



climatechampions
local learning communities



BECOMING A CLIMATE CHAMPION
SDG3: Good Health and Wellbeing



Co-funded by the
Erasmus+ Programme
of the European Union



WELCOME!

This module is part of the Climate Change Community Champions course, and is specially dedicated to SDG3 – Health & Wellbeing.

The key topics of this module are:

- SDG3: Good Health and Wellbeing.
- Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development.
- Let's focus on SDG3 at a community level.



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A close-up profile of a woman's face as she blows a dandelion seed head. The scene is bathed in warm, golden sunlight, creating a soft, ethereal atmosphere. The background is a blurred field of green grass and trees. The woman's hair is partially visible on the left side, with some strands highlighted by the sunlight. The overall mood is peaceful and reflective.

01

**Let's reflect on our health
and wellbeing right now**

Good Health and Wellbeing (SDG 3)

The Sustainable Development Agenda including SDG 3 is about ensuring healthy living, fostering well-being for all people at all ages and promoting indicators to monitor progress. This can only be achieved through local action. Our health and well-being are influenced by the settings in which we live.

NUMBERS TO MAKE US THINK. Let's look at some of the key challenges we face in Europe.....

By 2030, two-thirds of humanity will live in urban areas (UN).

23% of deaths are caused by pollution and environmental factors (UN)

More than 90% of the world is exposed to air quality levels that do not meet the recommendations of the World Health Organisation (WHO).

In 2020, 96.5 million people in the EU at risk of poverty or social exclusion, representing 21.9% of the population

The annual excess mortality for the EU as a whole, in 2020, was 11.9 % higher than the 2016-2019 average; in 2021 it was 14.3 % higher (Eurostat).

The European Health Interview Survey shows that just over half of all adults in the EU are overweight.

.....AND THEN THERE IS COVID.

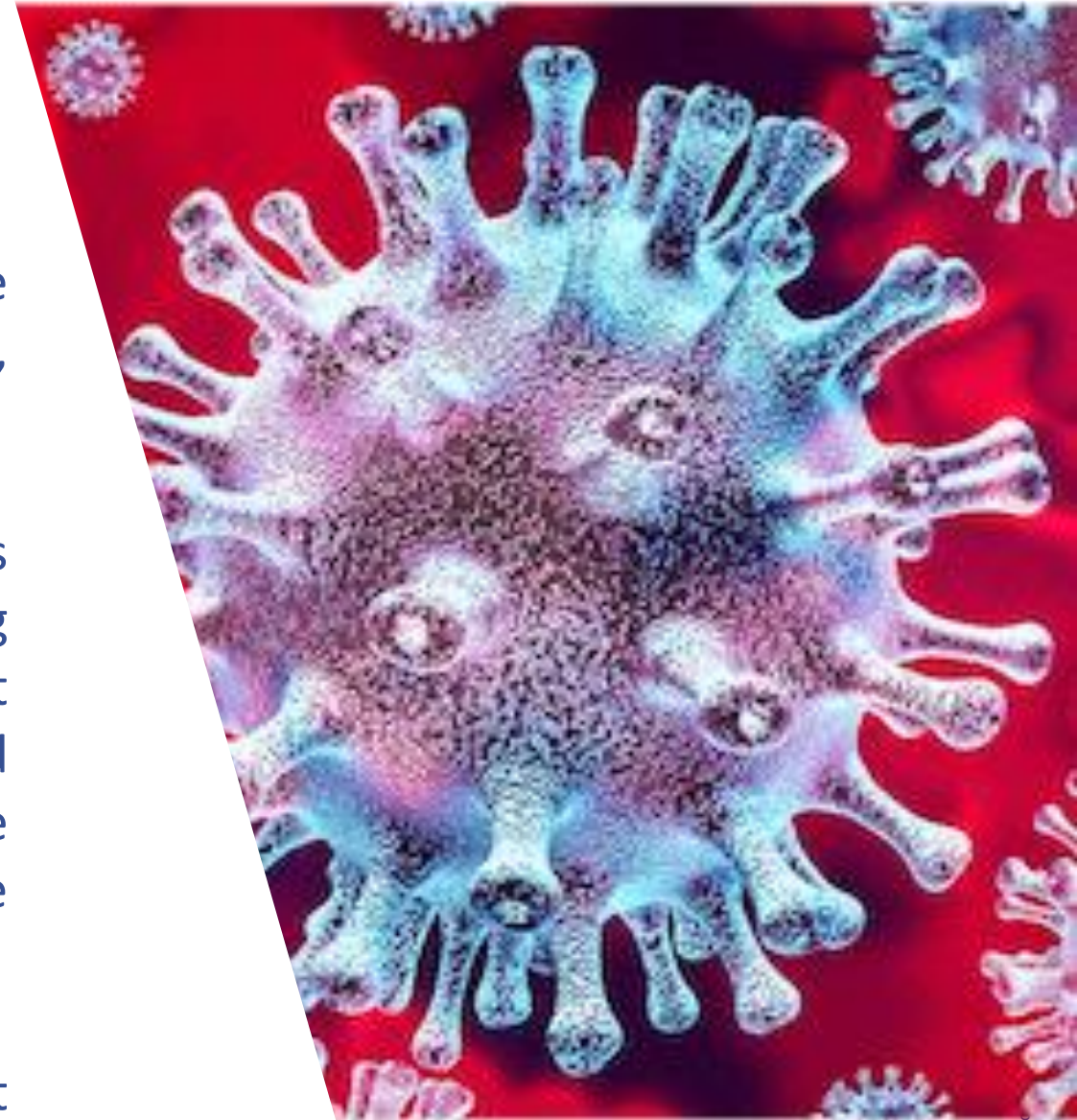


Good Health and Wellbeing (SDG 3)

In times of hardship, uncertainty and fear, we rely on those around us for solidarity, support, guidance, information and empathy.

Since 2020, the concept of community has never been more important and building/living in strong, vibrant, local communities is a must for us all. When a large part of our world locked down (during Spring 2020), a sea change occurred that drastically changed how we live and work in our communities.

Let's explore some of the changes that occurred...



