

why is environmental wellness important

Why is Environmental Wellness Important? Your Guide to a Healthier Planet and You

We're all familiar with the concept of personal wellness – eating right, exercising, and managing stress. But what about environmental wellness? This isn't just about recycling; it's about recognizing the profound interconnectedness between our health and the health of the planet. This post dives deep into why environmental wellness is not just a trendy buzzword, but a critical factor influencing our physical, mental, and emotional wellbeing. We'll explore the key reasons why a healthy environment is crucial for a healthy life, and provide actionable steps you can take to contribute.

1. Clean Air and Water: The Foundation of Physical Health

The most immediate impact of environmental wellness on our health is through the quality of air and water. Polluted air, laden with particulate matter and harmful gases, contributes significantly to respiratory illnesses like asthma, bronchitis, and even lung cancer. Similarly, contaminated water sources can lead to waterborne diseases, impacting millions globally. Investing in cleaner air and water initiatives isn't just about protecting the environment; it's a direct investment in our physical health and longevity. Think about it – you can't truly be well if the air you breathe and the water you drink are consistently harming you.

2. Mental and Emotional Wellbeing: Nature's Restorative Power

Beyond the physical, environmental wellness significantly impacts our mental and emotional wellbeing. Studies consistently show a strong link between access to green spaces and reduced stress, anxiety, and depression. Spending time in nature has been proven to lower cortisol levels (the stress hormone) and boost serotonin and dopamine, promoting feelings of happiness and wellbeing. The simple act of walking in a park, hiking in the woods, or even tending a garden can have a profoundly positive effect on our mental health. A degraded environment, on the other hand, can contribute to feelings of helplessness, frustration, and eco-anxiety, further highlighting the importance of environmental protection.

3. Food Security and Nutrition: A Healthy Planet, A Healthy Plate

Environmental degradation directly threatens our food security. Climate change,

deforestation, and soil erosion all impact agricultural yields, leading to food shortages and price increases. Furthermore, the overuse of pesticides and herbicides contaminates our food supply, posing risks to our health. A healthy environment ensures biodiversity, supporting a robust and resilient food system capable of providing nutritious food for a growing population. Protecting our ecosystems is, therefore, crucial for ensuring access to healthy and safe food for everyone.

4. Preventing Infectious Diseases: The Ecosystem's Role in Public Health

The relationship between environmental health and infectious diseases is complex but undeniable. Deforestation and habitat loss can bring humans into closer contact with wildlife, increasing the risk of zoonotic diseases (diseases that spread from animals to humans). Similarly, poor sanitation and water management contribute to the spread of waterborne illnesses. By protecting ecosystems and promoting sustainable practices, we can mitigate the risks of these infectious diseases, safeguarding public health on a global scale. The impact of a degraded environment on disease transmission cannot be overstated.

5. Economic Stability and Social Equity: The Environmental Dividend

Environmental wellness is not just about individual health; it's intricately linked to economic stability and social equity. Environmental degradation disproportionately affects vulnerable populations, exacerbating existing inequalities. Investing in environmental protection creates jobs in renewable energy, sustainable agriculture, and conservation, driving economic growth while addressing social injustice. A healthy environment fosters a more equitable and prosperous society for everyone. This is not merely about philanthropy, it's about smart, sustainable economic policy.

6. Climate Change Mitigation: Protecting Our Future

Perhaps the most compelling reason for prioritizing environmental wellness is the urgent need to mitigate climate change. The burning of fossil fuels, deforestation, and industrial pollution are driving climate change, leading to extreme weather events, sea-level rise, and disruptions to ecosystems. These changes pose significant threats to human health, food security, and global stability. By transitioning to cleaner energy sources, reducing our carbon footprint, and protecting our natural resources, we can mitigate the impacts of climate change and build a more sustainable future for generations to come. Ignoring this is simply not an option.

Conclusion

Environmental wellness is not a separate entity from our personal wellbeing; it's fundamentally intertwined. A healthy environment is the foundation for a healthy life, influencing our physical health, mental wellbeing, food security, and even economic prosperity. By embracing sustainable practices, advocating for environmental protection,

and making conscious choices in our daily lives, we can contribute to a healthier planet and a healthier future for ourselves and generations to come. Let's choose a path towards environmental wellness, for ourselves, for our communities, and for the planet.

