Promoting Health Wellbeing and Sustainable Development: *the role of universities*

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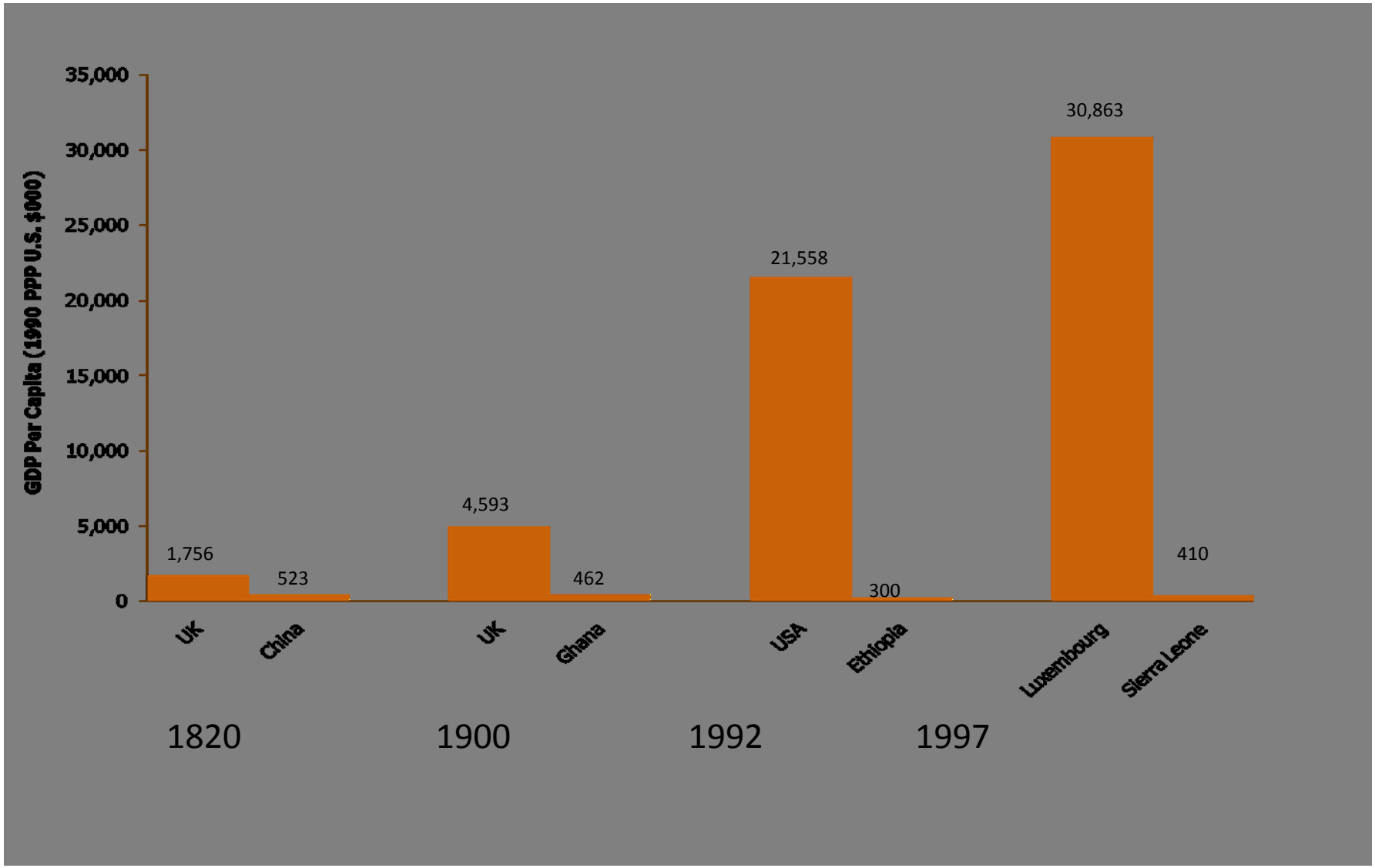
University of East London
19 June 2012

Trends in Global Inequality



Source: The Health of Nations: Why inequality is harmful to your health: Kawachi I and Kennedy B P

The Bainton Family, Wiltshire, UK.

Source: The Hungry Planet, Material World Books, 2005

The Cavens family of America

Source- Peter Menzel from Hungry Planet: What the world eats, 2005

The Natamos of Kavakourvi, Mali

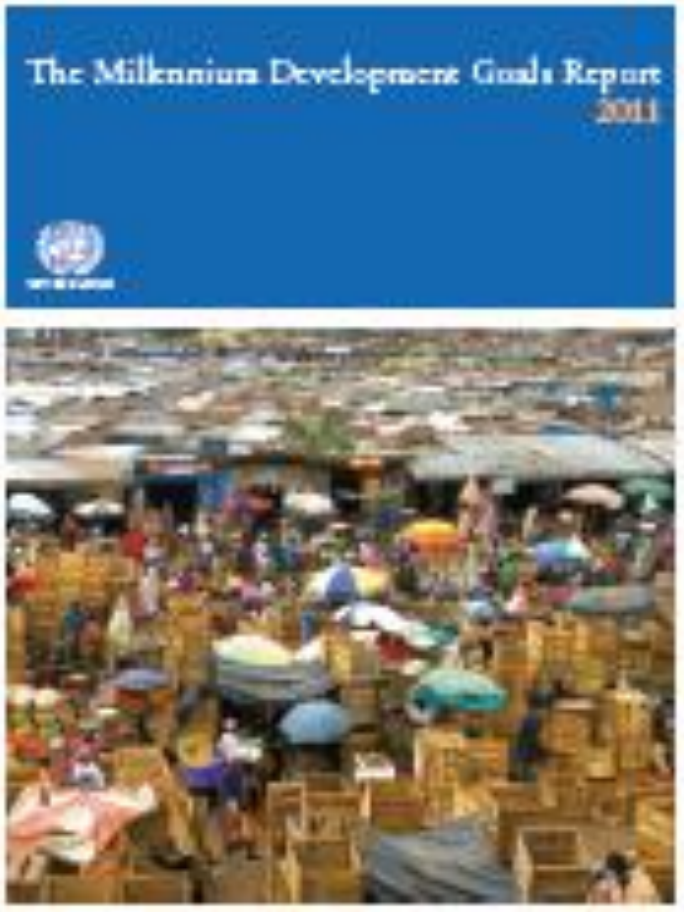
Source- Peter Menzel from Hungry Planet: What the world eats, 2005

