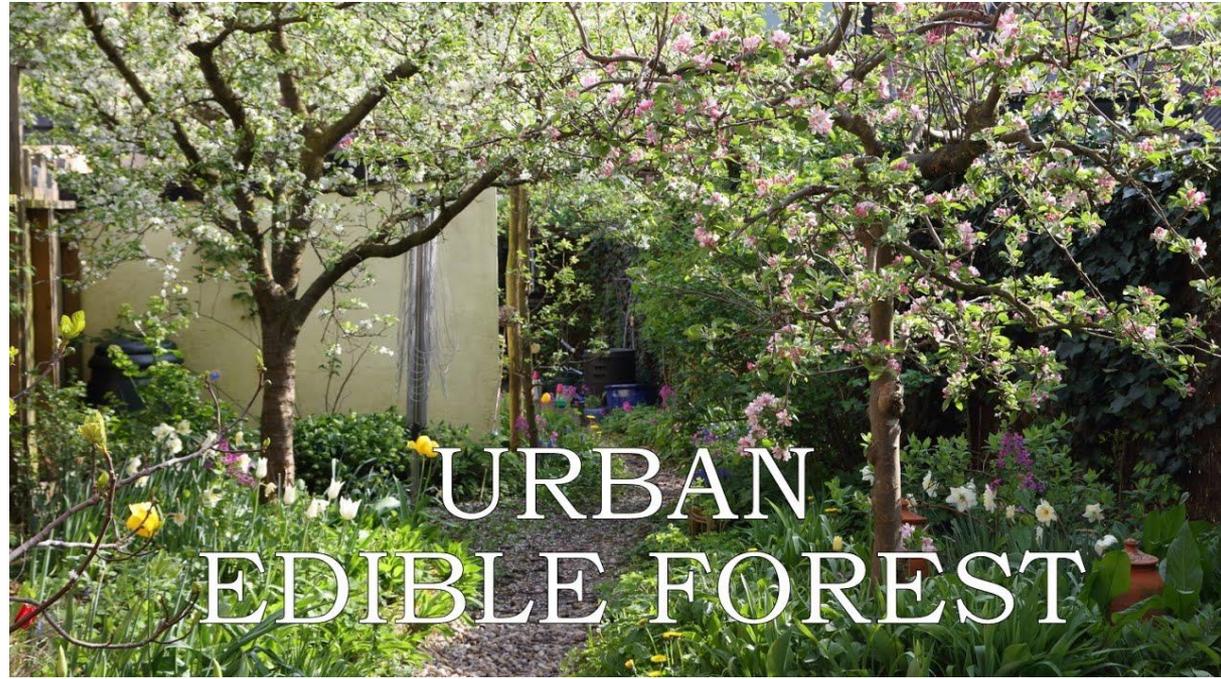
Table 2 Matrix of the relationship between ecosystem services and urban forest components.

Ecosystem service		Urban forest components			
		Single tree	Line of trees	Tree cluster	Woodland
Provisioning	Food provision				
	Fuel provision (woodfuel)				
	Wood provision				
Regulating	Carbon sequestration				
	Temperature regulation				
	Stormwater regulation				
	Air purification				
	Noise mitigation				
Cultural	Health				
	Nature and landscape connections				
	Social development and connections				
	Education and learning				
	Economy				
	Cultural significance				
Disservice	Fruit and leaf fall				
	Animal excrement				
	Blocking of light, heat or views				
	Decrease in air quality				
	Allergenicity				
	Spread of pests and diseases				
	Spread of invasive species				
	Damage to infrastructure				
	Creation of fear				
	Tree and branch fall (especially during storms)				

Commonly delivered
 Sometimes delivered
 Rarely delivered

SE de provisión y Bosques urbanos

- Provisión directa (frutos, semillas, nueces, etc.).
- Provisión indirecta (setas, ciervos, etc...)
- Servicio específico de ciertas especies. Conversión y almacenaje de la energía vía la fotosíntesis en materia biológica comestible.
- Productividad de fruta.... 500-600 árboles por ha.
- Más comunes en Londres: peras, manzanos... (Rogers at al., 2015)



SE de provisión y Bosques urbanos. Provisión de alimentos.

Table 3 Urban forest parameters that are reported to improve the ecosystem service of food provision.

