

The Pathway to Planetary Health *in practice*



Acknowledgement of Country



Today

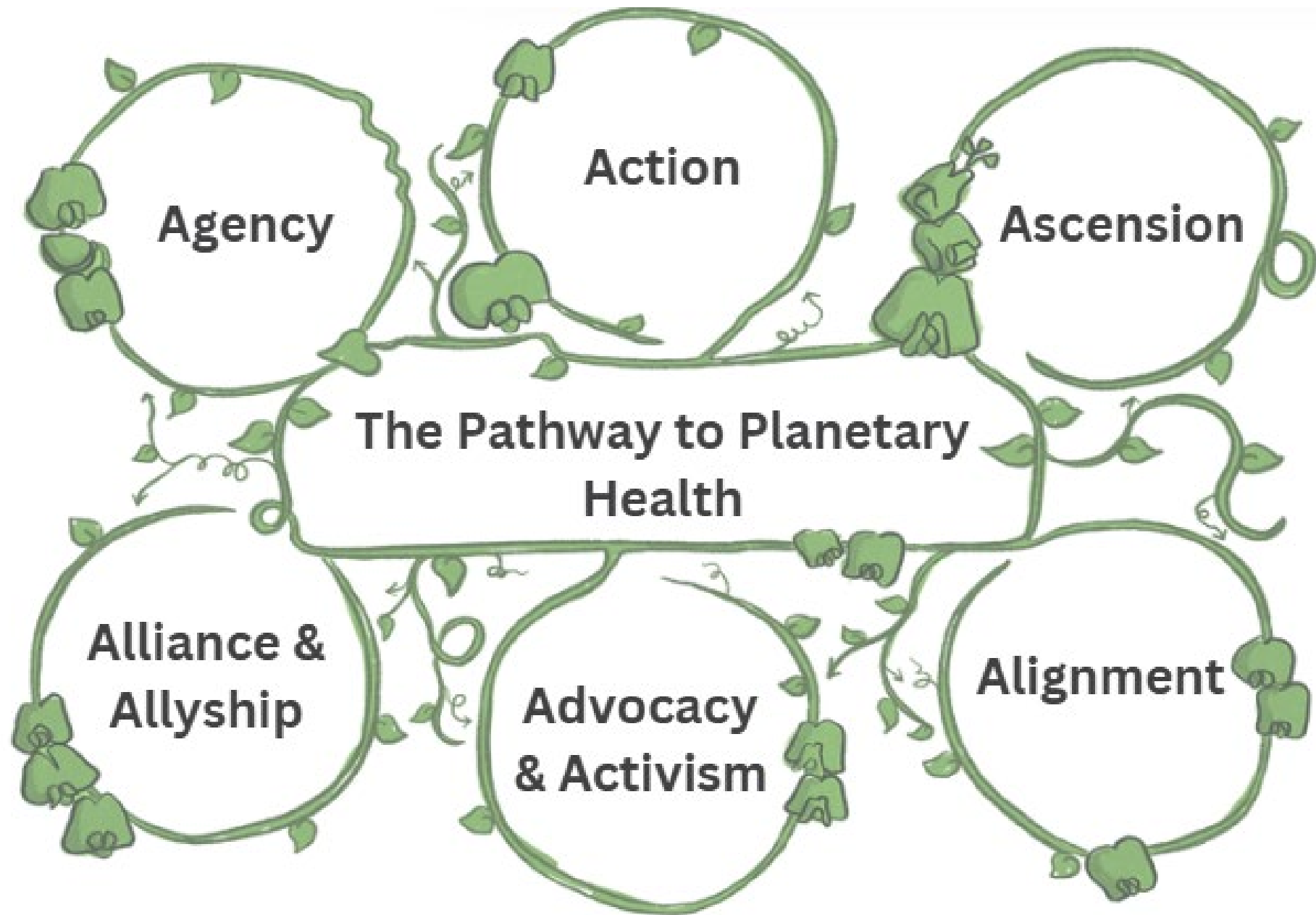
- Discuss the Pathway to Planetary Health and all 6 Planetary Health Dimensions - including an example from practice and an application activity
- By the end of this session, your confidence to undertake positive pro-environmental change will improve.

