

Slide 1: Creating a Healthy Environment



Slide 2: Brought to you by.....



Health@You

Slide 3:



CARING FOR THE EARTH

Being good stewards of our resources is deeply tied to Advocate's mission to serve the health needs of individuals, families and communities.



CARING FOR ASSOCIATE WELLNESS

To live well, you should feel good and be happy. A healthy environment is essential to support your personal health and wellness.

Slide 3: ICON SECTION Eight Icons (act as flip cards?) representing the following topics:



Wiser Water: Using less water saves resources for future generations.



AIR

Cleaner air: Avoiding harmful chemicals in furniture, paint and flooring reduces indoor air pollution and promotes good health.



Safer Chemicals: Using less toxic cleansers is healthier for all living things.



Smarter Purchasing: Shopping with the environment in mind helps conserve natural resources, save energy, and prevent waste.



Leaner Energy: Saving energy at work and at home creates healthier communities.



Less Waste: Reducing and recycling keeps waste out of landfills and incinerators.



Healthier Food: Eating fresh whole foods are easier for the body to process and use less energy to produce.



Living Well: Leading a healthy and active lifestyle is good for you and the environment.

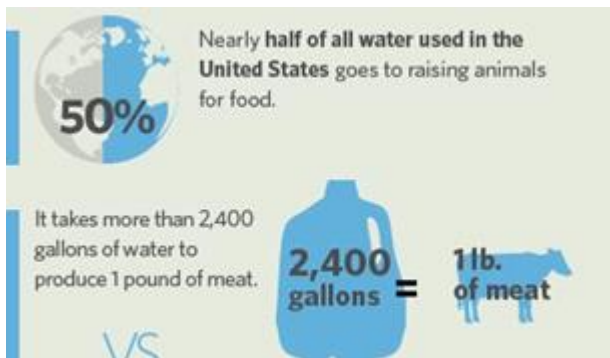
DID YOU KNOW SECTION

- 7 (pages, links, or flip cards??) with “Did you know” statements along with related infographic connecting the human and environmental health connection
- Multiple choice or true/false question, and/or personal challenge on each page
- All icons used in the previous section are shown (at the bottom or along the side of each page)
- Icons relevant to the ‘Did you Know’ topic light up or are highlighted as compared to the others to reflect multiple impacts of each

1. Healthier Food



...accounts for an estimated 14% of total GHG emissions (methane).
[this poses a significant threat to public health.]



DID YOU KNOW?

You save more **WATER** by not eating a pound of meat than you would by not showering for six months.

Personal Challenge:

Try meatless meals once or twice a week

Consider going meatless one day a week. Try substituting the following protein-rich foods for meat in your favorite recipes:


- Beans and legumes — great in casseroles and salads
- Vegetarian refried beans — a good substitute for meat in burritos and tacos
- Tofu — a perfect addition to stir-fry dishes

Highlighted ICONS: Wiser Water, Living Well, Healthier Food, Cleaner Air, Smarter Purchasing


2. Waste

Did you Know...

AMERICANS USE
2,500,000
PLASTIC BOTTLES
EVERY HOUR

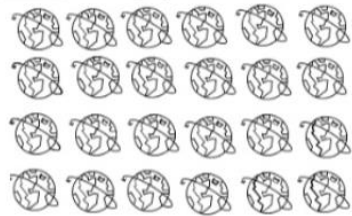


AND THROW AWAY ABOUT 25,000,000,000 STYROFOAM COFFEE CUPS EVERY YEAR.



RECYCLING PLASTIC SAVES **TWICE AS MUCH ENERGY** AS BURNING IT IN AN INCINERATOR.

Americans produce enough **trash every year** to circle the **EARTH 24**



TIMES!

Landfills emit

5.6 MILLION tons of **methane** every year. Methane is the **second largest contributor to climate change.**



Landfills release **uncontrolled emissions**

including **carcinogens**—over 170 pollutants, which cause **respiratory illnesses in humans.**



Remove “About 90% of C&D...” and substitute with “about 30 percent of the waste is actually recycled and avoids ending up in a landfill.”

Which ONE of the following items DOES belong in the recycling container?

- a. Food scraps such as a banana peel
- b. A plastic bottle
- c. A straw
- d. A used napkin or plastic utensil

Answer Key: (b) Correct! Food waste contaminates the recycling stream....

Highlighted ICONS: Less Waste, Cleaner Air, Smarter Purchasing, Wiser Water, Leaner Energy

3. Living Well

Did you know?...