Some of the ways COVID19 has impacted some of our daily/personal lives, and sense of wellbeing

- Enforced lockdowns encouraged us to focus on Hyperlocal (small geographical communities/neighbourhoods) rather than regional, national or global outlooks – although the war in Ukraine has brought the wider world closer to our communities.
- Change in how we communicate/interact (distance, face coverings)
- Huge shift towards “life online” – from exercise, socialising, working
- Rise in remote/agile working and working/learning from home
- Worries about increased pressure on small business/economy/health sector
- Increase in community spirit and sense of community (care of elderly, vulnerable). Communities mobilise assistance responses.
- Increased need for meaningful connections to combat loneliness/isolation and improve wellbeing
- Increased interest in self sufficiency and traditional life skills growing, gardening, cooking



COVID 19 is changing our society

COVID-19 is changing our society and challenging long-held traditions and habits. It will impact us for years beyond the immediate crisis. However, there are some positives..

Valuing health and fitness

We have become more aware of the importance of health, fitness, exercise, hygiene and effective health systems. Many have suffered anxiety, stress and gained an awareness of the need to manage one's mental health.

A recalibration of our values, interests and priorities.

The crisis has forced people to re-evaluate what is most important in their lives. We have downshifted the centre of gravity of our values to survival, health, family and security, underpinned by an awareness of our vulnerability and mortality.

Valuing nature and the environment.

Being trapped at home made people really crave the outdoors, exercise, parks and the natural environment.

READ THE FULL ARTICLE - [\(1\) 18 Positive things to come out of the Coronavirus Pandemic | LinkedIn](#)

02

CLIMATE CHANGE AND HEALTH



CLIMATE CHANGE AND HEALTH

Climate change - the biggest health threat facing humanity

According to the World Health Organisation [Climate change and health \(who.int\)](https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health)

Climate change is already impacting health in a myriad of ways, including by leading to death and illness from increasingly frequent extreme weather events, such as heatwaves, storms and floods, the disruption of food systems, increases in food-, water- and vector-borne diseases, and mental health issues.

The climate crisis threatens to undo the last fifty years of progress in development, global health, and poverty reduction, and to further widen existing health inequalities between and within populations.

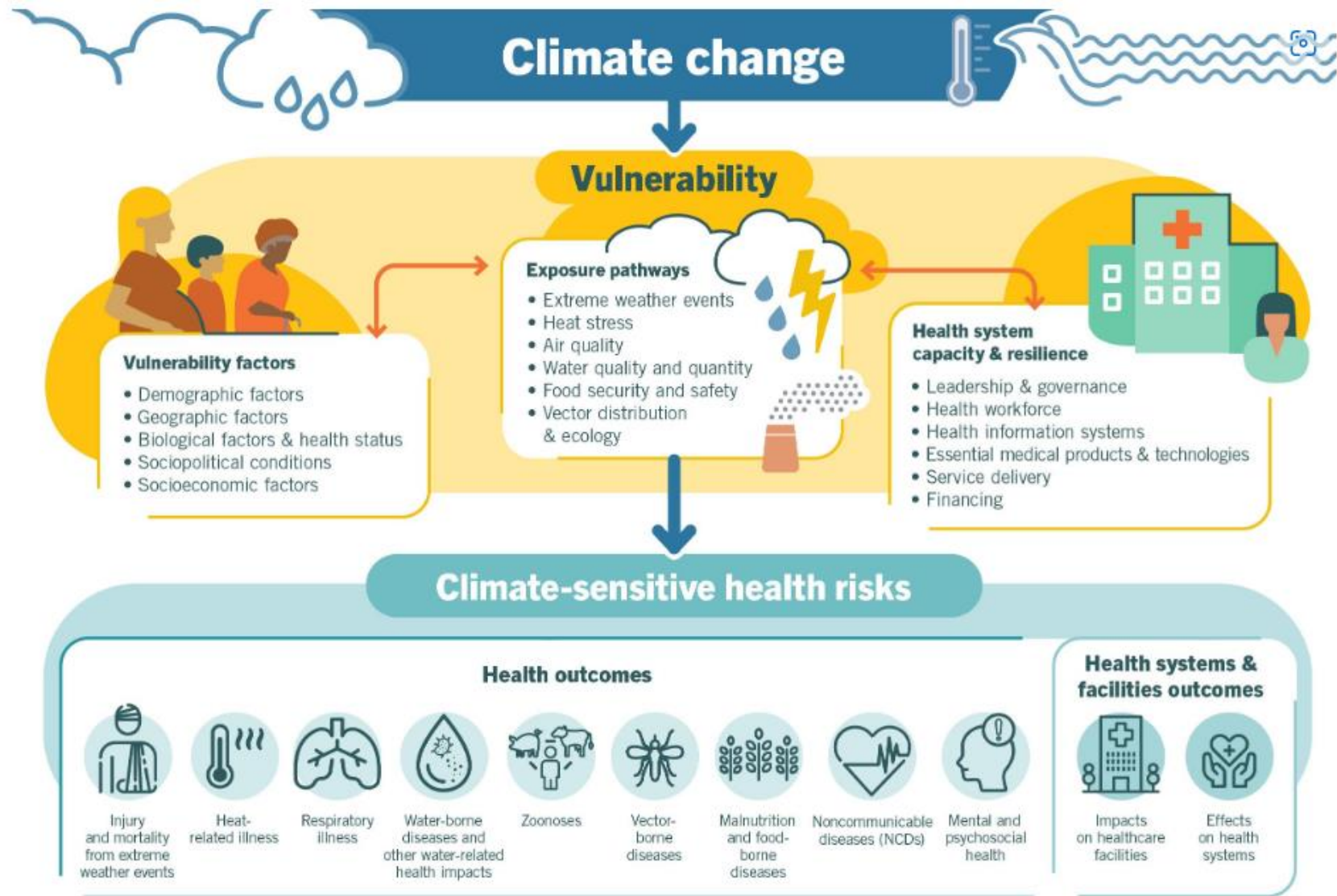


CLIMATE CHANGE AND HEALTH .. KEY FACTS (World Health Organisation)

- The people whose health is being harmed first and worst by the climate crisis are the people who contribute least to its causes, and who are least able to protect themselves and their families against it - people in low-income and disadvantaged countries and communities.
- Between 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year, from malnutrition, malaria, diarrhoea and heat stress. Areas with weak health infrastructure will be the least able to cope without assistance to prepare and respond.
- Reducing emissions of greenhouse gases through better transport, food and energy-use choices can result in improved health, particularly through reduced air pollution.

Furthermore, climate change is undermining many of the social determinants for good health, such as livelihoods, equality and access to health care and social support structures. These climate-sensitive health risks are disproportionately felt by the most vulnerable and disadvantaged, including women, children, ethnic minorities, poor communities, migrants or displaced persons, older populations, and those with underlying health conditions.

