

Climate Lens on Health Promotion





Acknowledgement of Country

Today's format

- 2 Presentations

- Role of Health Promotion in the Anthropocene
- Importance of cultural and ecological determinants
- Health co-benefits of climate action

- 2 Case studies

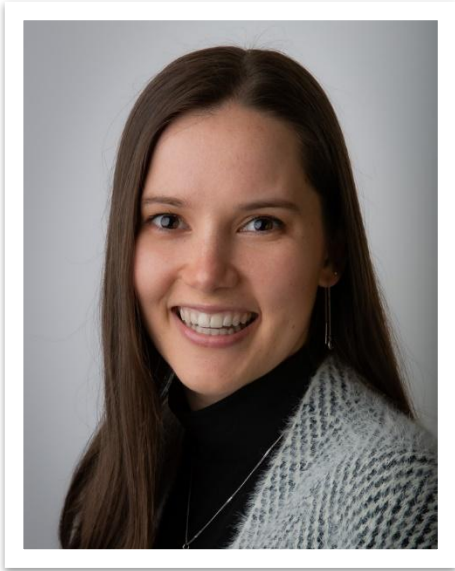
- Action in the Kooweerup region: Food systems and Active living
- Climate Adaptation Requires Youth Action (CARYA) Program, Banksia Gardens Community Services

- Quick poll

- Break-out group discussions



Our presenters



Georgia Langmaid
Planetary Health Project
Officer
Enliven Victoria



Dr Rebecca Patrick

- Climate and Health Alliance
 - President/Chair
- Deakin University
 - Senior Lecturer in Health Promotion
 - Director - Sustainable Health Network
 - Co-lead - Health, Nature, Sustainability Research Group
 - Course Director - Masters of Health and Human Services Management
- Health Promotion Journal of Australia
 - Editor



Our presenters



Aileen Thoms

Director of Primary Health and
Innovation Manager
Kooweerup Regional Health Service



Edgar Caballero Aspe

Education and Sustainability Coordinator
Banksia Gardens Community Services



Planetary Health Project Officer at Enliven Victoria

Health Promotion
Journal of Australia



LONG RESEARCH ARTICLE

Applying the Mandala of Health in the Anthropocene

Georgia Langmaid ✉, Rebecca Patrick, Jonathan Kingsley, Justin Lawson

First published: 17 October 2020 | <https://doi.org/10.1002/hpja.434>

Access here: <https://onlinelibrary.wiley.com/doi/10.1002/hpja.434>



enliven
ENHANCING SOCIAL HEALTH

What is the Anthropocene?

Anthropocene: ‘The term Anthropocene suggests: (i) that the Earth is now moving out of its current geological epoch, called the Holocene and (ii) that human activity is largely responsible for this exit from the Holocene, that is, that humankind has become a global geological force in its own right’ (Steffen et al. 2011, p. 843).

- Ecosystem services are fundamental to sustain life.
- Ecosystem services are being pushed to its limits due to human activity.
- This is a risk to human health (and other living species).

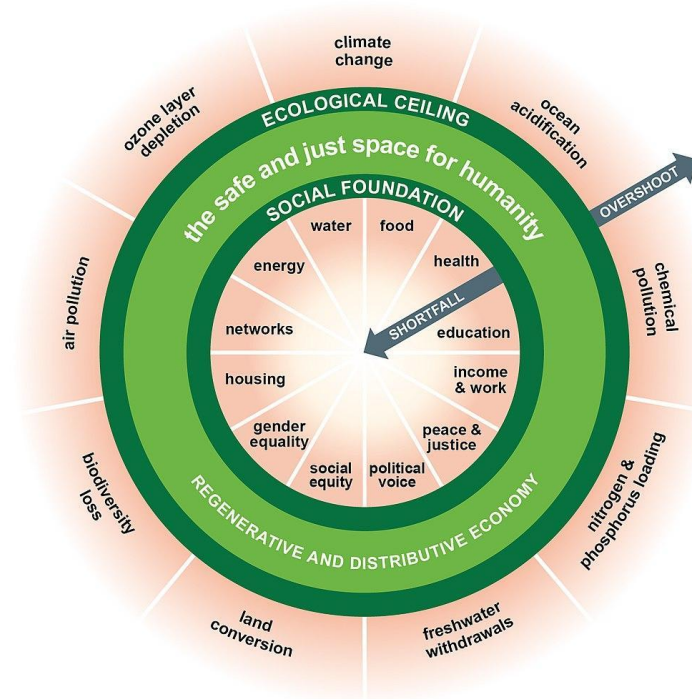


Figure 1 - Doughnut: Earth's ecological boundaries (Raworth, 2017)

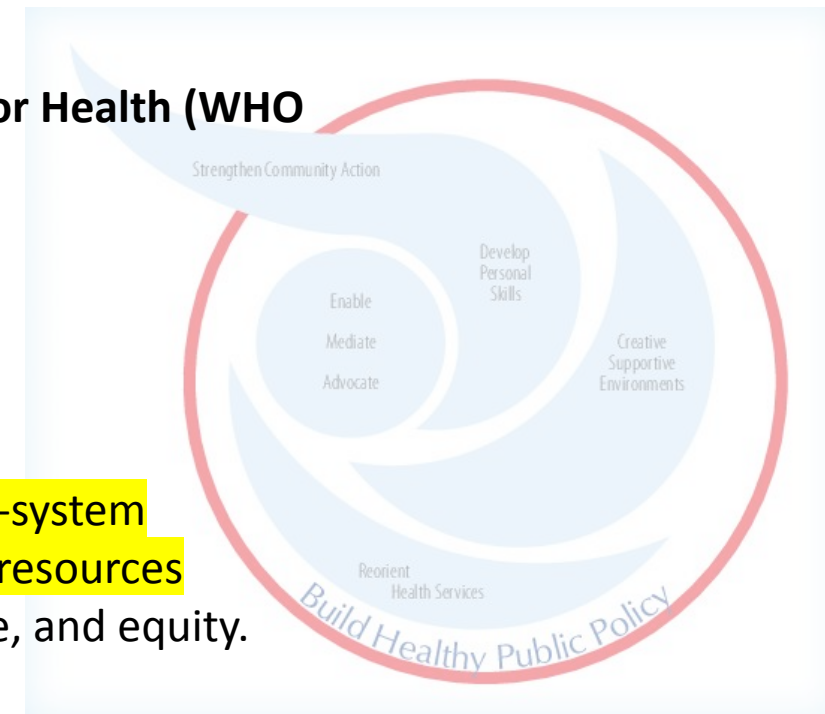
Planetary Health

Planetary Health: is 'based on the understanding that human health and human civilisation depend on flourishing natural systems and the wise stewardship of those natural systems' (Whitmee et al. 2015, p. 1974).



Prerequisites for Health (WHO 1986)

- ✓ Peace
- ✓ Shelter
- ✓ Education
- ✓ Food
- ✓ Income
- × A stable eco-system
- × Sustainable resources
- ✓ Social justice, and equity.



