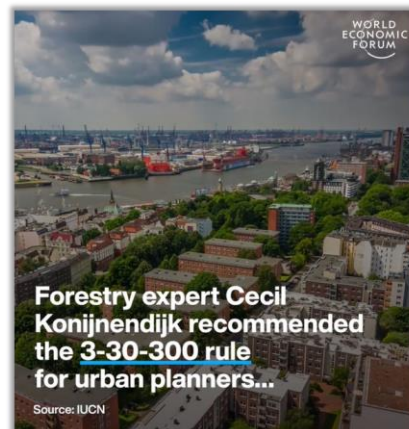

***The 3:30:300 rule for
greener and healthier cities
in practice***

Cecil C. Konijnendijk

cecil@nbsi.eu <http://nbsi.eu>





LA REGLA 3-30-300 O
CÓMO UNA CIUDAD VERDE
TE AYUDA A VIVIR MEJOR

Hållbart samhällsbyggande från 1980-talet Nyheter Event Miljö & Utveckling

Tumregeln 3-30-300 ska skapa mer hållbara städer

HÅLLBAR STADSUTVECKLING Hur många träd ser du från ditt fönster? Minst tre träd borde ditt svar vara, enligt professor Cecil Konijnendijk, som lanserat tumregeln 3-30-300 för grönare och mer hållbara städer.

NEWS > STORIES

The Urgency and Opportunity to Increase the Access of All Canadians to Urban Forests

09/22/2021

An interview with Dr. Cecil Konijnendijk on the 3-30-300 rule for creating greener and healthier cities to mark National Tree Day on September 22.

By Vilbert Vabi
Policy & Campaigns Manager
Reforestation at Nature Canada

The **benefits** of urban forests, defined as all natural and planted trees in or near an urban area, are well known. However, **research** finds that there is inequitable access to urban forests and green spaces. Urban tree canopy tends to be higher in higher-income neighbourhoods with fewer minority residents. Unequal access of low-income and racialized Canadians to urban forests results in unequal access to their benefits, creating an environmental injustice.

With the government of Canada committing to **plant 2 billion trees (2BT)** over the next 10 years, the expansion of urban forests and **urban parks** is a political priority. With about 82% of Canadians living in urban areas, designing cities to be more livable through greater urban forest cover is an important priority.



Forest Europe growing life
30 years Ministerial Conference
BRATISLAVA 2021

14 - 15 April 2021

3-30-300 rule

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

@ f y Visit shutpix.com for latest unknown facts



Policy and strategy

Sustainable Urban and Peri-urban Forestry An Integrative and Inclusive Nature-Based Solution for Green Recovery and Sustainable, Healthy and Resilient Cities Policy Brief



4. Enhancing the Impact of Sustainable Urban and Peri-Urban Forestry

For SUPF to live up to its full potential, the following aspects need to be addressed:

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



The many benefits of sustainable urban and peri-urban forestry (SUPF) need to be delivered to all urban residents, irrespective of age, gender, income, education, and cultural background. Environmental equity in terms of the fair and equal distribution of the benefits should be part of any SUPF programme, as called for in SDG 11.7. Research has clearly demonstrated that people benefit optimally when they have easy and immediate access to UPF, such as seeing trees from their window, having a decent canopy cover in their neighbourhood, and being no more than a five minute walk to the nearest public green space⁹⁹.

More diverse and resilient urban and peri-urban forests



Urban and peri-urban forests (UPFs) that are diverse in species composition have been found to be more resilient to the effects of climate change and to outbreaks of pests and diseases⁹⁹. Diversity also means including a wide range of urban and peri urban forestry components, from quiet city forests to green schoolyards and community gardens, and from bustling city parks to serene cemeteries. Each of these can provide for many different uses, experiences, and benefits.

Management is better and requires

ing is receiving a lot of attention from the public, and often on a massive scale. This is good, as climate change and support efforts to stay within sustainable development. However, urban linked with long-term, adaptive SUPF management if tree survival rates are improved drastically, and capacities should be reserved for this. The they are nursed to full maturity.