Scale and management	<p>Pest and disease control will ensure that trees stay healthy and thus produce higher quality fruit (Goldschmidt, 1999).</p> <p>Tree pruning and feathering techniques can result in greater yields of fruit (Robinson <i>et al.</i>, 2007).</p>
Urban forest structure	<p>Trees with pyramid-shaped crowns produce more and better quality food than those with globe-shaped crowns due to the greater exposure to light (Robinson <i>et al.</i>, 2007).</p> <p>The harvesting of fruit, berries and nuts, as well as ongoing tree maintenance, is easier for smaller trees (Robinson <i>et al.</i>, 2007).</p> <p>Larger trees tend to produce larger fruit (Clark and Nicholas, 2013).</p> <p>Urban orchards in Europe are typically planted at a density of 500–600 trees per hectare due to diminishing returns (Robinson <i>et al.</i>, 2007).</p> <p>Some species produce greater yields in monocultures due to resource competition from other species, while some fare better in polycultures with complementary processes (Rivera <i>et al.</i>, 2004).</p>
Location and proximity to people	<p>Trees located near transport routes may have trace metal content (e.g. cadmium and lead) in their fruits, nuts and berries; however, they are less susceptible to pollution than vegetables (von Hoffen and Säumel, 2014).</p> <p>The closer food producing trees are to urban populations, the more likely people are to benefit from the increasingly popular trend of eating locally grown food (Clark and Nicholas, 2013).</p> <p>The feasibility of harvesting food from local trees or woods may be reduced where accessibility is difficult or impractical (e.g. due to the height of the tree or an adjoining busy road).</p>
Land use and ownership	<p>Fruit trees can be used as incentives for city dwellers to plant trees in private gardens (McLain <i>et al.</i>, 2012).</p> <p>Publicly owned and accessible open space is likely to be best suited to the provision of public food trees (McLain <i>et al.</i>, 2012).</p>

SE de regulación y Bosques urbanos.

Regulación de aguas de tormenta.

Materiales de Albedo bajo afectan a la Tº y a la infiltración...

BU interceptan y almacenan agua de lluvia, favorecen evaporación y minimizan erosión

Table 7 Urban forest parameters that are reported to improve the ecosystem service of stormwater regulation.

Scale and management	<p>Greater canopy cover increases rainfall interception (Inkiläinen <i>et al.</i>, 2013).</p> <p>Isolated, single trees use more water due to greater exposure and canopy size (Nisbet, 2005).</p> <p>Weed, pest and disease control will ensure that trees and canopies stay healthy, while arboricultural thinning affects structural density, thus reducing interception and increasing the speed with which rainfall reaches rivers (Xiao and McPherson, 2002).</p>
Urban forest structure	<p>Taller trees (~30 m) can reduce the amount of rainfall converted into throughfall more than smaller trees (~10 m), as aerodynamic turbulence and evaporation increase (Llorens and Domingo, 2007).</p> <p>Large-canopied trees play an important role in regulating stormwater through greater evapotranspiration (Gill <i>et al.</i>, 2007).</p> <p>Annual and peak event rainfall interception per tree increases with stem diameter, multiple layers of branching and rough bark surfaces (Xiao and McPherson, 2002).</p> <p>For small (canopied) trees, infiltration is more effective at reducing runoff than interception (Armson <i>et al.</i>, 2013b).</p> <p>Trees with greater LAI (denser canopies) can reduce the amount of throughfall through greater interception rates (Nisbet, 2005).</p> <p>Coniferous and evergreen broadleaved trees are more effective at intercepting rainfall than deciduous ones for which interception is significantly reduced during the leaf-off season (Xiao and McPherson, 2002).</p> <p>Fast-growing and deep-rooting trees transpire more water than slow-growing and shallow-rooting trees (Calder <i>et al.</i>, 2008).</p> <p>Structural diversity in (broadleaved) woodland increases its aerodynamic roughness and thus its evaporation rate (Calder <i>et al.</i>, 2008).</p>
Location and proximity to people	<p>Urban woodland is most effective at reducing flooding if located upslope of urban areas (Matteo <i>et al.</i>, 2006).</p> <p>Flooding is decreased and groundwater recharge increased when trees are located next to roads and rivers (Matteo <i>et al.</i>, 2006).</p> <p>Trees planted over pervious surfaces reduce surface runoff by more than those planted over impervious surfaces (Armson <i>et al.</i>, 2013b).</p> <p>Greening of sandy soils is more effective at reducing runoff than greening of clay soils (Gill <i>et al.</i>, 2007).</p> <p>In terms of the distribution of trees, studies typically focus on increasing tree cover in low tree cover areas across a city as a whole in order to have measurable reductions on runoff (Ellis, 2013; Sjöman and Gill, 2014).</p> <p>Peri-urban and even rural woodlands (in the riparian zone and floodplain) can contribute to flood alleviation in urban areas by delaying the downstream passage of flood flows (Forest Research, 2010).</p>
Land use and ownership	<p>Recategorising parkland to account for individual trees as distinct from amenity grassland results in more accurate scores for flood control (Farrugia <i>et al.</i>, 2013).</p> <p>The potential for maximising the possible contribution of green infrastructure to stormwater regulation is largely dependent on co-operative management of privately owned land (Ellis, 2013).</p>

SE de regulación y Bosques urbanos.

Purificación del aire.