FAQs

1. What are some simple actions I can take to improve environmental wellness? Reduce your carbon footprint (use public transport, cycle, walk), reduce, reuse, and recycle, conserve water, eat less meat, support sustainable businesses, and advocate for environmental policies.
1. How can I reduce my eco-anxiety? Engage in actions that make a positive impact, connect with nature, join environmental groups, and talk to others about your concerns. Action combats despair.
1. Is environmental wellness just a concern for wealthy nations? No, environmental degradation affects everyone, but vulnerable populations often bear the brunt of the negative consequences. Global collaboration is key.
1. How does environmental wellness relate to my personal finances? Sustainable choices can often be more cost-effective in the long run (e.g., energy efficiency). Moreover, a healthy environment contributes to a stable economy.
1. Where can I find more information on environmental wellness? Numerous reputable organizations (e.g., the EPA, WWF, Greenpeace) provide detailed information and resources on environmental issues and solutions. Research and educate yourself; knowledge is power.

why is environmental wellness important: U.S. Health in International Perspective

National Research Council, Institute of Medicine, Board on Population Health and Public Health Practice, Division of Behavioral and Social Sciences and Education, Committee on Population, Panel on Understanding Cross-National Health Differences Among High-Income Countries, 2013-04-12
The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in

other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, peer countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. U.S. Health in International Perspective presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

why is environmental wellness important: Planetary Health Samuel Myers, Howard Frumkin, 2020-08-13 Human health depends on the health of the planet. Earth's natural systems—the air, the water, the biodiversity, the climate—are our life support systems. Yet climate change, biodiversity loss, scarcity of land and freshwater, pollution and other threats are degrading these systems. The emerging field of planetary health aims to understand how these changes threaten our health and how to protect ourselves and the rest of the biosphere. Planetary Health: Protecting Nature to Protect Ourselves provides a readable introduction to this new paradigm. With an interdisciplinary approach, the book addresses a wide range of health impacts felt in the Anthropocene, including food and nutrition, infectious disease, non-communicable disease, dislocation and conflict, and mental health. It also presents strategies to combat environmental changes and its ill-effects, such as controlling toxic exposures, investing in clean energy, improving urban design, and more. Chapters are authored by widely recognized experts. The result is a comprehensive and optimistic overview of a growing field that is being adopted by researchers and universities around the world. Students of public health will gain a solid grounding in the new challenges their profession must confront, while those in the environmental sciences, agriculture, the design professions, and other fields will become familiar with the human consequences of planetary changes. Understanding how our changing environment affects our health is increasingly critical to a variety of disciplines and professions. Planetary Health is the definitive guide to this vital field.

why is environmental wellness important: Environmental Psychology and Human Well-Being Ann Sloan Devlin, 2018-08-21 Environmental Psychology and Human Well-Being: Effects of Built and Natural Settings provides a better understanding of the way in which mental and physical well-being is affected by physical environments, along with insights into how the design of these environments might be improved to support better health outcomes. The book reviews the history of the field, discusses theoretical constructs in guiding research and design, and provides an up-to-date survey of research findings. Core psychological constructs, such as personal space, territoriality, privacy, resilience, stress, and more are integrated into each environment covered. - Provides research-based insight into how an environment can impact mental and physical health and well-being - Integrates core psychological constructs, such as coping, place attachment, social support, and perceived control into each environment discussed - Includes discussion of Kaplan's Attention Restoration Theory and Ulrich's Stress Reduction Theory - Covers educational settings, workplace settings, environments for active living, housing for the elderly, natural settings, correctional facilities, and more

why is environmental wellness important: Eco Bible Yonatan Neril, Leo Dee, 2021-12-04 What can the Bible say about ecology? As people face huge ecological challenges—including growing hurricanes, floods, forest fires, and plastic pollution—the groundbreaking Eco Bible dives into this question. Drawing on 3,500 years of religious ethics, it shows how the Bible itself and its great scholars embrace care for God's creation as a fundamental and living message. Eco Bible both informs the reader and inspires spiritual commitment and action to protect all of God's creation. Eco

