The Pathway to Planetary Health in practice

> ***Free pro-environmental PowerPoint Presentation (with videos) and Poster available for use with attribution*.***

Published video highlights from the webinar:

Remote video URL

To watch the full free webinar head to our Shop, or watch through Vimeo.

In a time of unprecedented change and challenges within the global environmental crisis, the Pathway to Planetary Health is a guide that advocate dietitians have designed to promote and support individual and collective confidence to undertake pro-environmental change in peoples' personal and professional lives.

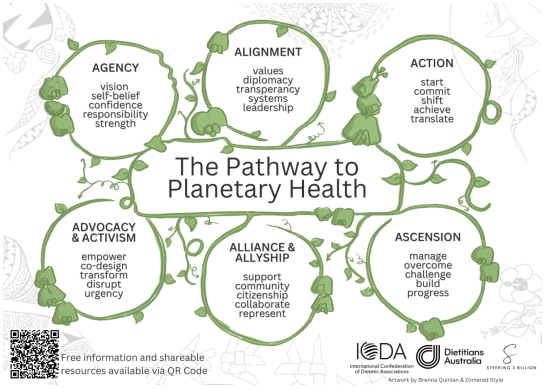
This tool (PowerPoint presentation including embedded videos and activities and accompanying poster) is freely available for use by dietitians, nutrition professionals, and individuals who want to support pro-environmental change in a range of settings.

Designed using the co-authors' combined knowledge, the Pathway to Planetary Health features 6 dimensions:

1. **Agency** - vision, self-belief, confidence, strength and responsibility
2. **Action** - start, shift, translate, achieve and commit
3. **Ascension** - build, overcome, manage, challenge and progress

4. **Alignment** - leadership, transparency, diplomacy, values and systems
5. **Alliance and Allyship** - support, collaborate, represent, community and citizenship
6. **Advocacy and Activism** - disrupt, co-design, transform, empower and urgency

Each dimension forms part of the process of positive change – the dimensions all interact and people will move within and between each dimension, but they are all important.



45 dietitian participants at a Dietitians Australia conference reporting a statistically significant change in confidence to undertake pro-environmental change in their personal lives, from 4.1 0.7/5 to 4.5 0.8/5 and professional lives from 3.6 1.0/5 to 4.3 0.9/5 when undertaking a workshop that showcased the Pathway to Planetary Health.

Access the Pathway to Planetary Health tool and accompanying materials

Pathway to Planetary Health Poster - printable for display in your workplace or other area.

Pathway to Planetary Health Poster (10MB)

Pathway to Planetary Health Poster - compressed (2MB)

Pathway to Planetary Health PowerPoint Presentation - **self-presentation** version (for presenter who delivers own dialogue and activities)

Pathway to PH self-presentation

Pathway to Planetary Health PowerPoint Presentation - **recorded explanations** and self-managed workshop (version for presenter who will use video pathway explanations and run workshop activities).

Pathway to PH video presentation

Cultural Art description - features key information relating to the cultural meaning of the included artwork by Zomered Style.

The referenced media source is missing and needs to be re-embedded.

Pathway to Planetary Health video dialogue - dialogue text for the presentation for use by presenters or individuals.

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Pathway to Planetary Health Presentation slides (PDF - 1 slide per page and 6 slides per page).

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Useful resources and links

- The Pathway to Planetary Health associated journal article is freely available
- For dietitians, the International Confederation of Dietetic Associations Sustainable Food Systems Toolkit includes useful resources
- For a fun, interactive 'choose-your-own adventure' mission to assist you in making healthy and sustainable food choices, you can try the PlanEATary quest
- For useful resources that everyone can use, and an associated app to track progress, try the UN Act Now website and resources.



Contact

Dr Kristen MacKenzie-Shalders, lead author and developer of the Pathway to Planetary Health and proprietor forSteering 3 Billion Consultancy.

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Project partners







We acknowledge the Traditional Owners of Country throughout Australia and recognise their continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past and present.

Artwork

The artwork featured within the Pathway to Planetary Health is by artist Jessie Mordey of Zomered Style. Jessie is a First Nations woman and likes to create traditional symbolic images that connect strongly with her Torres Strait Islander Heritage. These images represent identity, Torres Strait Heritage, connection to ancestors, cultural storyline, community, and connection to natural elements.

The symbolism for each dimension is her interpretation of the dimension. For example:

- For Action the shark keeps moving forward and can adapt
- The turtle in Agency includes stamina and survival with the sun for growth
- The stars in Ascension act as a compass to guide Islanders home
- The clamshell for Alignment symbolises direction and connection to self
- For Alliance and Allyship the flower and plant represent peace, trust, relationship and communication
- The woven fish is meaningful for strength in bonding and moving together.

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