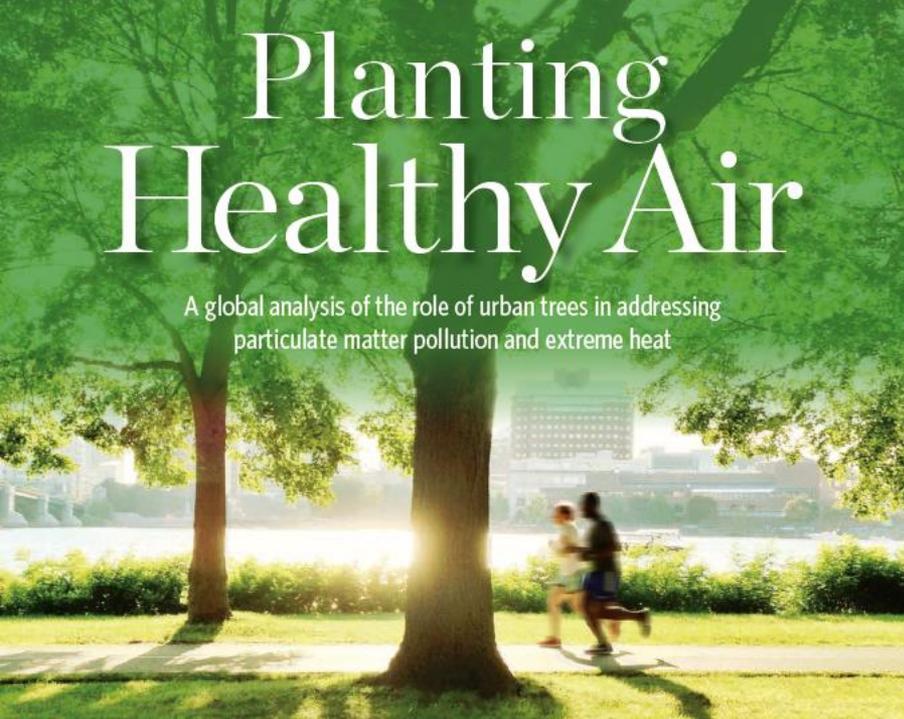
Deposición mecanismo por el cual los contaminantes gaseosos y particulados son capturados por las plantas y absorbidos por sus hojas, ramas y troncos.

Table 8 Urban forest parameters that are reported to improve the ecosystem service of air purification.

<p>Scale and management</p>	<p>The greater the (continuous) canopy cover and tree density, the greater the deposition of air pollutants (Alonso <i>et al.</i>, 2011).</p> <p>Unhealthy or stressed trees have reduced ability to remove air pollutants due to stomatal closure (Jim and Chen, 2008).</p> <p>Managing urban forests at intermediate scales (e.g. remnant patches around neighbourhoods) can reduce PM₁₀ more effectively than landscape-scale tree cover (Escobedo <i>et al.</i>, 2011).</p> <p>Management of street trees and woodlands were found to be a cost-effective way of reducing PM₁₀ compared to technological or policy measures such as the use of greener fuels (Escobedo <i>et al.</i>, 2008).</p> <p>The presence of street trees is associated with reduced prevalence of asthma (Lovasi <i>et al.</i>, 2008).</p>
<p>Urban forest structure</p>	<p>Conifers absorb the least O₃ and evergreen broadleaf species the most (Alonso <i>et al.</i>, 2011).</p> <p>Deciduous species assimilate more nitrogen oxides (NO_x) than evergreen species (Bowler <i>et al.</i>, 2010b).</p> <p>Coniferous trees are better at accumulating airborne PM_{2.5} particles on their foliage than broadleaved species because of their thicker wax layer (Nguyen <i>et al.</i>, 2015).</p> <p>Trees with larger crown dimensions are more effective at air pollution removal (Alonso <i>et al.</i>, 2011).</p> <p>Air purification by trees is lowest in winter and highest in spring and summer due to leaf-on period (Baró <i>et al.</i>, 2014).</p> <p>The removal of air pollutants is related to total leaf area (Jim and Chen, 2008).</p> <p>Urban forests with diversified species and biomass structures are better for mitigating air pollution as overall canopy is increased (Jim and Chen, 2008).</p>
<p>Location and proximity to people</p>	<p>The availability of moisture in the soil will enhance a tree's ability to remove air pollutants (Baró <i>et al.</i>, 2014).</p> <p>Trees in closer proximity to a pollution source will be more effective at mitigating it, thus those between high pollution areas such as busy roads and vulnerable areas such as playgrounds, schools, hospitals and residential areas should be prioritised (Escobedo <i>et al.</i>, 2011).</p> <p>Conifers are generally less tolerant to high traffic-related pollution, so are less suitable for roadside plantings (Nguyen <i>et al.</i>, 2015).</p> <p>In narrow, busy streets tall and/or densely planted trees can reduce wind speed to the extent that pollutants may be trapped beneath the canopy, thus reducing air quality for pedestrians and cyclists - this is known as the street canyon effect (Vos <i>et al.</i>, 2013).</p>
<p>Land use and ownership</p>	<p>The greater the proportion of built area, the higher the level of PM₁₀ exposure (Weber <i>et al.</i>, 2014).</p>

Planting Healthy Air

A global analysis of the role of urban trees in addressing particulate matter pollution and extreme heat



In The Nature Conservancy – in coordination with C40 Cities Climate Leadership Group – has tried to understand whether nature can play a role in helping to solve these twin challenges.