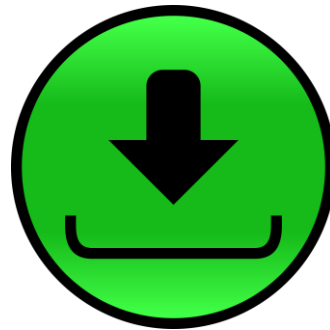
CLIMATE CHANGE AND HEALTH



Infographic - an overview of climate-sensitive health risks, their exposure pathways and vulnerability factors. Climate change impacts health both directly and indirectly, and is strongly mediated by environmental, social and public health determinants

CLIMATE CHANGE AND HEALTH

Find out more by downloading the World Health Organisation (WHO) **FAST FACTS** sheet



Click link

[fast-facts-on-climate-and-health.pdf](https://www.who.int/fast-facts-on-climate-and-health.pdf)
[\(who.int\)](https://www.who.int)

CLIMATE ACTION 

FAST FACTS



On climate and health

1. Climate change is the single biggest health threat facing humanity. The impacts are already harming health through air pollution, disease, extreme weather events, forced displacement, food insecurity and pressures on mental health. Every year, environmental factors take the lives of around 13 million people.
2. Meeting the goals of the Paris Agreement could save about a million lives a year worldwide by 2050 through reductions in air pollution alone. Avoiding the worst climate impacts could help prevent 250,000 additional climate-related deaths per year from 2030 to 2050, mainly from malnutrition, malaria, diarrhoea and heat stress.
3. The value of health gains from reducing carbon emissions would be approximately double the global cost of implementing carbon mitigation measures.
4. Over 90 per cent of people breathe unhealthy levels of air pollution, largely resulting from burning fossil fuels driving climate change. In 2018, air pollution from fossil fuels caused \$2.9 trillion in health and economic costs, about \$8 billion a day.
5. Transportation produces around 20 per cent of global carbon emissions. Alternatives like walking and cycling are not only green but also offer major health benefits, such as reducing the risk of many chronic health conditions and improving mental health.
6. Systems to produce, package and distribute food generate a third of greenhouse gas emissions. More sustainable production would mitigate climate impacts and support more nutritious diets that could prevent close to 11 million premature deaths a year.
7. Health systems are the main line of defence for populations faced with emerging health threats, including from climate change. To protect health and avoid widening health inequities, countries must build climate-resilient health systems.
8. The majority of countries identify health as a priority sector vulnerable to climate change. But a huge finance gap remains. Less than 2 per cent of multilateral climate finance goes to health projects.
9. Healthy societies rely on well-functioning ecosystems to provide clean air, fresh water, medicines and food security. These help to limit disease and stabilize the climate. But biodiversity loss is happening at an unprecedented rate, impacting human health worldwide and increasing the risk of emerging infectious diseases.

Sources: [WHO](#) (1), [WHO](#) (2-5), [United Nations](#) (6), [WHO](#) (6, 9), [WHO](#) (7), [WHO](#) (8).



Health communities rely on

Healthy communities rely on well-functioning ecosystems. They provide clean air, fresh water, medicines and food security. They also limit disease and stabilize the climate. But biodiversity loss is happening at unprecedented rates, impacting human health worldwide, according to a state of knowledge report jointly published by the Convention on Biological Diversity (CBD) and the World Health Organization (WHO).

What does biodiversity mean for human health?

People depend on biodiversity in their daily lives, in ways that are not always apparent or appreciated. Human health ultimately depends upon ecosystem products and services (such as availability of fresh water, food and fuel sources) which are requisite for good human health and productive livelihoods.

Biodiversity loss can have significant direct human health impacts if ecosystem services are no longer adequate to meet social needs. Indirectly, changes in ecosystem services affect livelihoods, income, local migration and, on occasion, may even cause or exacerbate political conflict.



Health communities rely on biodiversity

Biological diversity of microorganisms, flora and fauna provides extensive benefits for biological, health, and pharmacological sciences. Significant medical and pharmacological discoveries are made through greater understanding of the earth's biodiversity. Loss in biodiversity may limit discovery of potential treatments for many diseases and health problems.

Threats to biodiversity and health

In Module 2, we learnt about biodiversity, but from a health perspective, there is growing concern about the health consequences of biodiversity loss. Biodiversity changes affect ecosystem functioning and significant disruptions of ecosystems can result in life sustaining ecosystem goods and services. Biodiversity loss also means that we are losing, before discovery, many of nature's chemicals and genes, of the kind that have already provided humankind with enormous health benefits.

Find out more by downloading the World Health Organisation (WHO) **FACTS** sheet



Click link

[Microsoft Word - FINAL - Health and Biodiversity key messages.docx \(who.int\)](#)



Becoming a Climate Champion!

Being in nature decreases the stress hormone cortisol and lowers our heart rate, reduces depression and anxiety, uplifts our mood, increases meditative feelings and chemicals released by trees soothe both our nervous systems; people who live near green spaces live longer for a reason.

Nature acts as a buffer to life stresses, with rural children fairing better in response to similar challenges faced by urban children due to nature's health promoting properties, and she has played this role for us too during lockdown.

Source: [Covid-19 and our relationship with nature \(theecologist.org\)](https://theecologist.org)

WATCH

We invite you to view this speech by President of Ireland Michael D Higgins at Biodiversity Conference Dublin Castle May 2019 for an insightful understanding of the challenge that faces our communities.

<https://www.youtube.com/watch?v=3yS1tkxFpNM>





Nature is our Greatest Source of Health and Wellbeing

Our relationship with nature has emerged as one of the most valuable sources of resilience and pleasure during lockdown. For many of us there has been an increased appreciation of nature as a place of solace and rejuvenation during our time of confinement. Nature has been a literal lifeline to help us find calm and grounding. With all the change and unreality, it has remained constant and reliable.

Nature is an intrinsic part of our humanity and an essential source for meeting our needs. Nature should be central to any strategy concerned with well-being; economic, health, education, transport. Natural areas are often characterized as being places that help “restore the soul” of those who visit there.



Becoming a Climate Champion! Some key approaches we can take at community level - Promote healthy, sustainable food systems

WHY?

Diseases caused by either lack of access to food, or consumption of unhealthy, high calorie diets, are now the single largest cause of global ill health. They also increase vulnerability to other risks - conditions such as obesity and diabetes are among the largest risk factors for illness and death. Agriculture contributes about $\frac{1}{4}$ of global greenhouse gas emissions. There is a need for a rapid transition to healthy, nutritious and sustainable diets.

