

Environmental Wellness

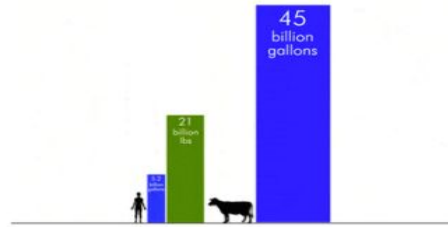


Creating Social Responses to a Changing Environment

Aquinas College Counseling, Health, and Wellness Services:
Wellness Program
(Focus: Animal Agriculture)



Here's how much food and water 7 billion humans consume, compared to just 1.5 billion cows.



Humans: 5.2 billion gallons of water and 21 billion pounds of food Cows: 45 billion gallons of water and 135 billion pounds of food

THE PROBLEM



Approach

- Develop environmental wellness guide using evidence based research
- Incorporate environmental wellness in wellness program(s)
- Address animal agriculture when discussing environmental wellness

Positive Impacts

- A person who follows a vegan diet produces: 50% less CO₂, uses 1/11th of the oil, 1/13th of the water, and 1/18th of land compared to a meat eater. (Cowspiracy, 2014)
- 1.5 acres can produce 37,000 pounds of plant based food, whereas 1.5 acres can only produce 375 pounds of meat. (Cowspiracy, 2014)
- People and the environment benefit.

What is Wellness?

Wellness is an active process of becoming aware of and making choices towards a more successful and fulfilling existence. Each dimension is significant and interconnected to the other dimensions.

What is Environmental Wellness?

Our personal sense of wellness can be greatly impacted by our environment. Environmental wellness includes living in harmony with the earth by understanding the impact you have on your personal environment as well as being proactive in addressing environmental threats.

Link to references: <https://docs.google.com/presentation/d/1R2q92arqB7by7GnaJ9H4CcmWUXx-q2CXQkdqGieF7J0/edit?usp=sharing>