The answer appears to be a qualified “yes.”

Street trees can be a part of a cost-effective portfolio of interventions aimed at controlling particulate matter pollution and mitigating high temperatures in cities.

While trees cannot and should not replace other strategies to make air healthier, trees can be used in conjunction with these other strategies to help clean and cool the air.

In the right spot, trees can both help make our air healthier and our cities more verdant and livable.

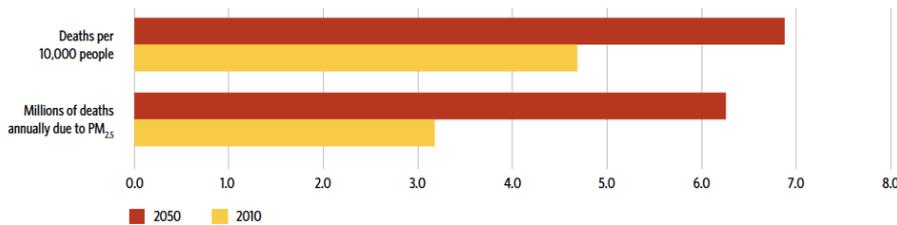


Figure E1. Forecasted global mortality from PM_{2.5} in 2050 compared to 2010, expressed either as the total number of deaths, or as the number of deaths per 10,000 people. The number of people forecasted to be killed will almost double (i.e., increase by 100 percent). Some of that increase is due simply to population growth. The number of deaths per 10,000 people, however, is still expected to go up by roughly 50 percent, primarily due to an increase in PM_{2.5} concentrations in cities in the developing world. Data taken from Lelieveld et al.⁴

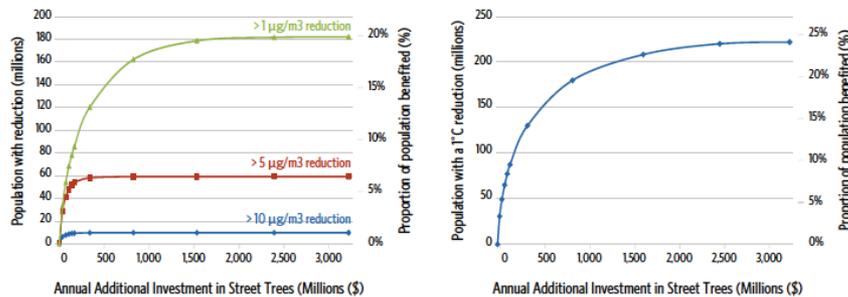


Table 11 Urban forest parameters that are reported to improve the well-being benefit of nature and landscape connections.

<p>Scale and management</p>	<p>Individual trees, especially veteran ones, can provide great character and sense of history to a place (Scottish Government, 2014b).</p> <p>Individual trees have a positive effect on the perceived aesthetics of urban squares, enhancing city image, duration of visit and the willingness to revisit (Rašković and Decker, 2015).</p> <p>Lines or clusters of trees can provide aesthetic enhancements to streets, civic spaces and parks (Coles <i>et al.</i>, 2013).</p> <p>Woodlands should be of a suitable size (minimum of 2 ha) to create a woodland environment (Coles and Bussey, 2000).</p> <p>The greater the number of greenspaces the greater the overall aesthetic value, though with diminishing returns (Mitchell and Popham, 2007).</p> <p>Management activities such as selective arboricultural thinning and undergrowth clearance (as well as removal of litter and graffiti) can improve visual perceptions (Tyrväinen <i>et al.</i>, 2003).</p>
<p>Urban forest structure</p>	<p>Large, mature trees are generally more aesthetically pleasing than small, immature ones (Tyrväinen <i>et al.</i>, 2005), though this is less important in residential environments (Coles <i>et al.</i>, 2013).</p> <p>Broadleaved or deciduous species are typically preferred to coniferous ones, though mixed woodlands are preferred overall (Coles and Bussey, 2000; Gerstenberg and Hofman, 2016).</p> <p>Crown size and density are both positively related to people's preferences, with globe-shaped crowns particularly preferred (Gerstenberg and Hofman, 2016).</p> <p>The smell of damp wood after rain and of pine trees, and the sounds of walking on crunchy leaves, bird song and the wind in trees, add to feelings of connection with nature (O'Brien <i>et al.</i>, 2014).</p> <p>Perceived naturalness can enhance the visual appeal of a woodland, and thus the use of native species may be beneficial (Ryan and Simson, 2002).</p> <p>Woodlands with greater structural complexity (more canopy layers and different species) are preferred (Coles and Bussey, 2000).</p> <p>Woodlands should be open with well-spaced trees in order to improve visibility and thus feelings of security (Nielsen and Jensen, 2007).</p> <p>Clear views with low-density understorey vegetation are associated with increased pleasure and are preferred by visitors (Tyrväinen <i>et al.</i>, 2003).</p> <p>Visual variation (i.e. combining mature stands with smaller trees, as well as the presence of other habitats such as water) is more aesthetically pleasing (Tyrväinen <i>et al.</i>, 2005).</p> <p>People prefer/self-report high benefits from greenspace that they perceive to have higher biodiversity (Dallimer <i>et al.</i>, 2012).</p>
<p>Location and proximity to people</p>	<p>Trees and woodlands must be visible and in fairly close proximity for the service of aesthetic enhancement to be provided, as evidenced by the effect of green views on property prices (Jim and Chen, 2006).</p> <p>Access to and views of greenspace within a workplace have significant benefits for well-being as well as increased productivity (Grahm and Stigsdotter, 2003).</p> <p>There is enhanced recovery from illness or surgery when patients have views of trees from hospital (Ulrich, 1984).</p>
<p>Land use and ownership</p>	<p>A view of a (publicly inaccessible) greenspace can be as effective for mental well-being as having access (Grahm and Stigsdotter, 2003).</p>