HOW?

Communities can take action in key ways – have you thought of setting up a community garden? These are collaborative projects on shared open spaces where participants share in the maintenance and products of the garden, including healthful and affordable fresh fruits and vegetables. Gardens offer physical and mental health benefits by providing opportunities to eat healthy fresh fruits and vegetables.

Becoming a Climate Champion! Promote healthy, sustainable food systems

With the ongoing problem of food insecurity, community food gardens also offer physical and mental health benefits by providing opportunities to

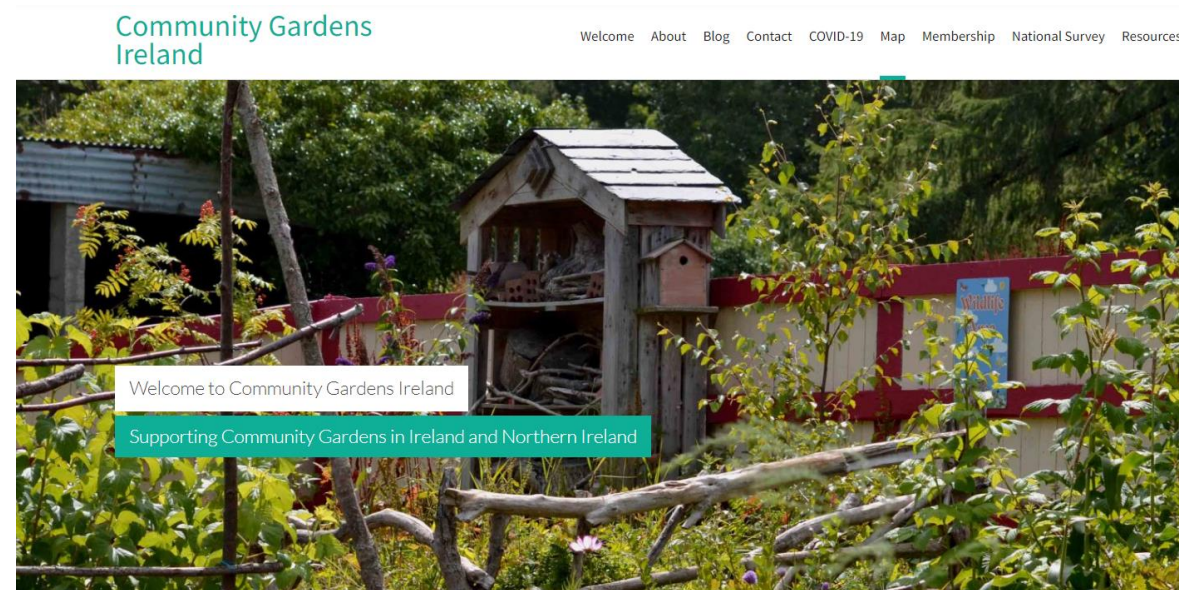
- Eat healthy fresh fruits and vegetables.
- Engage in physical activity, skill building, and creating green space.
- Beautify vacant areas
- Revitalize communities in industrial areas.
- Revive and beautify public parks.
- Create green rooftops.
- Decrease violence in some neighbourhoods, and improve social well-being through strengthening social connections.

TAKE ACTION – ESSENTIAL READING

[The 7 essential steps to creating a community vegetable garden](#) [How to Start a Community Vegetable Garden - Food Gardening Network \(mequoda.com\)](#)

[Starting a Community Garden \(growveg.co.uk\)](#)

CASE STUDY IRELAND Community Gardens in Ireland - We're Looking for You (cgireland.org)



Their aim is to **support and promote community gardens in Ireland and Northern Ireland** and they are growing from strength to strength. They want every community to have access to an area to grow their own food locally.

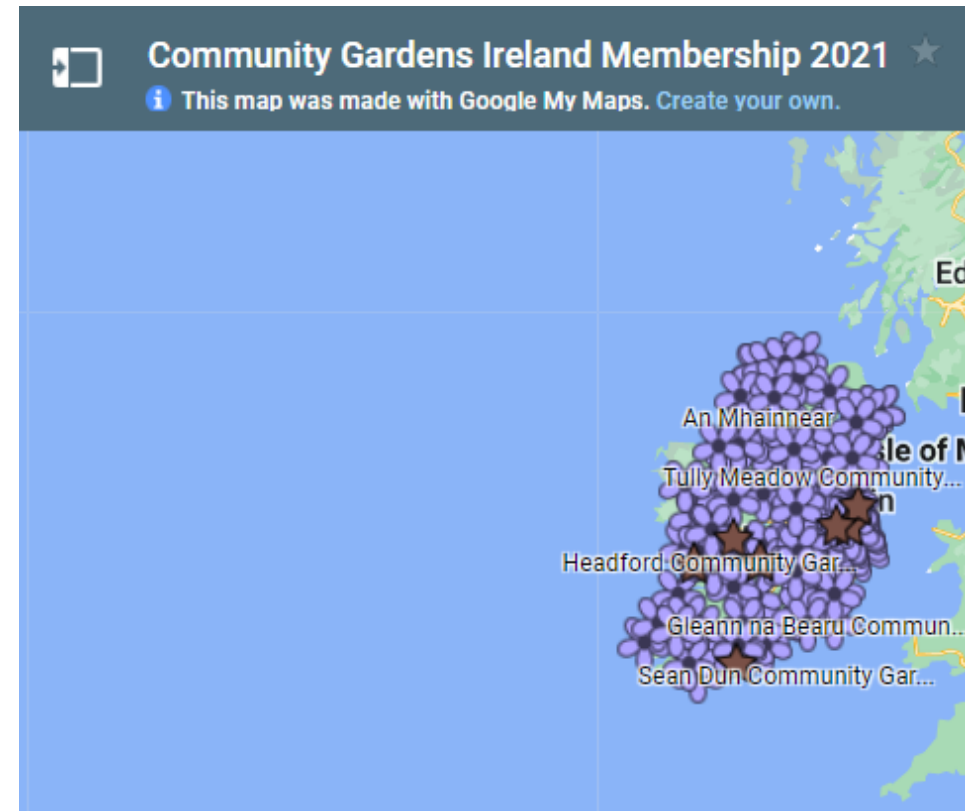
#LetsGetGrowing



The Community Gardens in Ireland [Facebook Group](#), [Facebook page](#) and [twitter stream](#) gives a virtual connection for community gardeners, providing support and promotion, sharing resources and learning and exchanging ideas. They also [share member stories on their blog](#).

