

Prescription for a Healthier Planet



The effects of climate change pose the most serious of threats to the health of the world's population. The potential consequences of global warming include increased storms, droughts and floods. In regions with already marginal water supply, billions could face further water stress. Disturbingly, it's predicted some of these effects could be seen by 2020.

Of the developed nations, Australia is most vulnerable to the dangerous outcome of climate change. Continued warming

will lead to a massive loss of farmable land and food production; amongst the health risks are increased deaths and distress from heat-related illnesses and the exposure of millions to mosquito-borne diseases such as Dengue Fever; ecosystems such as the Great Barrier Reef and Kakadu will be irreversibly damaged.

It's not too late to take action to protect the health of our planet and our population.

While governments and the business community need to do their part, it's

important to understand that the choices we make as individuals also need to change.

This brochure outlines steps you can take to reduce your personal "carbon footprint". Many are simple, and may save you money. Others may require a little more effort – but collectively, our individual actions can make a difference and furthermore signal to governments that we demand decisive action in response to this global challenge.

Ten steps to reduce your carbon footprint:

1 Switch to GreenPower.

Switching to electricity sourced from wind or solar power immediately cuts your greenhouse gas emissions, and shows your support for renewable energy.

2 Turn off stand-by power.

Turning off appliances at the wall will

save around 115kg of greenhouse gases and reduce your annual power bill by \$100 each year.

3 Install energy-saving light bulbs.

Changing two lights in every Australian home to these bulbs would be the equivalent of taking 200,000 vehicles off the road each year!

4 Switch to a solar or gas hot water system. This will save up to three tonnes of greenhouse gas emissions

annually and reduce your power bills. You can also decrease your hot water use by taking shorter showers and washing your clothes in cold or warm water.

5 Insulate your home and warm and cool efficiently.

A one degree difference in the thermostat setting of your heater or air-conditioner makes a difference of 10% to power consumption.

6 Walk, cycle or take public transport.

You'll help the planet and get the regular exercise that helps prevent heart disease, obesity, diabetes and osteoporosis.

7 Service your car regularly, and buy a fuel-efficient model.

Keeping the engine tuned and tyres properly inflated can save up to one tonne of greenhouse gases annually.

8 Compost food and garden waste.

A family's food and garden waste generates almost one tonne of greenhouse gas each year. Composted waste reduces landfill and helps your garden thrive.

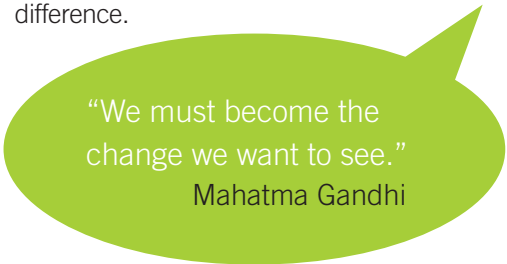
9 Re-use or recycle. Every tonne of paper recycled saves 2.5 barrels of oil or 410kwh of electricity. Four kilograms of mixed recycling each week will save 987kwh of electricity and 3,271 litres of water per year.

10 Modify your diet: eat less meat and packaged, refined or canned foods.

Making food bars, chips and soft drinks requires energy; meat production is especially greenhouse gas intensive. Eating more fresh fruit, vegetables and grains will keep both you and the planet healthy. Furthermore, about one third of the world's grain is fed to animals. If this would be redirected to feed people, it could bring an end to starvation.

Together, these simple measures have the potential to cut your total household emissions by over 50% – and if we all do our part, that adds up to a significant change. For more information about these, or any other measures you can take to live more sustainably, see the back of this brochure.

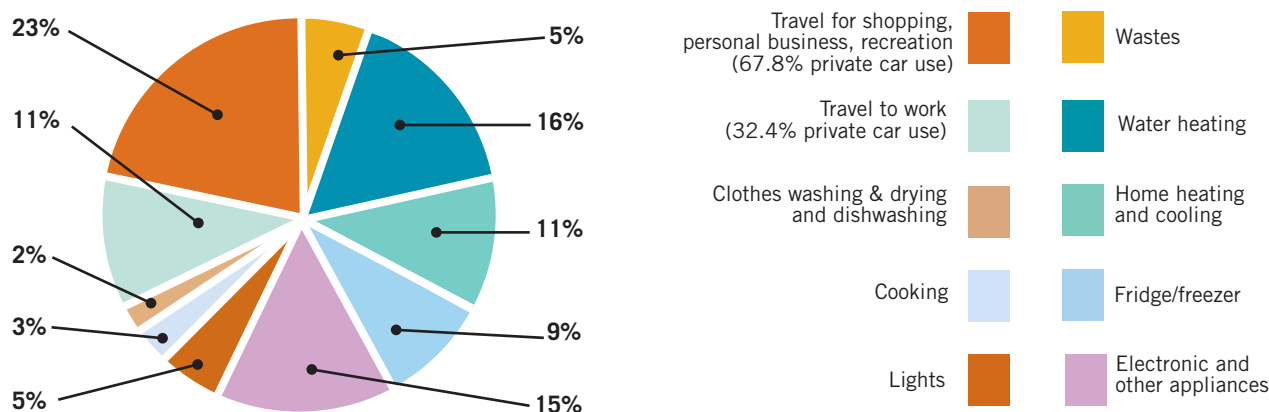
Finally, if you have learnt something new from this brochure, please share it with others. Together, we can make a difference.



Taking Action

Households in Australia generate over 20% of Australia's total greenhouse gas emissions. Simple changes to household behaviour could significantly reduce our total output. Below is a breakdown of the contribution of different activities to household emissions:

Household Greenhouse Gas Emissions (from the Australian Greenhouse Office website)



For more information on how you can make a difference, visit the following websites:

The Australian Greenhouse Office
www.greenhouse.gov.au

The Green Vehicle Guide
www.greenvehicleguide.gov.au

Planet Ark www.planetark.org.au

The Australian Conservation Foundation
www.acfonline.org.au

The energy rating labelling scheme
www.energyrating.gov.au

And to find out more about climate change, visit
www.realclimate.org