

Pathway to Planetary Health explanation

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

Designed using the co-authors' combined knowledge, the Pathway to Planetary Health features 6 dimensions, which each form 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. Each will be explained further, and the co-authorship team, acknowledgements, and process of development can be found via this QR code in the published research article.

Agency

Vision, Self-belief, Confidence, Responsibility, Strength.

For the Pathway to Planetary Health, Agency is simply about finding our individual and collective **vision** to take our place in the collective pro-environmental movement. Self-belief and confidence as an individual, group, or community. To undertake **strength**-based approaches and recognise our own moral and ethical **responsibility** to act.

For example, Kai recently learned that a big barrier to exercising is having unrealistic goals. Keeping his goals achievable and small – such as planning his exercise time, putting his shoes on, and getting out the door is achievable. This feels good, builds momentum and the capacity to do more. For pro-environmental changes – such as decreasing our use of energy in the home – the concept is the same and we need to make the commitment and build our capacity for positive change.

Alignment

Values, Diplomacy, Transparency, Systems, Leadership,

For the Pathway to Planetary Health, Alignment is about us all checking in with our personal **values** and acting in ways that align with them, for example, with **diplomacy**, authenticity and **transparency**. Unfortunately, this is important as an attitude-behaviour gap (that is not acting in line with our beliefs) is common with pro-environmental behaviours. While we are part of a **systems** problem, we can show **leadership** through aligning our values, knowledge, skills, and behaviours, and through pro-environmental action in our personal and professional lives.

For example, Li has a small food business. To address packaging waste, she buys locally and directly from farmers' markets, and she chooses products in packaging that can be effectively composted or recycled, such as paper, cardboard, glass, or metals, like aluminium. She puts processes in place, such as strategically located recycling bins, and she brings people with her through training, signage, and providing incentives. For pro-environmental change, working from the heart (and in line with our values) is important for an individual or business.

Action

Start, Commit, Shift, Achieve, Translate.

For the Pathway to Planetary Health, the key is **start**, wherever and however you can. Action is making a **commitment** and moving from 'I know' to 'I do.' This **shift** can be **achieved** by building on our successes and finding useful information and resources that can be **translated** into positive action.

For example, Po decides to switch to a new food product by a family-owned, net-zero business which is made sustainably and ethically. Although the product is slightly more expensive, the price is fair, and the product is tastier, so she needs less. Because she eats it regularly in her diet it's an effective, impactful switch and, for pro-environmental change more broadly, meaningful, actionable steps are important.

Ascension

Manage, Overcome, Challenge, Build, Progress.

For the Pathway to Planetary Health, Ascension recognises that when undertaking pro-environmental change, it is normal and expected that you will experience anxiety, barriers, and obstacles to **manage** and **overcome**. Self-care is important, and we know that one of the biggest antidotes to climate anxiety is climate action. We can **challenge** the status quo and **build** success and **progress**, for example, from smaller to bigger, personal to collective, local to global, simple to challenging, and reactive to proactive.

For example, Krista advocates for pro-environmental change in her workplace but meets resistance from her managers. She feels anxious and angry; but realises she can focus on changes in her own home including decreasing her power use, composting, and choosing ethical and environmental gifts. She feels more positive and starts to talk with like-minded people in her workplace about her new skills and knowledge. For pro-environmental change, there are external factors that will also drive positive change and, in this case, Krista is invited to support her workplace transition.

Alliance and Allyship

Support, Community, Citizenship, Collaborate, Represent,

For the Pathway to Planetary Health, Alliance and Allyship relate to **supportive**, positive and safe **community** relationships. There is immense power in people being global **citizens** as part of a bigger pro-environmental social movement. **Collaboration** and **representation** can change our worldview and how we do things. To practice allyship, it is important to respect and include our First Nations peoples' knowledge and leadership in planetary health.

For example, Zain works in a hospital and is becoming increasingly frustrated with food waste, which is a major environmental issue. He discusses it with his colleague Anni, and they start to co-conspire and advocate successfully to form an environmental committee. They collaborate with another hospital and join an environmental organisation which supports their efforts. For pro-environmental change, humans are natural followers, and we can all have a role in supporting the transformational change that is already happening.

Advocacy and Activism

Empower, Co-design, Transform, Disrupt, Urgency.

For the Pathway to Planetary Health, Advocacy and Activism is about persuading positive pro-environmental change. Because climate change and environmental degradation exacerbates social inequalities, it includes **empowering** and **co-designing** solutions with impacted communities. Advocacy and activism **transform** the status quo, and the two terms are similar but different. Advocacy is within usual norms, structures and processes and is a more 'comfortable' pathway. Activism is often more **disruptive**; it challenges existing norms and reflects the **urgency** of this issue.

For example, Rosa is an environmentally aware student and community member. She decides to join a local environmental group and learns that many people feel helpless and that they are not being heard. Rosa gains a trusted, informal mentor and learns that as youth, she is an important voice and is more powerful than she thinks. So, Rosa and 50 other people do a peaceful protest to her local council and education institution which gets media attention and starts key discussions. For pro-environmental change, people contribute in different ways but mobilizing together is one way to get heard quickly.

Pathway to Planetary Health explanation of symbols.

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 and
- For Alliance and Allyship the flower and plant represent peace, trust, relationship and communication
- and the woven fish is meaningful for strength in bonding and moving together.

Text - This Tool Kit incorporates artwork by Jessie Mordey (Zomered Style), used under a Creative Commons Attribution-NoDerivatives (CC BY-ND) license. The artwork is provided for use in its original form, and no adaptations or alterations are permitted without prior permission from the artist. Attribution to the artist must be included in any reproduction or distribution.

Pathway to Planetary Health conclusion

In a time of unprecedented change and challenges within the global environmental crisis, the Pathway to Planetary Health is a guide that has been designed by advocate dietitians to promote and support individual and collective confidence to undertake pro-environmental change in their personal and professional lives. You have learned the 6 dimensions, including Agency, Alignment, Action, Ascension, Alliance & Allyship, and Advocacy & Activism, and we hope you have reflected on what you are already doing and what you can do right now to be part of the pro-environmental movement.

This tool is based on a framework developed for dietitians and has been adapted for broader use. Please use this QR code if you wish to access the Pathway to Planetary Health page on the Dietitians Australia website which features this PowerPoint Presentation, cultural art description and a link to the Pathway to Planetary Health published article. For dietitians or other people seeking specific resources to support their professional development in environmental sustainability and planetary health, you can link from there to the International Confederation of Dietitians Association Sustainability toolkit, the PlanEATary quest and the Act Now campaign by the United Nations related to the Sustainable Development Goals which features an app to support action.

The Pathway to Planetary Health site on the Dietitians Australia webpage also features a free downloadable and shareable Pathway to Planetary Health Poster (as pictured) to display in your workplace, classroom or office.

Hi, I'm Dr Kristen MacKenzie-Shalders, thank you for participating in the Pathway to Planetary Health, please complete our feedback survey we really appreciate it. If you want to reach out to me directly with any queries, questions or opportunities related to the Pathway to Planetary Health I can be reached on kristen@steering3billion.com.