3 TREES FROM EVERY HOME

30% TREE CANOPY COVER IN EVERY NEIGHBOURHOOD



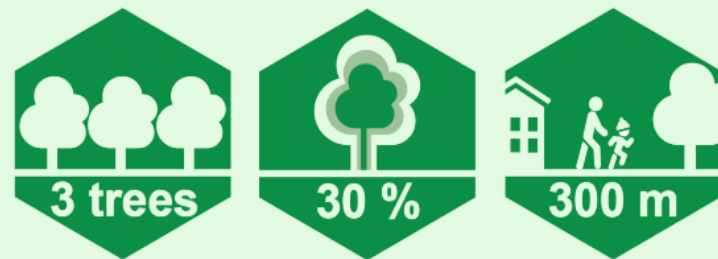
300m FROM THE NEAREST PARK OR GREEN SPACE



Nordic Cities: Green, Resilient, Healthy

Fostering national policies and
initiatives for urban green space

urban developments, and biodiversity targets. Green infrastructure guidance from the Norwegian government recommends having small green space within 200 meters of each dwelling, and the maximum distance to the nearest green corridor or larger green area to be 500 meters²¹. New evidence and opportunities offered in terms of assessment and monitoring can support the developments of guidance as well as implementation of existing guidelines such as the 3-30-300 guideline. Other areas where guidelines and norms can be developed include share of permeable soil in a city, presence of larger parks and other green spaces to promote ecosystem integrity and biodiversity, connectivity and equitable distribution of green space, and management practices and standards (including integrated and sustainable pest management²²).



Box 1. The 3-30-300 guideline.

The 3-30-300 guideline calls for every urban resident having a view of at least 3 trees, living in a neighbourhood with at least 30% canopy cover, and being able to access a public green space within 300 metres from their residence. Source: <https://link.springer.com/article/10.1007/s11676-022-01523-z> Illustration: Boverket

Amendement:

Een groene formule voor een leefbare en gezonde stad – 3-30-300

De gemeenteraad van Haarlem in vergadering bijeen op 27 januari 2022,

Constaterende dat:

- In de raad van 27 januari de Omgevingsvisie Haarlem 2045 wordt besproken;
- Het bevorderen van de gezonde leefomgeving (zie ook pag 142), het groen niet de eerste prioriteit is.
- Dat groen bepalend is voor een goede en gezonde leefomgeving

Overwegende dat:

- Groen in een aantal wijken in Haarlem nauwelijks aanwezig is
- Dat in de ontwikkelzones mogelijk te weinig ruimte wordt gereserveerd en gerealiseerd voor groen
- Buurtgroen onderdeel behoort te zijn van de strategische keuze 03:Vergroenen en Vernatten.
- Er een goede formule voorhanden is als basis voor het groen in nieuwe ontwikkeling en, waar mogelijk, bestaande buurten.
- Deze formule opgebouwd is uit 3-30-300: *3-30-300 regel: iedereen zou minimaal 3 bomen moeten kunnen zien vanuit huis, iedere wijk moet voor minimaal 30% uit bladerdek bestaan en niemand zou verder dan 300 meter van een park of groene ruimte moeten wonen.*
-

Besluit:

Pagina 71 – Vergroenen & VernattenEr wordt ruimte gecreëerd voor extra water en groen in de stad.... De tekst aan te vullen met:

.....Er wordt ruimte gecreëerd voor extra water en groen in de stad. *Dit betekent dat het groen in de wijken en ontwikkelzones, waar mogelijk, wordt gerealiseerd volgens de 3-30-300 regel.*



Gemeente
Haarlem

**Haarlem gaat op
groen!**

Concept Groenbeleidsplan

25 januari 2022
Cluster Groenbeleid, Ecologie & Spelen
Afdeling Beheer en Beleid Openbare Ruimte
Gemeente Haarlem

Grönare Lööf i svenska städer

Sverige • 3-30-300. Det blir Centerpartiets mantra i valrörelsen.

– Det handlar både om miljö och hälsa men också klimatet, säger partiledaren

Annie Lööf (C).



