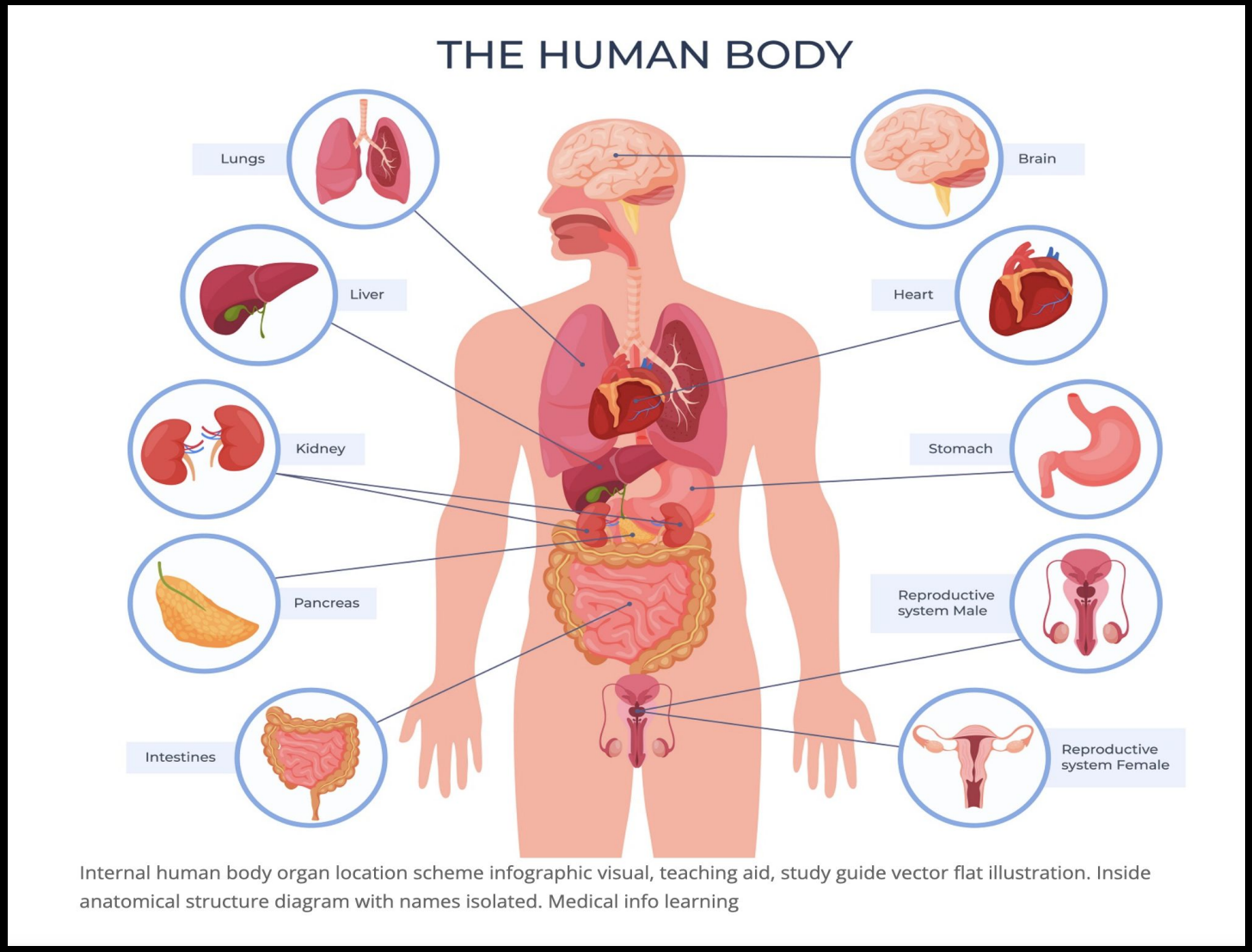
The Complex, Self-Regulating System that We Walk Around in Everyday