CG Ireland is operated on a voluntary basis and is currently a free resource for community gardeners everywhere

Check out their fantastic mapping of social community garden projects on [Community Gardens in Ireland - We're Looking for You \(cgireland.org\)](#)



CASE STUDY ... MUD ISLAND COMMUNITY GARDEN, IRELAND



Home The Garden Join Us Market Events & Workshops News & Resources Support Us Contact Us Q

<https://mudisland.ie/>



Mud Island is a community garden in Dublin North East Inner City. It was developed on a derelict site owned by Dublin City Council. The site was overgrown, used as an illegal dump and cost the Council thousands each year to clear it. Following a two-year campaign by local residents, the Council granted a licence to Mud Island in October 2011, and it is renewed annually. Different from allotments, everyone shares in the planning, sowing and harvesting. If you've never gardened before, a committee member is on duty to suggest and guide you to jobs you feel comfortable with. There is large sit-down area with tables which is the perfect spot for planting seed trays, transplanting, writing labels and catching up on garden news.



CASE STUDY ... MUD ISLAND COMMUNITY GARDEN, IRELAND

Mud Island is farmed collectively and the produce shared. The garden has a clear policy of social inclusion and membership is open to anyone in the area. Members pay a small annual fee (€5 per household if unemployed, €10 if employed). The garden is run by a committee elected each year at an AGM and is guided by a constitution, garden rules, and codes of behaviour. Committee members are keyholders for the garden. The garden was originally 330 square metres, but in 2014 the council granted an extension, so the total size of the garden is now 612 square metres.

Mud Island has received grants from several sources to aid its development, including Community Growers Fund, Croke Park Community Fund, Dublin City Council, IFSC Inner City Trust and Local Agenda 21 Environmental Partnership grant and also organises fundraising events. It has been the recipient of several Dublin Central and Citywide Neighbourhood Awards for Best Community Garden and Environmental Initiative.

Mud Island Community Garden also plays a recreational and educational role in the local community and contributes to an improved environment. It provides a space for people to relax, enjoy surroundings and meet neighbours, and regularly runs courses e.g. on gardening and composting. The garden is used by local schools and youth groups, and has a pizza oven, BBQ and two stages. It holds events throughout the year that are open to all.

Becoming a Climate Champion! Build healthy, liveable cities.

Over half of the world's population now lives in cities, and they are responsible for over 60% of both economic activity and greenhouse gas emissions.

As cities have relatively high population densities and are traffic-saturated, many trips can be taken more efficiently by public transport, walking and cycling, than by private cars. This also brings major health benefits through reducing air pollution, road traffic injuries – and over three million annual deaths from physical inactivity.

Many of the largest and most dynamic cities in the world, such as Milan, Paris, and London, have reacted to the COVID-19 crisis by pedestrianizing streets and massively expanding cycle lanes - enabling “physically distant” transport during the crisis, and enhancing economic activity and quality of life afterwards.

CASE STUDY .. BIODIVERSITY IN DUBLIN CITY, IRELAND

Biodiversity provides a series of benefits to cities. These range from the more directly perceived — such as water supplies and recreation facilities (parks) to the less directly tangible effects of large biodiverse areas, like plants/pollinators that can come with long term climate stability.

Biodiversity in Dublin

Dublin City Council has called on its citizens to experience, understand and preserve the city's biodiversity. [Nature and Biodiversity in Dublin City | Dublin City Council](#)

They are committed to preserving the city's biodiversity. Read the [Dublin City Biodiversity Action Plan 2021-2025](#).



03

**CLIMATE CHANGE AND
WELLBEING**



Wellbeing is one of the cornerstones of the EU and a common European value.

Climate change - a mounting threat to our wellbeing. It is easy to be overwhelmed by the sheer scale of the climate change challenge we face. We worry about the effects on our families, other people, and future generations [Mental Health Foundation UK](#) acknowledge that even though a lot of the challenge feels out of our control, there are still many things that we can do to reduce the negative effects that this has on all our wellbeing. They have shared **6 top tips to help us cope**



6 CLIMATE CHANGE AND WELLBEING TIPS

1. Know that you can make a difference

Our lifestyles have a profound effect on our planet. Our choices matter. Around two-thirds of global greenhouse gas emissions are linked to private households. The energy, food, and transport sectors each contribute about 20 per cent of lifestyle emissions. From the electricity we use to the food we eat and the way we travel, we can make a difference.

If we all do some small things to help reduce climate change, it'll also help us feel empowered and have a positive effect on your own mental health. There are lots of great information on small changes we can make on the [Act Now](#) website of the United Nations.



CLIMATE CHANGE AND WELLBEING

2. Get involved with your community in a meaningful way

Very relevant to this course, if you feel that climate change is affecting your community, see if you can get involved with local grassroots or community groups who are working on climate change, nature and the environment. We know that helping others is good for our mental health.

3. Use your voice

If you have opinions and are passionate about climate change but are keeping silent, this may leave you feeling powerless. Try getting involved with campaigning communities that focus on climate change. For example, you could take part in a peaceful organised rally, or join relevant events or debates. Civic and political activism can help you to feel more empowered and give you an outlet for expressing your thoughts in a constructive way.

4. Stop and think about how the news is making you feel

Just take a moment to think about how much information and news you are taking in and think about how it's making you feel. If it's having a bad effect on your wellbeing, then try to:

- ✓ Mute or turn off news notifications on your phone
- ✓ Limit the amount of news to reading a morning paper or watching the evening news
- ✓ If you are on social media, think about muting or unfollowing accounts or hashtags about climate change that negatively affects you. Try not to look at or use your mobile for at least an hour before going to bed

CLIMATE CHANGE AND WELLBEING

5. Open up about how you're feeling

If you are feeling overwhelmed, try to talk about it with someone close to you, friends, or colleagues. We know that sometimes this can feel scary or hard to do. But by taking this first brave step in sharing your feelings or asking for help, you are starting on your path to feeling better. You could start by talking with someone you trust, this could be a friend, family member, healthcare professional or helpline.