Bible has been a #1 bestseller on multiple Amazon Kindle categories. This 'earth Bible' is a great read for those interested in Jewish and Christian social issues. It also represents an important contribution to eco theology, and to the spiritual ecology movement. Publishers Weekly called the book an insightful analysis, which will inspire contemplation on how to live in harmony with nature and the power of conservation. Ecologically minded readers interested in the Hebrew Bible will love this. Eco Bible Volume 2 explores Leviticus, Numbers, and Deuteronomy. Together they cover 450 verses in the Five Books of Moses / Pentateuch / Old Testament. By linking faith and science, the book connects religion with contemporary scientific thought regarding human health, biodiversity, and clean air, land, and water. Professor Bill Brown, Professor of Old Testament at Columbia Theological Seminary, calls Eco Bible a rich repository of insights for people of faith to move forward with wisdom, inspiration, and hope, all for the sake of God's good creation. Applying Biblical ethics to stewardship, conservation, and creation care is not just an idea for today, but is essential for a future where we live in balance and thrive on a planet that remains viable for all life. At a time of both ecological and spiritual crisis, an ecological reading of the Bible can have profound impact on human behavior, since billions of people worldwide consider it a holy book. Eco Bible uniquely explores the Bible's deep inspiration for fulfilling the blessing of all life, changing course to preserve God's creation, and sustaining human life in harmony with nature and all God's creatures.

why is environmental wellness important: *Environmental Wellness* Dr. Gargi Rana, Dr. Alka Vyas, Environmental Health is being challenged globally by a number of factors. The fast-paced development has led to several problems that are interrelated and variable, ill-defined, incomplete, challenging and difficult to resolve. Climate change, deforestation, urbanization, loss of biodiversity, STDs, zoonotic illnesses, and other concerns are examples of various factors when it comes to current global health emergencies. These issues are among the continuing challenges in global health because they are complicated, multidimensional, and significantly influenced by social, economic, and political variables. The 21st century faces unprecedented environmental changes, from climate change and urbanization to deforestation, biodiversity, loss of natural resources and habitat. Accelerated economic growth with high consumption level in developed countries and aspirations of developing countries to reach matching levels of growth are continuing to damage our planet. As Earth's ecosystems are disrupted, we face the loss of ecosystem services and even the spread of zoonotic disease, COVID-19 is an example to it. Developing nations like India face even bigger challenge as India is one of the fastest growing economies of the world and will continue its rapid urbanisation and economic development in the coming decades. Unfortunately, this growth is at the cost of degrading environment health in the form of rising consumption and demand for energy, increasing greenhouse gas emissions, and constraints on critical natural resources such as land, water and biodiversity harboured by them. Every problem has a solution and an old adage says "When there is a Will there is a Way". This book not only discusses the reasons and effects of the environmental damage but also about the way out for a better and healthy environment and Environment Wellness. A collective effort, cooperation and commitment from all sectors of society needs to be thoroughly comprehend for Environmental Wellness.

why is environmental wellness important: Mental Health, Substance Use, and Wellbeing in Higher Education National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education,

many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festering systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. Mental Health, Substance Use, and Wellbeing in Higher Education lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

why is environmental wellness important: *101 Quizzes for Couples* Natasha Burton, 2013-11-29 The Newlyweds Game meets Truth or Dare! Unlike other books that cover interests anyone could easily find on a dating profile or learn on a first date, 101 Quizzes for Couples dives a little deeper to reveal what makes that special someone tick. From the worst lie they've ever told to their first crush, the questions in this book will allow you dig into your partner's mind (and past!) to discover what he or she is really like. Written by relationship expert Natasha Burton, coauthor of The Little Black Book of Big Red Flags, this Q & A book will spark lively debate and fuel provocative conversation with 101 unexpected quizzes that arouse curiosity and long-forgotten memories. And while this is a book of 'quizzes,' it's not about having the right answers--or even the same answers. Rather, as you flip through each entertaining quiz, you'll uncover fascinating facts about the one you love and learn a whole lot about yourself and your relationship. It doesn't matter if you're in the early stages of dating or if you've been married for years, 101 Quizzes for Couples will have you answering questions you never thought to ask.--Amazon.com

why is environmental wellness important: **Handbook of Research on Emerging Developments and Environmental Impacts of Ecological Chemistry** Duca, Gheorghe, Vaseashta, Ashok, 2019-12-06 Pollution has been a developing problem for quite some time in the modern world, and it is no secret how these chemicals negatively affect the environment. With these contaminants penetrating the earth's water supply, affecting weather patterns, and threatening human health, it is critical to study the interaction between commercially produced chemicals and the overall ecosystem. Understanding the nature of these pollutants, the extent in which they are harmful to humans, and quantifying the total risks are a necessity in protecting the future of our world. The Handbook of Research on Emerging Developments and Environmental Impacts of Ecological Chemistry is an essential reference source that discusses the process of chemical contributions and their behavior within the environment. Featuring research on topics such as organic pollution, biochemical technology, and food quality assurance, this book is ideally designed for environmental professionals, researchers, scientists, graduate students, academicians, and policymakers seeking coverage on the main concerns, approaches, and solutions of ecological chemistry in the environment.