Komplettera kommunens grönstrukturplan i enlighet med **3/30/300-modellen**. Alla ska kunna se minst tre träd från sin bostad, skola och arbetsplats. Varje stadskvarter ska ha minst 30 procents kron täckningsgrad. Och alla invånare ska ha max 300 meter till ett grönområde

Några av Centerpartiets förslag för grönare städer:

Varje invånare ska ha närhet till grönska

Det behövs nationella mål för hur nära varje medborgare ska ha till grönområden, som landets kommuner sedan får anpassa till lokala förhållanden. Vi vill se 3-30-300-regeln som norm för att alla boende i städer ska ha nära till träd och grönområden. Det innebär att alla ska kunna se minst tre träd från sitt hem, sin skola och sin arbetsplats, stadskvarter ska täckas av minst 30 procent träd, och invånarna i städerna ska ha som längst 300 meter till ett grönområde.



Bevara grönområden och inför 3:30:300

CANADA

Mayoral candidate pitches plan for more Toronto trees



By Matthew Bingley · Global News

Posted August 18, 2022 6:04 pm

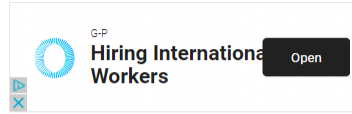
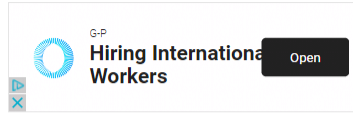


WATCH: Toronto mayoral challenger promises more trees while taking a swipe at Tory's arboreal record – Aug 18, 2022

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

Door Merijn Kramer Op: 13-03-2022 | 18:00 Laatste update: 13-03-2022 | 18:00

Om de nieuwe gemeenteraad eens wat extra tot actie te roepen heeft kandidaat-raadslid Janne Gerritsen (D66) een actieplan voor klimaatverandering opgesteld. Veel punten komen redelijk overeen met de huidige ambitie van de gemeente. Concreete doelen zijn hard nodig, die zijn er wat Gerritsen betreft te weinig. 'Met meer groen zijn we beter voorbereid op de gevolgen van klimaatverandering.'



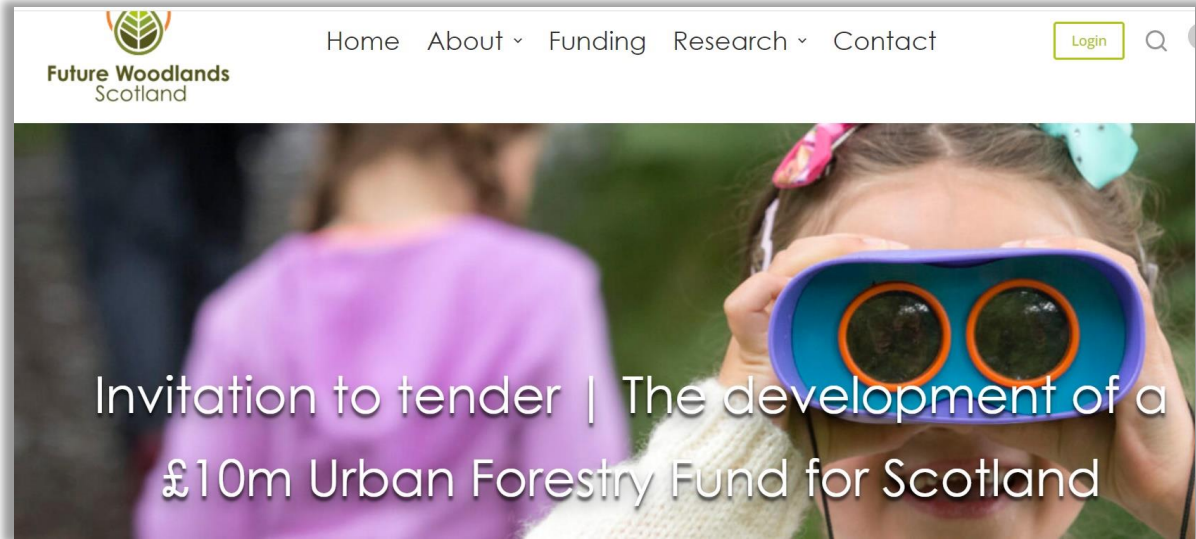
/ OPINION & ANALYSIS

Zimbabwe begins urban afforestation for smart cities and beautification

Planting trees in urban areas is generally governed by the “3-30-300” rule, which identifies the minimum requirement for tree planting.

