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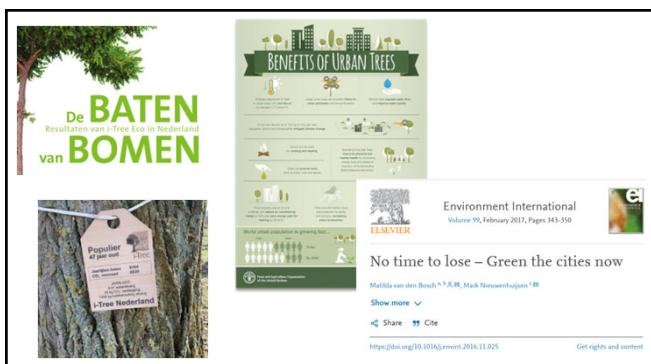
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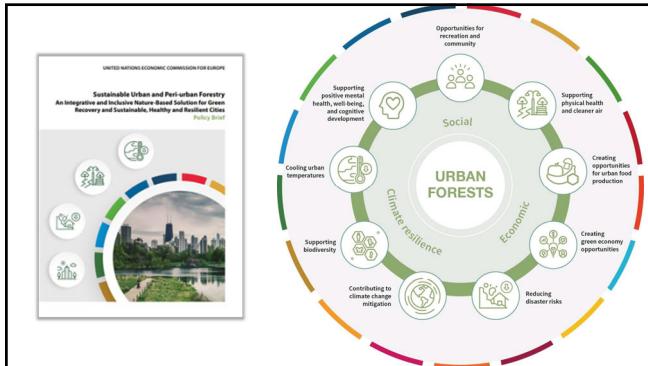
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NIEWS

"Onze steden en dorpen kunnen veel groener. Een nationale groennorm helpt om de vergroening te versnellen."

Lodewijk Hoekstra (links) en Henkjan Zandbergen (rechts)

Partij voor de Dieren

Zoeken

Onze ideeën • Onze mensen • De partij • Nieuws • Succesen • Doe mee!

Vragen over een landelijke norm voor het aandeel groen in steden en dorpen

Motie van lid Terpstra over een landelijke norm voor binnenstedelijk groen

Indieners (14.09.2020, Tweede Kamer)

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Edition 2022 GROENE STAD CHALLENGE

HUGI-Green is powered by Husqvarna

How green are cities? Insights and Stories About HUGI Groene Stad Challenge Log in

Top 5 cities Full ranking

1st	Renkum Municipality
2nd	Putten Municipality
3rd	De Bilt Municipality
4th	Vught Municipality

Photo: Hunt Institute for Botanical Documentation Archives Collection

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10-20-30 regel voor boomdiversiteit

SANTAMOUR

TREES FOR URBAN PLANTING: DIVERSITY, UNIFORMITY, AND COMMON SENSE

FRANK S. SANTAMOUR, JR.
U.S. National Arboretum
Agricultural Research Service
U.S. Department of Agriculture
Washington, D.C. 20002

ABSTRACT — A broader diversity of trees is needed in our urban landscapes to guard against the possibility of large-scale devastation by both native and introduced insect and disease pests. Urban foresters and municipal arborists should use the following guidelines for tree diversity within their areas of jurisdiction: (1) plant no more than 10% of any species, (2) no more than 20% of any genus, and (3) no more than 30% of any family. Some blocks of uniformity (species, cultivars, or clones of proven adaptability) should be scattered throughout the city to achieve spatial as well as biological diversity.