why is environmental wellness important: *Greening Health Care* Kathy Gerwig, 2014-07-30 This volume examines the intersections of health care and environmental health, both in terms of traditional failures and the revolution underway to fix them. Authored by one of the pioneers in health care's green movement, it presents practical solutions for health care organizations and clinicians to improve their environments and the health of their communities.

why is environmental wellness important: **Green Healthcare Institutions** Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on Environmental Health Sciences, Research, and Medicine, 2007-06-14 Green Healthcare Institutions : Health, Environment, and Economics, Workshop Summary is based on the ninth workshop in a series of workshops sponsored by the Roundtable on Environmental Health Sciences, Research, and Medicine since the roundtable began meeting in 1998. When choosing workshops and activities, the

roundtable looks for areas of mutual concern and also areas that need further research to develop a strong environmental science background. This workshop focused on the environmental and health impacts related to the design, construction, and operations of healthcare facilities, which are part of one of the largest service industries in the United States. Healthcare institutions are major employers with a considerable role in the community, and it is important to analyze this significant industry. The environment of healthcare facilities is unique; it has multiple stakeholders on both sides, as the givers and the receivers of care. In order to provide optimal care, more research is needed to determine the impacts of the built environment on human health. The scientific evidence for embarking on a green building agenda is not complete, and at present, scientists have limited information. Green Healthcare Institutions : Health, Environment, and Economics, Workshop Summary captures the discussions and presentations by the speakers and participants; they identified the areas in which additional research is needed, the processes by which change can occur, and the gaps in knowledge.

why is environmental wellness important: Liberty and Security Conor Gearty, 2013-04-03 All aspire to liberty and security in their lives but few people truly enjoy them. This book explains why this is so. In what Conor Gearty calls our 'neo-democratic' world, the proclamation of universal liberty and security is mocked by facts on the ground: the vast inequalities in supposedly free societies, the authoritarian regimes with regular elections, and the terrible socio-economic deprivation camouflaged by cynically proclaimed commitments to human rights. Gearty's book offers an explanation of how this has come about, providing also a criticism of the present age which tolerates it. He then goes on to set out a manifesto for a better future, a place where liberty and security can be rich platforms for everyone's life. The book identifies neo-democracies as those places which play at democracy so as to disguise the injustice at their core. But it is not just the new 'democracies' that have turned 'neo', the so-called established democracies are also hurtling in the same direction, as is the United Nations. A new vision of universal freedom is urgently required. Drawing on scholarship in law, human rights and political science this book argues for just such a vision, one in which the great achievements of our democratic past are not jettisoned as easily as were the socialist ideals of the original democracy-makers.

why is environmental wellness important: Fall Out from Nuclear Tests Cyril Lewis Comar, 1966

why is environmental wellness important: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

why is environmental wellness important: What's My Type? Natasha Burton, 2020-02-04 Get to know yourself with these insightful quizzes designed to help you find your perfect partner! You swipe, go out with friends, and agonize over the profile pictures, and yet you're still waiting to meet your other half. But it's most important to get to know yourself before getting into a relationship. It's time to take a closer look at what you need and want for your love life so you can go out and find it! This collection of insightful and in-depth quizzes will help you figure out who you are and what you truly want from a relationship. With five different types of quizzes—standard self-interview quizzes, game-inspired quizzes like Never Have I Ever, Would You Rather quizzes (where you choose between two options), as well as checklists and multiple-choice quizzes—this book has a variety of thought-provoking questions to get you thinking about your future partner. Sample questions include: -What have you enjoyed most in past relationships? -If you had a free afternoon, would you prefer to spend it alone? -How important are public displays of affection, like hugs and hand-holding? -What sort of boundaries do you need to set? -How do you tend to handle arguments? You have to know yourself completely before you are able to recognize the right person for you. What's My Type? helps you discover and prioritize qualities that you might not realize are important so you can identify what you're looking for in the perfect partner!