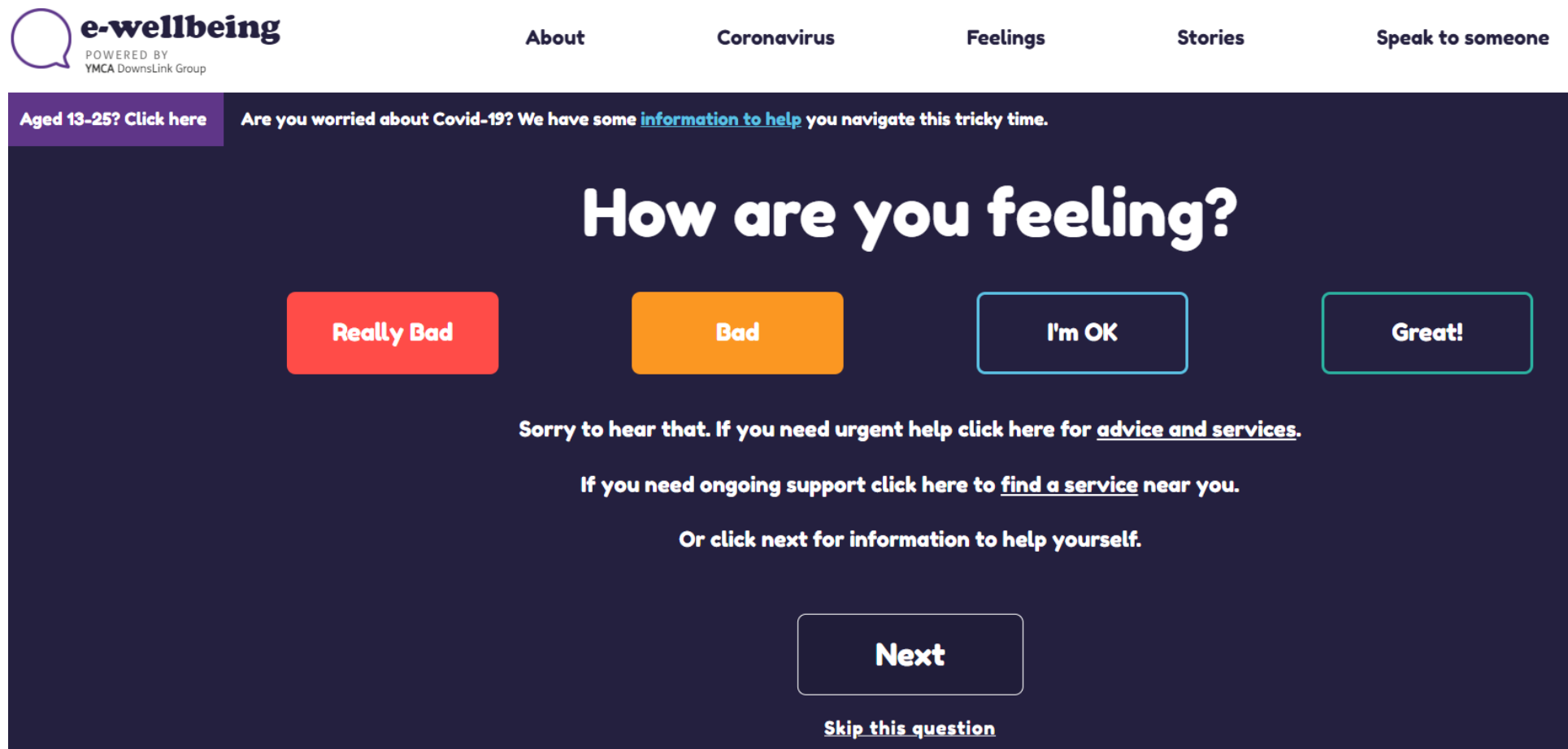
6. Make time for self-care

It's also worth remembering that sometimes it's the little things that can make a big difference to how you feel. So, try to make time and space for the things, activities and actions that are good for your mental health. You could also **try getting out into nature**. We know that this really works!



COMMUNITIES TAKE ACTION

Example [e-wellbeing for adults](#), a digital wellbeing service in Sussex, UK. Their aim is to provide a space for adults (aged 25+) to access relevant information about emotional health and wellbeing and find the support that is right for them.



The screenshot displays the 'e-wellbeing' website interface. At the top left is the logo 'e-wellbeing' with a speech bubble icon and the text 'POWERED BY YMCA DownsLink Group'. To the right are navigation links: 'About', 'Coronavirus', 'Feelings', 'Stories', and 'Speak to someone'. Below the navigation is a dark blue banner with a purple box on the left containing the text 'Aged 13-25? Click here'. The main text in the banner reads 'Are you worried about Covid-19? We have some [information to help](#) you navigate this tricky time.' The central question is 'How are you feeling?' in large white text. Below this are four buttons: 'Really Bad' (red), 'Bad' (orange), 'I'm OK' (light blue), and 'Great!' (teal). Underneath the buttons are three lines of text: 'Sorry to hear that. If you need urgent help click here for [advice and services](#).', 'If you need ongoing support click here to [find a service](#) near you.', and 'Or click next for information to help yourself.' At the bottom center is a 'Next' button, and below it is a link 'Skip this question'.



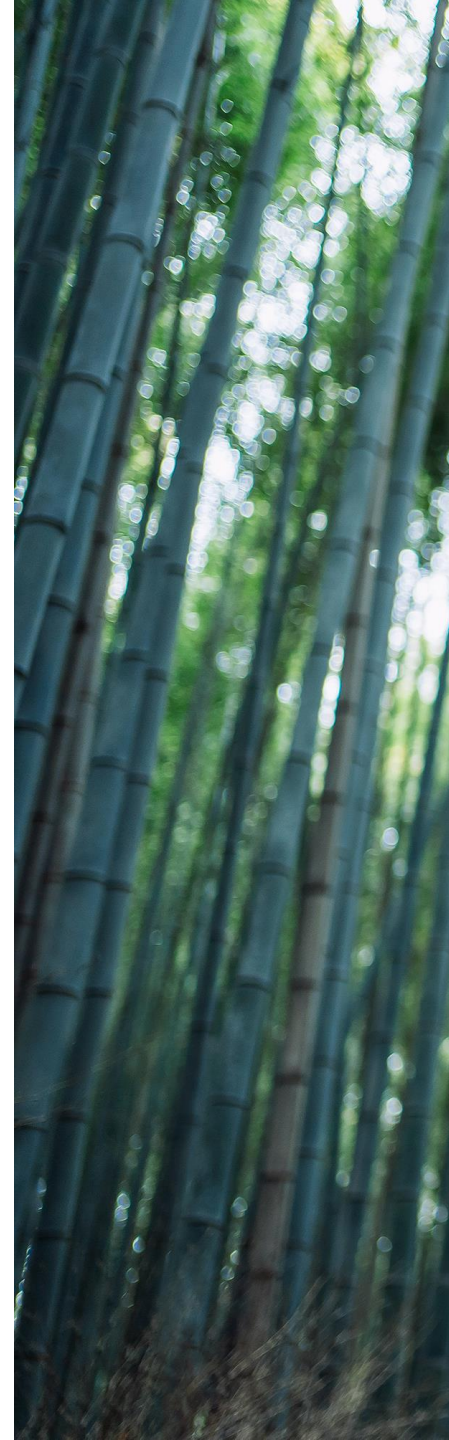
COMMUNITIES TAKE ACTION

Back to nature: Forest bathing blossoming in Co Wicklow (rte.ie) – ARTICLE AND VIDEO