'Ecologically Blind'

Ecological determinants of health: these are the ecosystem-based 'goods and services' that are provided by nature. Among the most important of these are oxygen, water, food, fuel, various natural resources, detoxifying processes, the ozone layer and a reasonably stable and habitable climate' (Hancock, Spady & Soskolne 2015, p. iv).

Prerequisites for Health (WHO 1986)

- ✓ Peace
- ✓ Shelter
- ✓ Education
- ✓ Food
- ✓ Income
- × A stable eco-system
- × Sustainable resources
- ✓ Social justice, and equity.

"Australia lags behind comparable countries when it comes to tackling the health impacts of climate change."

"The last thing you want to do is have the ecological determinants here and the social determinants here and not talk. Not engage them."

"I think that is a more contemporary way to look at it - meshing the social determinants with the ecological determinants. So that people can kind of get it a bit better."

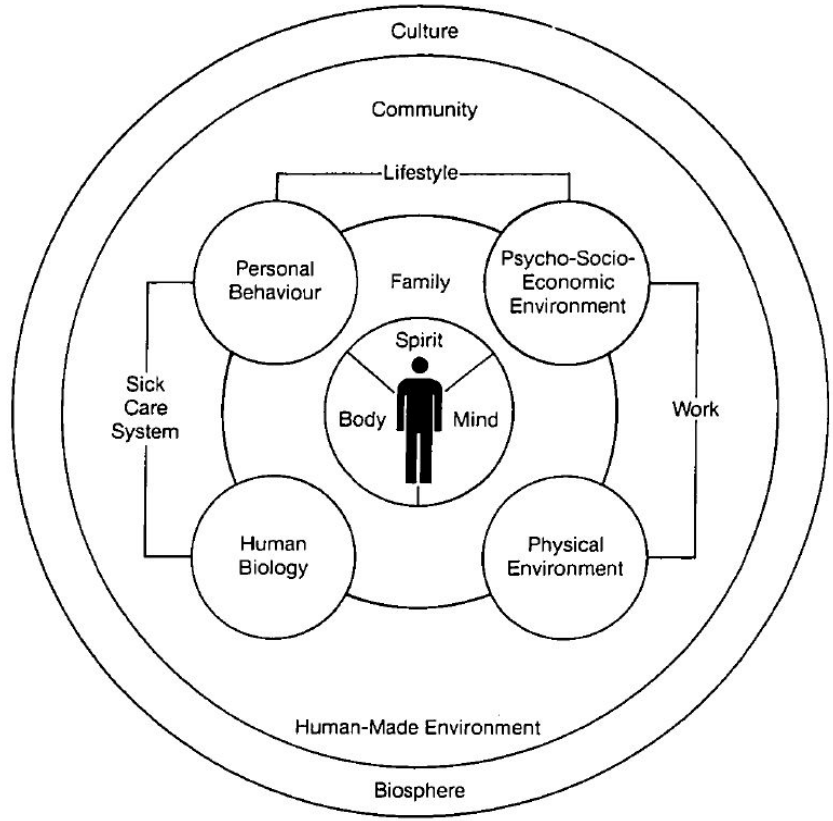
Cultural determinants of health

- Health Promotion has been criticised for being **western centric**, particularly not integrating **Indigenous knowledge systems** and for lacking emphasis on **cultural determinants**.
- **Indigenous knowledge systems** can be key in addressing climate and health issues.

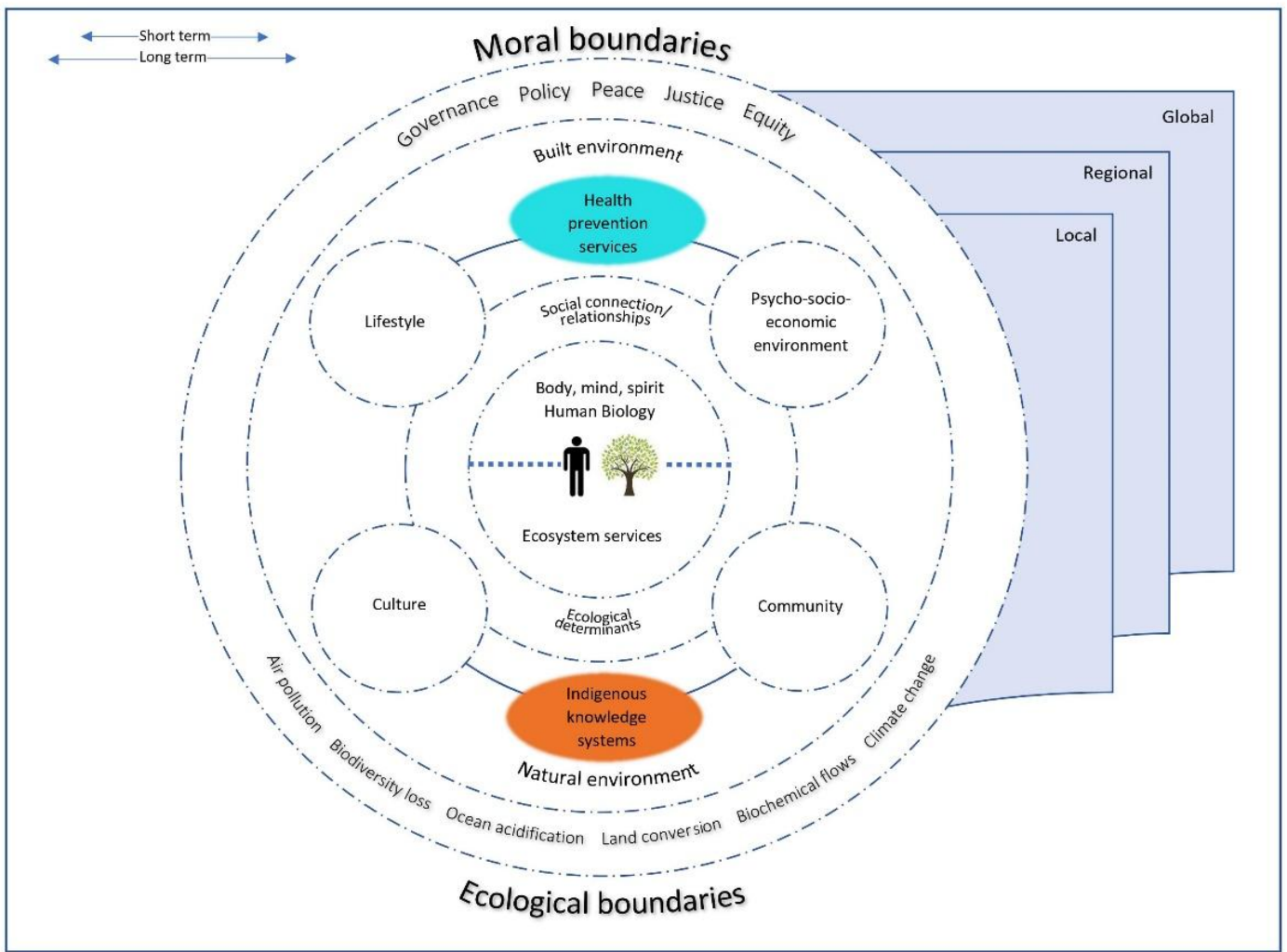
“If you look at what it is that’s driving ecological change, it fundamentally has to do with our cultural values.”

