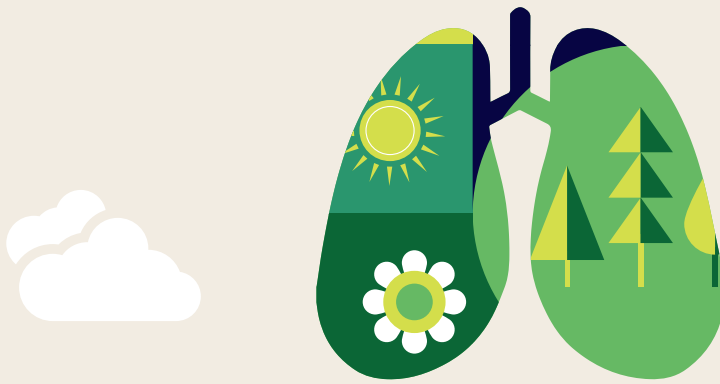


Take action for respiratory health – **SO THAT EVERYONE CAN BREATHE EASY!**

The connection between nature,
the climate and respiratory health





Sleepless nights and pessimism rarely help.

You can reduce climate anxiety by thinking about what you can do yourself and what you can influence in cooperation with others.

It's easier to do things that make you happy and feel good. Many actions have a positive impact on the climate and biodiversity.

And they will in turn directly or indirectly affect our health. Together, we can lower the threshold for action and create new opportunities for making better decisions.

Do a good deed. It's good for you, nature and others.

 The Organisation for
Respiratory Health in Finland

Presents

THREE POINTS

Take more environmental
action in everyday life.

Integrate health
perspectives into
decision-making.

Integrate environmental
perspectives into
decision-making.



Everyone is entitled to good respiratory health



1 NO POVERTY

People with respiratory diseases or symptoms arising from bad indoor air must be able to afford treatment for themselves and their families.



2 ZERO HUNGER

People who have respiratory diseases or are concerned about their respiratory health must have access to a health-promoting diet.



3 GOOD HEALTH AND WELL-BEING

Everyone is entitled to a good life and good respiratory health.



4 QUALITY EDUCATION

Volunteers must be provided with opportunities for training and development.



5 GENDER EQUALITY

The Organisation for Respiratory Health in Finland is a pluralistic and diverse association that is working to ensure that people can breathe easy in Finland. We are working towards a better tomorrow for people from all walks of life.



6 CLEAN WATER AND SANITATION

We must know how to use water sustainably, and understand the importance of security of supply and preparedness.



7 AFFORDABLE AND CLEAN ENERGY

Burning wood increases fine particle emissions. Wood must be burned cleanly.



8 DECENT WORK AND ECONOMIC GROWTH

Society needs experiential knowledge. People who are hard to employ must have access to paid work.



9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

The needs of respiratory health and of people with respiratory diseases must be identified and acknowledged. In good care, it's easier for everyone to breathe.



10 REDUCED INEQUALITIES

People with respiratory diseases need peer support, information and places to meet.



11 SUSTAINABLE CITIES AND COMMUNITIES

Zoning and building solutions that take both weather and climate risks into account are required in order to reduce and prevent these risks.



12 RESPONSIBLE CONSUMPTION AND PRODUCTION

Sustainably arranged organisational activity, and encouraging people to make responsible choices.



13 CLIMATE ACTION

Working together to prevent weather and climate risks, and to reduce their impact.



14 LIFE BELOW WATER

No nicotine products or pharmaceutical residues should end up in nature.



15 LIFE ON LAND

Nature gives us strength and health.



16 PEACE, JUSTICE AND STRONG INSTITUTIONS

Shared guidelines for employees, associations and volunteers.



17 PARTNERSHIPS FOR THE GOALS

Broad-ranging cooperation is required to make these goals a reality.

The content of this publication has not been approved by the United Nations and does not reflect the views of the United Nations or its officials or Member States <https://www.un.org/sustainabledevelopment>

SUSTAINABLE DEVELOPMENT GOALS



Things used to be better, at least in these respects:

- white snowdrifts used to lift our mood
- there was less street dust
- floodwaters did not rise so high
- pollen symptoms lasted for weeks rather than months
- heatwaves were not so stiflingly hot
- wildfires were less frequent.