why is environmental wellness important: Integrative Nursing Andrew Weil, 2018-11-27 The

second edition of Integrative Nursing is a complete roadmap to integrative patient care, providing a guide to the whole person/whole systems assessment and clinical interventions for individuals, families, and communities. Treatment strategies described in this version employ the full complement of evidence-informed methodologies in a tailored, person-centered approach to care. Integrative medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of the lifestyle; it emphasizes the therapeutic relationship and makes use of appropriate therapies, but conventional and alternative. -- From publisher's description

why is environmental wellness important: The Little Black Book of Big Red Flags

Natasha Burton, Julie Fishman, 2011-05-18 You've done it before. Saw something wrong with him--whether it was suspect grooming habits or ridiculously childish behavior--but let it slide. It's not that big of a deal. Except it totally was. You wanted to fall in love, but ended up going insane. You swore you'd never do it again. But did. Don't beat yourself up. In the search for love, we've all either blatantly ignored or completely missed red flags. Instead, smarten up. It's time to figure out what you missed and learn how to avoid similar flagtastic fiascos in the future. If you raise your red flag awareness now, you'll be able to greenlight a real relationship down the road.

why is environmental wellness important: Environmental Health Literacy Symma Finn, Liam R. O'Fallon, 2018-09-12 This book explores various and distinct aspects of environmental health literacy (EHL) from the perspective of investigators working in this emerging field and their community partners in research. Chapters aim to distinguish EHL from health literacy and environmental health education in order to classify it as a unique field with its own purposes and outcomes. Contributions in this book represent the key aspects of communication, dissemination and implementation, and social scientific research related to environmental health sciences and the range of expertise and interest in EHL. Readers will learn about the conceptual framework and underlying philosophical tenets of EHL, and its relation to health literacy and communications research. Special attention is given to topics like dissemination and implementation of culturally relevant environmental risk messaging, and promotion of EHL through visual technologies. Authoritative entries by experts also focus on important approaches to advancing EHL through community-engaged research and by engaging teachers and students at an early age through developing innovative STEM curriculum. The significance of theater is highlighted by describing the use of an interactive theater experience as an approach that enables community residents to express themselves in non-verbal ways.

why is environmental wellness important: Health and Wellness Tourism Patricia

Erfurt-Cooper, Malcolm Cooper, 2009-07-27 Geothermal springs constitute a major tourism resource, providing spectacular settings, recreation facilities, a recognised value in treatments beneficial for health and wellness, a sense of heritage and adventure, and links with the natural environment. Health and wellness tourism accounts for a significant proportion of the world's tourism consumption, with components ranging from hot spring bathing for leisure and recreation, through mineral water use in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including usage, heritage, management, technology, environmental and cultural features, and marketing.

why is environmental wellness important: 101 Quizzes For BFFs Natasha Burton,

2014-12-05 The ultimate best friend test! From your secret celebrity crush to your most embarrassing moments, your best friend knows it all. Or does she? With 101 Quizzes for BFFs, you'll put your friendship to the test and reveal what really makes your bestie tick, with awesome personality questions like: What made you want to be my friend? What would you do if you had one day to do anything you wanted, no consequences? What's your happiest memory of growing up? If you could visit one point in the future, how far ahead would you go? Who would you rather hang

with: Zac Efron or Channing Tatum? What would you do if you broke your leg the week before prom? So bust out this book at sleepovers, at lunch, or during downtime after school and get ready for hours of laughter and fun as you discover things you never knew about your BFF!

why is environmental wellness important: Wellbeing: The Five Essential Elements Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

why is environmental wellness important: Sensor Technologies Michael J. McGrath, Cliodhna Ni Scanail, Dawn Nafus, 2014-01-23 Sensor Technologies: Healthcare, Wellness and Environmental Applications explores the key aspects of sensor technologies, covering wired, wireless, and discrete sensors for the specific application domains of healthcare, wellness and environmental sensing. It discusses the social, regulatory, and design considerations specific to these domains. The book provides an application-based approach using real-world examples to illustrate the application of sensor technologies in a practical and experiential manner. The book guides the reader from the formulation of the research question, through the design and validation process, to the deployment and management phase of sensor applications. The processes and examples used in the book are primarily based on research carried out by Intel or joint academic research programs. "Sensor Technologies: Healthcare, Wellness and Environmental Applications provides an extensive overview of sensing technologies and their applications in healthcare, wellness, and environmental monitoring. From sensor hardware to system applications and case studies, this book gives readers an in-depth understanding of the technologies and how they can be applied. I would highly recommend it to students or researchers who are interested in wireless sensing technologies and the associated applications." Dr. Benny Lo Lecturer, The Hamlyn Centre, Imperial College of London "This timely addition to the literature on sensors covers the broad complexity of sensing, sensor types, and the vast range of existing and emerging applications in a very clearly written and accessible manner. It is particularly good at capturing the exciting possibilities that will occur as sensor networks merge with cloud-based 'big data' analytics to provide a host of new applications that will impact directly on the individual in ways we cannot fully predict at present. It really brings this home through the use of carefully chosen case studies that bring the overwhelming concept of 'big data' down to the personal level of individual life and health." Dermot Diamond Director, National Centre for Sensor Research, Principal Investigator, CLARITY Centre for Sensor Web Technologies, Dublin City University Sensor Technologies: Healthcare, Wellness and Environmental Applications takes the reader on an end-to-end journey of sensor technologies, covering the fundamentals from an engineering perspective, introducing how the data gleaned can be both processed and visualized, in addition to offering exemplar case studies in a number of application domains. It is a must-read for those studying any undergraduate course that involves sensor technologies. It also provides a thorough foundation for those involved in the research and development of applied sensor systems. I highly recommend it to any engineer who wishes to broaden their knowledge in this area! Chris Nugent Professor of Biomedical Engineering, University of Ulster