“They [Indigenous cultures] have a kind of understanding that you don’t take more than what you need from their environment. We just do not have that.”





Hancock & Perkins 1985



Langmaid et al., 2020

Climate change, Nature & Mental Health Promotion: A setting for co-benefits

Dr REBECCA PATRICK

Director, Sustainable Health Network
Co-led Health, Nature, Sustainability Research Group
President/Chair , Climate and Health Alliance







DEAKIN UNIVERSITY

Search for courses, research, news, events...

Home > Faculty of Health > Sustainable Health Network (SHN)

Sustainable Health Network (SHN)

Driving sustainable solutions to global health challenges.



About Climate and Health Alliance (CAHA)

- Coalition of 80 health groups– mobilising health for climate action www.caha.org.au
- Part of Climate Action Network Australia - bringing health perspectives and health voices to the climate movement
- Partner and affiliate of Health Care Without Harm www.noharm.org
- Part of the broader global effort – part of the Global Climate and Health Alliance www.gcha.org and WHO Working Group for Action on Health and Climate Change
- [Leading Our Climate Our Health campaign www.ourclimate-ourhealth.org.au](http://www.ourclimate-ourhealth.org.au)
- Coordinate the Pacific region of Global Green and Healthy Hospitals network www.greenhospitals.net



Health is the most effective frame when communicating about climate change

A study of public responses to messages about climate change found a focus on public health was most consistent with support for climate change mitigation and adaptation (Myer, et al, 2012)

Maibach et al. *BMC Public Health* 2010, **10**:299
<http://www.biomedcentral.com/1471-2458/10/299>



RESEARCH ARTICLE

Open Access

Reframing climate change as a public health issue: an exploratory study of public reactions

Edward W Maibach*¹, Matthew Nisbet^{1,2}, Paula Baldwin¹, Karen Akerlof¹ and Guoqing Diao³

Abstract

Background: Climate change is taking a toll on human health, and some leaders in the public health community have urged their colleagues to give voice to its health implications. Previous research has shown that Americans are only dimly aware of the health implications of climate change, yet the literature on issue framing suggests that providing a novel frame - such as human health - may be potentially useful in enhancing public engagement. We conducted an exploratory study in the United States of people's reactions to a public health-framed short essay on climate change.

Methods: U.S. adult respondents (n = 70), stratified by six previously identified audience segments, read the essay and were asked to highlight in green or pink any portions of the essay they found "especially clear and helpful" or alternatively "especially confusing or unhelpful." Two dependent measures were created: a composite sentence-specific score based on reactions to all 18 sentences in the essay; and respondents' general reactions to the essay that were coded for valence (positive, neutral, or negative). We tested the hypothesis that five of the six audience segments would respond positively to the essay on both dependent measures.

Results: There was clear evidence that two of the five segments responded positively to the public health essay, and mixed evidence that two other responded positively. There was limited evidence that the fifth segment responded



Prevention is better than cure.

Are you concerned about climate change and its impact on health? Health professionals and health organizations are joining the campaign for climate change and health. We're not here to prevent the possibility, we're here to prevent the possibility of climate change. You need to be heard.

Join us at ourclimate.ourhealth.org.au to launch your OPH campaign today.


**OUR CLIMATE,
OUR HEALTH.**


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OUR HEALTH.**


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FRAMEWORK FOR A
**NATIONAL STRATEGY
ON CLIMATE, HEALTH AND
WELL-BEING FOR AUSTRALIA**

June 2017



 OUR CLIMATE,
OUR HEALTH.

A high-level framework to guide government policy and decision-making

- to support policy responses to recognise, manage, and respond to the health risks of climate change and promote health through climate change action
- meet Australia's commitments under the Paris Agreement
- framework against which to demonstrate progress against the Lancet Countdown Indicators

<https://www.caha.org.au/national-strategy-climate-health-wellbeing>



EXPERT PANEL DISCUSSION

Climate change and mental health

Wednesday October 6

5:30–7pm AEDT · via Zoom

RSVP at caha.org.au/mental_health



WITH EVENT PARTNERS



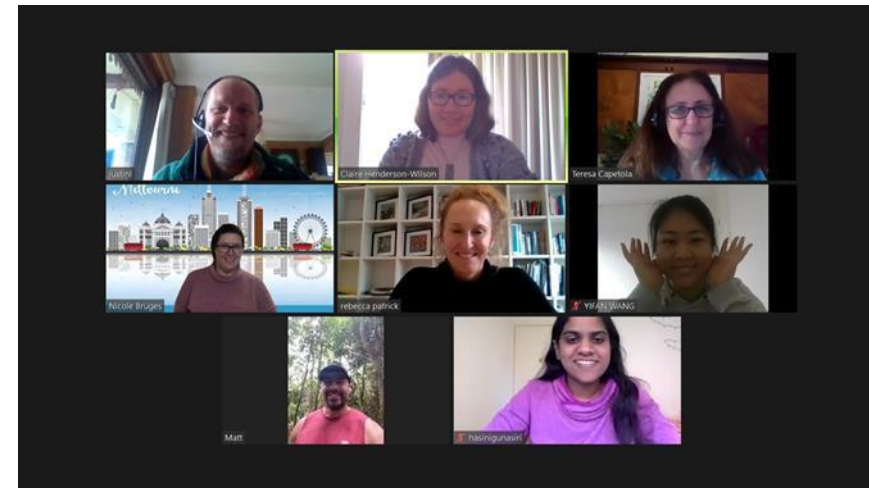
Nkoli Mmako - Feasibility of a community garden program for a Social Housing Development

Yotti Kingsley - "If the land is healthy... it makes the people healthy"

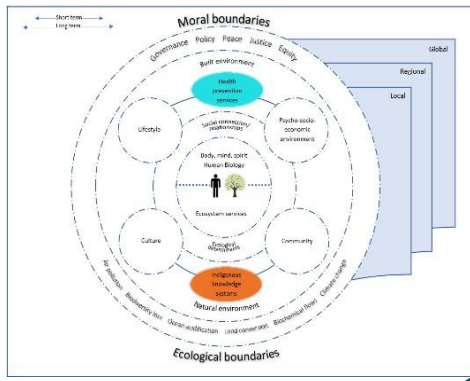
Ashima Masiwal - Applying a Health lens to current Victorian Climate Change Framework

Laura Ayres - The Koo Wee Rup Men's Shed: Human Health and Environmental Sustainability Evaluation

Isabella Ryan - Systems thinking, health promotion and climate change



Georgia Langmaid -



Chris Reed - The origins, development and perceived effectiveness of horticulture-based therapy programs