The Aboubakar family of Sudan

Source- Peter Menzel from Hungry Planet: What the world eats, 2005

Economic Inequalities

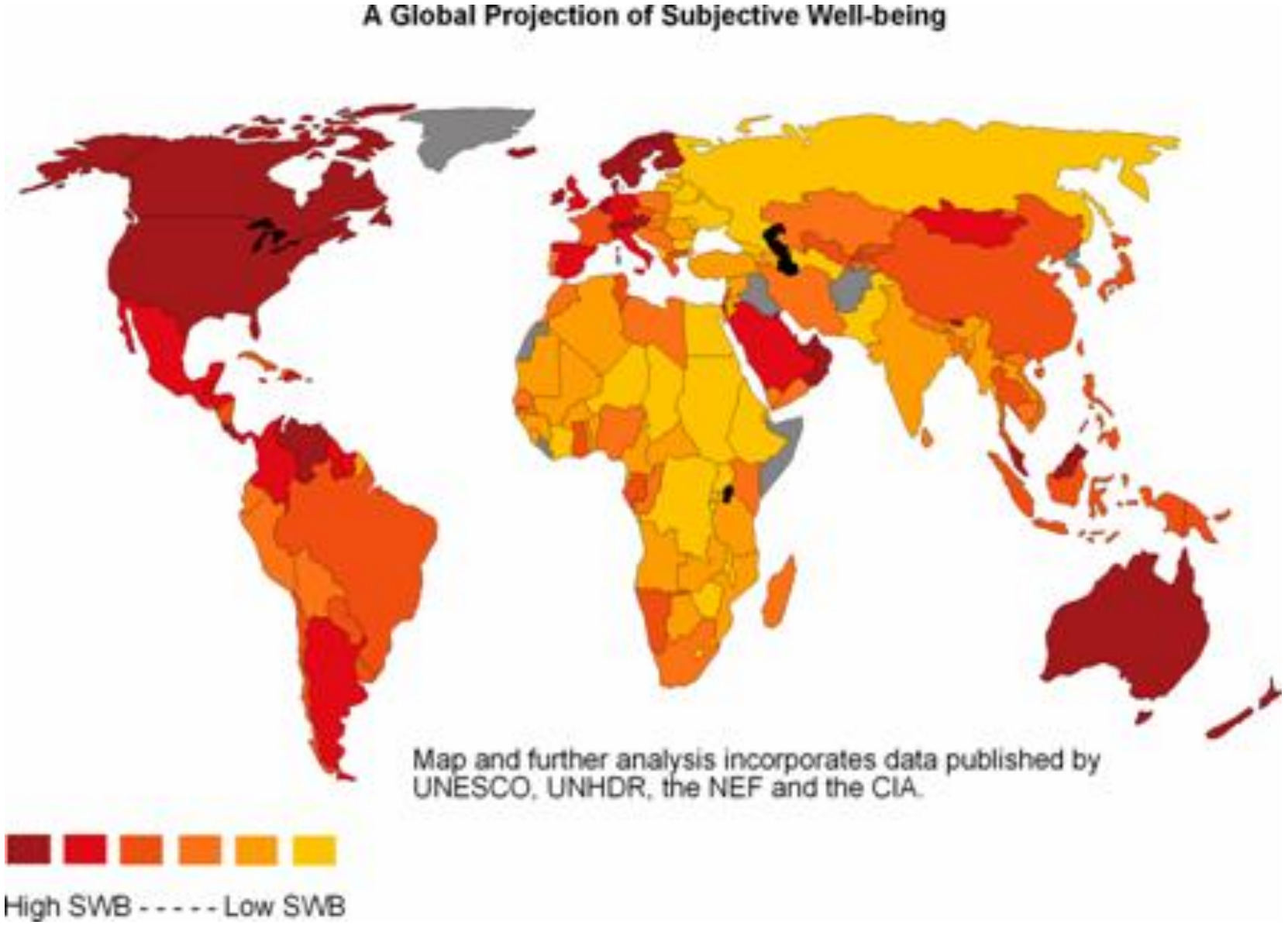
"Three fifths of the world's people in the poorest 61 countries receive just 6% of the world's income"



- **Economic progress and prosperity**
- **For what purpose?**
- **Are we content with where economic growth is headed?**

Source: The Health of Nations: Why inequality is harmful to your health: Kawachi I and Kennedy B P