why is environmental wellness important: Research Anthology on Environmental and Societal Well-Being Considerations in Buildings and Architecture Management Association, Information Resources, 2021-05-28 When it comes to architecture, there has been a focus on sustainable buildings and human well-being in the built environment. Buildings should not only be environmentally friendly and sustainable, but dually focused on human health, wellness, and experience. This includes considerations into the quality of buildings, ranging from ventilation to thermal comfort, along with environment considerations such as energy usage and material selection. Specific architectural choices and design for buildings can either contribute to or negatively impact both society and the environment, leading research in the field of architecture to be focused on environmental and societal well-being in accordance with the built environment. The Research Anthology on Environmental and Societal Well-Being Considerations in Buildings and

Architecture focuses on how the built environment is being constructed to purposefully enhance societal well-being while also maintaining green standards for environmental sustainability. On one side, this book focuses on the specific building choices that can be made for the purpose of human well-being and the occupants who will utilize the building. On the other side, this book also focuses on environmental sustainability from the standpoint of green buildings and environmental concerns. Together, these topics allow this book to have a holistic view of modern architectural choices and design. This book is essential for architects, IT professionals, engineers, contractors, environmentalists, interior designers, civil planners, regional government officials, construction companies, policymakers, practitioners, researchers, academicians, and students interested in architecture and how it can promote environmental and societal well-being.

why is environmental wellness important: *The Wellness Lifestyle* Daniel Orr, Kelly Baute, 2018-09-25 Have you meticulously counted calories and obsessed over what you eat and how you move, only to feel exhausted, unfulfilled, and overweight? *The Wellness Lifestyle: A Chef's Recipe for Real Life* is the easy-to-follow and life-changing book for those who love food and want a healthier and more fulfilling life. Renowned chef Daniel Orr (Chef D) teams up with wellness coach Kelly Baute (Dr. K) to identify and navigate the eight dimensions of wellness: nutritional, physical, social, spiritual, emotional, intellectual, occupational, and environmental. The result is a fulfilling recipe for everyone interested in improving their overall health and shedding pounds while still enjoying life. The path to total wellness is a lifelong journey of self-exploration and adaptation. Chef D and Dr. K explain how to implement and maintain effective behavior changes, including better ways to move, like yoga; better ways to think, like through meditation; and better ways to eat, with easy recipes for whole, healthful foods. From Muscle Mud Breakfast Bars to Cauliflower Popcorn, Happy Mouth Quinoa Salad to Tuscan Flatiron Steak with Garlic, Rosemary, and Lemon, *The Wellness Lifestyle* is packed with delicious and fun recipes that combine the healthy nutrients your body needs with the great flavors you crave. Featuring the secrets to good food and an even better life, *The Wellness Lifestyle* is essential for every kitchen.

why is environmental wellness important: *Oxford Textbook of Nature and Public Health* Matilda van den Bosch, William Bird, 2018-01-05 Human beings have always been affected by their surroundings. There are various health benefits linked to being able to access to nature; including increased physical activity, stress recovery, and the stimulation of child cognitive development. The *Oxford Textbook of Nature and Public Health* provides a broad and inclusive picture of the relationship between our own health and the natural environment. All aspects of this unique relationship are covered, ranging from disease prevention through physical activity in green spaces to innovative ecosystem services, such as climate change adaptation by urban trees. Potential hazardous consequences are also discussed including natural disasters, vector-borne pathogens, and allergies. This book analyses the complexity of our human interaction with nature and includes sections for example epigenetics, stress physiology, and impact assessments. These topics are all interconnected and fundamental for reaching a full understanding of the role of nature in public health and wellbeing. Much of the recent literature on environmental health has primarily described potential threats from our natural surroundings. The *Oxford Textbook of Nature and Public Health* instead focuses on how nature can positively impact our health and wellbeing, and how much we risk losing by destroying it. The all-inclusive approach provides a comprehensive and complete coverage of the role of nature in public health, making this textbook invaluable reading for health professionals, students, and researchers within public health, environmental health, and complementary medicine.