While record numbers have taken up sea swimming during the pandemic, another form of 'bathing' is also growing in popularity in Co Wicklow, Ireland - and no swimsuits are required. Forest bathing means 'bathing' in the forest atmosphere or taking in the forest through our senses.

"It's not like a hike or a walk. It's all about connecting with nature through all your senses. You notice what you can see, hear, smell, taste and touch," said Cathelijne de Wit of Forest Bathing Wicklow. "It's all about slowing down and feeling calm and peaceful."

Forest Bathing, or shinrin-yoku, originated in Japan in the 1980s. Today, an estimated five million Japanese spend time in forests to revive body and spirit. "It developed there because people needed a way to deal with stress-related health issues. A lot of people were burned out and doctors noticed they were cut off from nature and needed to reconnect. Since then, several scientific studies have shown that forest bathing can reduce blood pressure, boost your immune system, and is good for your mental health," Cathelijne explained.



HAVE YOU HEARD ABOUT SOCIAL PRESCRIBING? IT'S POWERFUL

Social Prescribing is a powerful, proven community mechanism to improve the physical, emotional, mental wellbeing of adults by connecting them to non-medical community-based sources of supports.

Our environment and communities have a huge role to play. Here's a great example

Nature Inspires is located in the North West of Ireland and hosts workshops around nature. The workshops are tailor-made to the needs of the group



HAVE YOU HEARD ABOUT SOCIAL PRESCRIBING? IT'S POWERFUL

Nature Inspires group activities include

- Making flower crowns from wildflowers
- Creating art inspired by nature
- Telling stories around the heritage of the area
- Foraging for food and creating teas
- Exploring the landscape

Creative workshops like these are a great way to relax, and to meet new people.



Source: <https://www.facebook.com/natureisbestflorist.blogspot.ie>



HAVE YOU HEARD ABOUT SOCIAL PRESCRIBING? IT'S POWERFUL

Every month, at the Ateliers Cord'Agés in Poitiers, French people with loss of autonomy meet musicians for a Musical Break. It is a regular meeting allowing them to discover new sensations and awaken buried emotions.

The music comes to touch everyone's sensitivity to create an individual and collective experience: precious moments to weave social ties and vibrate in unison.

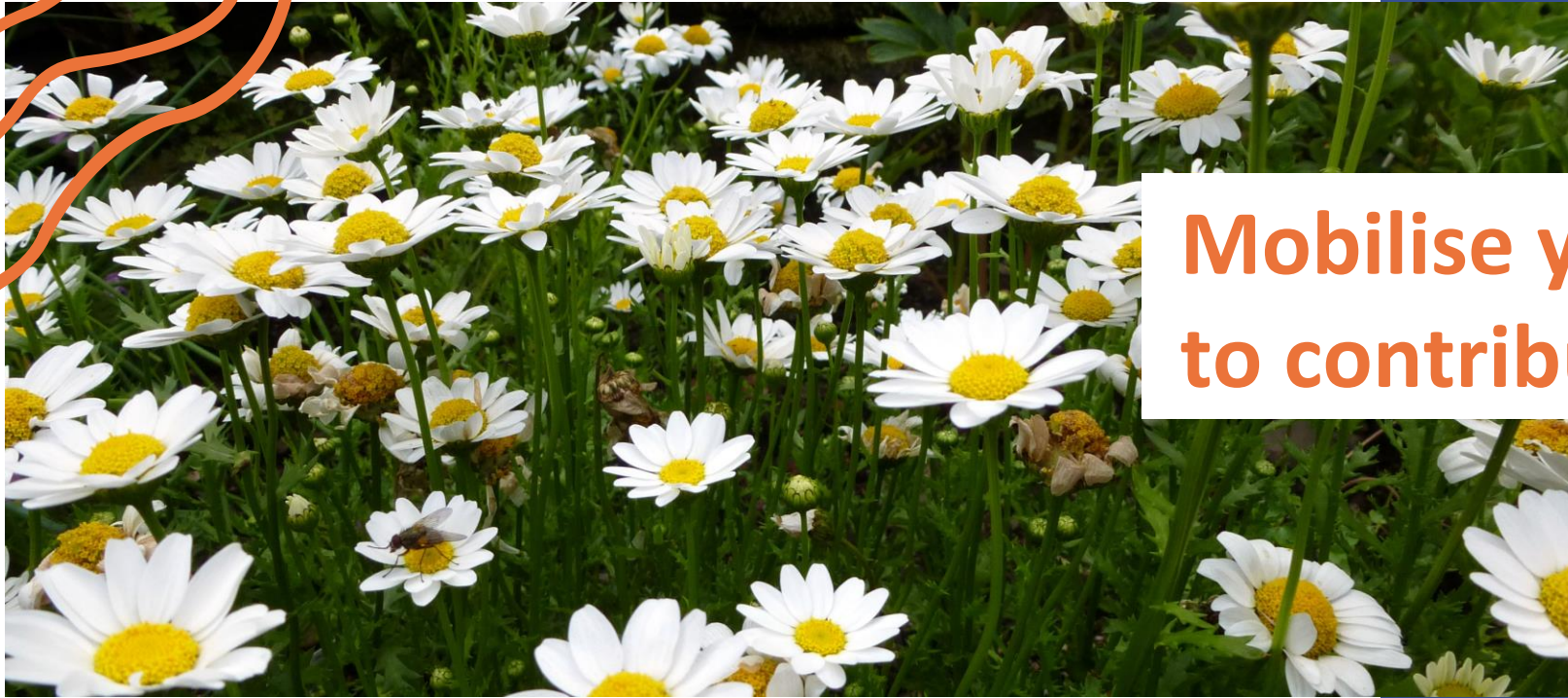
It is a partnership between a health provider Les Ateliers Cord'âges and a cultural provider Nouvelle-aquitaine Chamber Orchestra.