Source : http://www.un.org/millenniumgoals/11_MDG%20Report_EN.pdf

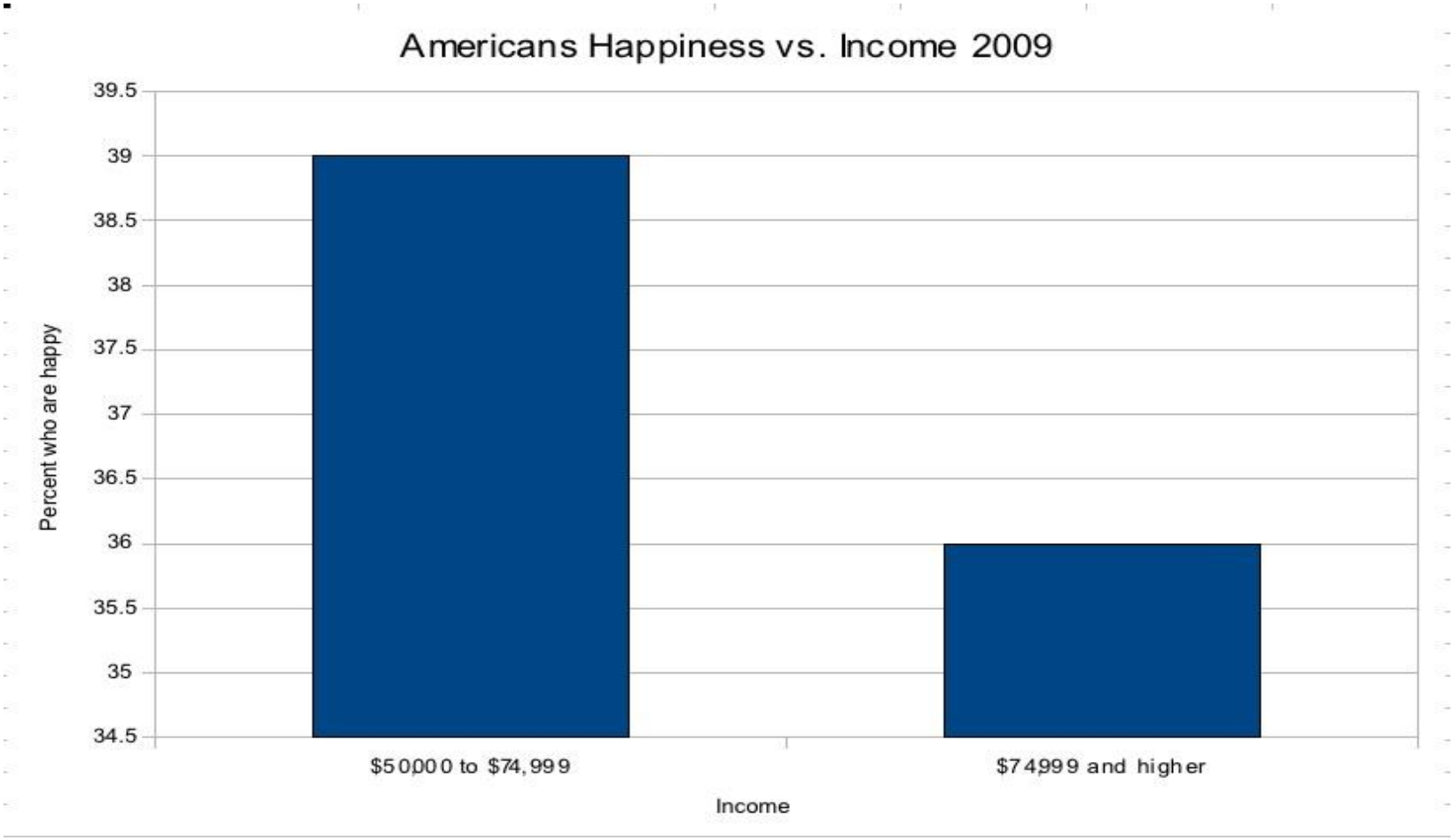


Source-http://katiechatfield.wordpress.com/2007/04/

Happiness and Growth in Income

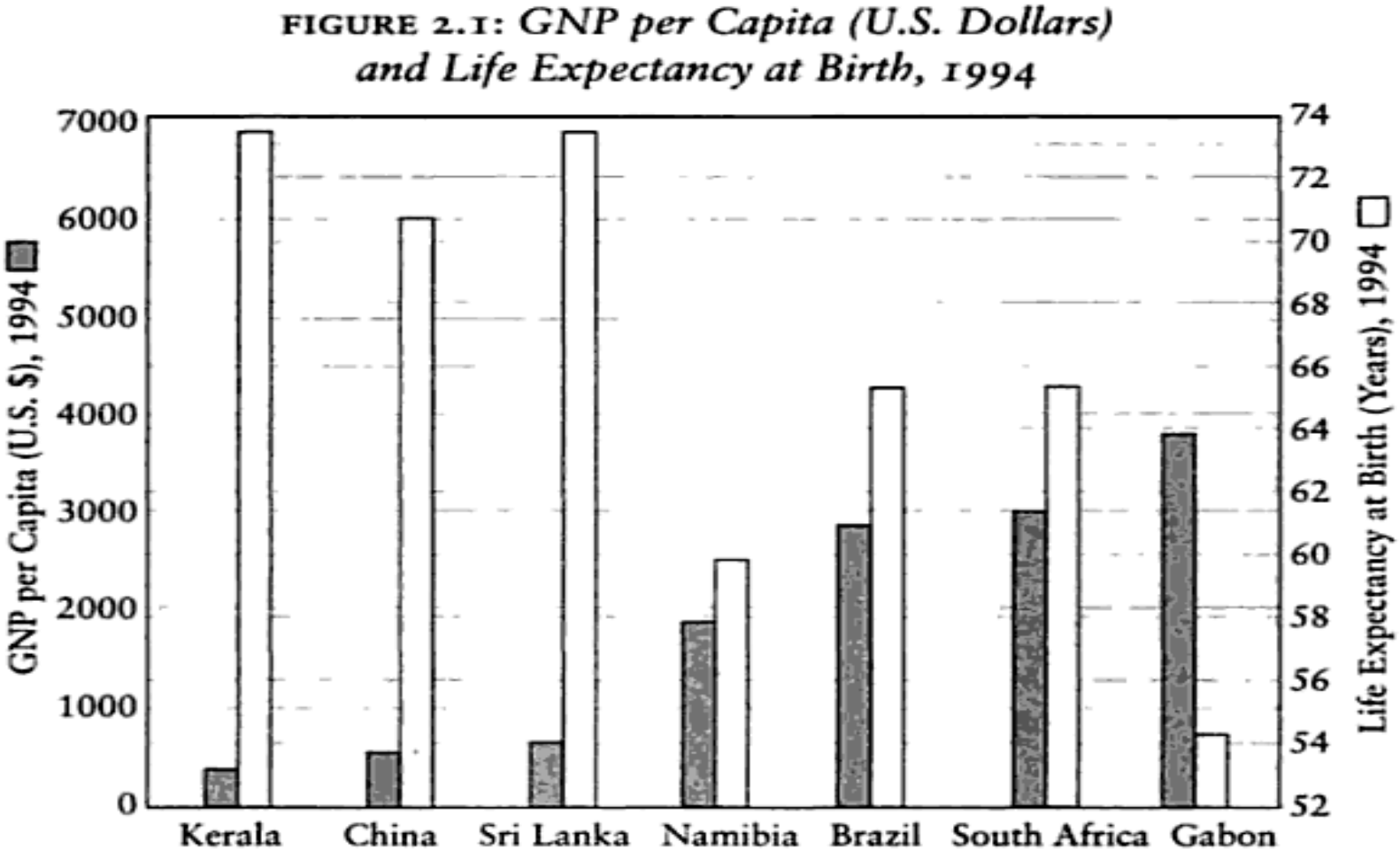
Source: D. G. Myers, Happiness, 2004
http://www.wellbeingmanifesto.net/wellbeing.htm

Does money buy happiness?



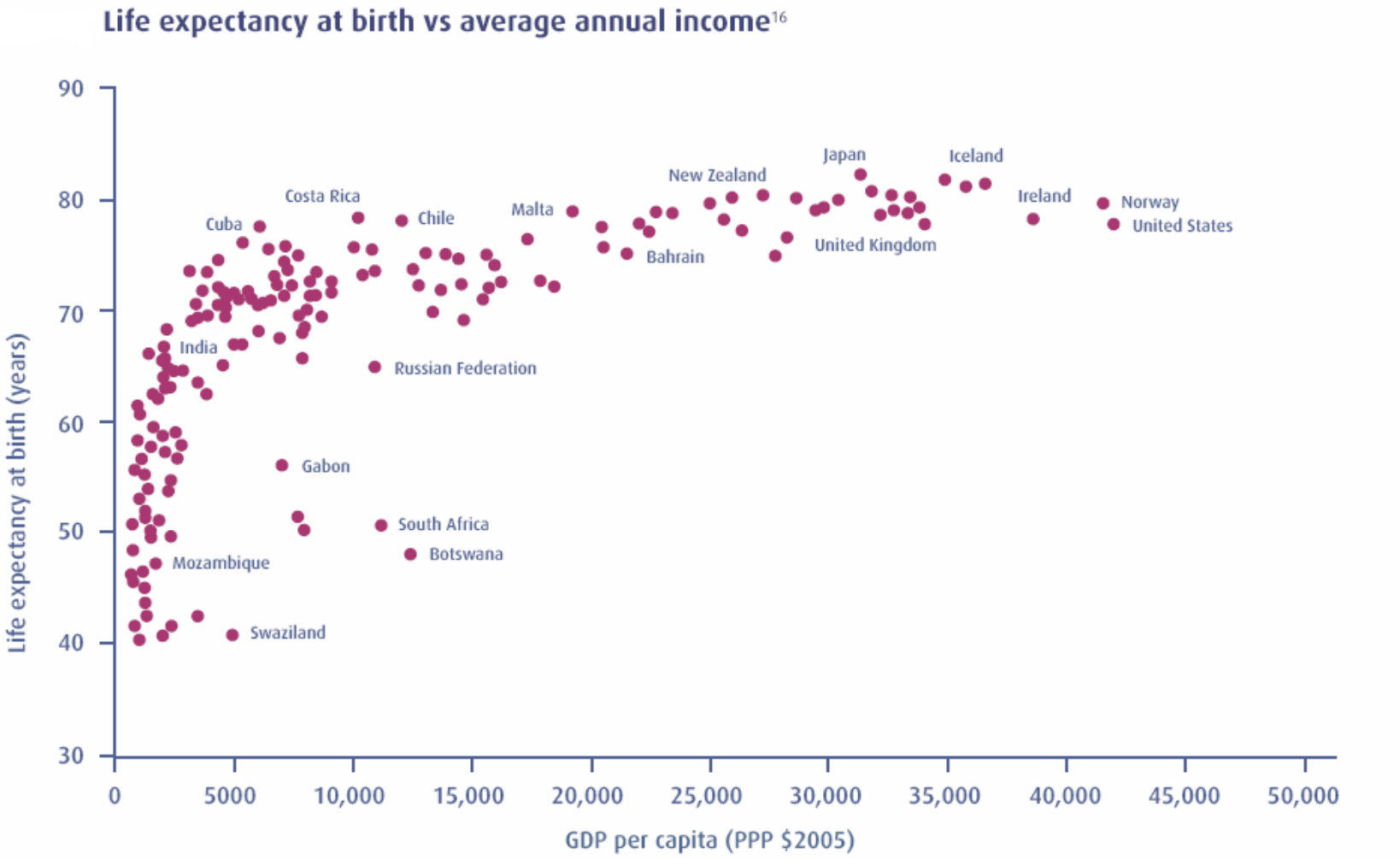
Source - http://www.harrisinteractive.com/NewsRoom/HarrisPolls/tabid/447/mid/1508/articleId/822/ctl/ReadCustom%20Default/Default.aspx