If the average global temperature rises by more than 1.5°C, nature's tipping points will set new conditions for life all across the planet.

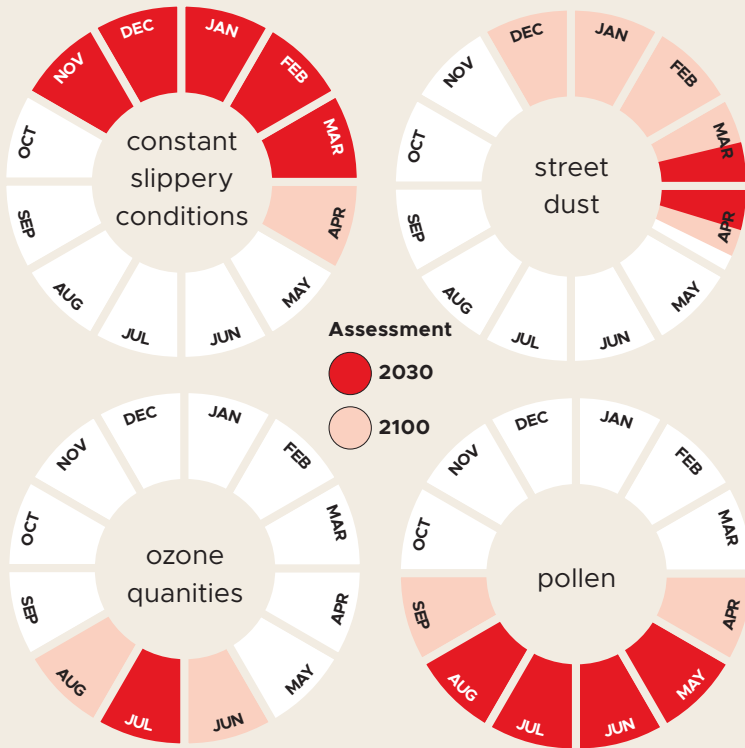


Humans have caused these problems, so humans can also solve them!

Biodiversity loss and air pollution contribute to physical health problems and decrease mental wellbeing.



The impacts are already being felt in Finland



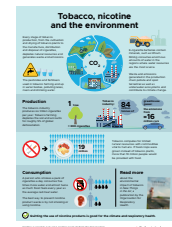
Air pollution and fine particle emissions from wildfires are also carried to Finland by the wind.



Climate change has raised Finland's average temperature by **more than 2°C over the last 120 years.**

Northern regions are warming faster than the global average.

For more research data and suggestions for practical action, see the Organisation for Respiratory Health in Finland's weather and climate risk programmes "It's in the air" and "New things in the air", and the fact sheet "Tobacco, nicotine and the environment".





What difference do one little person's choices make?

Action is contagious. Collectively, consumers have the power to demand environmentally sustainable products and services. Instead of ending up as landfill, unnecessary goods could simply not be manufactured in the first place.

Everyone can do something to promote biodiversity. Emissions growth has also slowed in China, and the transition to renewable energy is underway.

Unless we act now, things will be better today than they will be tomorrow. Each of us has the power and responsibility to make choices that will promote both our own respiratory health and that of our loved ones. Let's prevent and reduce problems together!

Welfare and wellbeing economy

The benefits will increase, if and when we invest in the following:

- early diagnosis
- timely treatment
- support for self-care.



Costs will increase if people:

- cannot afford medicine
- cannot afford healthcare
- suffer from some form of reduced functional capacity
- leave the labour market prematurely.

What multibeneficial decisions can you make today to help people, Finland and the entire planet?

Every environmental decision is a decision in favour of good health. Every health-related decision is a decision in favour of the environment.

Legislation and economic control:

- better zoning and local nature
- climate-resilient construction
- funding and using public transport
- accessible healthcare and social welfare
- a public food service that supports both health and the wellbeing of nature
- the circular economy.