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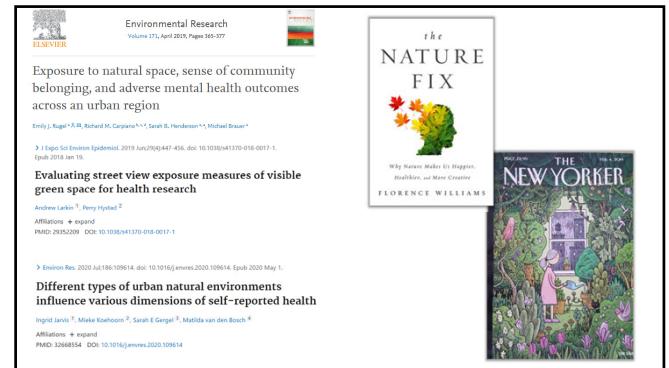
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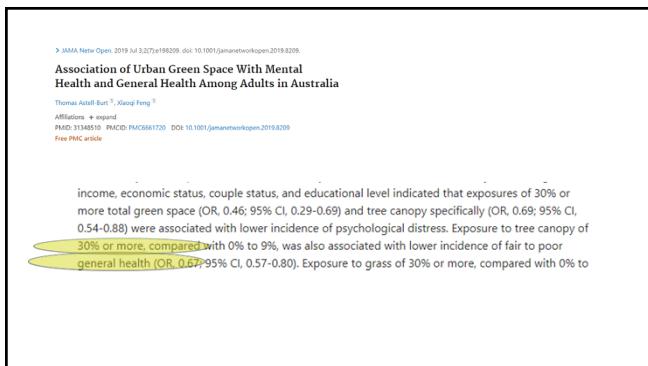
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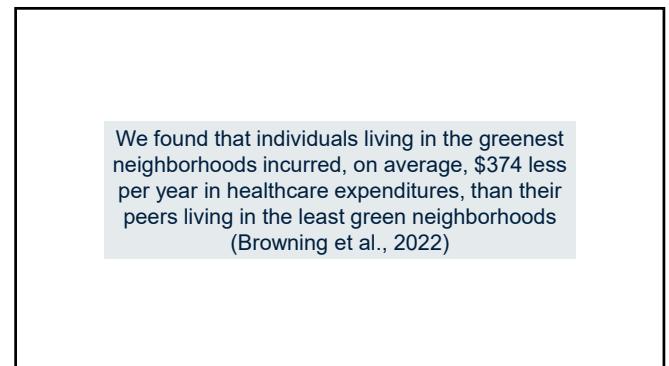
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Distance to Green Space and Physical Activity: A Danish National Representative Survey

In: *Journal of Physical Activity and Health*
Mette Tøffager, Ola Ehrlund, Jasper Schipperijn, Ulrika Stigsdotter, Pet...
[DOI: https://doi.org/10.1177/1077855510374146](https://doi.org/10.1177/1077855510374146)
Keywords: built environment; exercise; overweight; public health; health survey
In Print: Volume 8 Issue 5 Pages: 741-749

Persons living more than 1 km from green space had a higher odds of being obese than those living less than 300 m from green space

Those living more than 1 km away has lower odds of using green space to exercise

Relation between frequency of use and distance
As expected, we found a distance-decay in use of UGS. If the self-estimated distance to the nearest UGS is more than 100 m, the number of respondents that use this UGS daily drops to 7.8% compared to 15.4% daily visitors for respondents living within 100 m (data not shown). To determine which distance measure is best at

Schipperijn et al. 2010

20



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22



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24



25

TERUGKIJKEN – EN LEREN

- Ontwikkel een boodschap die blijft hangen – eenvoudig, maar waardevol
- Soms is het OK om een beetje ‘gimmicky’ te zijn
- Goed om gebaseerd te zijn op wetenschappelijk onderzoek
- Vind je platvormen en bondgenoten voor communicatie
- Maak het hun idee
- Goed om benchmarking en monitoren te ondersteunen
- Nuanceren en aanpassen waar noodzakelijk



26

Tweets Top Tweets Tweets and replies Promoted Impressions Engagements Engagement rate.

Cecil Konijnendijk (@AntUrbain) Feb 10
I am proposing a new 3-30-300 rule for urbanforestry. A neighbourhood should have 30% tree canopy (or vegetation cover). Nobody should live more than 300 metres from a large park or greenspace
intranet.compassus/promotion

63,781 2,285 3.6%

Q1 - Quite Interesting 21 May · 5

The 3-30-300 rule is a proposed rule in urban planning that stipulates that everyone should be able to see at least three trees from home; there should be a 30% canopy cover in each neighbourhood and 300 metres should be the maximum distance to the nearest park.