National income also diverges from other important indicators of the welfare of a community such as life expectancy



Source-Amartya Sen's book Development As Freedom

Wealth and Life expectancy

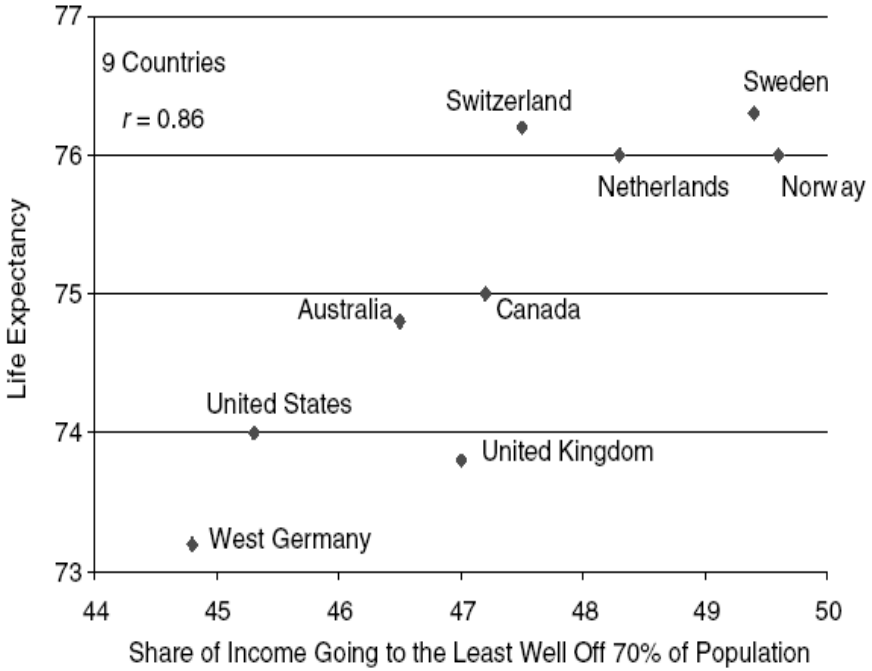


Source: UNDP, Human development Report, 1998

Income distribution and life expectancy

- No relationship between average income in a community and individual levels of happiness or other measures such as life expectancy

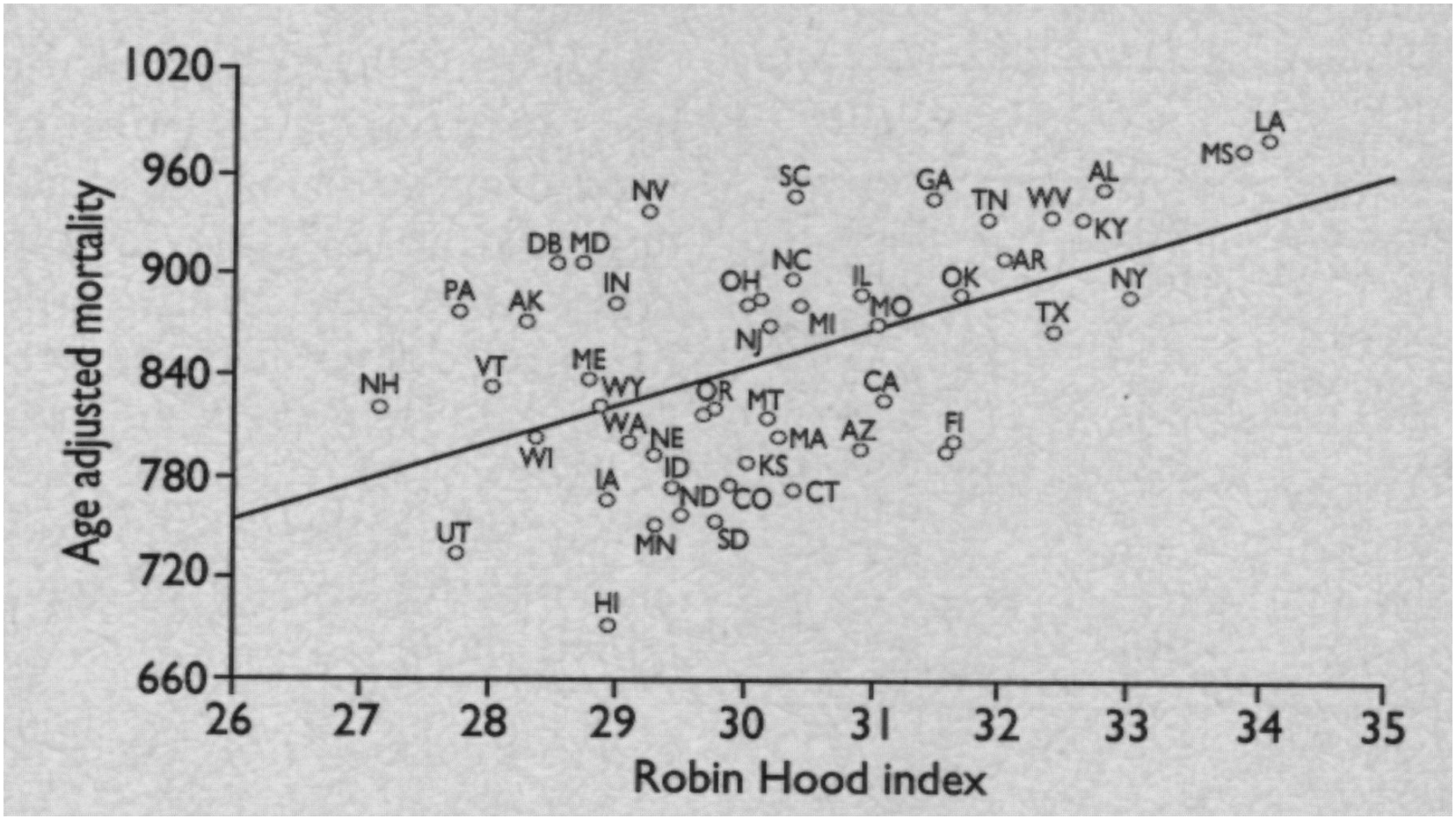
- What matters is *distribution* of income



Source: Adapted from Wilkinson 1992, from an LIS working paper.

