



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.

Rendering of the Green Road at Walter Reed National Medical Center at Bethesda – Rendering by Sarah Ashmun



THE PROJECT

THE GREEN ROAD

THE ISSUE

An unprecedented number of service members and veterans are surviving severe wounds or injuries, as well as traumatic brain injury and post-traumatic stress disorder. Could nature help heal them?

THE SOLUTION

The Green Road Project will provide an oasis of encounter with the healing powers of nature for 'Wounded Warriors' and their families receiving treatment at Walter Reed by enhancing an existing natural area through the center of the Naval Support Activity Bethesda campus.

THE HIGHLIGHTS

- The Green Road project will use three metrics to directly measure the healing effects of nature on the body for the first time.
- Metrics to be used by the Green Road project include: biomarkers of the stress response, qualitative analysis of journals and stories, and advanced genomics.
- The goal of the Green Road is to imbue an ambience of calm and regeneration.

THOSE INVOLVED

Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital, Boston, MA // CDM Smith, Fairfax, VA // The Institute for Integrative Health (TIH), Baltimore, MD

Ohio State University, Columbus, OH // Pain & Palliative Care Service, Clinical Center, NIH // Uniformed Services University of the Health Sciences (USUHS), Bethesda, MD

The University of Arizona Center for Integrative Medicine, Tucson, AZ // University of Maryland, Dept. of Landscape Architecture // Walter Reed National Military Medical Center, Bethesda, MD

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.