SE naturales y Bosques urbanos.

Conexiones naturales y paisaje.

Estimulación sensorial y sentimientos de conexión con la Na.

Visual.
Sonora.
Olorosa.
Tacto.

Fisiológica.

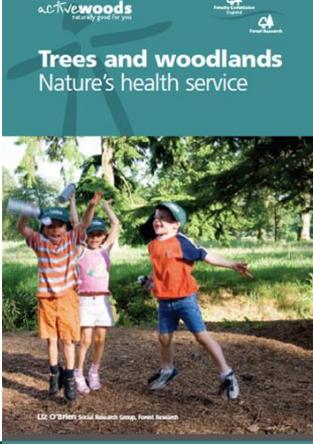
Músculos, esqueleto, respiratorio, ...
(Tzoulas et al., 2007; Park et al., 2009)



EVIDENCIAS

Bienestar Físico • Bienestar Psicológico • Bienestar Social

FCE gestiona 222000 ha de bosques y está promoviendo su papel en salud pública, relax y desconexión de los stresses diarios. Pretenden:



H

Aumentar el número de visitas a las zonas naturales y desarrollar actividades sanas.

E

Establecer una asociación entre la salud, el bienestar y los bosques en la psicología de la población.

A

Promover la actividad física entre los usuarios de los bosques.

LT

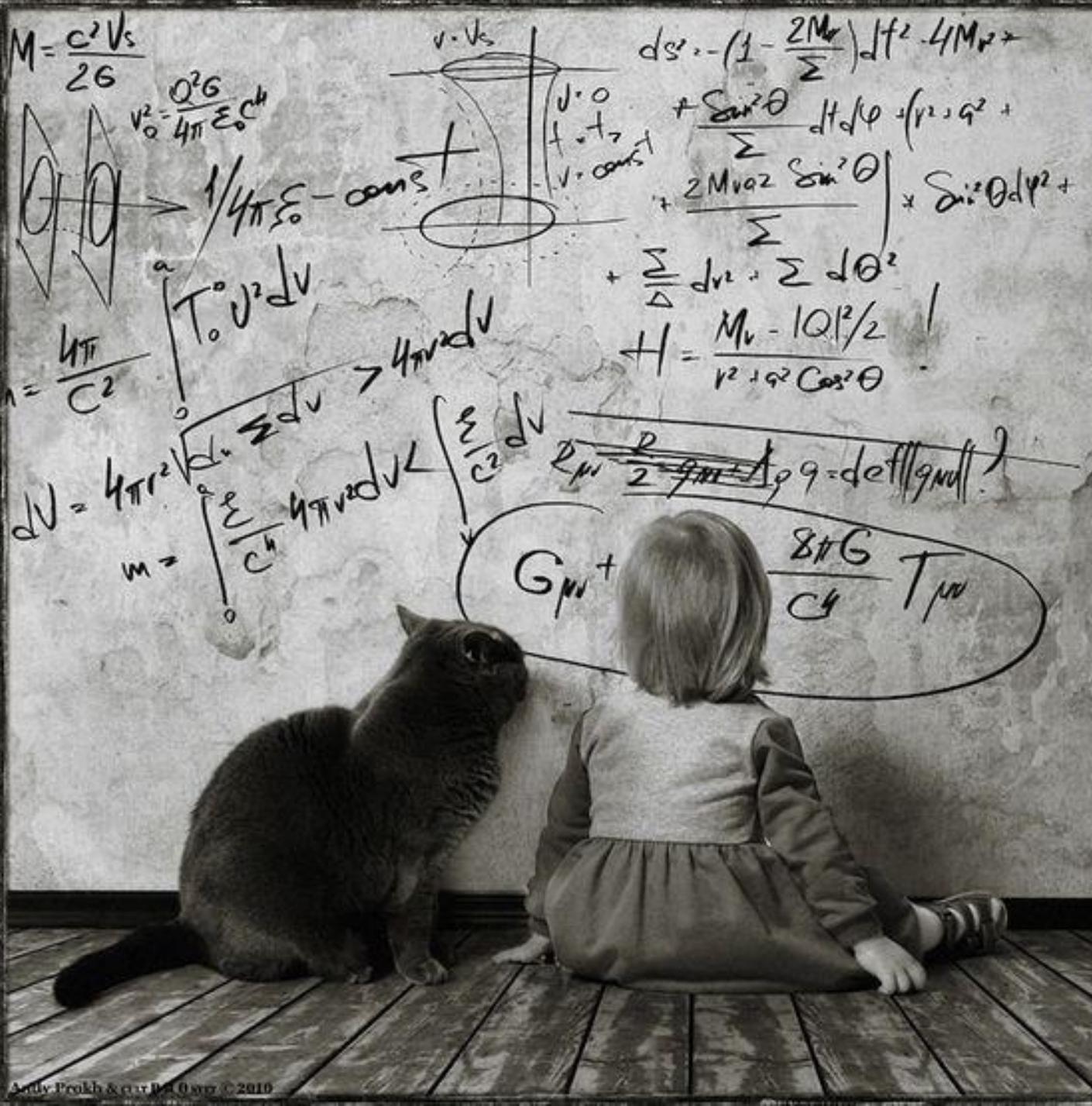
Ayudar a buscar estilos de vida más sanos.