The relationship of income inequality and mortality rates across the US

Mortality by inequality (Robin Hood index) in United States (abbreviations are for each state)



Source- Kaplan et al, Income Inequality and mortality In USA: Analysis of Mortality and Potential Pathways, British Medical Journal, 1996

- Despite this evidence, inequalities continue to grow

- In developing countries, the standard of living required to increase happiness now appears to be set by the wealthiest nations

Impact of a consumer culture on health and well-being

- Impacts on individuals and families
- Impact on community
- Impact on our only home- **Planet Earth**

Link between consumer culture and health and well-being: Impacts on individuals and families

- Everyone on a treadmill
- The time squeeze
- Spending time with your loved ones can improve your health

People's wants & needs: Keeping up with the neighbours

American consumption wants & needs
(percentage of respondents)

What makes a good life	1975	1991	%change
Vacation home	19	35	+84
Happy marriage	84	77	-8

Source-The Overspent American: Up scaling, Down shifting, and the new consumer. New York ,Basic Books, SCHOR,1998

Link between consumer culture and health and well-being: The impact on communities

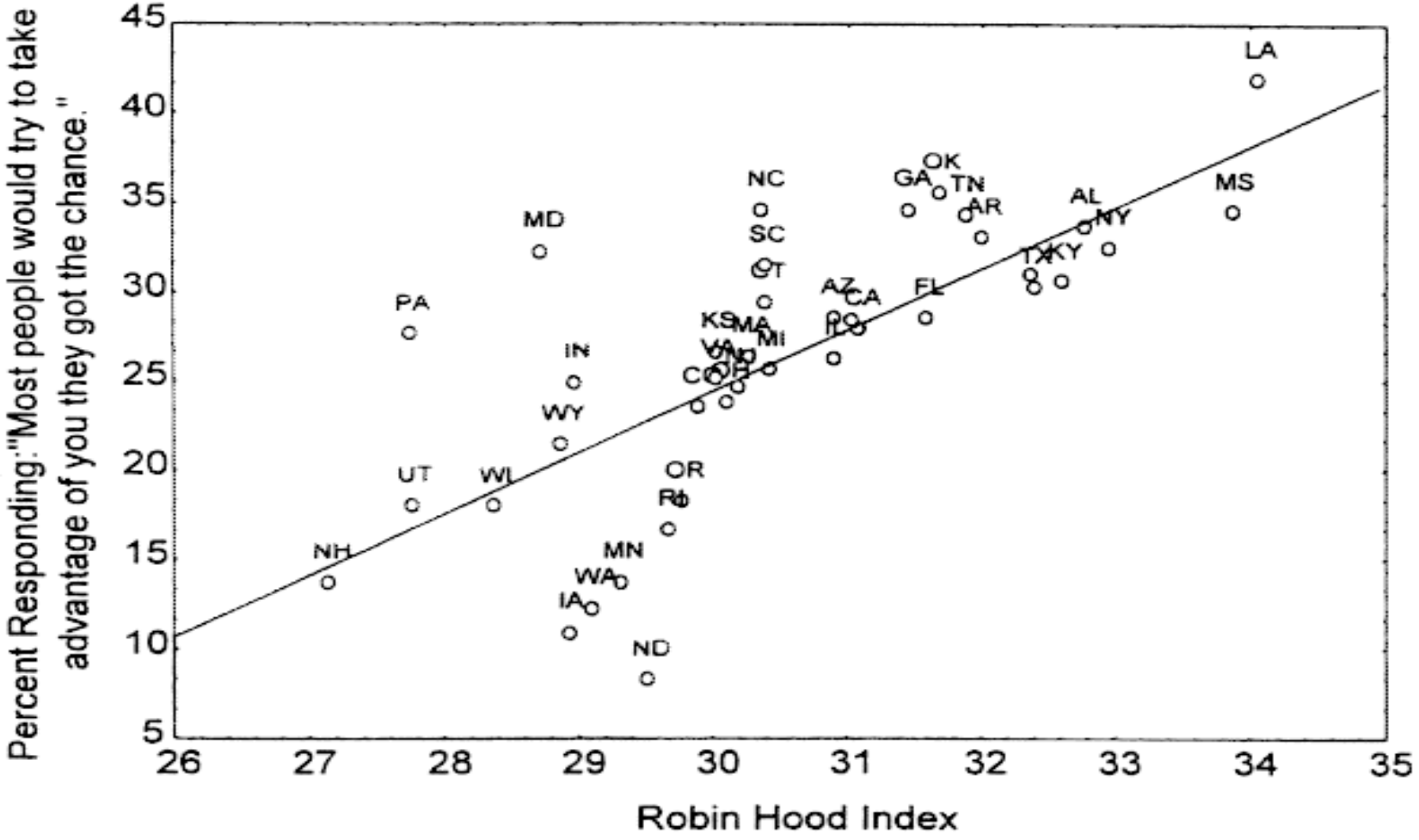
- Availability of emotional support – strongest predictor of survival after heart attack
- The rural urban migration in developing countries leaves many rural and urban populations living in isolation and without community support

Source: The Health of Nations: Why inequality is harmful to your health: Kawachi I and Kennedy B P

Berkman, L. F., Leo-Summers, L., & Horwitz, R. I. (1992). Emotional support and survival after myocardial infarction. A prospective, population-based study of the elderly. Annals.of Internal.Medicine, 117, 1003-1009.

Pamela J. Goodwin, et al. N Engl J Med 2001; 345:1719-1726December 13, 2001

Income inequality and the erosion of social capital and social trust



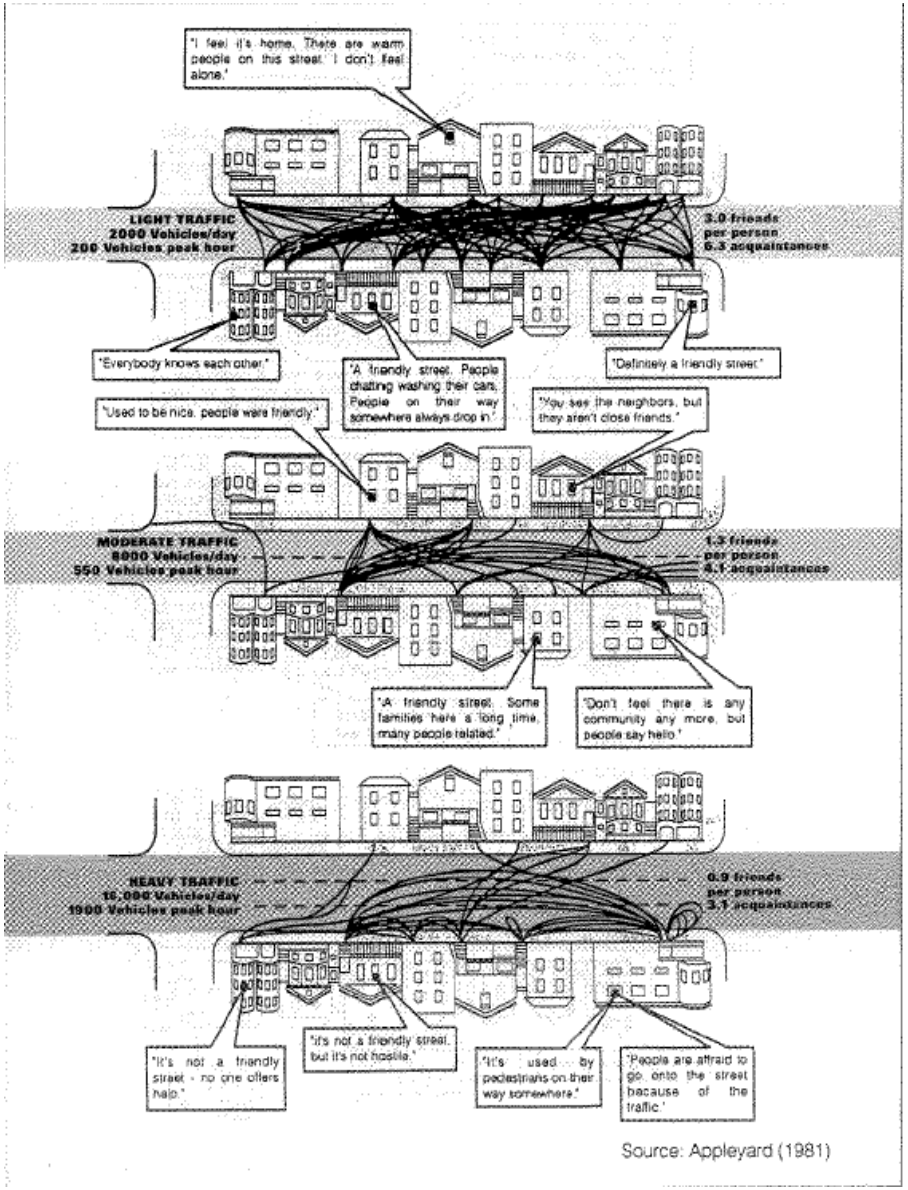
Source: The Health of Nations: Why inequality is harmful to your health: Kawachi I and Kennedy B P, 2002. The New Press