243 comments 521 shares

Like Comment Share

27

Stephan Liner (@StephanLiner) Apr 15
Very interesting discussion on a genuine progress indicator on nature and humans and great 3-30-300 proposal by @AntUrbainforester

FOREST EUROPE FORESTSTUDY, Apr 15
We are launching our first study on forest access in Europe. We will work with our 2nd roundtable on sustainable forest management - our joint initiative with the European Forest Institute and the European Forest House (EFH) - @AntUrbainforester Gerhard Dettke (@HGU_DE) @Benninkwspn and @Benninkwspn

Brett Tordoff (@BrettTordoff) May 16
This is interesting - have a look at the '3-30-300 rule'!
300m distance to nearest park
30% canopy cover in each neighbourhood
Everyone should have a park within 300 metres of home

We IUCN's [Promoting health and well-being through green spaces](https://www.iucn.org/en/30-300rule.html)

Stephan Liner (@StephanLiner) Apr 15
Very interesting discussion on a genuine progress indicator on nature and humans and great 3-30-300 proposal by @AntUrbainforester

3-30-300 rule
This rule in urban planning argues that everyone should be able to see at least three trees from home; there should be a 30% vegetation cover in each neighbourhood and the nearest park being a maximum of 300 metres away

LA REGLA DEL 3-30-300
Proporcionar un 30% de cubierta vegetal o de copas de árboles en cada barrio
300m Distancia a la ciudadanía debe poder ver al menos tres árboles en su vecindario
30% Vegetación en su vecindario y fácil acceso a espacios verdes en alta calidad para su uso recreativo

Gezondheid en welzijn met stadsgrond bewerken: de 3-30-300 vuistregel

FORUM FOR GROWING LIVES
30 years Ministerial Conference
BRATISLAVA 2021

Ciudades Verdes, Planetas Sano

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WORLD ECONOMIC FORUM

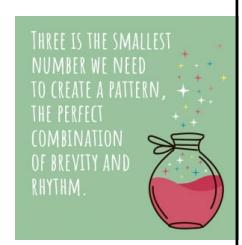
Forestry expert Cecil Konijnendijk recommended the 3-30-300 rule for urban planners...
Source: IUCN

Have 30% of tree cover in their neighbourhood And be no more than 300 metres from a park

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*Three is a magic number
Yes it is, it's a magic number
Somewhere in that ancient mystic trinity
You get three as a magic number
The past and the present and the future
Faith and hope and charity
The heart and the brain and the body
Give you three as a magic number*

Lyrics: Bob Dorough



<https://www.alivewithideas.com/blog/three-is-the-magic-number/>

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The screenshot shows the homepage of Beer Guys Radio. At the top, there's a navigation bar with links for Home, Listen, Beer, About Us, Support, Store, and Contact Us. Below the navigation is a banner featuring two glasses of beer. The main content area has a dark green background with the text "3 30 300 Rule for Beer" in white. Below this, it says "Published May 8, 2018 at 850 x 531 in Keep Cold, Drink Fresh: The Science of Proper Beer Storage." To the right of the text is a search bar and a "Search" button. Further down, there's a section titled "Support our Sponsors" with an image for "Stoney Time CONSTRUCTION (We Build Breweries!)".

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A dark blue slide with white text that reads "WAT KUNNEN WE MET 3:30:300?". To the right of the text is a small photograph of a person sitting on a concrete ledge by a body of water, surrounded by trees and foliage.

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Vier sleutelvragen

1. Waar zijn we nu?
2. Waar willen we naartoe?
3. Hoe komen we daar?
4. Hoe weten we dat we zijn aangekomen

The book cover features a large green tree in the foreground and a city skyline in the background. The title "Urban Forestry" is at the top, followed by "Planning and Managing Urban Greenspaces". Below that, it says "Third Edition". At the bottom, it lists the authors: "Robert W. Miller, Richard J. Mason, Les P. Werner".

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A collage of various organizations and cities supporting the 3-30-300 rule. It includes logos for Nature Canada, UNECE, the Nordic Council of Ministers, and several local governments like Birmingham City Council, Harrison Hot Springs, Saanich, Stadt Zürich, Zwolle, Gemeente Haarlem, D66, and Centerpartiet. There are also smaller images related to the rule, such as one from the Stockholm Environment Institute and one from the 3-30-300 rule website.

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Beleid en strategie

The screenshots show two different urban forest management plans. The left one is for the Stonehouse Community Forest Management Plan, dated 2021-2026, which aims to manage a 10-hectare area. The right one is for the All Urban Forest Master Plan for Birmingham, dated 2021-2026, which aims to manage 100 hectares of urban forest across the city.

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A map of Frederiksberg Kommune in Copenhagen, Denmark. The map shows the location of the "TRÆPOLITIK" project. A yellow bus is shown driving past a large tree with pink blossoms. A green box with a leaf icon contains the text "Man skal kunne se mindst ét træ fra enhver bolig på Frederiksberg." Below the map, another green box contains the text "One should be able to see at least 1 tree from each residence in Frederiksberg".