Why are we here?

- We are in a global environmental crisis, including climate change.
- The International Panel of Climate Change says it is our 'final warning'
- It will take the combined actions of all 8 billion people, to ensure that a child born today is not defined by a changing climate.

What is Planetary Health?

Planetary health is the well-being of both the Earth and all the life it supports, including humans.



Agency

vision

responsibility

confidence

self-belief

strength



Agency

Practice activity: Spend three minutes writing down some things you are good at or find easy to do. Consider how these can be applied to support the Planetary Health movement.

Alignment

values

leadership

transparency

diplomacy

systems



Alignment

Practice activity: Spend three minutes considering 2-3 of the core personal values listed here (or another you choose). Why is this value important for supporting pro-environmental change?



A collection of 20 personal values arranged in a circular pattern, starting from the top and moving clockwise: Family, Gratitude, Resilience, Perseverance, Balance, Collaboration, Authenticity, Community, Diversity, Fairness, Wisdom, Equity, Health, Integrity, Compassion, Innovation, Courage, Responsibility, and Patience.

- Family
- Gratitude
- Resilience
- Perseverance
- Balance
- Collaboration
- Authenticity
- Community
- Diversity
- Fairness
- Wisdom
- Equity
- Health
- Integrity
- Compassion
- Innovation
- Courage
- Responsibility
- Patience

Action

start

translate

shift

commit

achieve



Action

Practice activity: Spend three minutes choosing one action from the list (or make your own) that you can commit to straight away and write it down as a goal

- Compost
- Shop local
- Stay informed and follow/join environmental organisations
- Provide feedback to companies on the environmental practices e.g., social media
- Calculate your carbon footprint (e.g., Carbon Positive Australia)
- Shop second hand and donate
- Actively reduce food waste
- Turn off lights or appliances when not in use
- Share (don't just like) social media about social and environmental progress e.g., women's rights
- Shop Smart e.g. (minimise unnecessary or unethical purchases)
- Invest in companies with an ethical or environmental focus (e.g. seek advice about pro-environmental investment)
- Recycle and ensure you are doing it correctly for your local area
- Buy goods in minimal packaging
- Gift activities, and sustainable and ethical gifts.
- Minimise water use e.g., short showers
- I will..... by (date)

Ascension

manage

progress

challenge

overcome

build



Ascension

Practice Activity: Spend three minutes considering a problem you have overcome which seemed major at the time. Consider two essential factors or strategies that helped you overcome it.