The rule stipulates that in an urban environment, each resident should be able to see at least three trees from their homes; each neighbourhood should have 30% tree canopy coverage, and the distance from a high-quality public green space should not exceed 300 meters.

Delivery and Funding

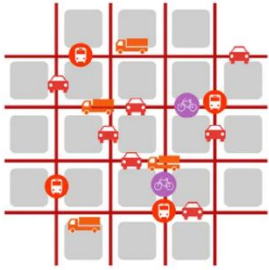


Future Woodlands Scotland's vision for the Urban Forest

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:

SUPERBLOCKS MODEL

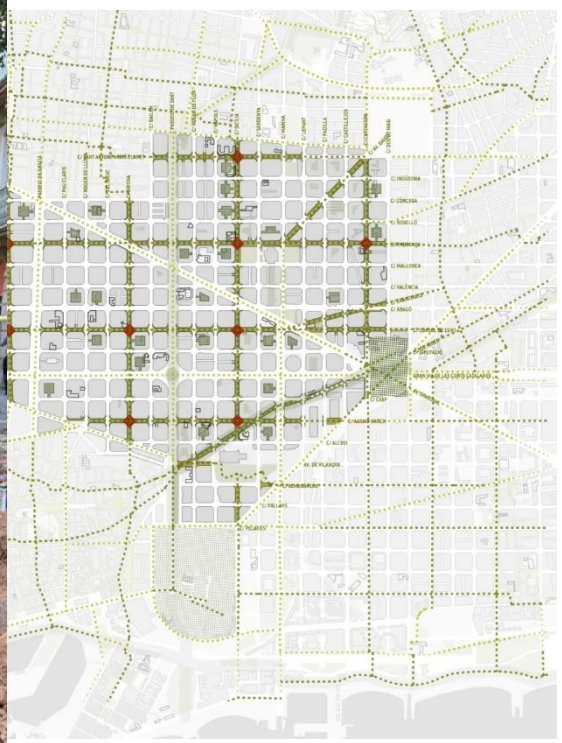
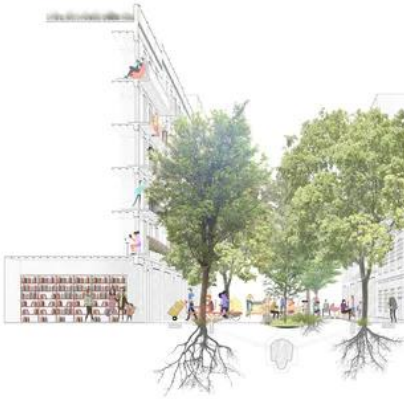
Current Model



Superblock



- PUBLIC TRANSPORT NETWORK
- BICYCLES MAIN NETWORK (BIKE LANE)
- BICYCLES SIGNPOSTS (REVERSE DIRECTION)
- FREE PASSAGE OF BICYCLES
- PRIVATE VEHICLE PASSING
- RESIDENTS VEHICLES
- URBAN SERVICES AND EMERGENCY
- DUM CARRIERS



Source: Barcelona City Hall

[Home](#) » [Tiny Forest](#)

Tiny Forest



Wonderwoods

Leef midden in de natuur – in de stad



Eens in de zoveel tijd komt er een gebouw voorbij dat ons perspectief verandert. Een gebouw dat een nieuwe standaard zal zetten die over de hele wereld bekend zal zijn.

Een levend stadsicoon waar mensen gelukkig en gezond

Assessment and Monitoring



URBAN TREE CANOPY ACCESS

While evaluating UTC by population per census block group where people live is useful, it still does not capture a complete picture of residents' access to the District's urban forest resource since people do not necessarily remain at their homes at all times. Many commute to work or school, and the value of taking a stroll through the neighborhood has been increasingly recognized. For this reason, the number of people who live within "walking distance" (represented by 1,000 feet) of areas of high UTC were also assessed.