Source: <https://culture-sante-aquitaine.com/vos-projets/la-pause-musicale-183/>

04

**Mobilise your Community
to contribute to SDG3**



Dare to become a Climate Community Champion? The call is on! Now!

Climate change has become the challenge of a generation and is a predominant theme throughout media, from government reports to Hollywood films. The science behind climate change can be daunting, with 75% of young people stating they are frightened about what the future holds. While climate science can lead to a ‘head-in-the-sand’ approach, it is essential to remember that there are opportunities for positive action. As community leaders, we must get involved. While the climate issue is dire, many small changes can have a profound effect on a global scale.

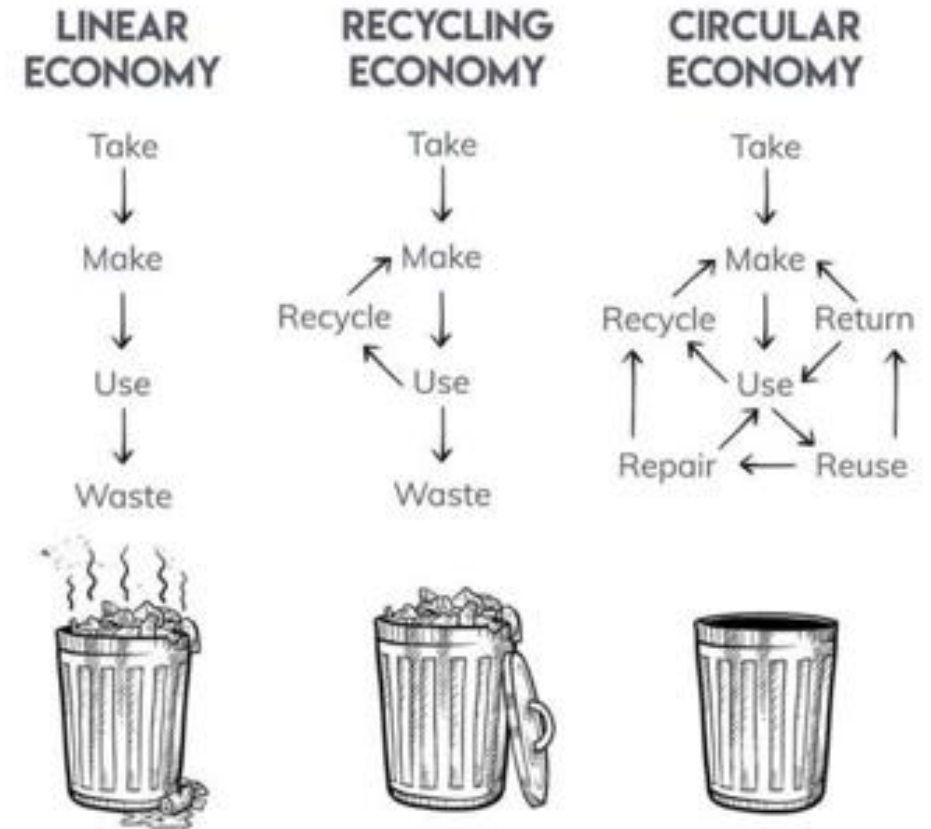
HAVE YOU HEARD OF CIRCULAR ECONOMY? IT WORKS FOR COMMUNITY TOO

In the Circular Economy, we use less raw material, we design products for long-life and recyclability, we share products, we use them for longer and we reuse and repair things before we recycle or throw them away.



CHECK OUT

Ireland's Circular Economy Programme (2021 to 2027) which is the driving force for Ireland's move to a circular economy. The vision for the Programme, which is led by the EPA, is in Ireland where the circular economy ensures that everyone uses less resources and prevents waste to achieve sustainable economic growth. This Programme incorporates and builds upon the previous National Waste Prevention Programme.



Graphic shared this course

<https://cours.edulib.org/courses/course-v1:EDDEC+EC-101+H2019/about>



Dare to become a Climate Community Champion? The call is on! Now!

CIRCULAR ECONOMY

Circular Australia [Community Hubs - Circular Australia](#) held a very interesting webinar on Circular Economy Community Hubs in June 2022.



LET'S TAKE INSPIRATION FROM OTHERS

Clean AirTogether | Clean Air Together Clean Air Together (CAT) is a citizen science project where people voluntarily sign up to measure levels of Nitrogen Dioxide (NO₂) pollution in their local area. NO₂ is a traffic-related air pollutant that can cause negative health impacts. NO₂ particularly impacts children, people with pre-existing heart and lung conditions such as asthma, outdoor workers, the elderly, and those communities who may be more exposed to air pollution because of where they live or work.

The first Clean Air Together campaign took place in October-November 2021 where approximately 1,000 citizens across Dublin successfully measured NO₂ near their home, business, or school. Clean Air Together is a joint project between the Environmental Protection Agency (EPA) and the Environmental Education Unit of An Taisce.



Becoming a Climate Champion!

LET'S TAKE INSPIRATION FROM OTHERS

[Clean AirTogether | Clean Air Together](#)

The 2021 results are captured on video....



The project is moving to Cork in 2022.

BE INCLUSIVEClimate change is harder on less educated people

Communities everywhere are vulnerable to climate change and biodiversity crisis and as we rebuild from COVID. Community and regional change and a true embedding of SDGs is the best way to respond to the needs and abilities of society to adapt to climate change since this is the level that is closest to the people and small change can make a visible impact in a short time.

People who are marginalized by society are less able to adapt to climate change or recover from its effects. A study by Erich Striessnig, Wolfgang Lutz and Anthony Patt of the International Institute for Applied Systems Analysis in Laxenburg, Austria, suggests ways education can make this easier. They found that education leads to better health, so people are physically able to adapt.

See Module 1 to learn more about SDGs and Education.

INTERESTING READING

Check out this really interesting article from NASA
[Evidence | Facts – Climate Change: Vital Signs of the Planet \(nasa.gov\)](#).



05

Summary & Review 😊



Summary and review 😊

Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development. In this Module we discussed the correlation between health, wellbeing and the environment. Health environments and healthy lives go hand in hand. We covered how people are coping in an environment where the future of our climate is uncertain.

We also spoke about how the issues of health and our environment are being combined in communities throughout Europe.

To learn more about some of the other SDGs discussed in this module visit the rest of our Climate Champion Modules.



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THANK YOU

Any questions?



www.climatechampions.how