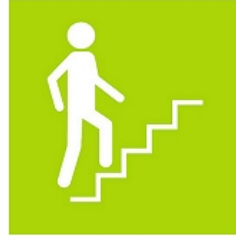
Elevators account for about 5% of a building's electricity use.

By taking the stairs instead of an elevator, you are helping to reduce green house gas emissions and the costs of operating your facility.

There are also several health benefits associated with taking the stairs.

These benefits include:

- Burns more calories than walking on flat surfaces
- Improves your fitness and stamina
- Boosts your spirits
- Saves you time because it allows you to exercise while doing your daily work activities



**Burn calories, not electricity.
Take the stairs today!**

Did you Know....Elevators account for about 5% of a buildings electricity use. You are and helping to reduce green house gas emissions and improving your fitness and stamina



QUESTION: Walking at a brisk pace for 30-60 minutes at least five days a week can:

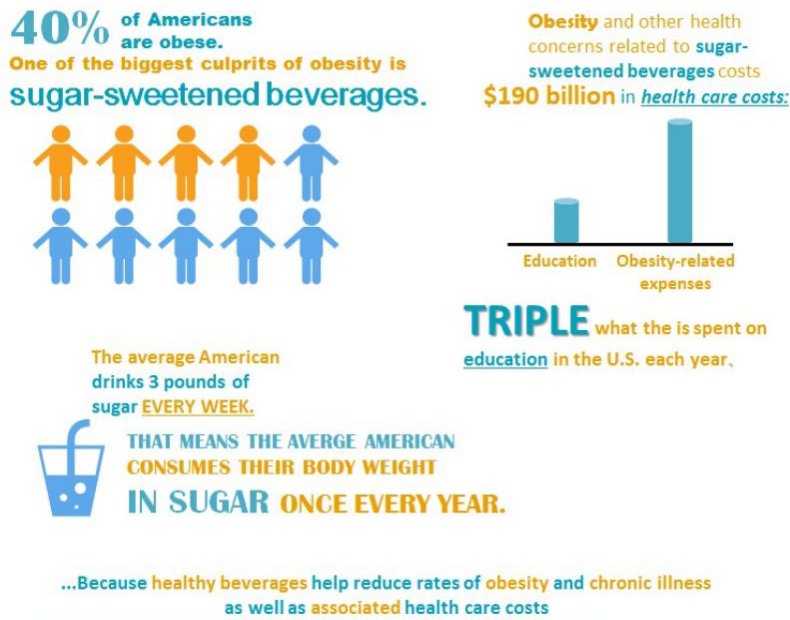
- a. cut your risk of heart disease by 40 percent (1)
- b. will reduce your risk of dying of heart disease, even if you are unsuccessful in losing weight, reducing your high blood pressure or reducing levels of cholesterol (2)
- c. is the equivalent of burning 600 to 1,200 calories per week
- d. provide the same benefits as would be obtained from aerobics, jogging or other types of vigorous exercise
- e. all of the above

ref:<http://www.bidmc.org/CentersandDepartments/Departments/CardiovascularInstitute/YourCardiovascularHealth/StartWalking/WalkingandHeartHealth.aspx>

- (1) American College of Cardiology and the American Heart Association.
- (2) studies published in 2005 in Diabetes Care

Highlighted ICONS: Living Well, Leaner Energy, Cleaner Air

4. Sugar Sweetened beverages



Did you know...the average American drinks..."

Question: Which of these are healthy alternatives to sugar sweetened beverages?

- a. Filtered tap, unsweetened, fruit-infused or seltzer water
- b. 100% vegetable (low sodium) or fruit juice (serving size = 4 oz.)
- c. Unsweetened coffee and tea
- d. Milk (organic, hormone free) or non-dairy milk (unsweetened)
- e. All of the above

Highlighted ICONS: Living Well, Healthier Food

5. Green Cleaning

Did you Know? Green Cleaning* refers to methods and products which contain ingredients that are environmentally friendly and are third-party certified.

Volatile Organic Compounds (VOC), commonly found in everyday products are harmful to both the environment and your health.

*do not include disinfectants, which are necessary to prevent spread of germs



TRUE or FALSE

Volatile Organic Compounds can cause asthma, allergies and other respiratory, problems.

