

**“Benefits of Preserving Land” citations
by D&R Greenway Land Trust**

¹ O. Khazan, How Walking in Nature Prevents Depression, *The Atlantic*, 30 June 2015, <http://theatlantic.com/health/archive/2015/06/how-walking-in-nature-prevents-depression/397172/>

² A. Phillips, A Walk in the Woods, *American Scientist*, July-August 2011, <http://americanscientist.org/issues/pub/2011/4/a-walk-in-the-woods>

³ D. Cohen et al, Contribution of parks to physical activity, *Am J Pub Health*, March 2007, <http://thequeensway.org/wp-content/uploads/2014/08/0970509.pdf>

⁴ As reported in USA Today, http://usatoday30.usatoday.com/news/health/2009-10-15-nature-anxiety-exercise_N.htm

⁵ V. F. Gladwell et al., The great outdoors: how a green exercise environment can benefit all, *PubMed* 3 Jan 2013, www.ncbi.nlm.nih.gov/pmc/articles/PMC3710158/

⁶ Delaware Valley Regional Planning Commission, Return on Environment, 2010, www.dvrpc.org/reports/11033B.pdf

⁷ Ernst, D., et al. 2004. “Protecting the Source: Conserving Forests to Protect Water.” *Opflow* 30(5):1-7

⁸ The Value of New Jersey's Ecosystem Services and Natural Capital (2006), www.state.nj.us/dep/dsr/naturalcap/nat-cap-2.pdf

¹¹ S. Bogar & K. M. Beyer, Green Space, Violence, and Crime: A Systematic Review, *Trauma Violence & Abuse*, March 29, 2015

¹² US Bureau of Economic Analysis, as reported in Wall Street Journal, <http://blogs.wsj.com/economics/2015/04/22/how-much-is-the-u-s-worth-economist-values-the-land-alone-at-23-trillion/>

¹³ NJ Agricultural Experiment Station (March 2013), <http://njaes.rutgers.edu/pubs/urbanfringe/pdfs/urbanfringe-v08n02.pdf>

¹⁴ DVPRC study cited above.