

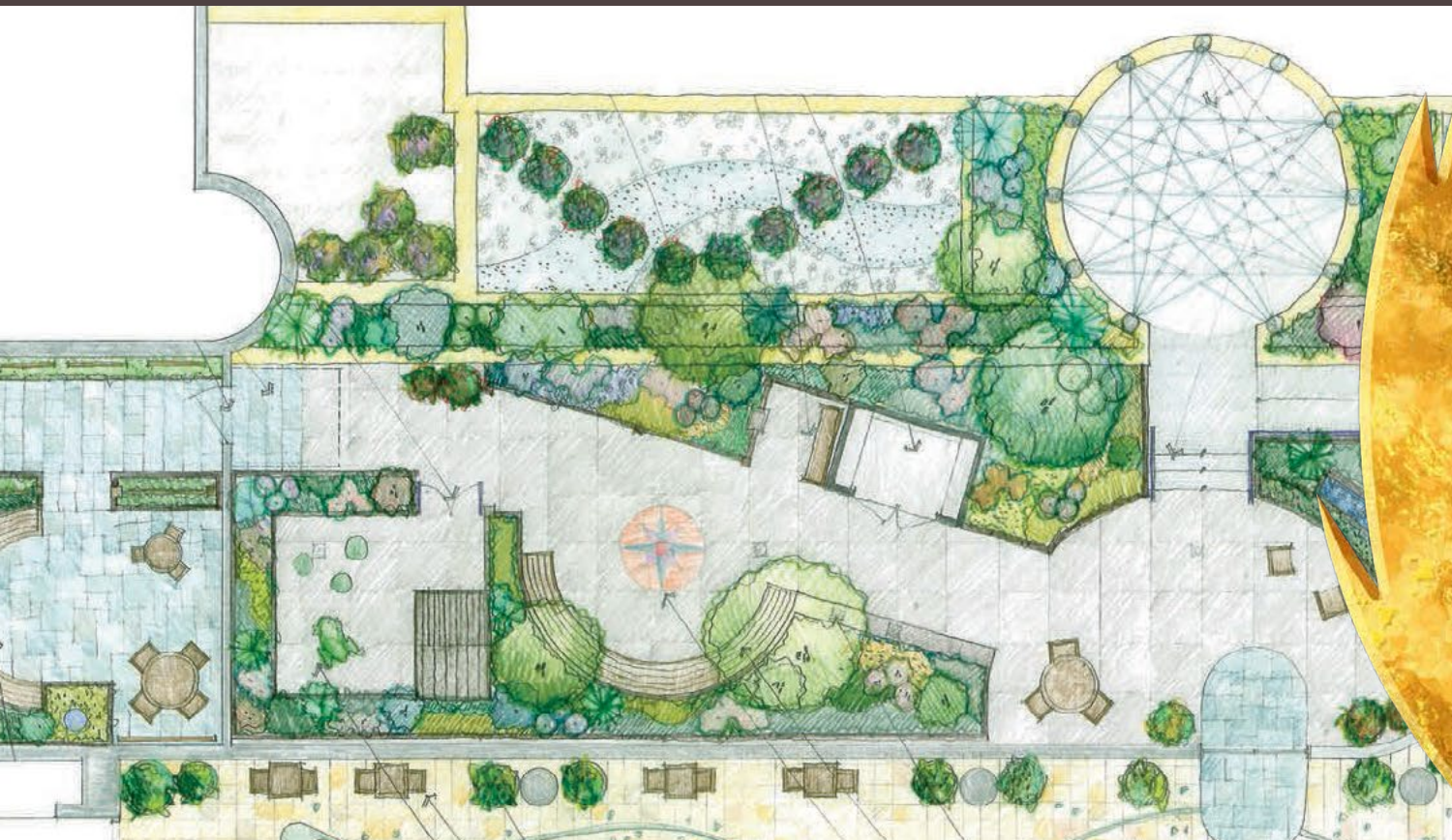


2013 NATIONAL NATURE SACRED AWARDS

TKF FOUNDATION INITIATIVE FOR INTEGRATED DESIGN AND RESEARCH

Six projects received this distinguished national award for researching the transformational power of nature in urban settings. Each project was chosen for combining the creation of tranquil, restorative spaces with rigorous study of their impact on users' well-being and resilience.

Family Birth Center: Cardiac ICU Four Seasons Garden at Legacy Emanuel Health Center - Plan by Quatrefoil, Inc.



THE PROJECT

A NATURE PLACE

QUANTIFYING THE BENEFITS OF A HEALING GARDEN AMONG HOSPITAL POPULATIONS

THE ISSUE

Hospitals have the expertise and technology to fully care for patient's physical and medical needs—yet hospitals can also be high-stress environments.

THE SOLUTION

Legacy Health, an expert in the development of healing gardens in health care settings, will create a garden at The Family Birth Center and Cardiovascular Intensive Care Unit in Portland and study its impact.

THE HIGHLIGHTS

- The impact of the healing garden will be evaluated in three separate populations in the hospital: birthing women, families and nurses.
- The birthing study will include women in early labor with low risk, full-term pregnancies as they progress through labor and delivery.
- The nurse study will include nurses working twelve-hour shifts on unpredictable, high-stress units.

THOSE INVOLVED

Emanuel Medical Center Foundation // Legacy Health // Legacy Emanuel Health Center // Legacy Research Institute
Pacific University // Quatrefoil, Inc. // Roger S. Ulrich, PhD.

Modern life can disrupt our connection to nature. Yet research shows that green spaces improve health. The TKF Foundation helps communities heal from the outside. TKF is a private nonprofit that funds publicly accessible urban green space.

For more information, go to NatureSacred.org



Nature Sacred
Helping communities heal from the outside.