Marina Lewis - Transitioning towards an ecological paradigm: a role for public health

Rona Weerasuriya - nature in healthcare



Link between mental health & nature



Planetary Health - health of humans inextricable linked to health of planet

Biophilia hypothesis – we require contact with nature for psychological wellbeing

Climate change and environmental degradation are public health – health promotion issues

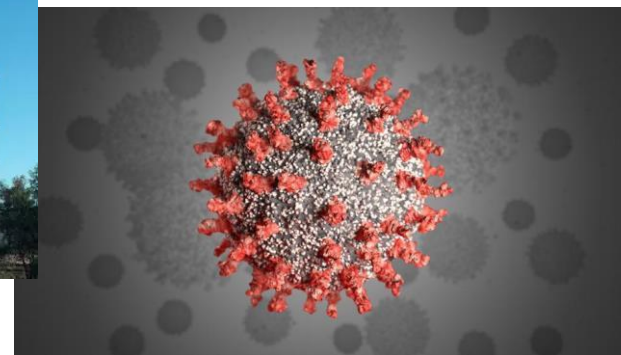
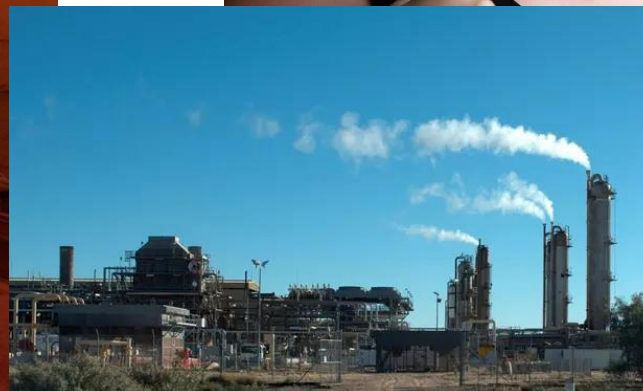
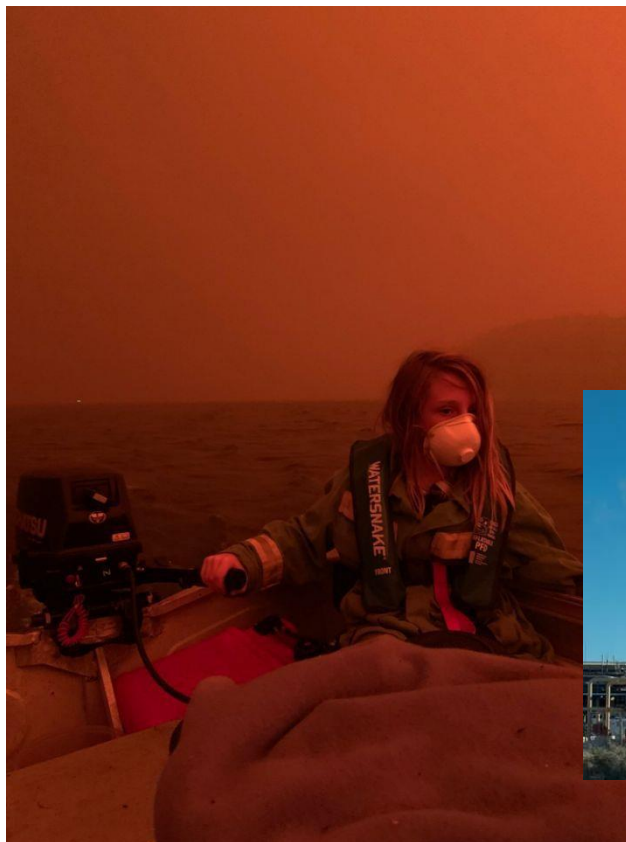
Loss of nature, urbanisation, technology – environmental deprivation

Climate / environmental action has **co-benefits** for human mental health

Nature is a setting for health promotion



Climate, nature and public health in 2020+



Terms used to describe the impact of climate change on psychological distress:

- **Anxiety**: Eco-anxiety / Climate Anxiety / Eco-paralysis.
- **Anger**: Eco-anger
- **Depression**: Eco-depression / Eco-despair.
- **Grief**: Eco-grief / Climate Grief / Solastalgia.
- **Trauma**: Pre-traumatic Stress, PTSD



Before

- Anxiety; anticipatory trauma and grief;

During

- Stress;

After

- Cultural displacement; post-traumatic stress;



Study Aim - snapshot of the mental health impact of climate change on the Australian population, as well as active coping and mental health help-seeking behaviours

N= 5828 adults 18+ nation-wide

Online survey (Aug – Nov 2020)



Our research – nation-wide, general population



55% direct experience of climate change

67% climate change – ‘very much a problem’ personally (vs 25% C19, 15% employment & retirement, 13% health)

Eco-anxiety among 18 – 24 y/o(24%); 25 -34 (20%)

PTSD (26%)

Coping - not seek traditional mental healthcare rather self-prescribing own solutions

- *Becoming informed about problems and solutions (72%), viewing or visiting natural environments (66%) and changing lifestyle to be more sustainable (63%).*



Our research – nation-wide, general population



“As a young person I feel that climate change directly impacts my mental health. I often feel quite hopeless when thinking about my future and the future of this planet, especially seeing our politicians and big businesses continually putting profit before climate and our people.”

“Mostly I just feel overwhelmed or Frustrated/Angry at those in positions of power choosing to not take action. Also worry about having children.”

“Best support for mental health related to climate change: being able to have confidence that our governments are acting concretely through policy and funding to mitigate the extent and risks of climate change. Fear is being instigated by 'green types' and leftist governments.”

“Mental health problems are not due to 'climate change' but by scaremongering. I live at sea level we have no sea level rise. Although we are told we are. We are on the beachfront.

16 It is not happening.”





- ✓ **Young people**
- ✓ **Scientists**
- ✓ **Environmental workers**
- ✓ **Indigenous communities**
- ✓ **People with direct experience of climate change related event, e.g. bushfire, flood**



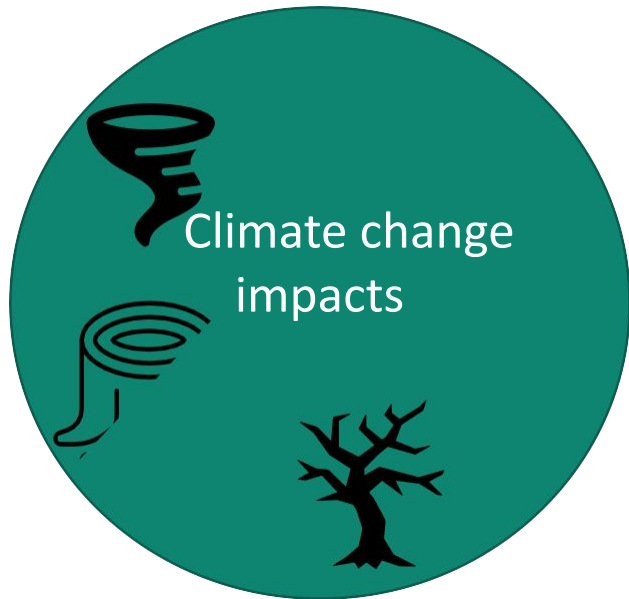
Young people (18-24 years) are one of the most vulnerable population groups for mental health issues related to climate change (Research Australia 2020)

