



## CityLAB Project Agreement Winter 2024

The role of the project agreement is to document the expectations for the project, define objectives, clarify constraints or limitations, and outline responsibilities to ensure clarity for the project.

CityLAB can help you and your partner complete this document, feel free to reach out for support at any time. Email us at [citylab@hamilton.ca](mailto:citylab@hamilton.ca)

### Project Title: Trees: The Path to Healthier People

Is this project continuing from a previous CityLAB project?

Yes

No

If yes, what was the project title:

#### Challenge summary

Please summarize the challenge you wish to work on solving in plain language in one sentence.

How does our urban forest support the mental and physiological health and wellbeing of our residents?

#### Project Description

What is the problem you are trying to solve and what is the context?

If applicable, use the original challenge description found on [www.citylabhamilton.com/challenges](http://www.citylabhamilton.com/challenges).

Hamilton’s urban forest can be defined as all trees, whether single trees, groups of trees or woodlands that are found on public and private land within the urban boundary. The urban forest is more than just trees - it is part of the natural environment that provides a home to all the species that live within it, including people. Recognizing how important forests are for protecting nature and building livable cities, the Hamilton Urban Forest Strategy sets a target to reach 40% canopy cover by 2050. This is a lofty goal that will require community support and participation by increasing our canopy cover (by planting trees) and protecting the existing canopy cover (by not removing mature trees).

Physiological and mental health are primary concerns for our community but have not yet been the focus of education around the benefits of our urban forest. We have addressed the importance of trees in reducing the impacts of climate change through carbon sequestering, and how trees can increase property values, but we have yet to partner with

	health experts to educate the public about the benefits that our urban forest has on human health. This project will reflect a combined effort between Forestry and Public Health to educate the community about how nature, and specifically our urban forest, can improve physiological and psychological wellbeing. The goal is to generate interest in protecting and enhancing our urban forest and provide people with information about how they can access & benefit from time in nature / having trees around them.
<b>Background Research</b> (optional)  What kind of research will be required to pursue the challenge?	
<b>Communication Plan</b>  How frequently will partners from different institutions communicate, in what method and who will initiate.	Communication: zoom meeting  Frequency biweekly communication  Initiator students will contact the city staff member
<b>Timeframe</b>  Will the project run for one or two terms?	One term
<b>City Staff Information</b>	
<b>City staff details</b>	City staff name: Katie Mayne City staff department: Public Works City staff position: Senior Project Manager City staff phone number:
<b>Additional City staff</b>  If applicable include names, emails, and positions of additional staff supporting the project.	Sarah MacNaughton, Physical Activity Specialist
<b>Intended Outcomes</b>  How will this work be used by City Staff once the project has been completed?	The literature review of current evidence will be used to increase knowledge among city staff and partners, to inform future policy changes. The educational campaign materials will be used to educate the public about the health benefits

	of urban forests and elicit support for the expanding tree canopy goals.
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## Instructor / Course Information

<b>Instructor and student details</b>	Instructor name: Chuck Ma Course name: CTS-410 Capstone Course Number of students: 5-6 Student names (if known):
<b>In Scope</b> Clarify the components of the project that are feasible for this course/term.	Students will research the positive impact of nature and urban forests on physiological and mental wellness. This can include results from other urban centres or health studies.  Based on the research results, students will create an associated marketing campaign to promote the concept, as well as any educational assets that can be used within the urban forest settings for the general public.
<b>Out of Scope (optional)</b> Clarify the components of the project that are <b>not</b> feasible for the course/term.	
<b>Student Learning Objectives (optional)</b> By the end of this project/term, students should be able to:	

## Project Deliverables, Timelines, and Strategic Priorities

For the below table, please select all options that apply to your project. The dropdown boxes contain common checkpoints and milestones to help you envision the partnership. Please use the notes column for extra detail as needed and feel free to add in your own relevant items.

Timeline	Notes	Date
Pre-semester meeting between faculty and staff		Dec 21 <sup>st</sup>
Class visit #1		Jan 12 <sup>th</sup> – 3PM-5PM
Choose an item.		
Choose an item.		



Choose an item.		
<b>Final Deliverables – Please select from the drop-down menus below</b>		
Secondary Research (i.e. review of literature and finding information from books and online)	literature review (supporting research for campaign)	
Marketing Campaign	campaign materials including poster / messaging, webpage, video etc.	
Choose an item.	signage templates for passive therapeutic experiences in nature (i.e. self-guided forest therapy hikes, sensory experiences in parks, benefits of outdoor physical activity etc.) (this can be excluded and completed by City team if necessary)	
Choose an item.		
<b>CityLAB Deliverables</b>		
Infographic and 3-minute Video		TBD
Presentation and/or video at Project Showcase **		TBD
<b>Alignment with City of Hamilton Strategic Plan Priorities:</b>		
<input type="checkbox"/> Community Engagement and Participation <input type="checkbox"/> Economic Prosperity and Growth <input checked="" type="checkbox"/> Healthy and Safe Communities <input checked="" type="checkbox"/> Clean and Green <input type="checkbox"/> Built Environment and Infrastructure <input type="checkbox"/> Culture and Diversity <input type="checkbox"/> Our People and Performance		

**Please submit your project agreement to CityLAB by emailing [citylab@hamilton.ca](mailto:citylab@hamilton.ca) before January 2024 for Winter semester projects.**



## CityLAB Deliverables and Semester Schedule

**\*\*PLEASE NOTE:** If you are completing a project over two consecutive terms, students will only be required to participate in one of the Project Showcases.

Project Agreements Due	January 5, 2024
Mid-Semester Check-in (CityLAB and faculty)	February 19-23, 2024
Project Showcase Materials Due	March 28, 2024 (tentative)
Project Showcase	April 5, 2024 (tentative)
Project Data and Reports due (final day of classes)	April 12, 2024
Exit Surveys sent to faculty and City staff (to be completed by staff and faculty)	April 15-19, 2024
Post-Project Check-in with City staff	April 15-19, 2024