

Forests and Health

In the Forest Preserves of Cook County



**FOREST
PRESERVES**
of Cook County

Lands

Forest

Preserves of

Established in 1915

Cook County

We are the nation's largest urban conservation district, and one of the oldest.

70,000 acres

The Forest Preserves make up about 11% of the land area of Cook County, with a population of ~5.2 million people.



Lands

Tree Cover

55,000 acres or 78% of our lands are wooded.

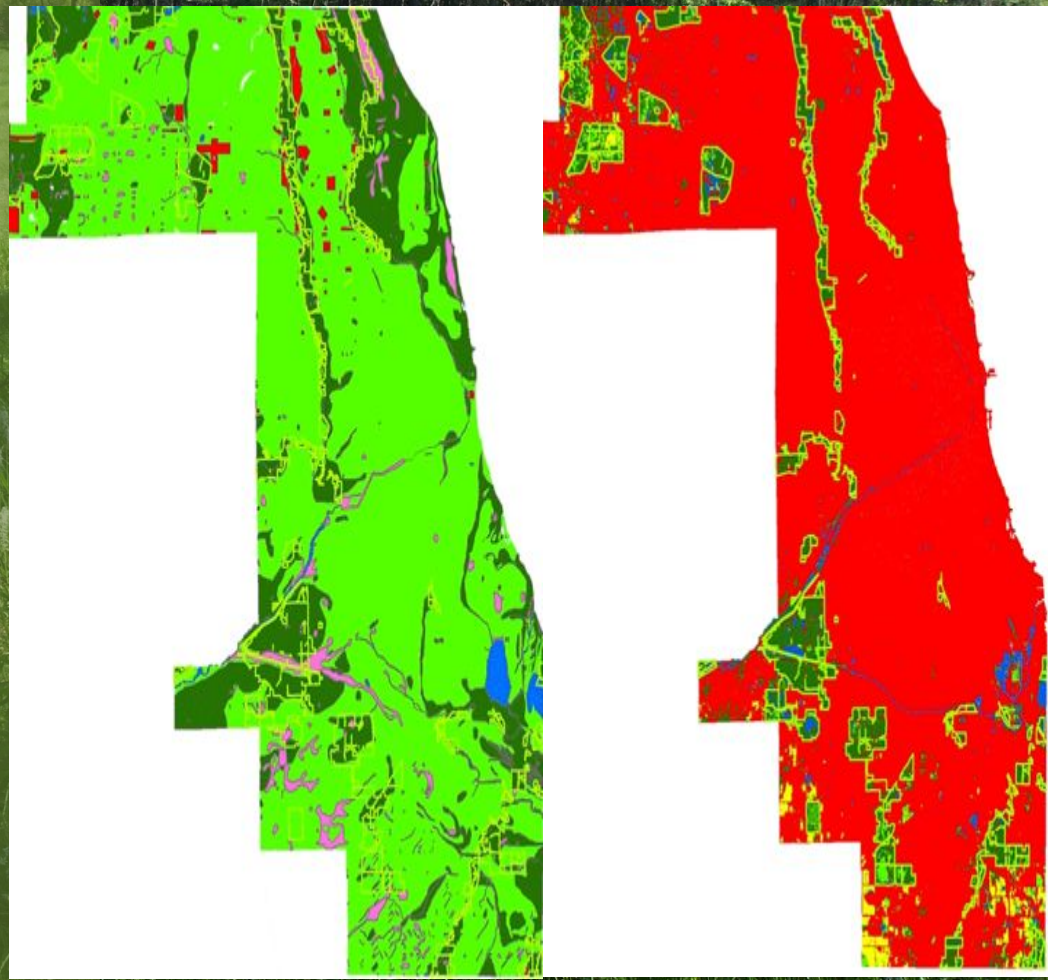
Trees are found in different natural communities such as: Upland and Floodplain Forest, Woodlands, and Savannas

Tree Types

Oaks, Hickories, Ash,

1840

2015



The Natural Communities of

Forest	Dry-mesic Forest	Prairie	Dry Prairie	
	Mesic Forest		Dry-mesic Prairie	
	Wet-mesic Forest		Mesic Prairie	
	Mesic Floodplain Forest		Wet-mesic Prairie	
	Wet-mesic Floodplain Forest		Wet Prairie	
	Wet Floodplain Forest		Dry Sand Prairie	
	Dry-mesic Sand Forest		Dry-mesic Sand Prairie	
	Mesic Sand Forest		Mesic Sand Prairie	
Woodland	Dry-mesic Woodland		Wet-mesic Sand Prairie	
	Mesic Woodland		Wet Sand Prairie	
	Dry Sand Woodland		Dry-mesic Gravel Prairie	
	Dry-mesic Sand Woodland		Shrub Prairie	
Flatwoods	Northern Flatwoods		Wetland	Shrub Swamp
	Sand Flatwoods			Sedge Meadow
Savanna	Dry-mesic Savanna	Graminoid Fen		
	Mesic Savanna	Graminoid Bog		
	Dry Sand Savanna	Calcareous Seep		
	Dry-mesic Sand Savanna	Sand Seep		