Social Networks Along Streets with Increasing Speed Limits

15-20 mph

25 mph

35-40 mph



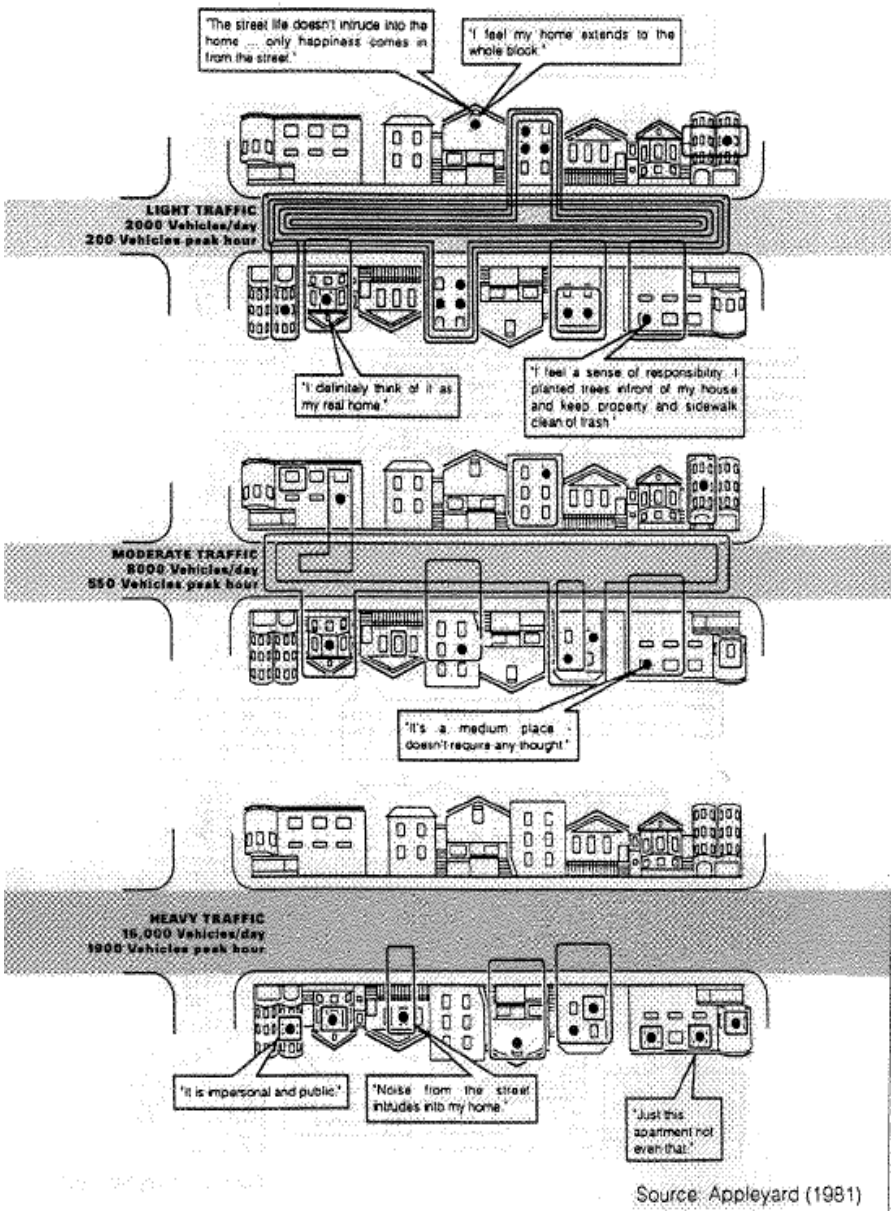
Source: BMA, 1997

'Home Territory' Along Streets with Increasing Speed Limits

15-20 mph

25 mph

35-40 mph

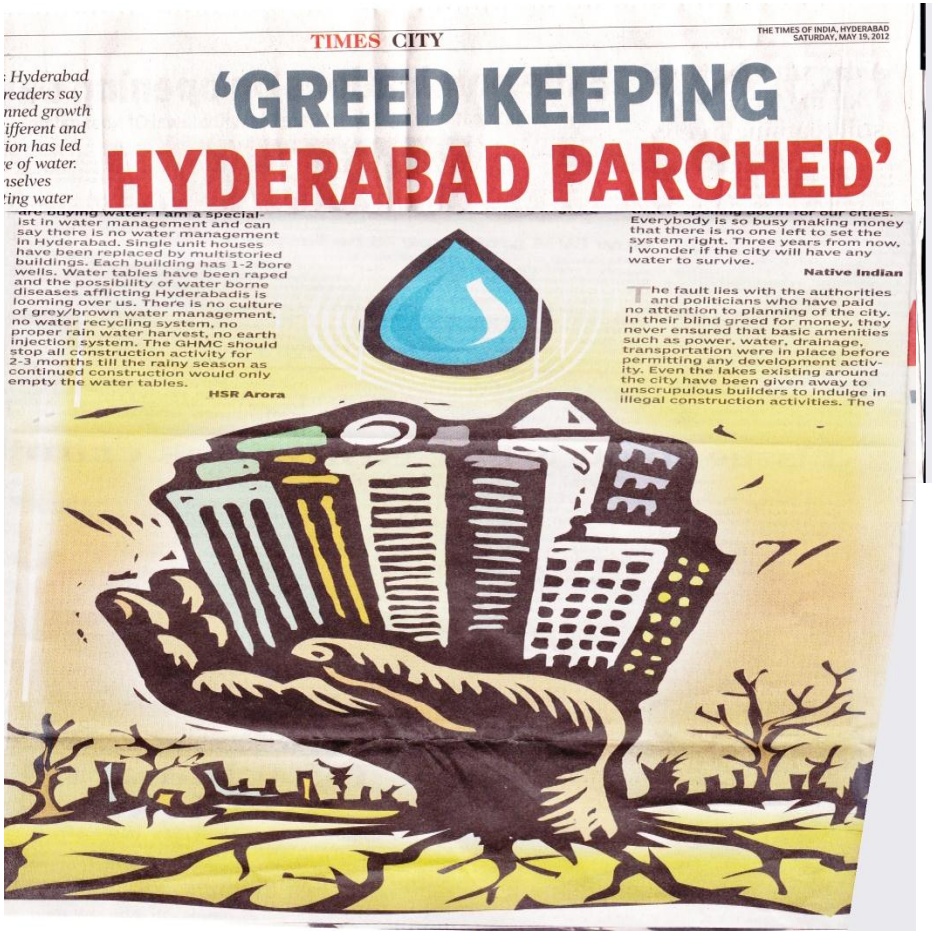


Source: BMA, 1997

Link between consumer culture and health and well-being: The impact on our environment

- Between 1970 and 1990 the population of metropolitan Los Angeles grew by 45% but the land area of the metropolis sprawled by 300%

- Such issues are no longer confined to the West.



TIMES CITY

THE TIMES OF INDIA, HYDERABAD
SATURDAY, MAY 19, 2012

'GREED KEEPING HYDERABAD PARCHED'

Hyderabad readers say nned growth ifferent and ion has led e of water. selves ting water

are buying water. I am a specialist in water management and can say there is no water management in Hyderabad. Single unit houses have been replaced by multistoried buildings. Each building has 1-2 bore wells. Water tables have been raped and the possibility of water borne diseases afflicting Hyderabadis is looming over us. There is no culture of grey/brown water management, no water recycling system, no proper rain water harvest, no earth injection system. The GHMC should stop all construction activity for 2-3 months till the rainy season as continued construction would only empty the water tables.

HSR Arora

Everybody is so busy making money that there is no one left to set the system right. Three years from now, I wonder if the city will have any water to survive.

