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.

**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.

**A NATURE PLACE**
QUANTIFYING THE BENEFITS OF A HEALING GARDEN AMONG HOSPITAL POPULATIONS

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

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