VALUES TO PROMOTE PLANETARY HEALTH

"Planetary health" is a discipline that attempts to capture the critical and reciprocal relationship between the health of the planet and the health of the beings that live on it. Many wise people have attempted to articulate a set of principles from which we can globally move forward to a healthier future for all who share this planet. While this process of discernment is never complete, we like this non-exhaustive list. We offer that this might make good dinner table conversation, and perhaps even fodder for action.

- Using the BASIC model introduced in Chapter 1, notice what comes up for you as you read, say, or hear each statement.

- How do you understand this idea? Explain it in your own words; perhaps draw a picture of what this would be like?

- What might you have to give up in order for this to be true? What might others gain?

- Are there ways you see this occurring in your world right now, in your home, community, work?

- What is one thing you or your family could do to manifest this statement?

All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

"Planetary health is defined as the interdependent vitality of all systems. This includes biologically defined ecosystems, as well as human-constructed social, political, and economic ecosystems."

1. Values, behaviours, and relationships form the foundation of a healthy planet. Human well-being depends intimately on planetary well-being which depends on humankind.

2. Indigenous concepts of the oneness of life consider humans to be the custodians, not the masters, of Earth. We must leave the planet in a healthy state for future generations of all species.

3. The Earth must be valued for its own sake, not only for the production of the food, medicines, and services benefit to humanity. This may require strengthening legal protection of the natural world.

4. Human progress and development must occur within the sustainable boundaries of natural planetary systems, and equitably across generations, communities, and species.

5. Achieving planetary health requires us to face, name, and act on the ways in which social, economic, and political systems oppress and exploit people, communities, and environments. It is necessary to challenge power hierarchies that create inequity.

6. Achieving planetary health requires all perspectives to be heard and integrated, particularly those of those who are most harmed by harmful paradigms and structures.

7. Planetary harm must be prevented, recognized, and acted on immediately with a fair sharing of the costs (who can afford to pay and who is responsible). Solutions must be developed, fairly shared, and implemented, not just discussed.

8. Promoting planetary health must be a way of living with which all people can engage. In all settings and professions, we must consider the principles and practices of a lifestyle that is healthy for the planet; in daily behaviour, we should aim to be part of the solution, not the problem; and wherever possible, advocate for systems that promote peace, sustainability, mutualism, empathy, and community cohesion.

Adapted from: Foster A, Cole J, Farlow A, Petrikova I. Planetary Health Ethics: Beyond First Principles. Challenges. 2019; 10(1):14. https://doi.org/10.3390/challe10010014; and Prescott SL, Logan AC, Albrecht G, Campbell DE, Crane J, Cunsolo A, Holloway JW, Kozyrskyj AL, Lowry CA, Penders J, Redvers N, Renz H, Stokholm J, Svanes C, Wegienka G, OBoiPHotWUN. The Canmore Declaration: Statement of Principles for Planetary Health. Challenges. 2018; 9(2):31. https://doi.org/10.3390/challe9020031