This analysis was modeled after a new recommendation for urban forest management called the "3-30-300 Rule," proposed by Professor Cecil Konijnendijk van den Bosch, [Director of the Nature Based Solutions Institute and the Master of Urban Forestry Leadership Program at the University of British Columbia] in early 2021. The rule seeks to establish a unified standard that urban forest managers can strive for when designing sustainable urban forests that benefit residents equitably. While keeping in mind that the needs of various communities will be highly nuanced based on things like geographic location, climate, population, and level of urbanization, etc., three basic targets have been established: every resident should be able to see 3 trees of a decent size from their home, every neighborhood should have at least 30 percent tree canopy cover, and the nearest park or green space should be within 300 meters (rounded up and represented by 1,000 feet in this assessment).

Assessing what kind of trees can be viewed from every home's window would be a large endeavor outside the scope of this project, but the canopy cover and distance from green space targets were assessed. To tailor the results to the District's unique needs, analyses were performed for both the 3-30-300 rule's recommended canopy cover target (30%) as well as the District's own canopy goal (40%).

The "3-30-300 Rule" states that every resident should be able to see at least 3 mature trees from their home, live in a neighborhood with at least 30% canopy cover, and walk to a park or green space within 300 meters.

Konijnendijk van den Bosch, Cecil. Promoting health and wellbeing through urban forests - introducing the 3-30-300 rule. The University of British Columbia, Vancouver, 20210222.

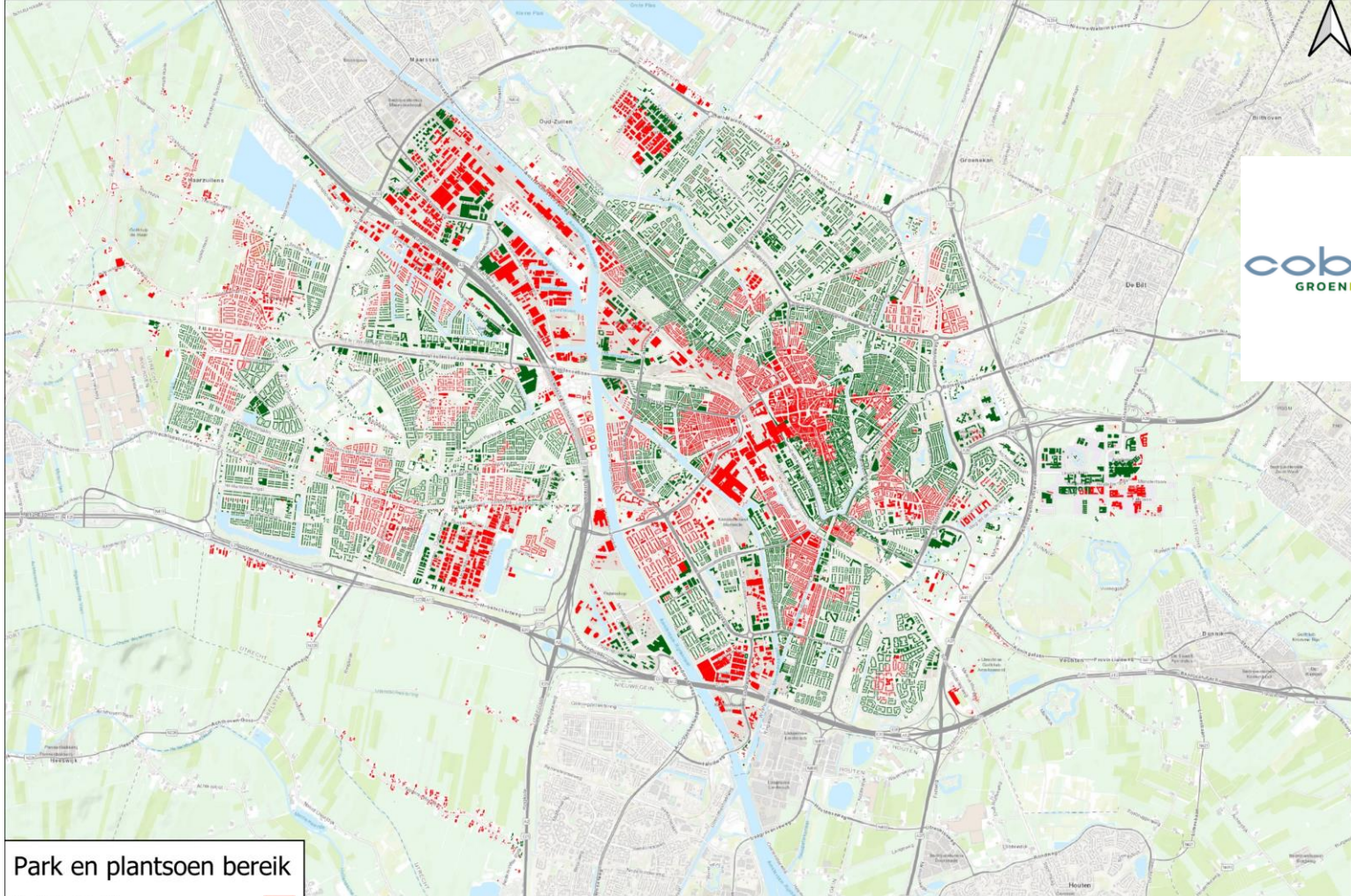
Van den Bosch, Cecil. Promoting health and wellbeing through urban forests - introducing the 3-30-300 rule. For more information.