Alliance and Allyship

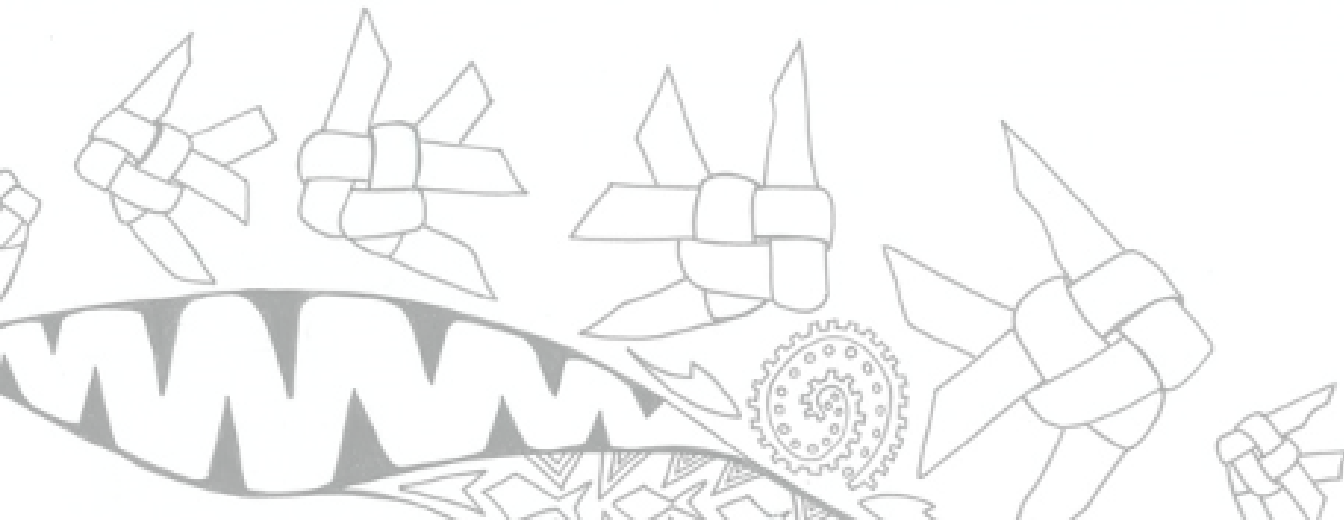
support

represent

citizenship

community

collaborate



Alliance and Allyship

Practice activity: Spend three minutes (each) telling a story to your peer on something that has impacted you relating to planetary health, environmental sustainability or climate change. It may have been something you have seen or have been told and it may be positive or negative.

Advocacy and Activism

empower

urgency

transform

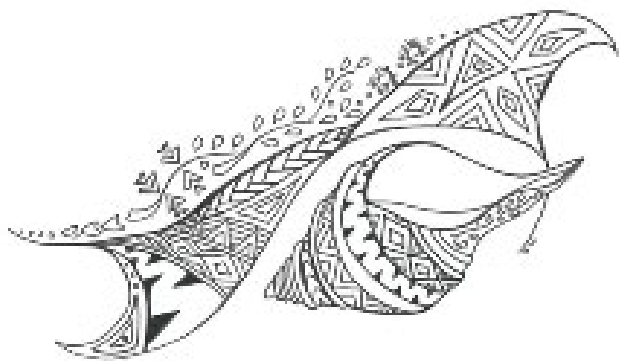
co-design

disrupt



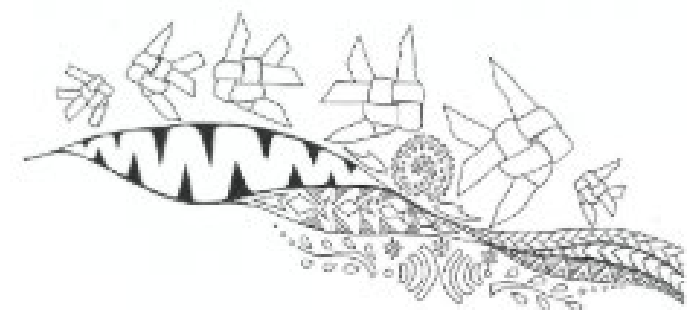
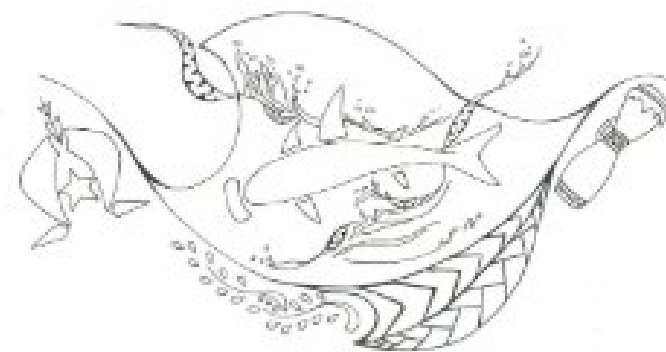
Advocacy and Activism

