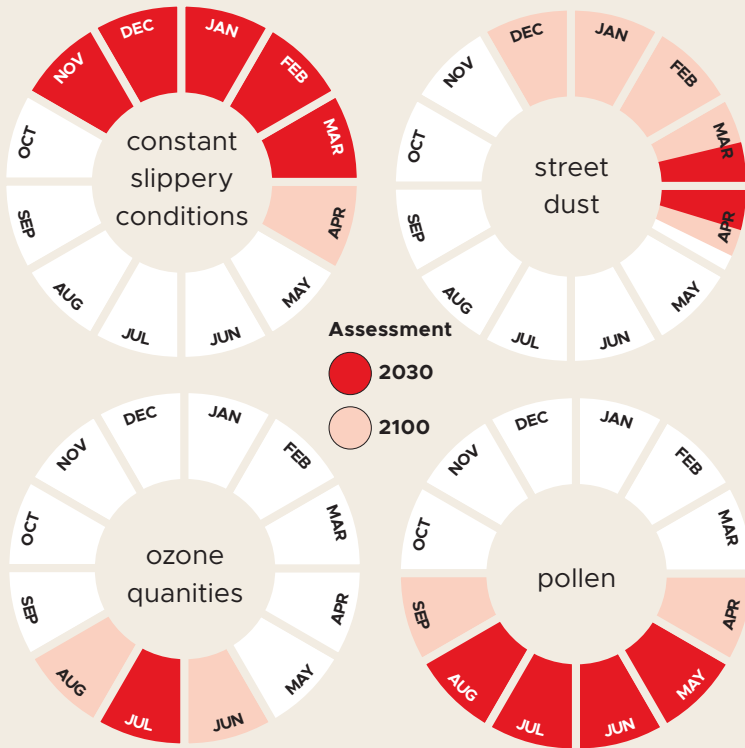


Biodiversity loss and air pollution contribute to physical health problems and decrease mental wellbeing.



The impacts are already being felt in Finland



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".

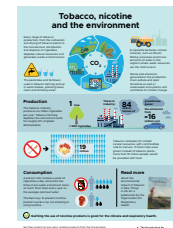


Air pollution and fine particle emissions from wildfires are also carried to Finland by the wind.



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.





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.

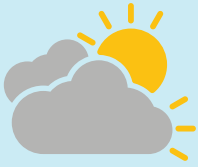


Make a difference!

- 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.