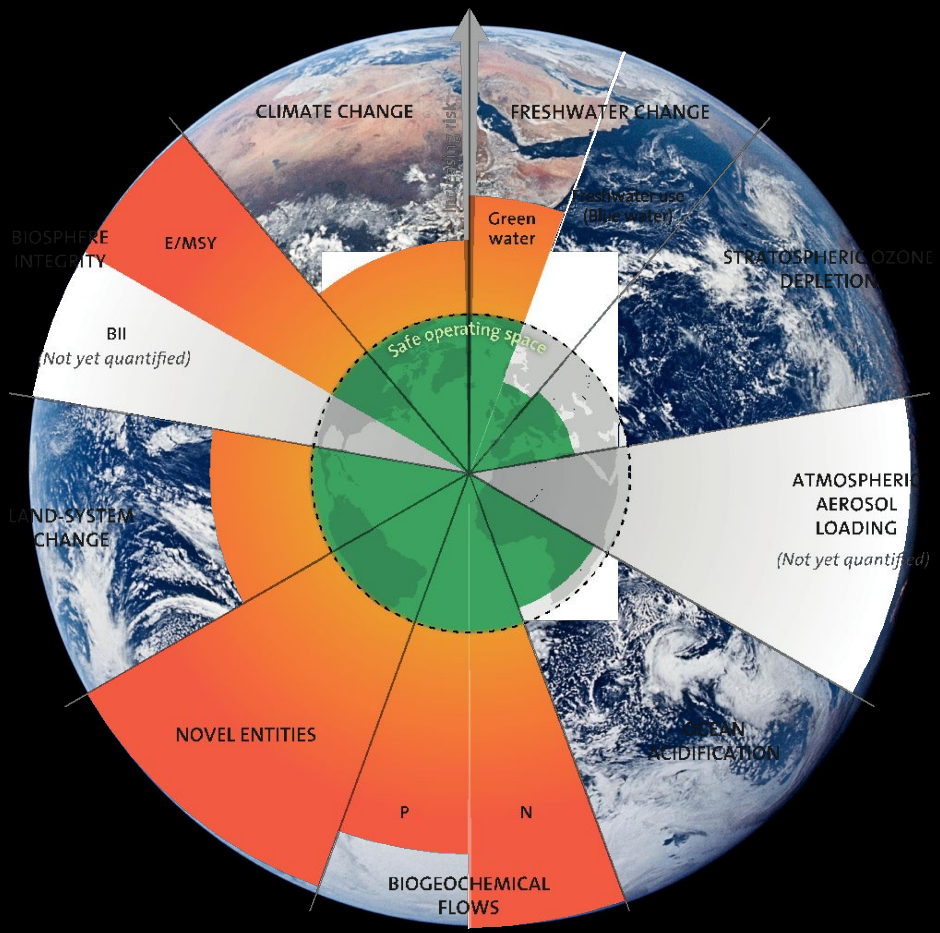


The Complex, Self-regulating System We Walk Around ON Everyday.



WHAT ELEMENTS ARE CRITICAL TO EARTH SYSTEM STABILITY?

The Complex, Self-regulating System We Walk Around ON Everyday.



