

Promoting the of Plants

The National Initiative for Consumer Horticulture (NICH) wants every to understand how plants can help create healthy environments indoors. Thru their infographics series called #PlantsDoThat they are able to communicate the benefits of indoor plants in four interior arenas of human activity: work, home, healing and learning. Texas A&M Professor Dr. Charlie Hall and his students developed a 4-part series from a scientific literature review with the infographics being designed by Jennifer Gray, AmericanHort and the Horticultural Research Institute.

Some of the Benefits that were found in each of the four areas are:

WHERE WE LIVE:

- Rooms with plants have fewer pollutants
- Plants in homes increase humidity by 10%
- Plants link us to nature

WHERE WE LEARN:

- Plants help improve test scores
- Plants lessen symptoms of ADD
- Kids take fewer sick days

WHERE WE HEAL:

- Patients go home sooner
- Patients are less fatigued
- Plants lower patient blood pressure

WHERE WE WORK:

- Office workers feel more create and productive
- Plants put workers in better moods
- Office plants reduce eye strain

Below is an example of one of the infographic images that was developed. All four can be downloaded at www.consumerhort.org/plantsdothat and display on your website, or as posters.



#PlantsDoThat *Inside!* Where We Live



GREENING THE GREAT INDOORS
Having plants in our homes is an important component of creating a sustainable indoor ecology and healthy minds and bodies. Indoor plants lead to improved overall environmental quality.



YOUR BRAIN ON NATURE
Indoor plants psychologically link us to nature.


BREATHE EASY
Indoor plants improve air quality by removing carbon dioxide, particulates, benzene and up to 90% of formaldehyde.



BRING ON THE OM
Plants stimulate both a physiological and psychological relaxation response.




COMFORT IS KING
Plants increase ambient humidity in dry indoor environments. Plants are known to increase room humidity from 20% to a more comfortable 30% under bright lighting conditions.



Plants in the room both stabilize and reduce CO₂ levels.

FAST FACTS

Each 1% addition of plants in a room results in a 6-7% decrease in formaldehyde.



Rooms with plants have fewer pollutants (like volatile organic compounds or VOCs).

FRIENDLY FLORA
Houseplants supply beneficial bacteria and increase the microbial diversity in the indoor environment - benefitting human health indoors.