Urban Tree Canopy Access

- Census blocks with >40% UTC
- Census blocks with >30% UTC
- + 1000 ft walk to 40% UTC
- + 1000 ft walk to 30% UTC
- + 1000 ft walk to 30% UTC

Figure 18. Areas in Washington, D.C. with access to areas of high (40%) or adequate (30%) urban tree canopy.





Park en plantsoen bereik

Buiten bereik	■
Binnen bereik	■

0 1 2 3 4 5 km



3-30-300

En analys av trädkrontäckning och grönytor i Burlövs kommun

Tobias Steen

2022-06-09

SPACESCAPE

TEORI

PRAKTIK

PROJEKT

KONTAKT

Nytt uppdrag: 3-30-300 i Skåne

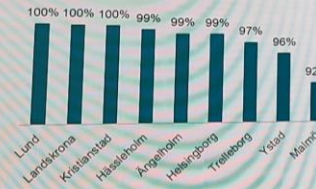
Publicerad den 28 juni, 2022



Results

Homes that reach a **0,5 ha** large and **30 m** wide green area within **300 m**

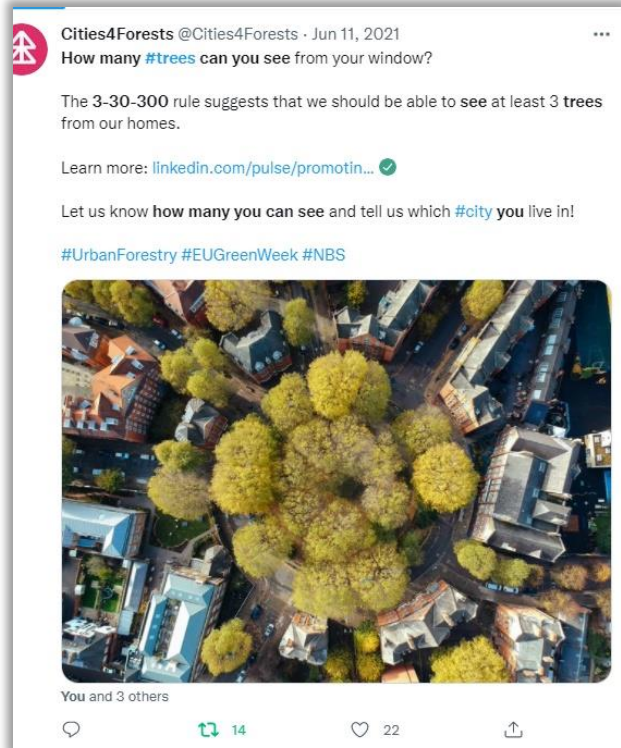
All urban areas: **97%**



Hässleholm



Citizen science and engagement



3-30-300

Na die slepende selectieprocedure - bemoeilijkt door corona - kwamen in het najaar 37 inwoners van de gemeente Vorst drie keer samen rond het zelfgekozen thema 'klimaat en openbare ruimte'. Uit die werksessies puurde het burgerpanel een reeks aanbevelingen, die in de eerste plaats focussen op een vergroening en verduurzaming van de gemeente om op die manier de klimaatuitdagingen van de toekomst te lijf te gaan. Vorige week werden de standpunten van de burgerraad voorgesteld aan de gemeenteraad.