Native Indian

The fault lies with the authorities and politicians who have paid no attention to planning of the city. In their blind greed for money, they never ensured that basic amenities such as power, water, drainage, transportation were in place before permitting any development activity. Even the lakes existing around the city have been given away to unscrupulous builders to indulge in illegal construction activities. The

Source: The Health of Nations: Why inequality is harmful to your health: Kawachi I and Kennedy B P

Times of India, 19th May 2012, Hyderabad.

“Climate change is the defining challenge of our age”
Ban Ki Moon, UN Secretary – General (2007)

Key message 1

‘Recent observations confirm that, given high rates of observed emissions, the worst-case IPCC scenario trajectories (or even worse) are being realised...’
(Copenhagen, 2009)

Key message 2

‘Recent observations show that societies are highly vulnerable to even modest levels of climate change, with poor nations and communities particularly at risk… ‘ (Copenhagen, 2009)

Source: 1. Human health. Climate change 2007: Impacts, Adaptation and Vulnerability. Contribution of Working Group II to the fourth assessment report of the Intergovernmental Panel on Climate Change. Cambridge Univ Press.

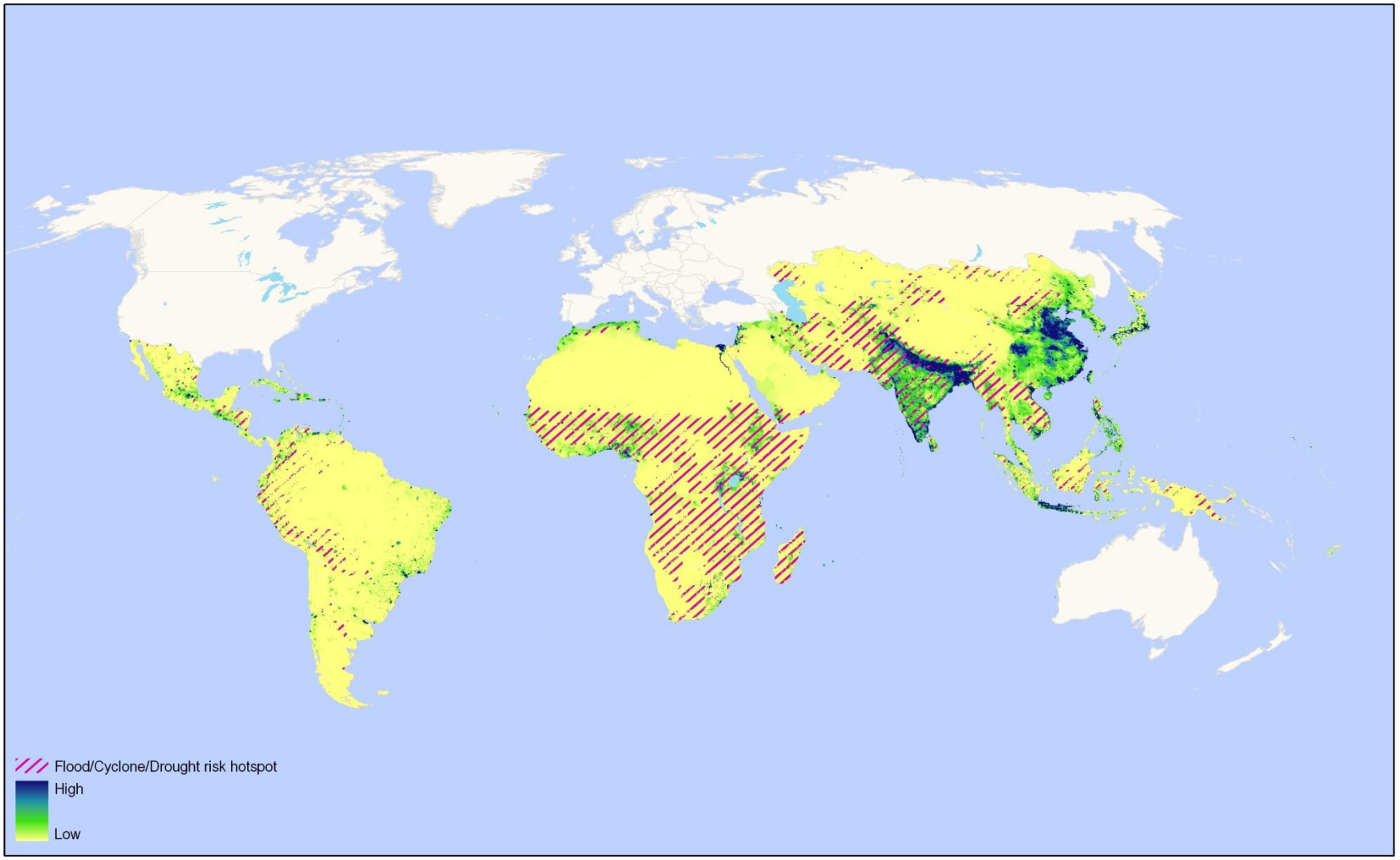
2. http://climatecongress.ku.dk/pdf/ClosingSessionPresentation.pdf/ Summary of key messages. Climate Change. Global risks , challenges and decisions. Copenhagen 10-12 march, 2009.