why is environmental wellness important: *The Big Thirst* Charles Fishman, 2011 Fishmen examines the passing of the golden age of water and reveals the shocking facts about how water scarcity will soon be a major factor.

why is environmental wellness important: *Promoting Human Wellness* Margaret Schneider Jamner, Daniel Stokols, 2000 This very important work calls for research and policy-making that is proactive, multi-level, multi-method, and interdisciplinary--not disease-driven. It synthesizes

perspectives on wellness that have the potential to produce a paradigm shift in research and policy planning, implementation, and evaluation. — Lené Levy-Storms, University of California, Los Angeles, Department of Medicine/Geriatrics [This book] helps broaden the field of inquiry and legitimates the social and political perspectives in health care research and planning. —Ellen R. Shaffer, University of California, San Francisco, Program in Medical Ethics

why is environmental wellness important: The Handbook of Wellness Medicine Waguilh William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

why is environmental wellness important: Sustainable Development Goals Pia Katila, Carol J. Pierce Colfer, Wil de Jong, Glenn Galloway, Pablo Pacheco, Georg Winkel, 2019-12-12 A global assessment of potential and anticipated impacts of efforts to achieve the SDGs on forests and related socio-economic systems. This title is available as Open Access via Cambridge Core.

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why is environmental wellness important: Healing Spaces Esther M. Sternberg MD, 2010-09-30 "Esther Sternberg is a rare writer—a physician who healed herself...With her scientific expertise and crystal clear prose, she illuminates how intimately the brain and the immune system talk to each other, and how we can use place and space, sunlight and music, to reboot our brains and move from illness to health."—Gail Sheehy, author of *Passages* Does the world make you sick? If the distractions and distortions around you, the jarring colors and sounds, could shake up the healing chemistry of your mind, might your surroundings also have the power to heal you? This is the question Esther Sternberg explores in *Healing Spaces*, a look at the marvelously rich nexus of mind and body, perception and place. Sternberg immerses us in the discoveries that have revealed a complicated working relationship between the senses, the emotions, and the immune system. First among these is the story of the researcher who, in the 1980s, found that hospital patients with a view of nature healed faster than those without. How could a pleasant view speed healing? The author pursues this question through a series of places and situations that explore the neurobiology of the senses. The book shows how a Disney theme park or a Frank Gehry concert hall, a labyrinth or a garden can trigger or reduce stress, induce anxiety or instill peace. If our senses can lead us to a "place of healing," it is no surprise that our place in nature is of critical importance in Sternberg's account. The health of the environment is closely linked to personal health. The discoveries this book describes point to possibilities for designing hospitals, communities, and neighborhoods that

promote healing and health for all.

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why is environmental wellness important: More Than 50 and Loving It! Beverly J. Allen Ph. D., 2024-07-30 This is our time! Whether you are in the middle of your work years, near the end of your work years, or into your retirement years, it's an exciting time to be an older adult. We have so much more living, loving, and learning to do; and so much more to share. We only get to be here once, and we don't know how much time we have left. What we do know is, time is a non-renewable resource. Once passed it cannot be replaced, made up, or anything else. It is gone, leaving us with much regret. So, make the most of it. The game is not over. In fact, the game is just beginning! The purpose of this book is to encourage and empower each of us to ignite our spirit, identify our purpose, take action, continue to grow, get out and play. This is our time to do what we love, connect to our purpose, and live life to the fullest. To experience life in all its abundance.

