

# Our Planet



# Our Health

## Well-being societies are healthy societies

Our health and the health of our planet are inextricably linked. The air we breathe, the water we drink, the food we eat determine our health.

WHO estimates that more than 13 million deaths around the world each year are due to avoidable environmental causes. This include air pollution, water pollution, climate change, tobacco use, unhealthy food or food insecurity.

## Possible Risks to Health

### Air Pollution



9 out of 10 people breath polluted air. Over 90% of source of unhealthy air is due to burning of fossil fuels. Air pollution kills 13 people every minute because of its long-term consequence that results in lung cancer, heart disease and strokes.

### Water Pollution, Sanitation and Hygiene



2 billion people lack safe drinking water and 3.6 billion people lack safe toilets globally. 829 000 people die from diarrhoeal disease every year caused by polluted water and poor sanitation. Untreated human waste degrades ecosystem and human health.

### Climate Change



Climate change is the biggest global threat of the century to human health. Raising temperature and floods caused by climate change will palce an additional 2 billion people at risk of various health problems. Extreme weather events, land degradation and water scarcity are displacing people and affecting their health and worst affected are the most vulnerable.

### Tobacco Use



Tobacco kills more than 8 million people every year & is highly addictive. It is a major risk factor for cancers, heart and lung diseases. Growing tobacco harms the planet. 600 million trees are chopped down to make 6 trillion cigarettes every year, and adversely affecting the clean air we breathe.

### Unhealthy Food



Systems that produce highly processed, unhealthy foods and beverages are driving a wave of obesity, increasing cancer and heart disease while generating a third of global greenhouse gas emissions.

## WHAT CAN WE DO TO PROTECT

# OUR PLANET AND OUR HEALTH?

### Clean air

Stop burning fossil fuels like oil, coal and natural gas. Keeps fossil fuels in the ground for a health planet and a health society.

### Clean water

Protect water sources by preventing sewage, waste and chemicals from entering our lakes, rivers, or ground water.

### Resilient Healthcare

Manage medical waste safely. Emission from burning of health care waste is a major source of green house emission. Investment on smokeless medical waste management system needs to be prioritized.  
Medical wastes carry numerous harmful organism so that they need to be disinfected before they reach the environment.

### Clean Energy

Well planned public transport systems, including safe walking and cycling, can improve air quality, mitigate climate change and deliver additional health gains. We should promote and use non fossil fuel - based energy system like Solar Power as an alternative.

### Stop Tobacco use

Learn the harmful effects caused by tobacco and its effect on family expense. Keep your bodies and the environment free from tobacco. Be advocates against tobacco use.

CLEAN OUR  
**AIR**  
**WATER AND**  
**FOOD**

#healthiertomorrow