Around 50% of young people in Victoria identified strong negative feelings towards climate change; sadness, anger, and fear (Sustainability Victoria 2020)

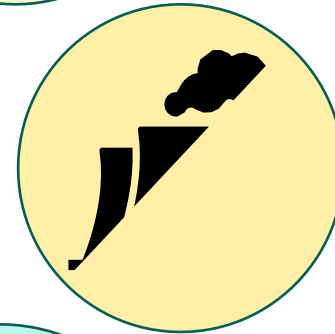
Youth with strong sense of **community & connection** with natural environment, better resilience to climate change

Self-efficacy, resilience and agency **increased** in young people active in climate action

Our research – determinants of climate-related mental wellbeing



Factors



I feel like it's quite empowering to know that you are gonna be part of the generation that hopefully brings about the positive change ... [Climatehero5]



Erica Crawford: Australian Youth Climate Coalition (AYCC); School Strikes, Climate activist; Year 12 student

Our research - co-benefit interventions




Theme	Perceived benefits
Mental/emotional	<ul style="list-style-type: none"> • Sense of satisfaction and achievement: it makes you 'feel good inside' (EV, OR) • Praise from others (EV, OR) • Improves self-esteem (EV, EV) • 'Buzz' from watching an area transform (EV) • Sense of empowerment (EV) • Mental health benefits (EV), including for those living with mental health concerns (OR)
Social	<ul style="list-style-type: none"> • Friendships and social connections (EV, OR) • Finding and engaging with 'like-minded people' (EV, OR) • Sense of belonging (EV) • Brings 'out the best in people' (EV) • A 'great leveller': participation regardless of background, disability status, political views (EV) • Helps break down barriers (eg between staff in corporate organisations, people from diverse backgrounds) (OR)
Individual skills and capabilities	<ul style="list-style-type: none"> • Career benefits; skills and experience for the CV; English language development; (OR) • Learning about Australian culture (especially for new migrants) (OR)
Spiritual	<ul style="list-style-type: none"> • Spiritual uplift (EV)
Physical	<ul style="list-style-type: none"> • Health benefits of keeping fit and healthy (OR)
Human-Environment interaction (connection with nature)	<ul style="list-style-type: none"> • Connection to place (EV) • Maintains involvement in environmental issues (during parenting) (EV) • Learning about natural environment (which, in turn, fosters concern) (OR)
Natural Environment	<ul style="list-style-type: none"> • Biodiversity; improved ecosystem health; habitat protection (OR)

Childhood contact with nature - High contact, lower neuroticism in adulthood (Snell et al 2020)

Nature-based activities - People with mental illness when participating in nature-based and outdoor activities improves mental health, self-management of illness (Ebden & Townsend 2015)

Green prescriptions - Prevention & management of mental health issues (Habana 2020)

KRHS Mens Shed – human-environmental interactions, sustainability outcomes, social inclusion and mental health



FEB
27

Acknowledging our grief about climate change

by Psychology for a Safe Climate

[Follow](#)

\$20 - \$40

[Tickets](#)

Psychology for a Safe Climate Grief workshop

[About this Event](#)

Date And Time
Sat, 27 February 2021
2:00 PM - 5:00 PM AEDT

The event poster features a central image of a tree with a complex, branching structure, where the trunk and branches are rendered in shades of purple and blue, set against a background of green and brown textured patterns. The text is arranged in a clean, modern layout with a mix of bold and regular weights. A green button for 'Tickets' is prominent. The bottom section of the poster is divided into two columns for event details.



Time with **nature**
connects us all



Make a **#NaturePact**

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[Donate](#)



Thank you
sustainablehealth@deakin.edu.au

president@caha.org.au



Quoted studies:

Gunasini, Wang, Patrick et al (2020) Climate change, mental health and young people study: preliminary findings, Deakin University

Habana, Patrick, Allendar (2020) On a natural high: Health co-benefits of Green Prescriptions: Literature Review, Deakin University

Noy, Win Chen, Patrick et al (2020) Environmental workplace mental health promotion study: preliminary findings, Deakin University

Patrick, Henderson-Wilson, Ebden (2020) Exploring the co-benefits of environmental volunteering for human and planetary health promotion, Health promotion journal of Australia, under peer review

Snell et al (2020) Exploring the impact of contact with nature in childhood on adult personality, Urban Forestry and Urban Greening, Available at:
<https://www.sciencedirect.com/science/article/abs/pii/S1618866720306816>

Townsend M and Ebden M (2006) , Feel Blue, Touch Green, Final report prepared for the People and Parks Foundation, Deakin University and partners

Fritze, JG, Blashki, GA, Burke, S & Wiseman, J (eds) 2008, 'Hope, despair and transformation: climate change and the promotion of mental health and wellbeing', *New Community Quarterly*, vol.6, no.4, doi:10.1186/1752-4458-2-13

IPCC. Climate Change 2021: The Physical Science Basis. Contribution of Working Group I to the Sixth Assessment Report of the Intergovernmental Panel on Climate Change [Masson-Delmotte, V., P. Zhai, A. Pirani, S. L. Connors, C. Péan, S. Berger, N. Caud, Y. Chen, L. Goldfarb, M. I. Gomis, M. Huang, K. Leitzell, E. Lonnoy, J. B. R. Matthews, T. K. Maycock, T. Waterfield, O. Yelekçi, R. Yu and B. Zhou (eds.)]. Cambridge University Press. 2021. Available from: https://www.ipcc.ch/report/ar6/wg1/downloads/report/IPCC_AR6_WGI_Full_Report.pdf

Research Australia 2020. *Public opinion poll on health & medical research & innovation*, Research Australia. Available from: <https://researchaustralia.org/reports/public-opinion-polling-2/>

Sustainability Victoria 2020. '*Social research exploring awareness among Victorians and our healthcare professionals of the health effects of climate change*'. Linking Climate Change and Health Impacts.

