



Environmental Wellbeing



1. Environmental wellbeing refers to awareness and interactions between us and our environment to enable present and future generations to thrive.



2. Did you know: urban green spaces such as parks, walking and cycling tracks, and gardens, have a positive impact on:

- Physical health
- Social health
- Overall wellbeing

3. Our environmental wellbeing needs include:

- Clean drinking water
- Clean air
- Nutritious food
- Adequate clothing
- Shelter
- Safety
- Good hygiene
- Effective disease and pest control



4. Food and the environment:

- Diets low in plant-based foods significantly increase greenhouse gas emissions through food production and clearing of land.
- These same diets increase the risk of type 2 diabetes, heart disease, and other non-communicable diseases



5. We can maintain environmental wellness by:

- Walking, jogging, or cycling in green/open air spaces
- Eating more plant-based, organic foods when possible
- Growing our own food - in pots if limited for space
- Recycling
- Avoiding exposure to pesticides
- Direct contact with the ground (grounding) - walking barefoot has been linked to improved wound healing, less pain, less inflammation, reduced stress, and better sleep
- Keeping cool on hot days

By Katherine Cooper