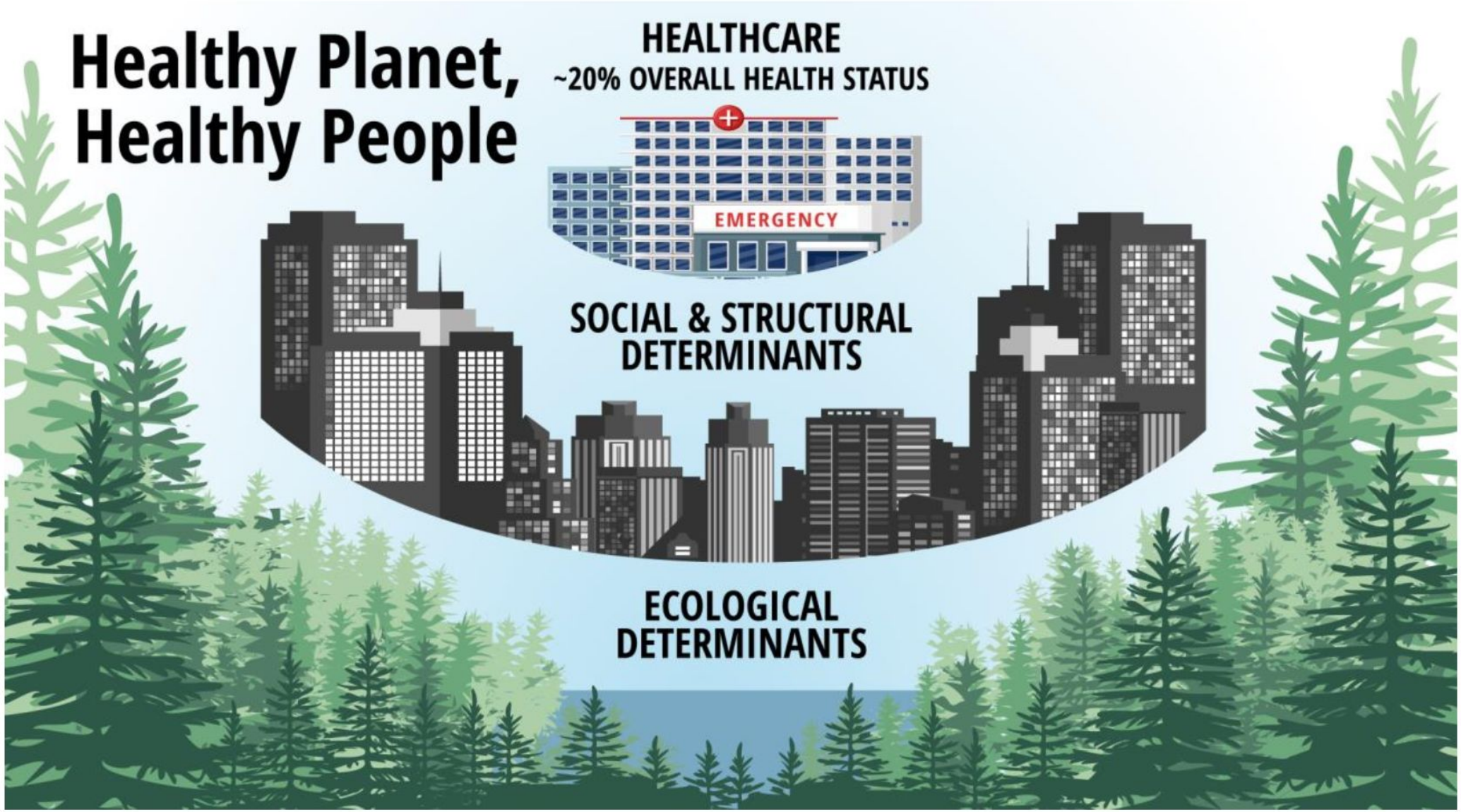


Figure 1: Health--stable ecology is required to underpin the complex social and structural elements which contribute to health status and make advanced healthcare possible.

Target-Based Change Making



Howard C, MacNeill AJ, Hughes F, et al. Learning to treat the climate emergency together: social tipping interventions by the health community. Lancet Planet Health *2023*

Healthy planet.
Healthy people.