World Health Organization 2020, '*Mental health: strengthening our response*', World Health Organization. retrieved 17 April 2020, <<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>>

A climate lens on health promotion

A Small Rural Health Service Approach

Aileen Thoms

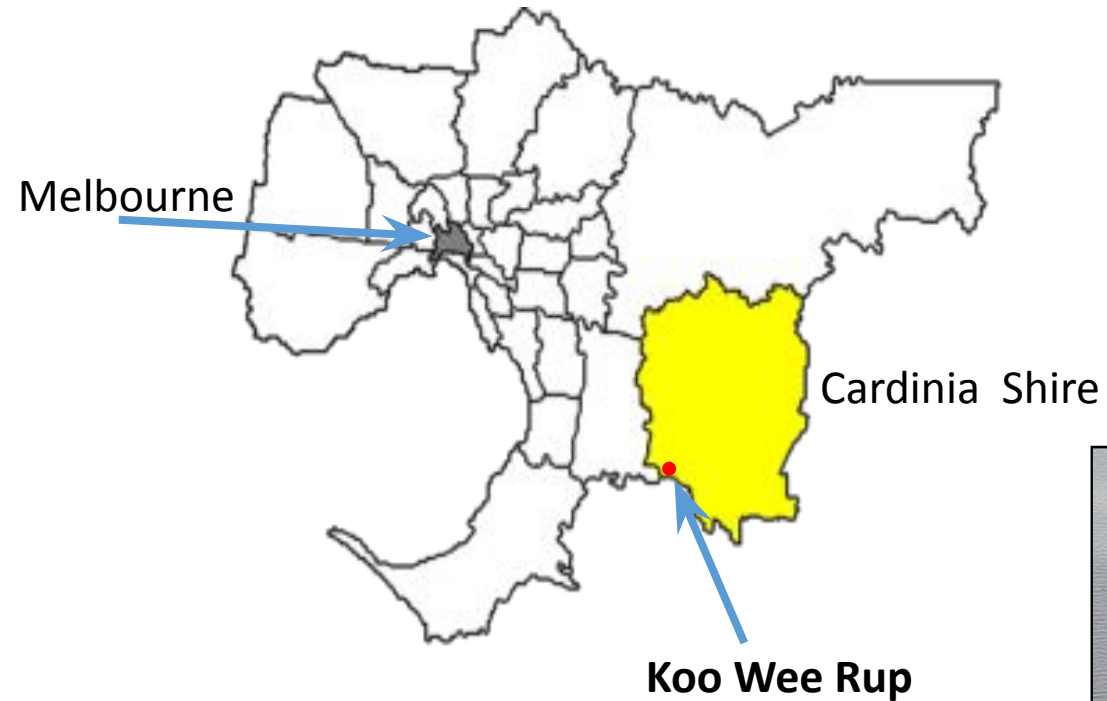
MHP, Grad Cert HP/H Ed Emergency Nursing,
Dip LS/Nursing, RN,RPN

Climate Change and Health
Promotion Enliven and partners
October 2021



Koo Wee Rup, Victoria, Australia

Former
marshland, now
asparagus and
potato farms,
market gardens
and dairying



Shocks and
stresses challenge
our health system



Mitigate

Climate
Resilience

Leadership

- Socio-ecological place based approach
- Interconnection between humans and their environment
- Build strong climate resilient communities



Health Promotion plan

Key Priority: **Cardinia Livability Plan**
(Municipal Public Health and Wellbeing)

- Promoting community safety
- Improving social connection
- Awareness of climate change



Mutual benefits for health



Help communities feel part of a bigger picture by creating common goals can motivate action.



Active places - Get Active Koowee

- Advocacy for open space, Nature related community engagement
- Tree planting projects reduce heat island effects and make spaces more habitable to be active in and supports habitat
- Get Active Koowee



- The Ready2Go program was born out of a recognised need to assist vulnerable people prior to and during heatwaves, other serious weather events such as storms and bushfire danger days
- Connects with trained volunteers, who provide information, support, visitation checks, phone calls and support for early relocation prior to extreme weather events including heat and other emergencies.
- A safer and more confident vulnerable population group during times of severe weather



Funded by:



Supported by:



Aileen Thoms

Aileen.thoms@krhs.net.au





Edgar Caballero Aspe, PhD
Education and Sustainability Coordinator
Banksia Gardens Community Services

edgar.c@banksiagardens.org.au

www.banksiagardens.org.au



Climate Adaptation Requires Youth Action (CARYA)

We are a NFP community service,
established in 1981.



We aim to build social
cohesion and reduce
structural disadvantage

Banksia Gardens Community Services



Our programs include:

Adult education

Youth Education

Community groups

Youth Justice and support

Alternative schools (primary and secondary)

Environmental, climate adaptation programs



What is CARYA?

Climate Adaptation Requires Youth Action

<https://banksiagardens.org.au/carya/>



Binomial name: *Carya illinoilnensis*

What is CARYA?

- 10 week training program
- Youth-led community initiative

Are you a young person concerned about the climate crisis?

Join us for CARYA!
CLIMATE ADAPTATION REQUIRES YOUTH ACTION
An exciting training program to get your head, heart and hands working on solutions.

[Details here](#)



CARYA 2020

18 participants from

- Hume
- Moreland
- Darebin
- Melbourne city
- Whittlesea
- Brimbank
- Whitehorse
- Vietnam

