



NICH

NATIONAL INITIATIVE FOR CONSUMER HORTICULTURE



#PlantsDoThat *Inside!* Where We Heal



GREENING THE GREAT INDOORS

Having plants in hospitals and clinics is an important component of creating a sustainable indoor ecology and healthy minds and bodies. Indoor plants remove air pollutants and stabilize CO₂, while decreasing our stress and helping us heal faster.

HOSPITAL HERO

Patients spend less time in recovery and go home sooner when their hospital rooms contain plants.



PAIN RELIEVER

Patients recovering from surgery took less pain relievers in rooms containing plants.



STRESS BUSTER

Plants used as part of room décor reduce the stress of hospital patients and lower their blood pressure.

New breast cancer patients were better able to tolerate life's disruptions caused by the diagnosis, surgery and treatments through interacting with nature.



BOOST PROFESSIONALISM

Having healthy plants promotes a professional image and a feeling of warmth and caring.



SEEING IS BELIEVING

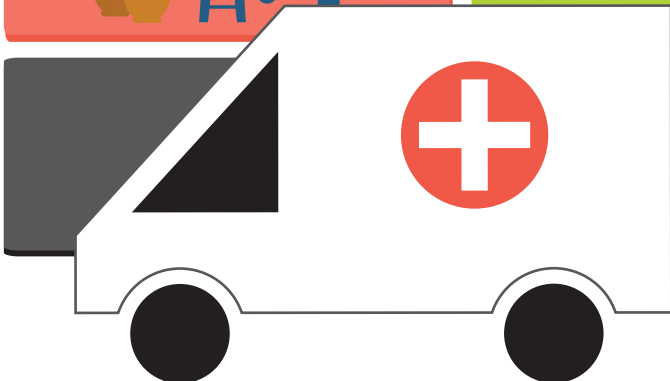
Just looking at pots of flowers and plants make people more relaxed and aware. A study of EEG (electrical brain activity) measurements shows more relaxation when viewing greenery compared to looking at a concrete structure.

ENERGY BOOSTER

Hospital patients reported less fatigue in rooms containing plants.



Infographic produced by National Initiative for Consumer Horticulture (NICH).
Discover more about the power of plants in this series at ConsumerHort.org.



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CREDITS

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MORE INFORMATION

- National Initiative for Consumer Horticulture, ConsumerHort.org
- Ellison Chair, Texas A&M, www.EllisonChair.TAMU.edu