Health

Greenhouse gases









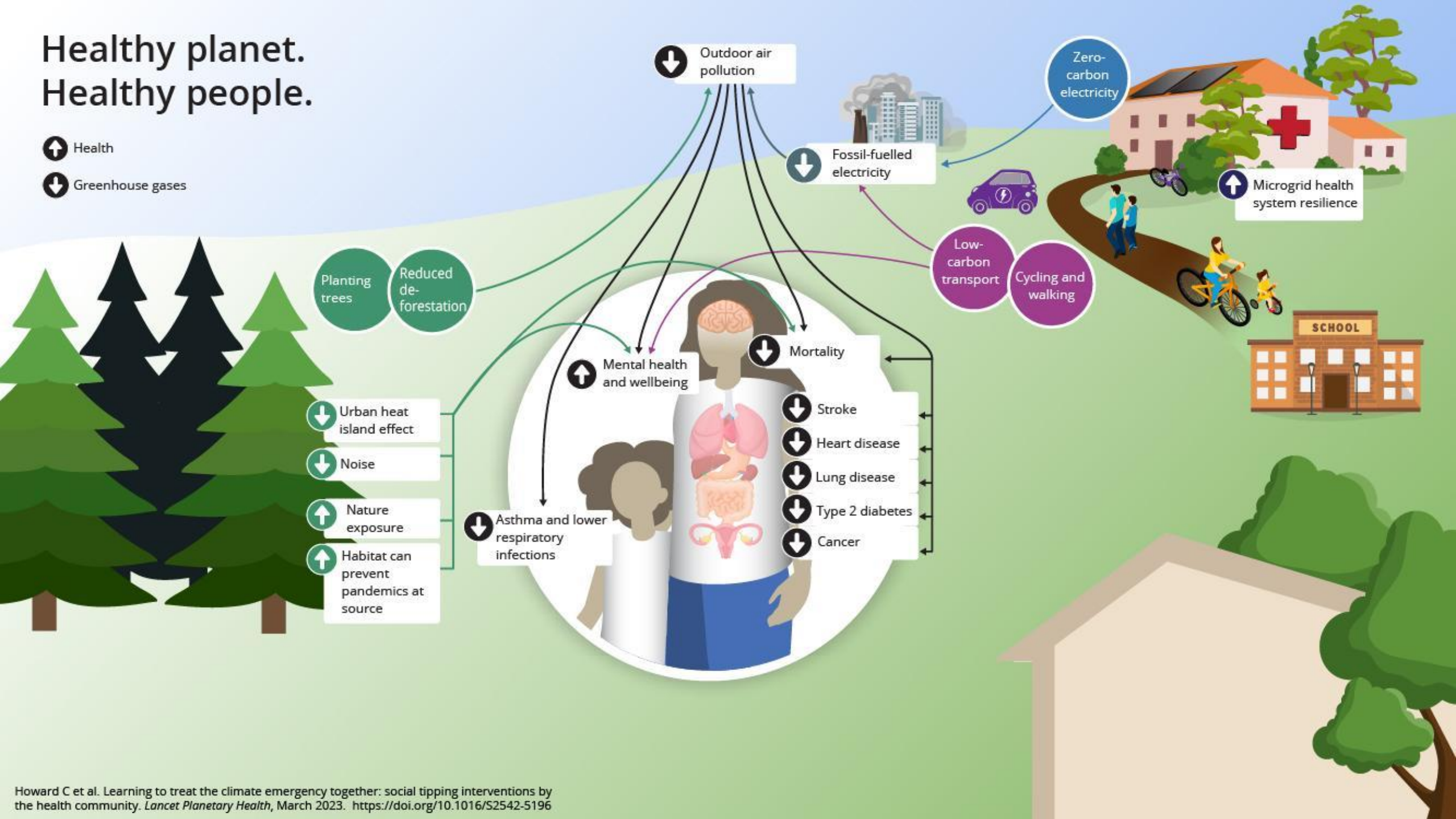


Howard C et al. Learning to treat the climate emergency together: social tipping interventions by the health community. *Lancet Planetary Health*, March 2023. https://doi.org/10.1016/S2542-5196

Healthy planet. Healthy people.