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Declaració de Viladecans 3-30-300

Aleixir Bergasa

El Declaració de Viladecans 3-30-300 és una iniciativa sostenible impulsada per l'any 2022 per el Consell Local + Biodiversitat que cerca que tots els ciutadans expatriats comparteixin un mateix respecte per els paisatges i la biodiversitat urbana.

Aquesta iniciativa s'apropria a l'ATA assentada a la ciutat del Consell Local + Biodiversitat, que es troba al carrer de les Escoles, 300, en honor a la ciutat on ha pres forma la seva proposta.

La proposta de la declaració es concreta en un manifest a través de la qual els governs locals es comprometen a treballar per tal d'aconseguir una ciutat verda (biodiversitat en més de vuit anys), i a inspirar el model '3-30-300'. Aquest model està basat en un projecte únic que va proposar el professor Ceci Kornprobst dels Boscos de Natura Based Solutions Institute de Suïssa. Amb aquest model, els municipis han de comprometre's a que, com a mínim, des de cada ciutat s'hagi de veure tres arbres, que el municipi tingui almenys un 30% de massa arboíria i que el veïnat compti amb un espai verd de 300 metres de cada casa.¹⁰¹

MUNICIPIOS COMPROMETIDOS CON LA BIODIVERSIDAD

3/30/300

Declaração de Viladecans 3-30-300

Declaració de Viladecans 3-30-300

300m de espacio verde en cada vivienda

30% de masa arbolada en cada localidad

3000 árboles en cada ciudad

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UNITED NATIONS ECONOMIC COMMISSION FOR EUROPE

Sustainable Urban and Peri-urban Forestry

An Integrative and Inclusive Nature-Based Solution for Green Recovery and Sustainable, Healthy and Resilient Cities

Policy Brief

For SUFF to live up to its full potential, the following aspects needs to be addressed:

Urban and peri-urban forests to the detriment of all urban residents

The new benefits of urbanization over peri-urban forests (30%) need to be delivered to all urban residents, irrespective of age, gender, income, education, and cultural background. This requires a more inclusive approach to green space planning and management, which can be achieved through the involvement of local communities.

More diverse and resilient urban and peri-urban forests

Urban and peri-urban forests (UPFs) that are diverse in species composition have been shown to provide greater resilience against climate change and other environmental stresses. Diversity also means including a wide range of urban and peri-urban forest types, such as parks, green spaces, green roofs, green walls, and green infrastructure.

Management is better and requires

Significant scaling of attention from the public and private sectors to ensure that UPFs can truly benefit society and support effects that stay long-term. This requires a shift away from short-term, ad-hoc UPF management to a more systematic, long-term, and adaptive approach. Adequate funding and sufficient land capacities should be reserved for this. The public sector should take the lead in this regard.

https://unece.org/sites/default/files/2022-02/Urban%20forest%20policy%20brief_final_0.pdf

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03 Targets, Priorities and Actions

T1 Relative Tree Canopy Cover

Canopy cover, which is often also referred to as tree canopy cover or urban canopy cover, can be defined as the area of leaves, branches, and stems of trees covering the ground, across a given area, area of interest, or city. It is measured as a percentage of the total area covered by trees. The canopy cover of a city can be calculated as the total area of trees and it can be calculated at a relatively low expense.

Measurements of canopy cover are available for most cities in Birmingham, including the Forest Research's CCI. In Birmingham terms, the 2020 urban canopy cover urban survey and the 2021 tree canopy cover survey were conducted by the University of Birmingham. The 2021 tree canopy cover survey is the most recent survey and provides the most accurate data. Gaining forward Birmingham set clearly a suitable project area and performance level for the tree canopy survey can be communicated in order to track and monitor performance.

Table 1: Historic Urban Tree Cover Estimates for Birmingham

Period	Method	Year	Notes
2010	Tree Density	2010	Futurewoodlands
2010	Assessment Survey	2010	800 weeks of mapping and surveys
2010	Assessments	2010	Monitoring
2010	Assessments	2010	Monitoring
2010	Household questionnaire	2010	Household questionnaire provided new and comprehensive

Figure 1: Birmingham Existing Canopy Cover By Ward measured with the Tree Canopy Cover Survey

Actions

1. Assess and determine which sets of data are best to use for establishing Birmingham's relative tree canopy cover;
2. Determine what the potential and actual tree canopy cover are at the ward level;

Priority

Responsibility for Action

For Review:

Performance level

Low	Moderate	Good	Optimal
Data source decision required	The existing canopy cover equals 0-25% of the potential.	The existing canopy cover equals 25-50% of the potential.	The existing canopy cover equals 50-100% of the potential.