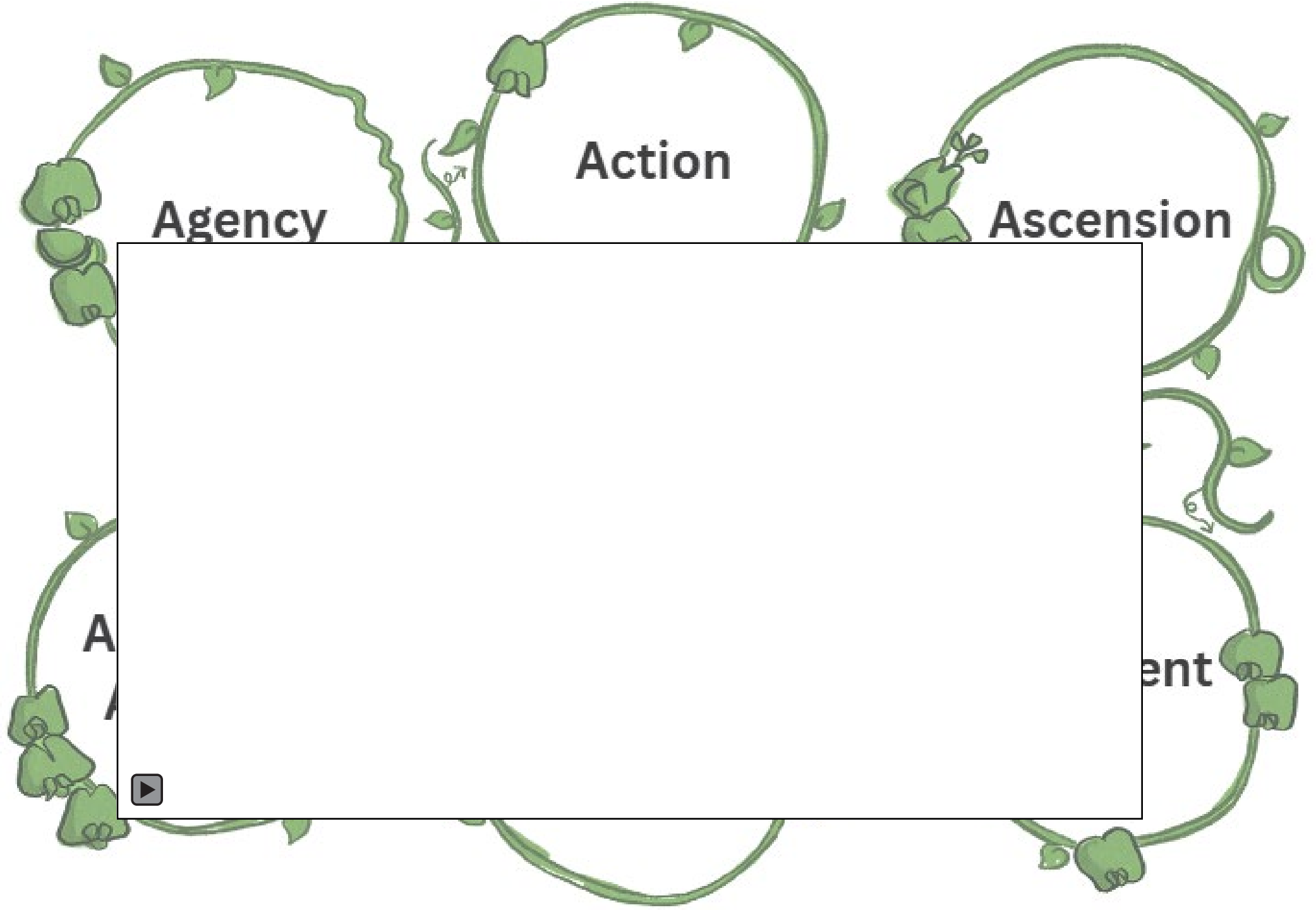
Practice activity: Spend three minutes writing some feedback in your phone or computer to a business about an environmental problem with their product or process.



I would like to acknowledge that, the intricate patterns I used are influenced by patterns used on artefacts and clan body art in the Torres Strait. These patterns showcase the very essence of our identity and how unique these symbols are. It's a visual reference to Torres Strait Islander's heritage.

Jessie Mordey.