The campaign is supported by the British Heart Foundation.

Psicológica

Atención, adaptabilidad, concentración, emociones, sentimientos, etc...
Naturaleza restauradora: Hartig et al., 2010; Alcock et al., 2013)...





Cognitiva

Agilidad mental y memoria, capacidad de aprender, pensar, lógica, etc....

Atención directa consume energía.....fatiga mental... (Kellert et al., 2008; van der Berg et al., 2007).



Shinrin Yoku

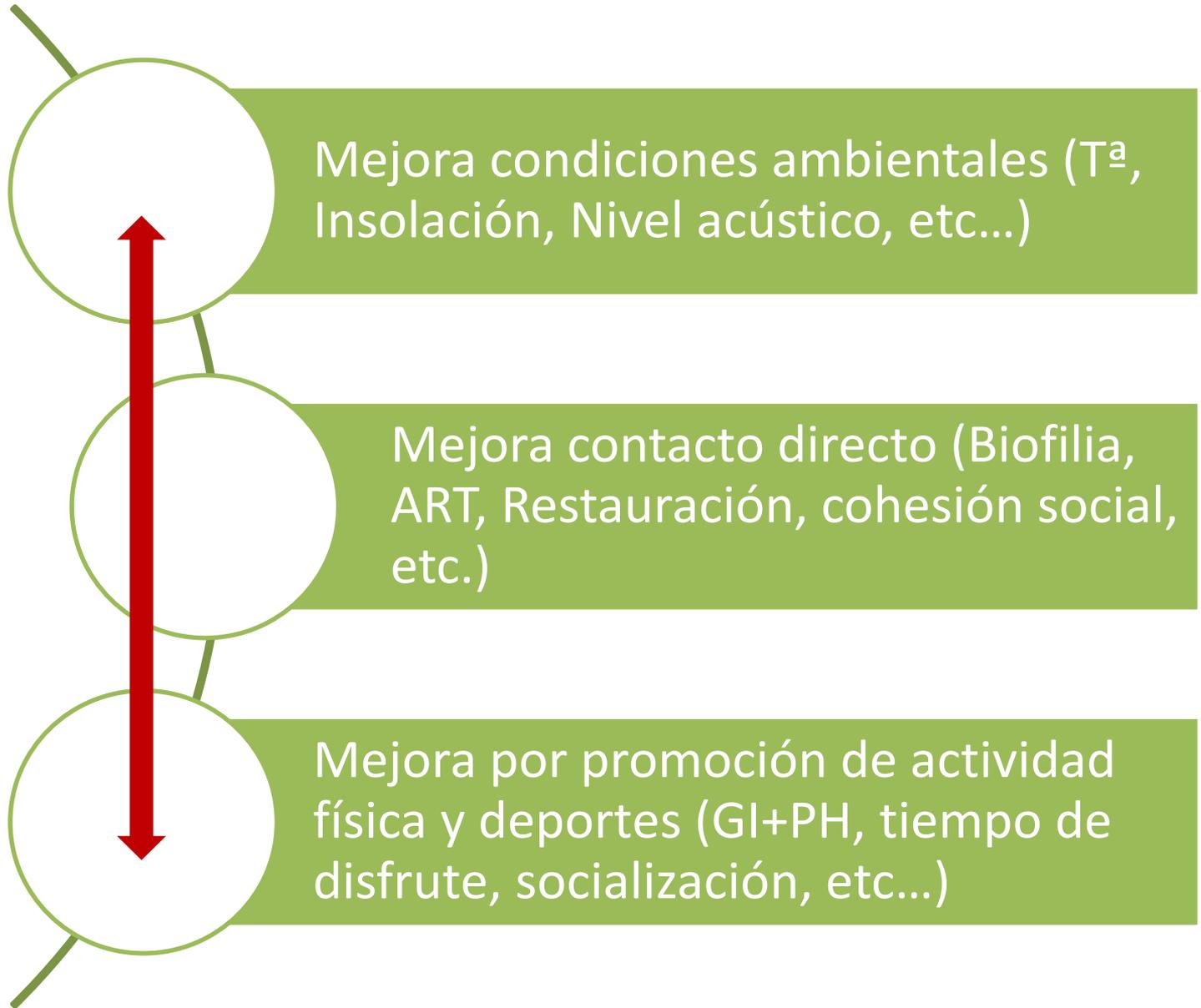
Respira. Relájate. Camina.