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Göteborgs-Posten

Grönare Lööf i svenska städer

Sverige >+30-300. Det blir Centerpartiets mantra i valrörelsen.

– Det handlar både om miljö och hälsa men också klimatet, säger partiledaren Kristina Lööf (C).

CANADA

Mayoral candidate pitches plan for more Toronto trees

By Matthew Bishop - Global News
Printed August 16, 2022 6:00 pm

Meer groen in de wijk na de verkiezingen hard nodig: 'Dit zou niet moeten kunnen'

On the issues government says are vital to keep their hands on the tiller, former Canadian MP Jennifer Keesmaat has a simple message: "We need more trees." Keesmaat, who is running for the Ontario seat of Trinity-Spadina, says she wants to see more green spaces in the city, including more trees. "More trees are better for our health and well-being," she says. "More trees are better for the environment and for the economy."

WATCH: Toronto mayoral challenger promises more trees while taking a sip of his 10-year-old record – Aug. 16, 2022

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Implementatie en financiering

Future Woodlands Scotland

Invitation to tender | The development of a £10m Urban Forestry Fund for Scotland

Future Woodlands Scotland's vision for the Urban Forest

We recognise the huge environmental, social and economic value that trees, woodlands and associated greenspace can bring to our urban environment in Scotland. As a simple measure of success, we would like to see every town and city in Scotland achieve the 3-30-300 rule:

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ivn natur educatie

Tiny Forest

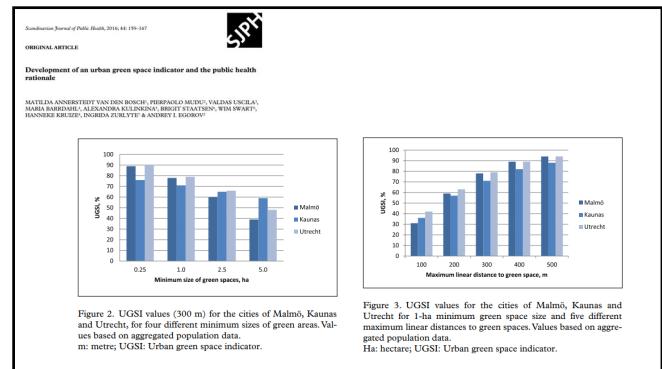
Wonen in de natuur - in de stad

Eens in de oude tijd komt er een kleine boom die groeit in een veldje. Een gebouw dat een nieuwe plek moet vinden die niet meer geschikt is voor zijn oorspronkelijke bestemming.

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Hoe meten we 3:30:300?

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Hoe meten we 3-30-300?

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Onderzoek

Environmental Research
Volume 215, Part 2, December 2022, 11487

The evaluation of the 3-30-300 green space rule and mental health

MARTA L. RODRIGUEZ-GARCIA^{a,b,*}, PEPELO DIAZ-HERTZ^{a,b}, SANTIAGO MELIÁ^{a,b}, XAVIER BARTOL^{a,b}, ELENA PEREZ-BECKER^{a,b,c}, MARÍA CUCH^{a,b,d}, CARME BOSCH^{a,b,e,f}, VICTOR L. ZAFRA^{a,b,h}

Results
We found that people in Barcelona had relatively little exposure to green space, whether through window view, living in an area with sufficient proximity, or access to a major green space, and only 4.7% met a surrogate 3-30-300 green space rule. Residential surrounding greenness, but not tree window view or access to major green space, was significantly associated with better mental health, less medication use, and fewer psychological or psychiatric visits. Meeting the full surrogate 3-30-300 green space rule was associated with better mental health, but only for the latter combined the association was statistically significant (Odds ratio = 6.31, 95% CI: 6.11, 6.91).

SpringerLink

Original Paper | Open Access | Published: 26 August 2022
Evidence-based guidelines for greener, healthier, more resilient neighbourhoods: Introducing the 3-30-300 rule
Cecil C. Konijnendijk
Journal of Forest Research (2022) | [Cite this article](#)
2827 Accesses | 1 Citations | 53 Altmetric | Metrics

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'Citizen science' and participatie

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