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why is environmental wellness important: The Social Determinants of Mental Health Michael T. Compton, Ruth S. Shim, 2015-04-01 The Social Determinants of Mental Health aims to fill the gap that exists in the psychiatric, scholarly, and policy-related literature on the social determinants of mental health: those factors stemming from where we learn, play, live, work, and age that impact our overall mental health and well-being. The editors and an impressive roster of chapter authors from diverse scholarly backgrounds provide detailed information on topics such as discrimination and social exclusion; adverse early life experiences; poor education; unemployment, underemployment, and job insecurity; income inequality, poverty, and neighborhood deprivation; food insecurity; poor housing quality and housing instability; adverse features of the built environment; and poor access to mental health care. This thought-provoking book offers many beneficial features for clinicians and public health professionals: Clinical vignettes are included,

designed to make the content accessible to readers who are primarily clinicians and also to demonstrate the practical, individual-level applicability of the subject matter for those who typically work at the public health, population, and/or policy level. Policy implications are discussed throughout, designed to make the content accessible to readers who work primarily at the public health or population level and also to demonstrate the policy relevance of the subject matter for those who typically work at the clinical level. All chapters include five to six key points that focus on the most important content, helping to both prepare the reader with a brief overview of the chapter's main points and reinforce the take-away messages afterward. In addition to the main body of the book, which focuses on selected individual social determinants of mental health, the volume includes an in-depth overview that summarizes the editors' and their colleagues' conceptualization, as well as a final chapter coauthored by Dr. David Satcher, 16th Surgeon General of the United States, that serves as a Call to Action, offering specific actions that can be taken by both clinicians and policymakers to address the social determinants of mental health. The editors have succeeded in the difficult task of balancing the individual/clinical/patient perspective and the population/public health/community point of view, while underscoring the need for both groups to work in a unified way to address the inequities in twenty-first century America. The Social Determinants of Mental Health gives readers the tools to understand and act to improve mental health and reduce risk for mental illnesses for individuals and communities. Students preparing for the Medical College Admission Test (MCAT) will also benefit from this book, as the MCAT in 2015 will test applicants' knowledge of social determinants of health. The social determinants of mental health are not distinct from the social determinants of physical health, although they deserve special emphasis given the prevalence and burden of poor mental health.

why is environmental wellness important: Report on Global Environmental Competitiveness (2013) Li Jianping, Li Minrong, Wang Jinnan, Li Jianjian, Su Hongwen, Huang Maoxing, 2014-07-08 This book explores the environmental competitiveness of 133 countries around the world, presenting an index evaluation system to facilitate a comparative analysis of environmental competitiveness on a global scale. This is a new way to measure competitiveness in the light of the contradiction between world economic development and environmental protection. Global environmental competitiveness covers five aspects: the ecological environment, resources environment, environmental management, environmental impacts and environmental coordination. The authors use longitudinal study and horizontal analysis, combining qualitative and quantitative analysis methods so as to conduct an in-depth study of theoretical, empirical and methodological issues of global environmental competitiveness. The work is presented here in three main parts beginning with the theory, technical road-map and analytical approach used. The second part reports on the countries as evaluation objects, analyzing the development status of global environmental competitiveness as a whole and revealing the strengths and weaknesses of each country's environmental competitiveness. Basic paths and strategies to enhance the competitiveness level are presented. In the third part the reader will discover a sub-report and evaluation of the environmental competitiveness for 133 countries around the world, revealing the characteristics and relative differences of countries representing different levels of development, in order to provide an important decision-making reference to those considering environmental economic policies, especially those considering accelerating a green economic transformation and enhancing environmental competitiveness. This book will appeal to scholars and professionals with an interest in environmental issues and environmental competitiveness at a global level, as well as those with an interest in each of the 133 countries analyzed in this text, including environmental policy makers in those countries.

why is environmental wellness important: Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging

literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

why is environmental wellness important: The Topography of Wellness Sara Jensen Carr, 2021-06-15 The COVID-19 pandemic has re-ignited discussions of how architects, landscapes, and urban planners can shape the environment in response to disease. This challenge is both a timely topic and one with an illuminating history. In *The Topography of Wellness*, Sara Jensen Carr offers a chronological narrative of how six epidemics transformed the American urban landscape, reflecting changing views of the power of design, pathology of disease, and the epidemiology of the environment. From the infectious diseases of cholera and tuberculosis, to so-called social diseases of idleness and crime, to the more complicated origins of today's chronic diseases, each illness and its associated combat strategies has left its mark on our surroundings. While each solution succeeded in eliminating the disease on some level, sweeping environmental changes often came with significant social and physical consequences. Even more unexpectedly, some adaptations inadvertently incubated future epidemics. From the Industrial Revolution to present day, this book illuminates the constant evolution of our relationship to wellness and the environment by documenting the shifting grounds of illness and the urban landscape.

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