

Media Release



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‘Wood is good’ new study finds on International Day of Forests

The 21st of March is the [United Nations’ International Day of Forests](#), described as a global celebration of forests designed to raise awareness of the importance of forests, and the ways in which they sustain and protect us.

“2018 International Day of Forests’ theme of ‘Forests and Sustainable Cities’ is a timely reminder of the ever-growing importance of Australia’s forest industries. The UN forecasts a global population of 9.5 billion people by 2050. The huge increasing demand for fundamentals such as food, shelter and clothing driven by this population growth will mean that the world will have to turn ever more to wood fibre, the most renewable of resources,” Chief Executive Officer of the Australian Forest Products Association (AFPA), Mr Ross Hampton said today.

“[Recent research](#) conducted by the University of Canberra and strategic market research firm Pollinate, made possible by Forest and Wood Products Australia (FWPA), is also timely, finding that ‘wood is good for you’, that is, exposure to wood products has real and measurable health and wellbeing benefits.

“The presence of wood in design and furnishings has positive physiological and psychological benefits that mimic the effect of spending time outside in nature. It lowers blood pressure and heart rates, reducing stress and anxiety and increases positive social interactions. The findings from this research can be used when designing and furnishing aged care facilities, health centres, offices and schools.

“Australia’s sustainably managed forests and plantations are a natural way of producing environmental benefits (like carbon, water quality and biodiversity) and the wood produced from those forests create products that are good for consumers long-term health and wellbeing. With increasing international demand for sustainable and renewable forest products, Australia is well placed to become a global leader.”

“AFPA will be looking to all sides of politics to support the forthcoming National Forest Industries Plan, which will detail a comprehensive suite of policy settings and targets that will underpin our renewable and healthy future,” Mr Hampton concluded.

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AFPA represents forest growers, harvesters, and manufacturers of timber and paper products.

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