



## OUR HEALTH AND CLIMATE CHANGE



Our health is connected with the state of our planet. Environmental issues directly affect all human lives and health. For us to be healthy, we require: clean air, safe drinking water, a supply of nutritious food, and safe shelter. But climate change threatens these essential ingredients to good health. That's why it is the focus of this year's World Health Day Celebration (7 April 2022).

While it is an issue that needs large-scale and long-term action, as individuals, there are also small things that we can do to help take care of the planet and, as a result, our own health as well.

### 1. TRANSPORT

Walk or ride a bike to work at least once a week - You not only save on gas and lessen carbon emission, you also get your daily exercise in!

Try taking public transport instead of taking the car



### 2. ENERGY

Turning off electronics when not in use - you also saving energy and lessen cost of electricity bills . Prioritize having "cool spaces" in the house with natural ventilation and shade (i.e., trees) over having air-conditioning units. Switch to renewable energy at home - run electronics using power from the sun (solar), wind, or water (hydropower).

### 3. NUTRITION

Buy local goods instead of imported ones - support our local farmers, fishers, and small businesses. Consume more fresh products instead of highly processed food -- to cut down on carbon footprint



### 4. HEALTHY LIFESTYLES

Consider quitting if you are a smoker because smoking pollutes and harms your health

### 5. CONSUMPTION AND SHOPPING

Bring reusable bags, utensils, and tumblers when you go shopping/dining out. Choose long-lasting products instead of disposable, non-recyclable ones



Remember: our lives depend on the natural resources that our planet generously gives us. Let us not wait until it is too late to take action!