"Vorst moet zijn naam eer aan doen en de groenste en meeste bomenrijke gemeente van Brussel worden", zegt professioneel masseur en lid van het panel Gaetan Bulourde. "Dat is een droom en een ambitie die we willen waarmaken. We gaan uit van de 3-30-300-benadering. Dat betekent: vanuit elk huis moeten minstens drie bomen te zien zijn, dertig procent van de openbare ruimte moet in de schaduw liggen en binnen de 300 meter van elke bewoner moet een koelplek te vinden zijn."

< **BRUZZ** CULTURE VIDEO LIVE Ket

Onrust door nakende sluiting Lidl-filiaal in stadscentr... — 15u41

Union-speler Vanzeir biedt excuses aan voor vulstslag: ... — 15u12

Socialistische spoorbond investeringen in sp... — 14u4

Burgerpanel wil van Vorst bomenrijkste gemeente van het gewest maken

MILIEU VORST 31/12/2021 TDN © BRUZZ DELEN: f t e



© Gemeente Vorst Werksessie van de burgerraad in oktober, met centraal Gaetan Bulourde.

Research



ELSEVIER

Environmental Research

Volume 215, Part 2, December 2022, 114387



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

Mark J. Nieuwenhuijsen ^{a, b, c, d, e}, Payam Davvand ^{a, b, c}, Sandra Márquez ^{a, b, c}, Xavier Bartoll ^{d, e}, Evelise Pereira Barboza ^{a, b, c}, Marta Cirach ^{a, b, c}, Carme Borrell ^{b, c, d, e}, Wilma L. Zijlema ^{a, b, c}

Springer Link

Original Paper | [Open Access](#) | [Published: 26 August 2022](#)

Evidence-based guidelines for greener, healthier, more resilient neighbourhoods: Introducing the 3–30–300 rule

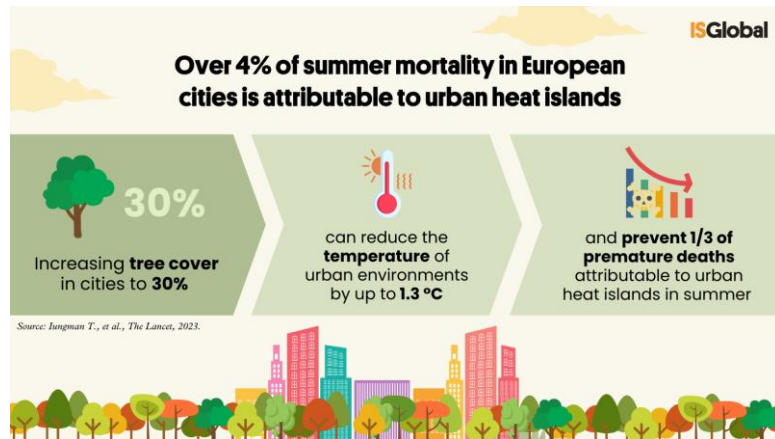
Cecil C. Konijnendijk

[Journal of Forestry Research](#) (2022) | [Cite this article](#)

2827 Accesses | 1 Citations | 53 Altmetric | [Metrics](#)

Results

We found that people in Barcelona had relatively little exposure to green space, whether through window view, living in an area with sufficient greenness, 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 psychologist or psychiatrist visits. Meeting the full surrogate 3-30-300 green space rule was associated with better mental health, less medication use, and fewer psychologist or psychiatrist visits, but only for the latter combined the association was statistically significant (Odds ratio = 0.31, 95% CI: 0.11, 0.91).





- 3-30-300: from policy to implementation, from ‘rule’ to inspiration
- Allows for setting clear targets, monitoring
- Combine with other guidelines, principles
- Taking trees and green space serious – public health and *critical infrastructure*
- Evidence base for especially 30 and 300 is quite strong
- Adapt to local context
- Find ways to ensure ‘tree space’ and work with ‘crown volume’
- Opportunities for Urban Forest Master Plans