COMMUNITIES OF COOK COUNTY



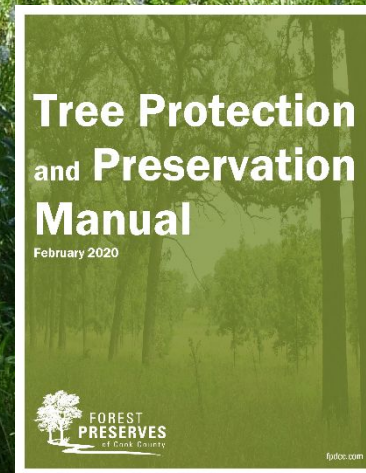
Lands

Protecting Trees into the NCCP & NCRMP resiliency plans future

Tree Protection and
Preservation Manual

Tree Mitigation Plan

Tree Management Plan for
Highly Used Public Areas
(groves, facilities, etc) in
development

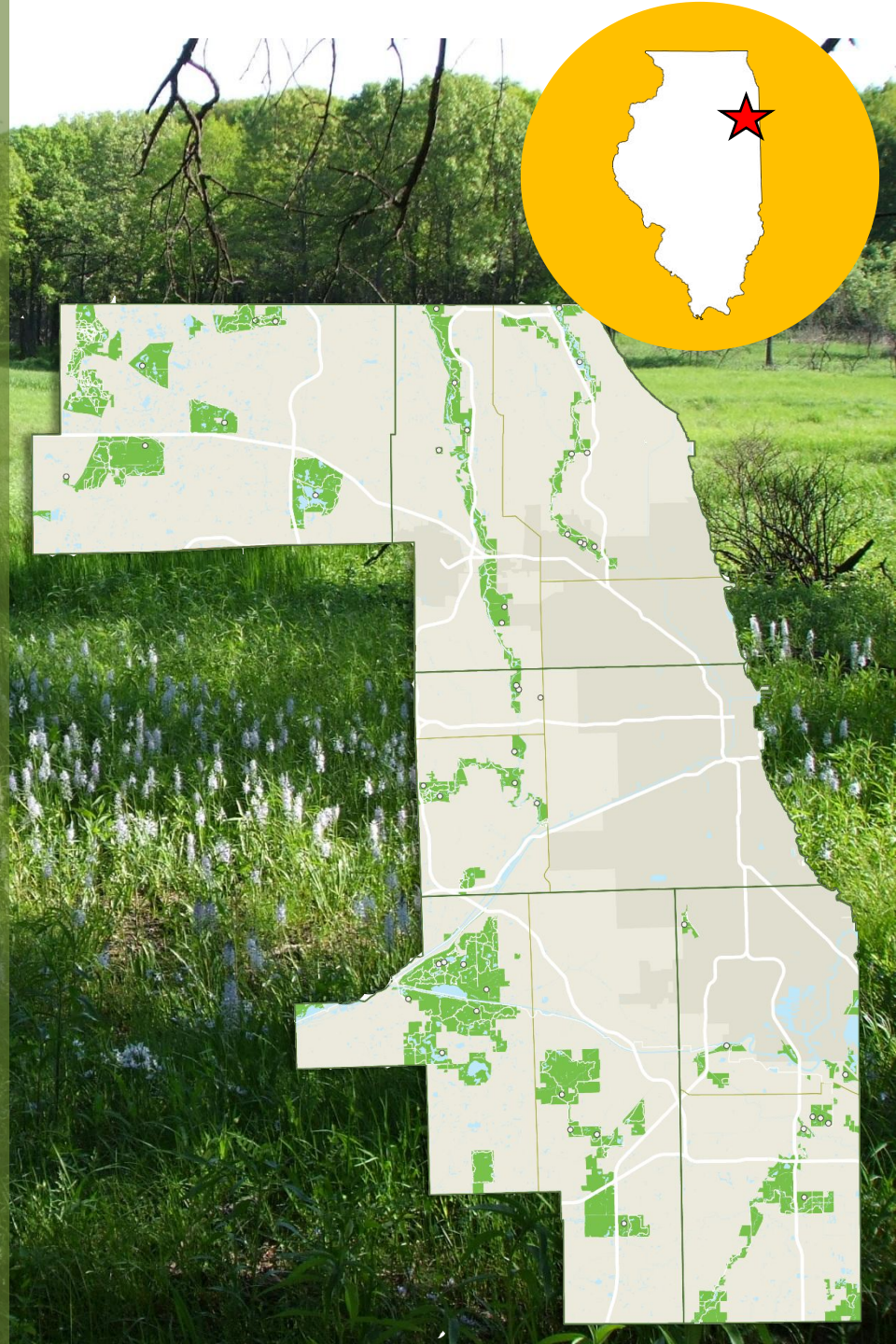


Lands

Neighbors

In our highly developed county, there are 85 municipalities adjacent to FPCC Preserves.

That means plenty of opportunity to provide recreation and other benefits to citizens of the county.



Lands

Benefits

Eco-services: Water storage, Clean Air (CO₂ removal, O₂ supply), Shade/Cooling

Recreation: 325 miles of trails for biking, hiking, cross-country skiing, and exploring; 40 Lakes and 12 rivers and creeks for kayaking, canoeing, fishing; 200 groves for picnicking and outdoor gatherings



Lands

Health Benefits

Exercise/Fitness: Running trails, running events, cross training, hiking programs, kayaking and canoeing, and biking.

Forest Bathing/Relaxation: Nature walks, organized hikes, wildflower walks, birding, nature exploration through naturalist-led



Please

<https://fpdcc.com/places/>
VISIT



**FOREST
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