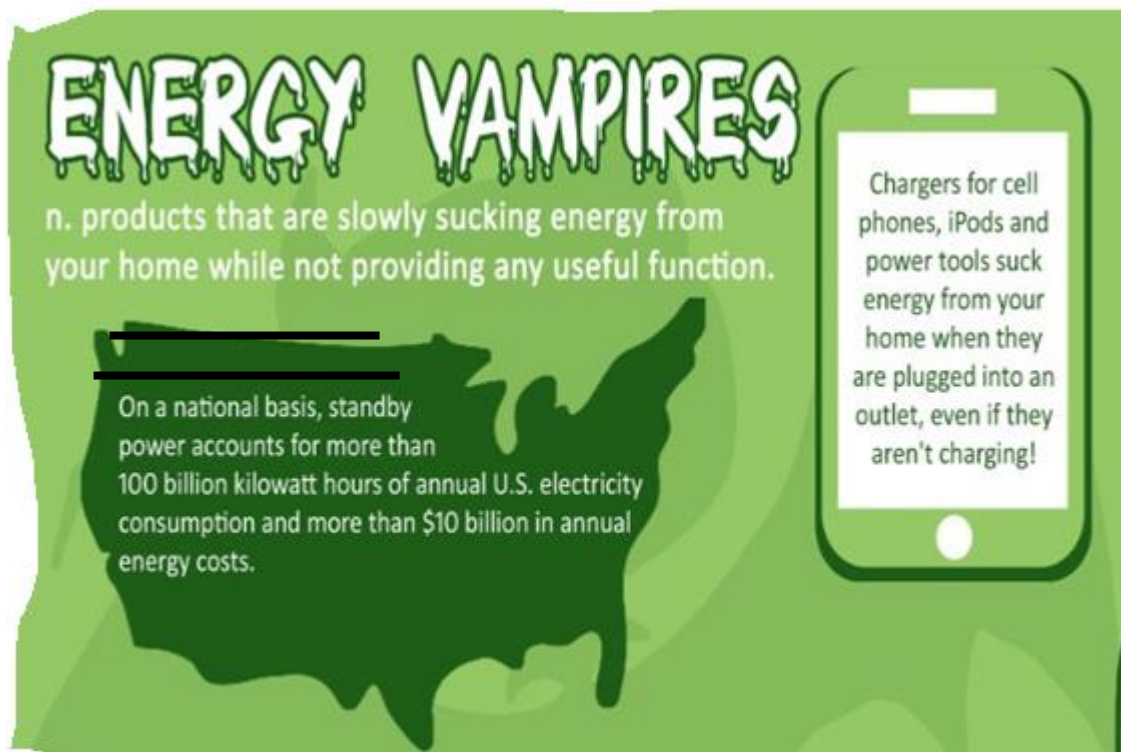
ICONS: Smarter Purchasing, Living Well, Cleaner Air, Safer Chemicals

6. Energy

Did you know?

A typical U.S. home has about 40 devices that draw standby or “vampire” power even when in an ‘off’ position or not in use. Less vampire power translates to lower carbon emissions from coal fire power sources and fewer emissions from nuclear or hydroelectric power sources which can lead to smog or acid rain.

Infographic:



Sources: Department of Energy, U.S. EPA

Personal Challenge:

Slay the energy vampires in your environment...

- **Shut down your computer at the end of the day**
- **Use a power strip as a central "turn off" point** when you are done using equipment, which completely disconnects the power supply.
- **Unplug your chargers:** cell phone chargers, camera chargers, battery chargers or power adapters, etc.
- **Purchase ENERGY STAR** qualified products

ICONS: Leaner Energy, Cleaner Air, Smarter Purchasing

SLIDE

Did you Know Advocate is a founding member, along with eleven other leading U.S. health care systems, of Healthier Hospitals Initiative?

Healthier Hospitals Initiative is a call to action for all U.S. hospitals to enroll challenges in one or all of six categories designed to promote healthier people and environments. All of Advocate's hospitals are enrolled in all six challenge areas, along with over 1,000 hospitals nationwide.

- I. Engaged Leadership
- II. Leaner Energy
- III. Less Waste
- IV. Healthier Food
- V. Safer Chemicals
- VI. Smarter Purchasing

Last Slide

Thank you for being a steward of good health! Click **Finish** to be entered into a drawing for one of several fitbit devices.



ALEX Confirmation Slide

"You have completed the Healthy Environment CBT..."

Do you know a coworker who excels at being healthy and/or caring for the environment?

Click here to nominate them for a 2014 Healthy Environment award.