

Healthy People, Healthy Planet

A Six-Session Community Conversation About Health

Session theme	Description	Readings
Redefining Health	Good health is something we all strive for, so how might we go about creating the conditions that create it? This session explores how we define health and how that understanding informs our individual and collective well-being.	<p>“The Diagnosis of the Unknown Physician” by Carolyn Raffensperger</p> <p>“Beyond the Patient” by Lee Thirer</p> <p>“The Coming Age of Ecological Medicine” by Kenny Ausubel</p> <p>“The Rabies Principle” by Sandra Steingraber</p>
Eating Well	Most people agree that eating well is a foundation of good health. This session explores the impacts of the industrial food system on personal, collective and ecological health as well as addresses the health impacts of food packaging and toxins in our foods.	<p>“Buying Organic? Some Points to Consider” by Julie Deardorff</p> <p>“Pesticide Drift” by Rebecca Clarren</p> <p>“Myth of the BPA-Free Diet” by Kat Kerlin</p> <p>“Cheap Eats” by Ellen Ruppell Shell</p> <p>“The Only Way to Have a Cow” by Bill McKibben</p> <p>Video: “Teach Every Child About Food” with Jamie Oliver</p>
Cleaning House	Those living in industrialized societies now spend nearly 90 percent of their time indoors, much of that at home. We look to it as a safe haven, but recent studies suggest they may not be the safe refuges we think. This session brings to light the toxins in and around our living spaces and everyday household items, considering ways industry and government can eliminate toxins in consumer products. Ways to reduce exposure to household toxins will be explored.	<p>“How to Keep Your Family Safe from Toxic Chemicals” by Virginia Sole-Smith</p> <p>“Nine Ways to Avoid Household Toxins” by Nena Baker</p> <p>“Bridging the Divide: It’s not only about Taste” by Carolyn Butler</p> <p>“The Dark Side of Lawns” by Beth Huxta</p> <p>Excerpt from Chasing Molecules by Elizabeth Grossman</p>
Building Healthy Communities	Many health problems may be traced not only to what we eat, but also to where we live and how our urban design impacts health. What health impacts do big box shopping centers have on local communities? The readings in this session examine how issues of proximity to major roads and industry, urban and suburban sprawl, and access to amenities and green space impact our overall well-being.	<p>“Environmental Amnesia” by Sandra Steingraber</p> <p>“Our Chemical Legacy” by Stacy Malkan</p> <p>Excerpts from Big Box Swindle by Stacy Mitchell</p> <p>“At Risk: High-Traffic Areas...” by Eric Nagourney</p> <p>“Why Bikes are a Sustainable Wonder” by John C. Ryan</p> <p>“Leave No Child Inside” by Richard Louv</p>
Curing Consumption	The authors in this session look at health within the broader context of a consumer culture. Readings explore the life cycle of “stuff” and its impact on human and ecological health and consider more sustainable and healthy alternatives.	<p>Video: “The Story of Stuff” with Annie Leonard</p> <p>“The Rise and Fall of Consumer Cultures” by Eric Assadourian</p> <p>“Simplicity and Consumption” by Duane Elgin</p> <p>“The Plastic Killing Fields” by Amanda Woods</p> <p>“e-Waste: Where does it go?” by NWEI staff</p> <p>“A Cure for Consumption” by Juliet Schor</p> <p>“One Approach to Sustainability: Work Less” by John de Graaf</p>
Healthy Planet, Healthy Self	This session considers health within the broader context of Earth’s dynamic and life-sustaining ecosystems. The readings explore the importance of biodiversity, the health of the oceans, climate change and the interplay between the forces of nature and our individual and collective health.	<p>“Embedded in Nature: Human Health & Biodiversity” by Eric Chivian and Aaron S. Bernstein</p> <p>“Climate Change and Health Vulnerabilities” by Juan Almandars and Paul R. Epstein</p> <p>“Restoring Nature, Restoring Yourself” by Francesca Lyman</p> <p>“3 Bets” by Sandra Steingraber</p> <p>Excerpt from Hunting for Hope by Scott Russell Sanders</p>