

# Your Prescription for a Healthy Life and a Healthy Planet

## OUR PLANET, OUR FUTURE, OUR HEALTH

**A healthy environment is essential for good health. There are many ways to reduce your environmental footprint *and* improve your health at the same time.**

This “prescription” will help you identify opportunities to improve your health and the climate.

Which of the categories **Getting Around, Home, Food for Thought,** and **Nature** do you see as a priority area for action?

### GETTING AROUND

Walking, cycling and swapping your car for alternative forms of transport can cut emissions and improve cardiovascular health and improve energy and vitality, as well as reduce air pollution.

1. How do you generally get around your neighbourhood? \_\_\_\_\_
2. Could you reduce your car travel by walking cycling or using public transport?
3. Are you a frequent flyer?

**Are there other actions could you take in relation to Getting Around for climate and health?**

### HOME

Replacing fossil fuels with clean renewable energy will reduce emissions and improve health by reducing harmful pollution that causes cancers, cardiovascular and respiratory disease and developmental disorders.

1. Have you thought about switching to green power or installing renewable energy at home (or work, if applicable)?
2. Could you cut your energy use by improving energy efficiency in your home?

Keeping your home well insulated and shaded will reduce emissions by conserving energy and will protect you and other members of your household from extreme temperature fluctuations, as well as improving your health.

3. Does your home have wall, ceiling and floor insulation and green shading?

**Are there other actions could you take in relation to Home for climate and health?**

## FOOD FOR THOUGHT

Buying fresh seasonal fruit and vegetables can reduce emissions by reducing the energy used for transport, processing and packaging of food. By choosing a more plant based diet you can reduce your risk of cardiovascular disease and bowel cancer.

1. Could you increase the number of your weekly meals that are plant based e.g. have more meat free meals?
2. Do you or could you grow some of your own food e.g. salad greens, potatoes, tomatoes, and keep backyard chickens?
3. Do you buy locally produced and organic food without packaging or that has recycled and recyclable packaging?

**Are there other actions could you take in relation to FOOD for climate and health?**

## NATURE

Having access to green spaces is important for health and wellbeing. Reconnecting with nature can restore our resilience and help us tackle challenges and adapt to change. Trees and other vegetation can help draw down excess carbon dioxide, reduce harmful air pollution, and improve mental health and wellbeing.

1. Could you increase the amount of time you regularly spend in your home or community or other green space?
2. Could you plant more trees and other plants around your home or in your community?

**Are there other actions could you take in relation to NATURE for climate and health?**

## YOUR PERSONAL PRESCRIPTION

Date:

List the actions you intend to take from today that would be a step in the green health direction:

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## REFERRAL

There are many programs and organisations that offer ways to take action on climate and health in the area/s you have identified.

Here are some suggestions to get you started:

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