Agency

Action

Ascension

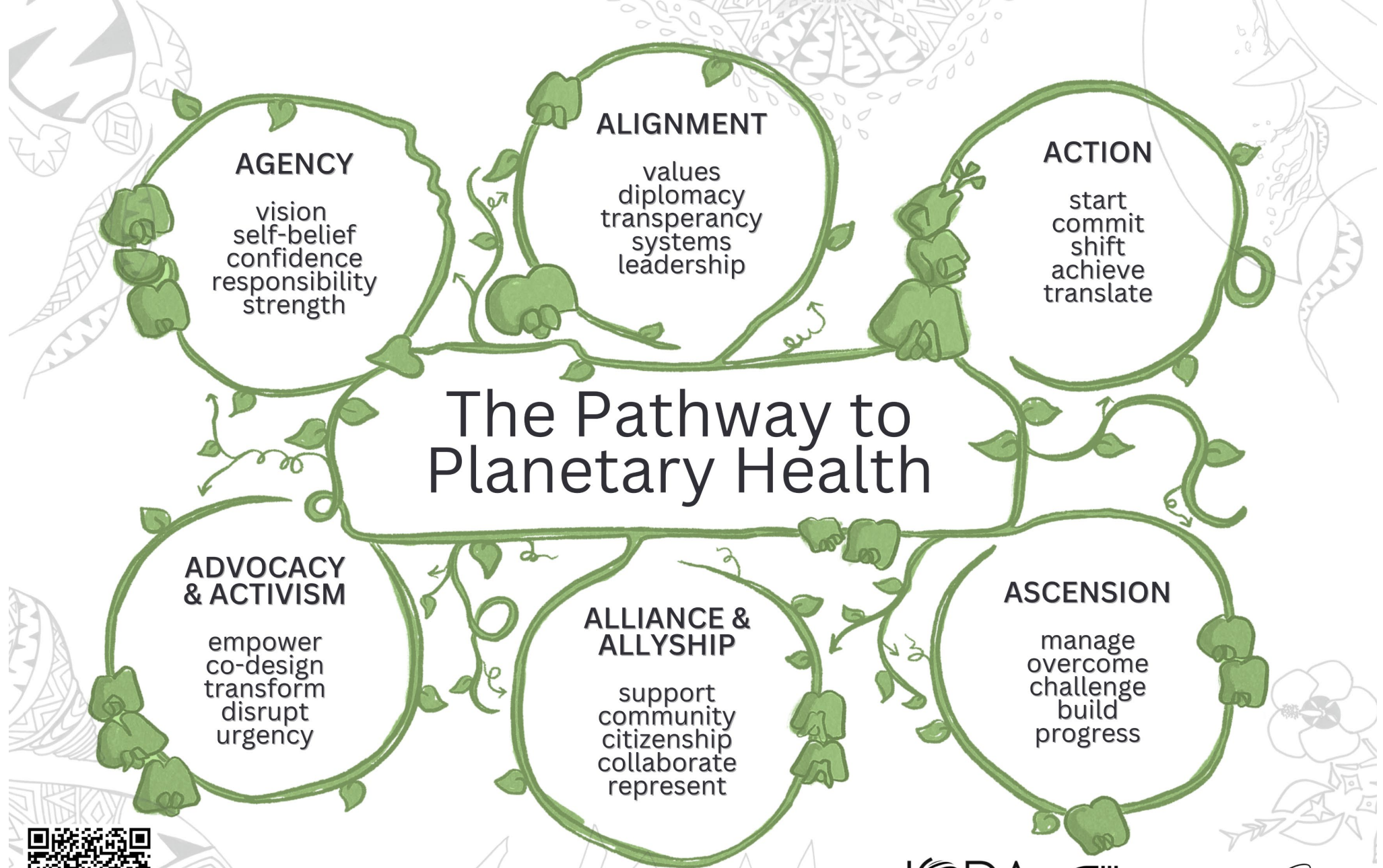
A
A

ent



For further information and guidance





Free information and shareable
resources available via QR Code

ICDA
International Confederation
of Dietetic Associations

**Dietitians
Australia**

STEERING 3 BILLION

Artwork by Brenna Quinlan & Zomered Style

Thank you



Contact:

Dr Kristen MacKenzie-Shalders
Kristen@steering3billion.com

www.steering3billion.com



Feedback Survey