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ALLIANCE

Media release

15 February 2012

Climate action is good for health: Health experts forum at Melbourne festival

“What is the link between climate change and obesity? Is urban planning to blame for chronic disease? How can psychology help us tackle climate change?”

All these questions and more will be debated in the upcoming forum **'Why a Healthy Planet Means a Healthy You'** to be held at the Melbourne Sustainable Living Festival this Saturday.

Hosted by the Climate and Health Alliance, the forum will feature healthy neighborhoods expert, Dr Billie Giles-Corti from the University of Melbourne; psychologist and climate and disasters expert, Dr Susie Burke; public health researcher Dr Gary Sacks; and nature and health researcher Professor Mardie Townsend from Deakin University.

Panelists will discuss the compelling evidence that many actions to reduce emissions are also good for human health.

“There are huge opportunities to tackle climate change in ways that will reduce the burden of chronic disease, reduce air pollution and traffic congestion, and improve social capital,” said Professor Billie Giles-Corti.

“Strategies that aim to reduce consumption, like a price on carbon, can have benefits for both environmental and human health,” said Dr Gary Sacks.

“Despite living in a sophisticated technological age, we remain completely physiologically dependent on nature,” Professor Townsend said. “So protecting our environment is about ensuring core conditions for human existence. But we seem to have forgotten that.”

“Committing to climate action as a community is also important psychologically,” says Dr Susie Burke. “Inaction can lead to fear and doubt – it cannot be underestimated how important it is for societal mental health and wellbeing that we take decisive action.”

“It is little understood how climate action can be good for our health,” Climate and Health Alliance Convenor Fiona Armstrong said.

“This forum will offer insight how low emissions and sustainable living will not only benefit the environment, but will be better for human health and wellbeing.”

The ['Why a Healthy Planet Means a Healthy You' forum](#) will be held in **BMW Edge** at Federation Square **on Saturday 18th February 2012 from 1.00pm-2.30pm.**

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For more information, see www.caha.org.au