Toca. Escucha. Recupérate.

“caminando de manera suave iremos aspirando los elementos y sustancias tan beneficiosos que deprenden las plantas y árboles, que se irán incorporando a nuestro sistema respiratorio y entrando en nuestro torrente sanguíneo de una manera natural...”

Adaptado a cualquier persona.

Sinergias



Significance of urban forest type for human health and well-being

Urban forest type	Significance (on a scale of 1-5*)
Peri-urban forests and woodlands	
City parks and urban forests (>0.5 ha)	
Pocket parks and gardens with trees (<0.5 ha)	 FAO (2016)
Trees on streets or in public squares	
Other green spaces with trees	

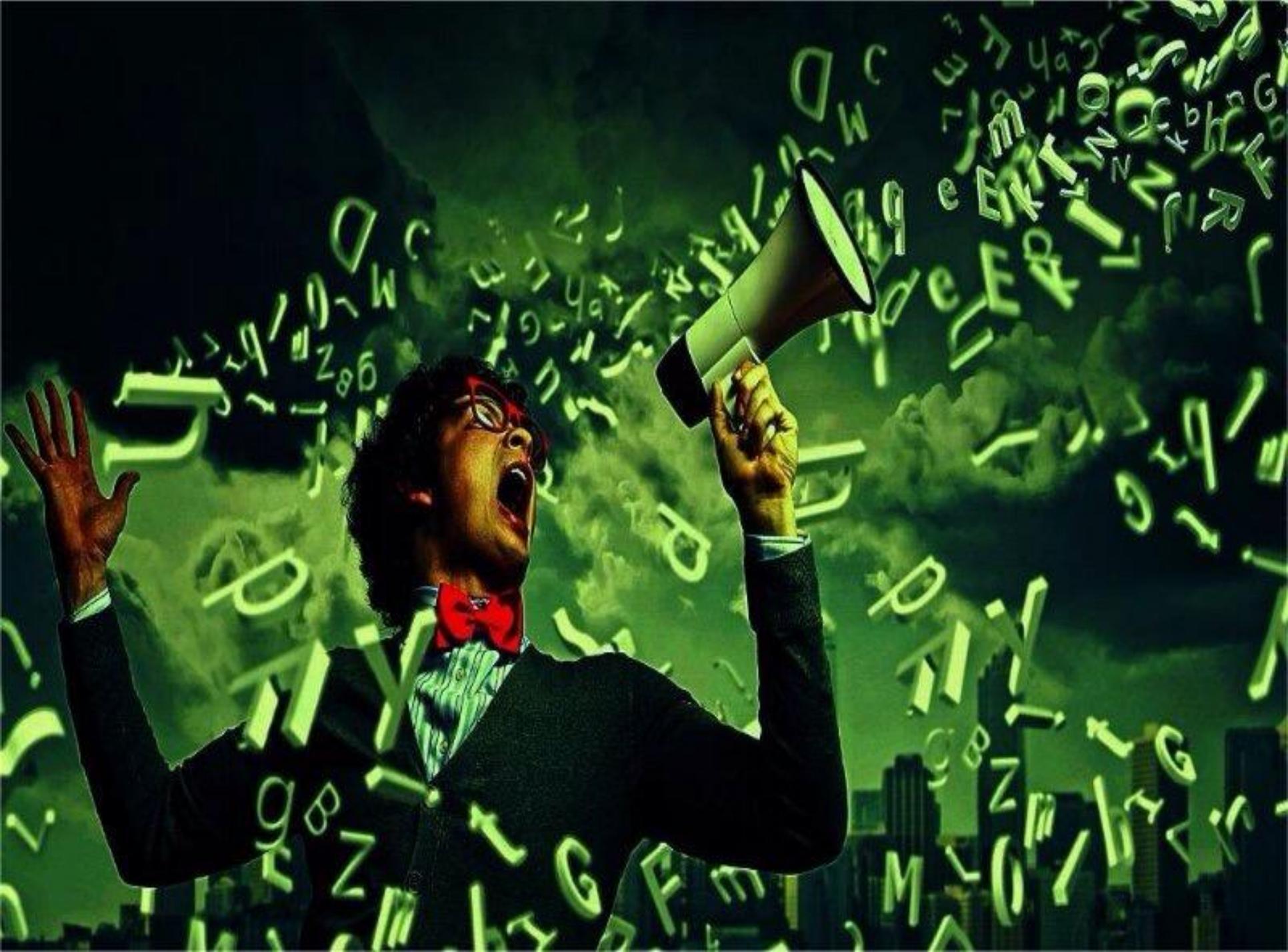
* Where 1 = very low significance and 5 = very high significance.