Health

Greenhouse gases

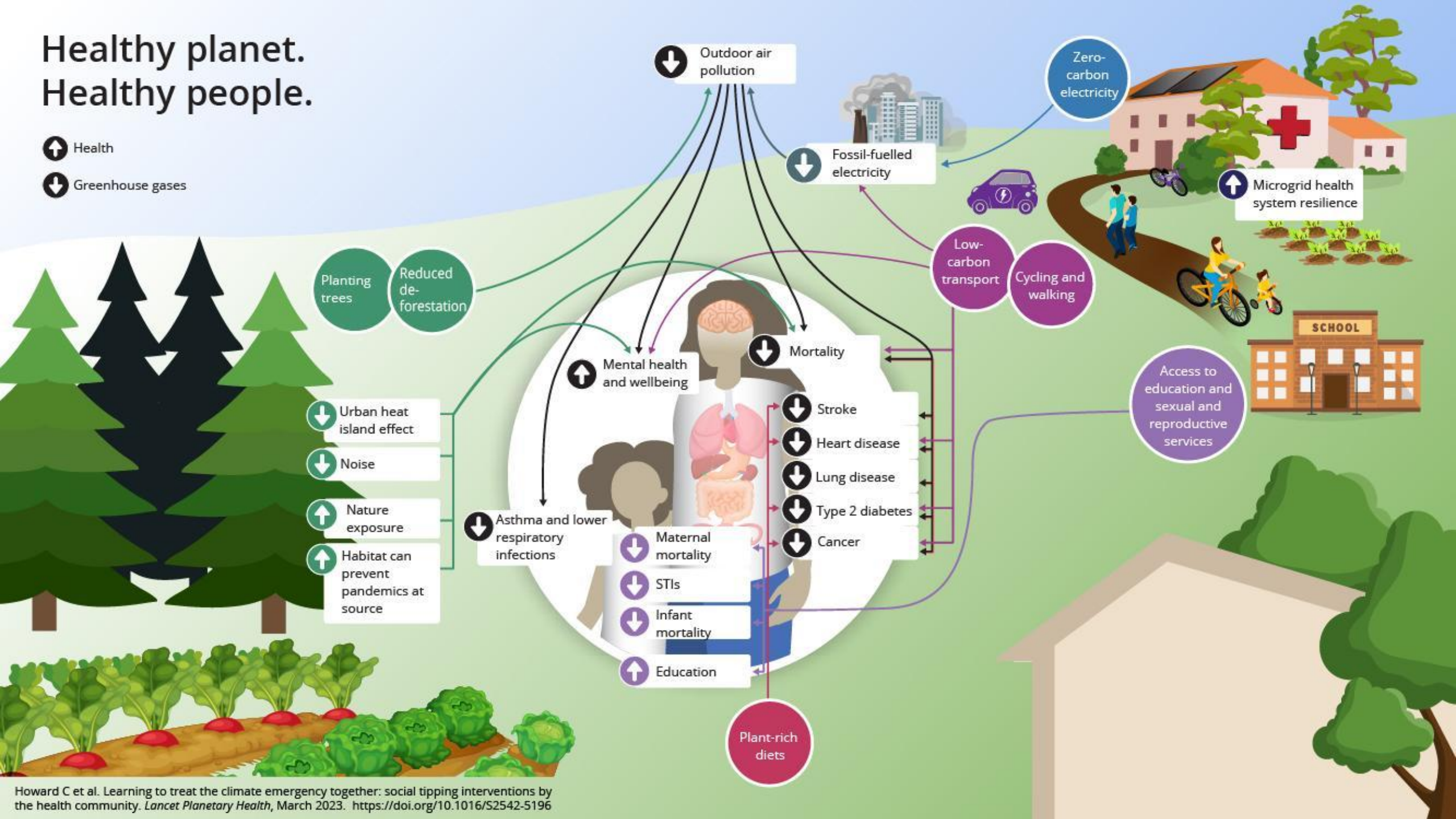


Howard C et al. Learning to treat the climate emergency together: social tipping interventions by the health community. *Lancet Planetary Health*, March 2023. https://doi.org/10.1016/S2542-5196

Healthy planet. Healthy people.