Green healthcare includes:

- the distance travelled* to the healthcare service point
- timely treatment to prevent diseases from getting worse
- support from easy-to-use, digital clinical pathways
- the ecological sustainability of products and equipment
- the number of preventable days in hospital
- sustainable buildings and indoor conditions that promote health (the temperature and purity of indoor air).



Factors that contribute to successful outcomes include:

- ➔ access to treatment and rehabilitation correctly-timed medication
- ➔ motivating people to take care of themselves and supporting the functional capacity of people with long-term illnesses
- ➔ dialogue and communication during treatment
- ➔ your loved ones' health, and the support arranged for them.

* The 'distance travelled' measures both a reasonable journey to a service point and any reduction in the total distance travelled through the use of digital services.

The Organisation for Respiratory Health in Finland supports sustainable healthcare:



information about self care



peer support and activities



support for effective patient care by improving patient skills



directing people who require healthcare to public services



Nature gives us strength

Spending time in nature positively affects your mental and physical wellbeing, your physical fitness and your sociability.



Nature's health benefits:

- richer skin, gut and respiratory microbiota
- a stronger immune system
- possible protection against allergies
- lower stress levels, blood pressure and heart rate
- mental wellbeing.

The impacts of global warming on respiratory health:

- Respiratory symptoms, such as shortness of breath, are increasing.
- Respiratory diseases (asthma, COPD) are on the rise.
- Sleep disorders increase during heatwaves.
- For people with respiratory diseases, prolonged heat stress can lead to the increased use of medication and health services, and premature death.
- Increasingly slippery conditions cause accidents, and negatively impact everyone's ability to move around outdoors.



Pandemics are affected by changes in air, water and food quality, and the geographical distribution of animals and plants around the world. Risk groups, such as those with respiratory diseases, need special protection against infectious diseases. This can mean not only vaccination, but also isolation from social interaction.



Nature gives you



You can protect nature



Smart people check where they stand. What are your limits?



- What needs to happen before you take action?
- How much stuff and how many square metres do you really need?
- Can you change how you travel, so as to have less impact on the climate?
- Can you consume more like previous generations did?
- What kind of world will your children and grandchildren live in?

Older generations knew:

- Buying cheap isn't worth it.
- You can get by with less.
- Do it yourself, patch clothes, and fix minor faults.
- Recycle everything you can.
- Meat is for special occasions – favour vegetables for weekday meals. Don't waste food.
- You can get around on foot and using public transport. Be an infrequent flyer.
- It's a good idea to share your favourite recipes and tips with friends.

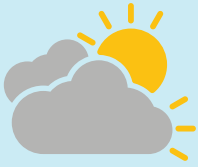


Make a difference!

- Take part in the debate.
- Keep up to date by following the Organisation for Respiratory Health in Finland's communications.
- Encourage change. Share the Organisation for Respiratory Health in Finland's communications.
- Demand sustainable solutions from policymakers and businesses.



Things can get even better when we all work together!



Climate and Nature

BINGO




How to play: Tick off every action that you are already taking in your own home. Add up the number of ticks. What was your result?

My result: _____ **x BINGO!**

1

I understand what ventilation and heating systems I have in my home. I know how to adjust them if necessary.




2

I use an energy-saving device (such as a water-saving shower head, a thermostat, an extension cord with a switch).

3

I walk, cycle or use public transport for short everyday journeys.



4

When I go on trips or vacations, I travel by train or bus instead of flying.



5

My diet includes legumes and/or plant-based proteins.



6

I reduce food waste (for example, by buying 'red-labelled products' that are near their sell-by date, using tried-and-tested recipes for leftovers, freezing surplus food, taking a 'first-in, first-out' approach to the fridge's contents).

7

I have left part of my garden in a natural state.



8

I take care of trees – both my own and communal ones.



9

I have received/donated used goods or bought/sold an item at a flea market or similar second-hand marketplace.

10

I have repaired or refurbished an item or appliance instead of buying a new one.




If you ticked at least one of these statements, you're already a winner! And your reward is benefits for nature, the climate and, of course, your health! See the Organisation for Respiratory Health in Finland's climate programmes for more tips on what action you can take for the climate, nature and health.