

5. Improving Human Health and Wellbeing

Airborne Allergy Action raises awareness of the benefits of avoidance of inhaled allergens such as house dust mite allergen, indoor and outdoor moulds, specific tree pollens, grass pollen, animal dander etc alongside prescribed medication for asthma and other allergic illness. I am Catherine Sutton, a director of Airborne Allergy Action.

There are trees whose pollen trigger allergy in the susceptible – in particular the Silverbirch. As well as triggering hayfever (and asthma) resulting in huge costs to the NHS, the majority of people who are allergic to birch pollen will also suffer pollen food syndrome. This affects the eating of fresh fruits, vegetables and some nuts as the symptoms and is very unpleasant. There is a dearth of information relation the potential of trees associated with allergy inducing health problems and affecting quality of life. For the general public to make an informed and safe choice they need to have access to information such as the Trees and Design Action Group selection of tree species.

<https://onlinelibrary.wiley.com/doi/full/10.1111/all.13758>

Below are the 10 recommendations of Allergy UK in relation to tree planting and it notes the allergy problems in particular with birch, hazel and alder pollen:

<https://www.allergyuk.org/about/latest-news/1124-allergy-uk-launches-its-top-10-recommendations-for-tree-planting-in-national-tree-week>