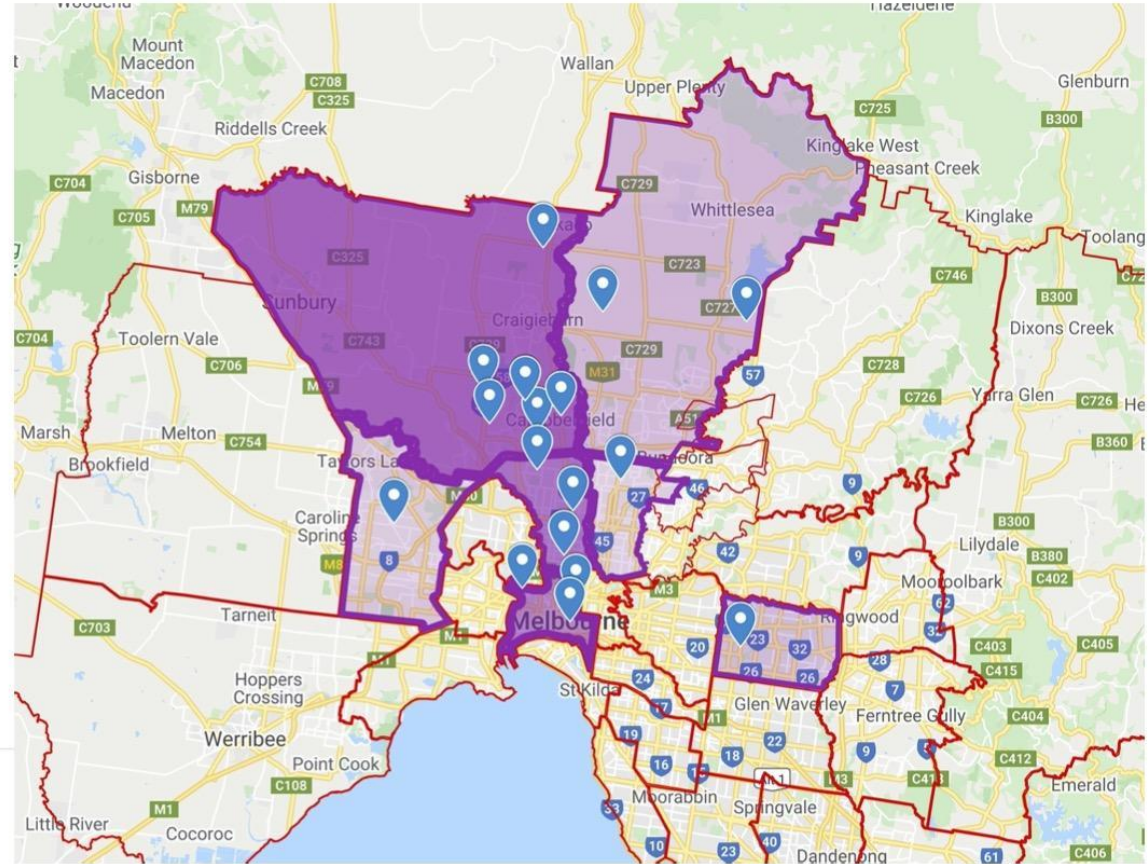
CARYA Post Codes

Participant's Post codes

- 3031
- 3047
- 3048
- 3046
- 3021
- 3053
- 3064
- 3059
- 3061
- 3049
- 3128
- 3048
- 3056
- 3750
- 3000
- 3073
- 3754
- 3058

Melbourne Cities

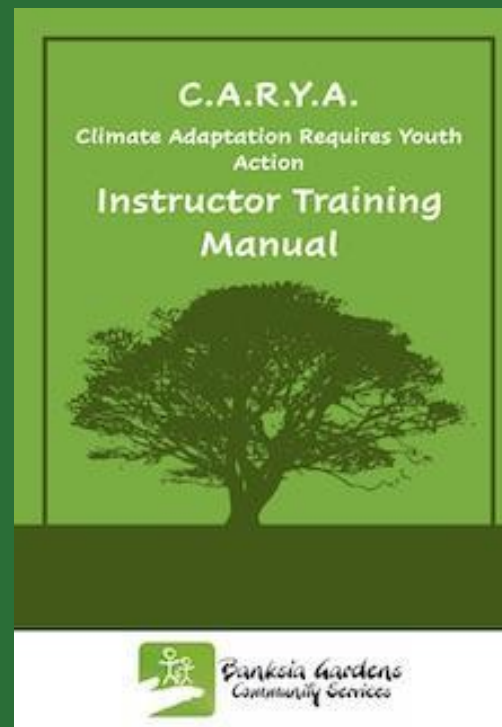
- Greater Melbourne
- City of Hume
- City of Moreland
- City of Melbourne
- City of Whittlesea
- City of Brimbank
- City of Darebin
- City of Whitehorse



What is CARYA?

Training Topics:

- Biodiversity
- Gender equality & Climate justice
- Racism and First Nations Justice
- Agriculture & food security
- Energy
- Waste
- Adaptation
- Psychology of climate change,
- Climate as a health issue



Training rich in
educative experiences

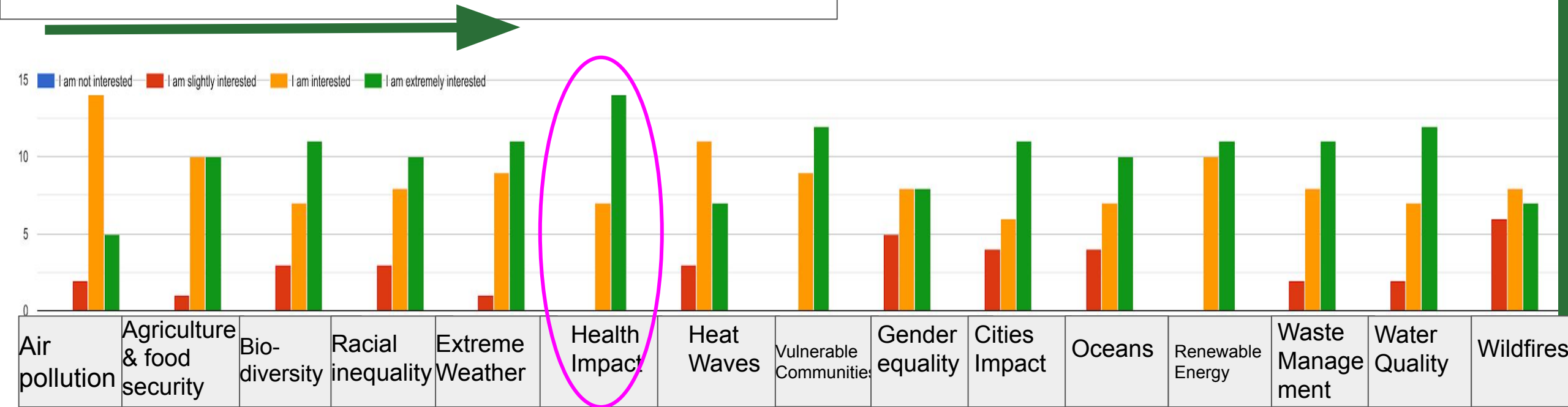


CARYA Co-Design

- The project was initially designed with young people
- The participants interest in the topics in 2021 were:



Scale of interest: green is the highest interest



CARYA

Participants Expression of Interest

Interest on health impacts of climate change

CARYA 2020

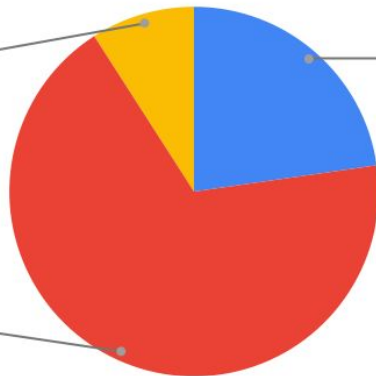
2020 Your interest in Health Impacts of Climate Change

I am slightly interested

9.1%

I am interested

22.7%



I am extremely interested

68.2%

21 respondents

CARYA 2021

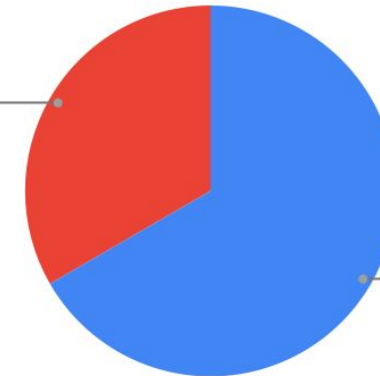
2021 Your interest in Health Impacts of Climate Change

I am interested

33.3%

I am extremely interested

66.7%



21 respondents

Climate Adaptation Requires Youth Action (CARYA)

ONLINE

No action without engagement and good relationships



- We share time and experience
- Acknowledgment of Country & spiritual link
- Communal agreements
- Break out rooms to socialise
- Games

CARYA ONLINE

Keeps us together
with energy

keep us connected to
our purpose

represents our
passion

represents
the heat from
global
warming

symbol of the
light inside us that
CARYA is igniting

its centres you, it sets
an intention to be
here, to be present

The candle feels like a sense of
unity and tradition. I like doing it
and it will make me remember the
uniqueness of this program.

