

WHAT SCIENTIFIC RESEARCH SHOWS

1. A crossover study was conducted among 51 offices over two-years. When plants were included in the offices, study participants were exposed to 13 commonly used foliage plants. The score sum of 12 health symptoms was 23% lower during the period when the participants had plants in their offices. This translated into a 14% decrease in absenteeism.¹
2. In a study of VOC absorption by commonly used office plants, the number one toxin, formaldehyde, was rapidly eliminated by rates as much as 1,800 micrograms per hour.²
3. In a study on the effects of healthy workplaces on well being and productivity, it was found that in offices without plants workers stay home a minimum of 3.6 days per employee, per year due to poor indoor air quality (causing a 12% reduction in productivity).³
4. For workers who spent 4 hours or more a day in front of a computer screen, the introduction of plants made a significant improvement to their efficiency, concentration and general well being.⁴
5. Plant transpiration in an office environment creates a humidity level exactly matching the recommended human comfort range of 30% to 60%. Similarly, the same study concludes that in an absence of plants, the relative humidity in offices runs below this recommended range.⁵
6. When asked specifically if the physical workplace would have an influence on their decision to accept a position, two out of five employees said it would. Half said the physical workplace would impact their decision to leave a position.⁶

¹ Fjeld, T., et al. "Effect of Indoor Foliage Plants on Health and Discomfort Symptoms Among Office Workers," **Indoors + Built Environment**, 1998, 7:204-206. (Norway).

² Wood, R. A., et al. "Study of Absorption of VOCs by Commonly Used Indoor Plants," Proceedings: Indoor Air '99, 1999, Vol. 2:690-694. (Australia).

³ **The Effect of Healthy Workplaces on the Well-being and Productivity of Office Workers; John Bergs**
Ben R Adviseurs voor DuurzaamheidAmersfoort, The Netherlands

⁴ **Berg, J. A.; Constructing for people - perception of the quality of the working environment; in: lecture notes for the catalogue of the symposium Plants for People of 23 Nov 1995; The Hague / The Netherlands**

⁵ Lohr, V.I. 1992. **The contribution of interior plants to relative humidity in an office**, p. 117-119. In: Diane Relf (ed.). *The Role of Horticulture in Human Well-being and Social Development*. Timber Press, Portland, OR.

⁶ **What Factors Really Motivate Employees To Accept Or Leave Jobs?** A Special Report From: The American Society of Interior Designers, Haworth, USG; Interiors and the Carpet and Rug Institute. Washington, March 17, 1999.