Health

Greenhouse gases

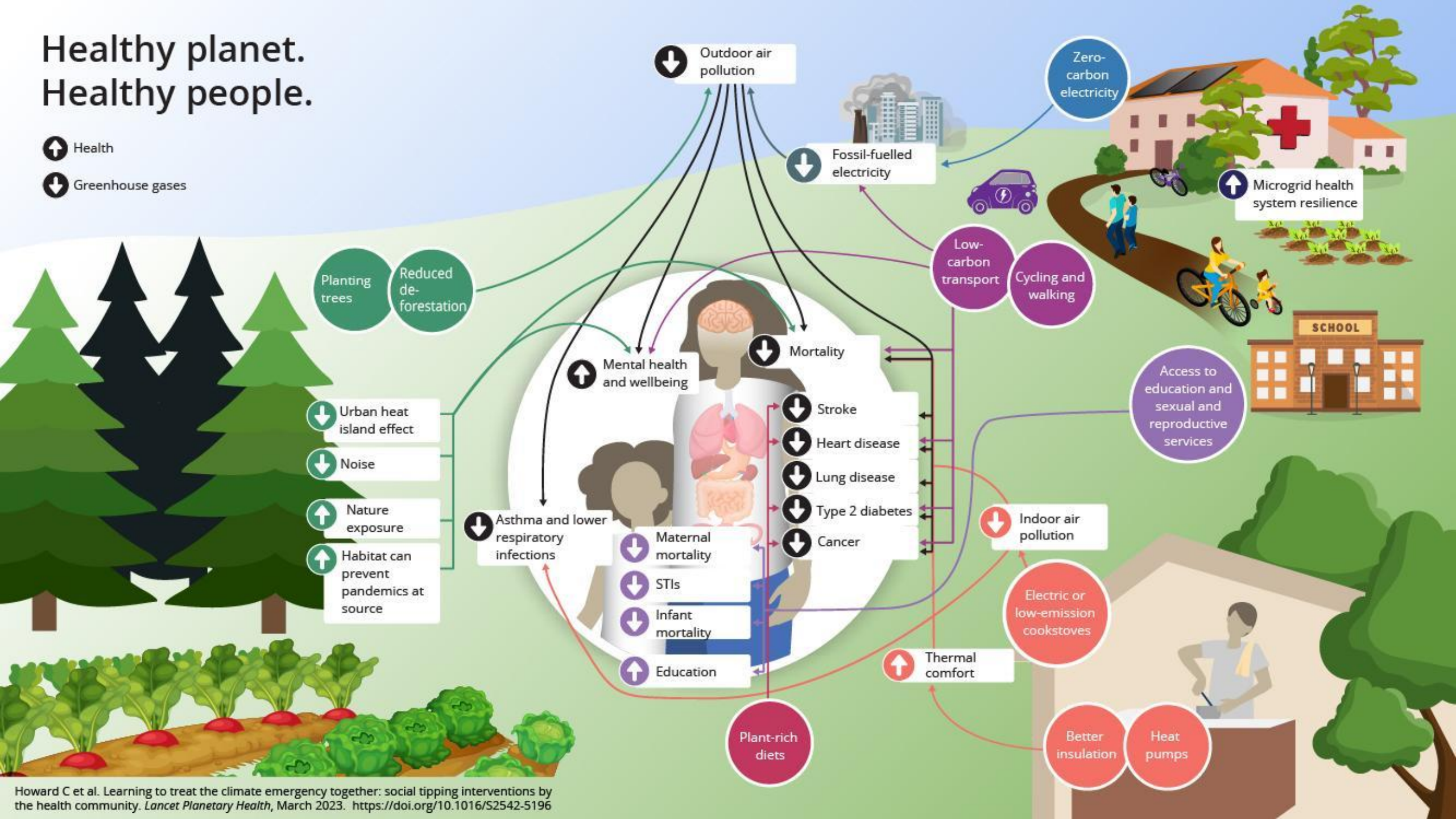


Howard C et al. Learning to treat the climate emergency together: social tipping interventions by the health community. *Lancet Planetary Health*, March 2023. https://doi.org/10.1016/S2542-5196

Healthy planet. Healthy people.

Health

Greenhouse gases



Howard C et al. Learning to treat the climate emergency together: social tipping interventions by the health community. *Lancet Planetary Health*, March 2023. https://doi.org/10.1016/S2542-5196

PLANETARY HEALTH NEST

Determinants of happiness



Peace

Personal freedom

Trusting social relations and good government



Good relationships at home, work and in community

Social support and generosity



Heat illness

PTSD + eco-anxiety

Cardio + respiratory stress

Changing infections

Malnutrition

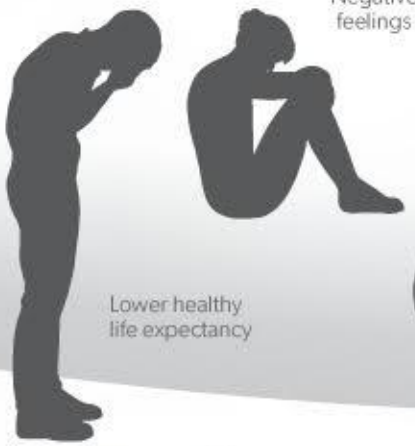
Air pollution

Negative feelings

Negative automatic thought

Observation and replacement with positive thought

Poor relationships at home, work and in community



Lower healthy life expectancy

Low income per head





INCOME

Better income per head





Exercise

Mental and physical health

More helpful to others

Higher healthy life expectancy

Being in arrears on rent or mortgage

Housing damage



Size of other homes in your area

Unemployment

Threats to income and education in community



WORK

Increase in productivity and problem solving



More stable families



Proximity to nature



Extreme weather



Habitat and biodiversity loss

Soil loss



SCHOOL

Happier children learn better

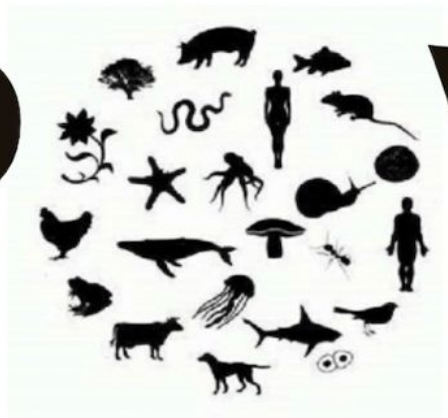
Manageable weather-related threats to infrastructure and economy

Predictable food and water availability

UNSTABLE ECOLOGICAL FOUNDATIONS

STABLE ECOLOGICAL FOUNDATIONS

POWER



PlanetaryHealth
Organizations for
Wellbeing
Equity &
Regeneration

POWERing
Canada with
Evidence for
a Wellbeing
Society