Most large fires start with a small
spark or flame, but once lit can
spread quickly. Let's hope this
small flame of cherishing the
environment can spread
throughout our wide land.

feels like peace to me
but also at the same
time focus and
strength. When I light
the candle I get into
the headspace to
learn about others
WITH others!

gives a feeling of
community



a symbol of
togetherness even
when we can't be
physically present with
one another

It represents a sense
of community and
unity, each of us are
taking part of a
unifying action that
draws us in as a
collective

helps me remember where I
am in space and time,
particularly the land that I
live on.

helps make me feel
like we're having a
shared experience

A sense of
purpose.



Graduation December 2020

Bush tucker walk: westmeadows With Aunty Jo



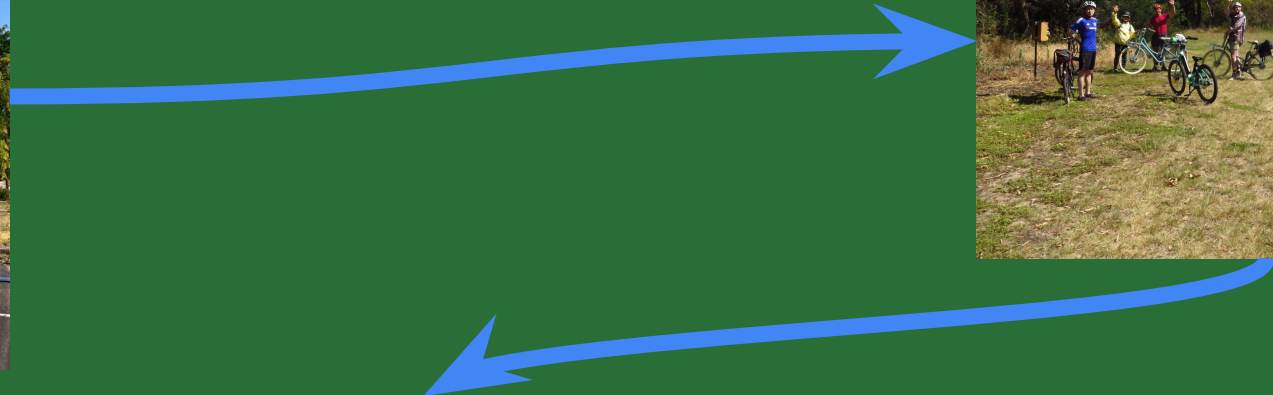
Nangak Tamboree la Trobe wildlife sanctuary



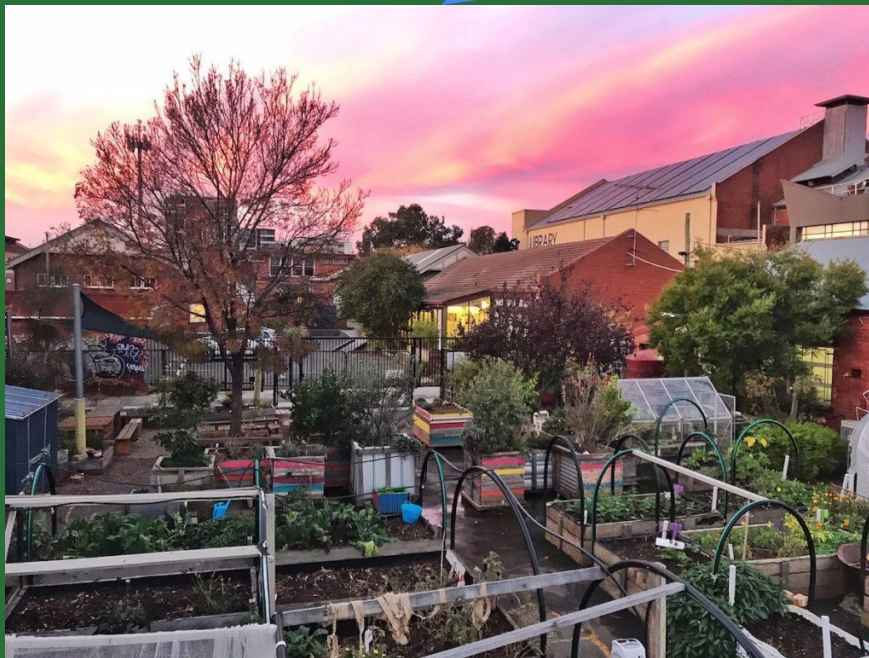
Microplastics with Conservation volunteers Australia



Learning Excursions: Bike ride & Zero waste cooking



Broadmeadows
BGCS



Jesuit
Social Services
Building a Just Society

Brunswick:
JSS Eco-Justice
Hub

Learning Excursions: Bike ride & Zero waste cooking



Learning Excursions: The plummery

Kat Lavers

<https://www.katlavers.com/the-plummery/>

Lockdown cancelled (4,5,6th)

We are still waiting to be run



CARYA Community Adaptation Initiatives

- ❑ Community garden/communal composting (part of BGCS revitalisation project)
- ❑ Education/community outreach - social media campaign
- ❑ Screening 2040 the movie





Banksia Gardens Heat haven



Banksia Gardens Heat Haven









Banksia Gardens Heat haven

Heat relief
Community Centre



Native Garden
(bush tucker)

Food
Forest

DPV Health

Native Grassland Reserve

Banksia Gardens Revitalisation and Heat haven

Recreation and cultural square

Climate Hub

Bicycle shed





Poll Time

The background is a vibrant illustration of a sustainable city. On the left, a tall grey industrial chimney with a green plant growing from its top stands next to several dark blue modern buildings. In the center, green rolling hills are dotted with white wind turbines and blue solar panels. A person in a green uniform stands near a wind turbine, while another person in a red shirt holds a large blue water drop. A cyclist is riding on a path in the foreground, and a white car is partially visible on the right. The sky is light blue with white clouds, a yellow sun, and a hot air balloon. A large white cloud in the upper right contains the text.

Break-out groups

Break-out room discussion

1. What's the main challenge/barrier you're facing in addressing climate change and health?
2. What type of support do you need to embed climate change action in health promotion?
3. Share case examples / learnings from your work on climate and health to date.



News

- **Expert panel discussion on climate change and mental health (6 Oct)**

Visit the *Climate and Health Alliance* website for the recording (pending) www.caha.org.au/

- **Launch - Together We Can (5 Oct)**

CAHA in partnership with *Together We Can Australia*
<https://togetherwecanmovement.org.au/>
www.facebook.com/TogetherWeCanAus
www.instagram.com/TogetherWeCan.movement/

- **Community Sector Climate Change Advocacy Week (4-8 October)**

ACOSS-led campaign
www.acoss.org.au/community-sector-climate-advocacy-week/#Community_Sector_Climate_Declaration

- **Seminar - Climate Change: Challenges and Opportunities for Health Promotion**

AHPA Vic Branch
Save the date: 25th Oct, 12.30pm - 2pm





Thank you