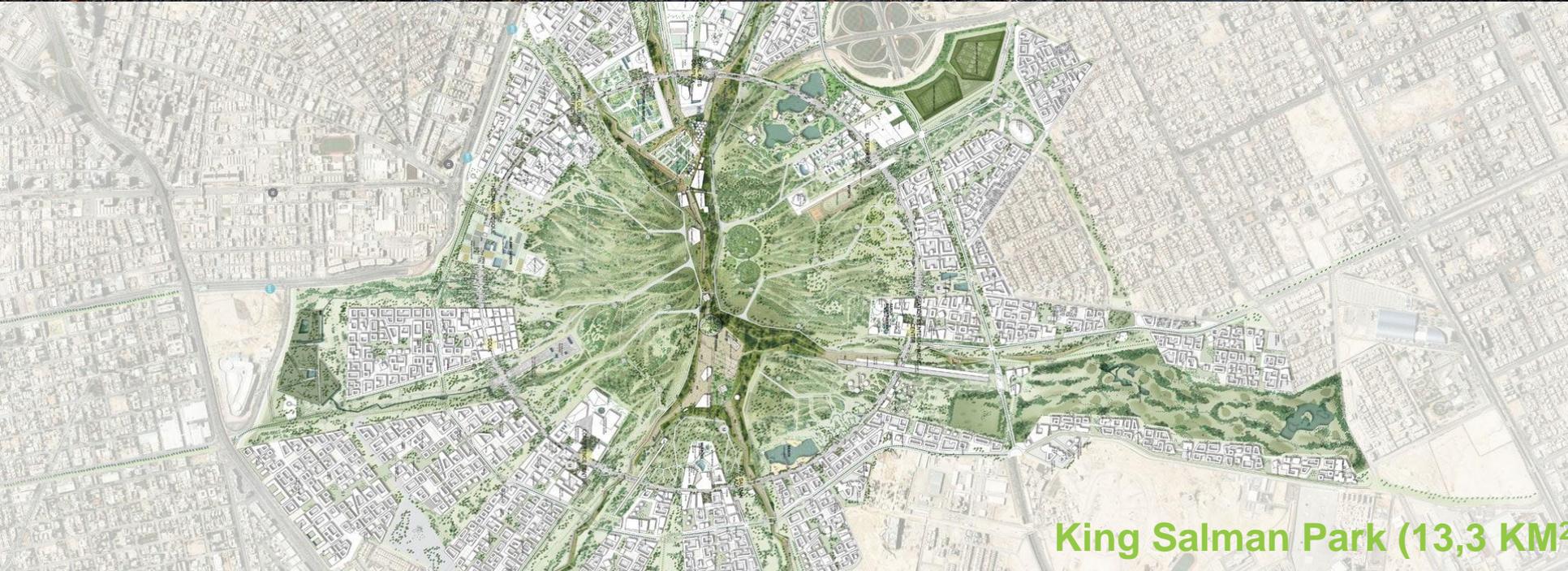




Planificación, diseño y gestión

- *Adopt sound standards for the design and management* of urban forests with the aim of encouraging physical activities and improving mental health.
- Optimize the **availability**, **accessibility**, **proximity** and **security** of urban forests to promote the use of such resources by all.
- **Include urban forests** in the planning and **design of hospitals and schools** for their proven therapeutic and psychological benefits.
- *Minimize the potential undesirable impacts of urban forests* on human health and well-being in designing and managing urban forests.





King Salman Park (13,3 KM²)

El árbol...los servicios... ¿La respuesta del ser humano?

La deforestación,

"la palabra 'bosque' nos hace pensar en las afueras, y eso es lo que hemos hecho con la naturaleza: expulsarla de la ciudad. Emanuele Coccia.

'Nous les Arbres'

Bosques urbanos: vertebradores de la infraestructura verde

Muchas gracias

Madrid, 9 de octubre de 2019

Pedro Calaza Martínez
PhD-Eng. + PhD-L.A.