Adverse heath impacts greatest

- in low income countries
- urban poor
- the elderly and children
- traditional societies
- subsistence farmers
- coastal populations (high confidence)

Source: Human health. Climate change 2007: Impacts, Adaptation and Vulnerability. Contribution of Working Group II to the fourth assessment report of the Intergovernmental Panel on Climate Change. Cambridge Univ Press

All Hazard Hotspots/Population Density



http://www.careclimatechange.org/files/map_all_hazards_popdensity_world.jpg

‘If climate change progresses unhindered, South Asia is expected to bear the brunt of global warming.’ (Oxfam, 2008).

Source: 1. Oxfam International, (2008), *Rethinking Disasters; why death and destruction is not nature’s fault but human failure*, New Delhi: South Asia Regional Centre, Oxfam (India) Trust.

Access to drinking water a challenge at a Hyderabad University

POTFUL OF WOES!

TIMES OF INDIA 8/5/12

Suman Reddy B

WATER CRISIS: Boarders of Osmania University women’s hostel stage a protest over shortage of drinking water on the campus on Monday

Plastic bag threat worse than A-bomb: SC

'We Must Examine Ban Or Order Efficient Retrieval'

Dhananjay Mahapatra | TNN

New Delhi: Excessive use of plastic bags and their unregulated disposal has been choking lakes, ponds and urban sewerage systems, the Supreme Court said on Monday while warning that it posed a threat more serious than the atom bomb for the next generation.

This observation from a bench of Justices G S Singhvi and S J Mukhopadhaya came on a PIL filed by two Andhra Pradesh-based NGOs drawing the court's attention to 30-60 kg of plastic bags recovered from the stomachs of cows because of irresponsible disposal of plastic bags and defunct municipal waste collection system.

The court issued notice to the Centre and state governments on the PIL seeking ban on use of plastic bags in municipal areas which did not have a prompt garbage collection, segregation and disposal system. The NGOs said absence of prompt garbage collection, segregation and disposal system allowed cows to rummage through garbage bins and eat foodstuff disposed of in plastic bags, which get stuck in their stomach.

But the bench wanted to address the larger questions arising from indiscriminate use of plastic bags, which not only posed a grave threat to nature and environment but also to the human race itself. It suggested that the petitioner make the manufacturers and a television channel, which has been running a campaign against use of plastic, parties to the PIL for a wider scrutiny of the important issue.

CASE AGAINST PLASTIC

- **Prohibit or phase out in a time-bound manner open garbage disposal system** and remove open garbage receptacles
- **Implement door-to-door garbage collection** and **prevent animals from moving** around garbage storage facilities
- Municipalities **must segregate all plastic waste** from other waste
- States must issue directions **prohibiting use, sale and disposal of plastic bags** in all municipal areas
- **Provide animal shelters** and **treat cows** and other animals **suffering from stomach ailments** due to **ingestion of plastic**

"All of us are watching how our lakes, ponds and urban sewerage systems are getting choked by plastic bags. We want to expand the scope of this petition. Unless we examine a total ban on plastic bags or put in place a system for manufacturers mandating them to collect back all plastic bags, the next generation will be threatened with something more serious than the atom bomb," Justices Singhvi and Mukhopadhaya said.

The court drew the petitioner's attention to large quantities of water packed in plastic pouches, which were thrown around in undisciplined and uncivil manner across the country every day. "A rough estimate shows more than 100 million water pouches are thrown all over the cities and towns," the bench said.

Appearing for NGOs Karuna Society for Animal and Nature and Visakha Society for Protection and Care of Animals, senior advocate Shyam Divan said the problem was more acute in urban areas where people had a habit of disposing leftover food in plastic bags in municipal bins.

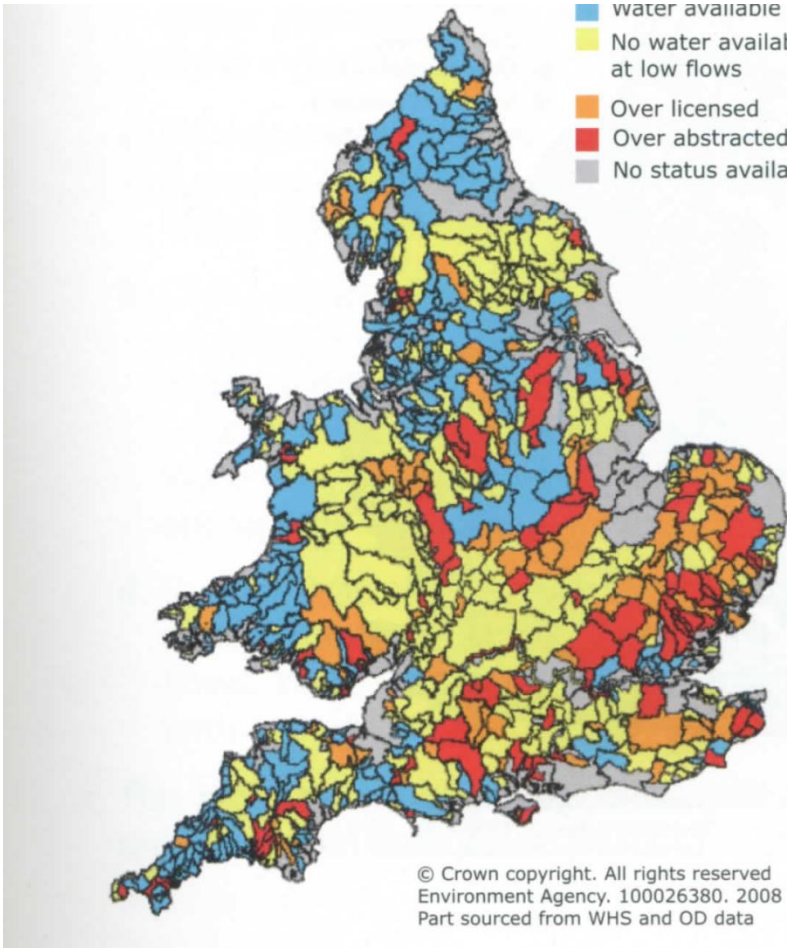
"Due to government neglect across the country, animals particularly cows and bulls are ingesting plastic from garbage dumps and plastic bags are littered across the landscape and oceans. The ingestion of plastic bags chokes the stomach of cows and up to 60 kg of plastic bags were found in the stomachs of cows. What appears to be a healthy cow is in fact a plastic-choked cow or a cow full of plastic," Divan said. "Apart from the plastic completely choking the digestive system of the cow and causing excruciating pain to the animal, plastic residues enter the human food chain through dairy and animal products," he added.

Divan said plastic bags were increasingly posing a grave threat to wildlife too. "Along India's rivers and coastline, plastic waste and garbage is dumped from thousands of villages and towns into the water along with untreated sewage. The garbage including plastic waste is found by wild animals and is ingested by them," he said.

"Turtles are highly susceptible to swallowing plastic bags as they strongly resemble their target prey – jellyfish and squid. In the course of sea turtle protection work, Pradeep Nath, one of the petitioners along with the NGOs, found that post-mortem conducted on dead turtles showed plastic waste in their stomachs," Divan added.

Water Stress in England

The UK is commonly perceived as wet, but the population density is high, and rainfall varies across the country. Therefore, for each person, there is relatively little water available, especially in the south east and some urban areas.



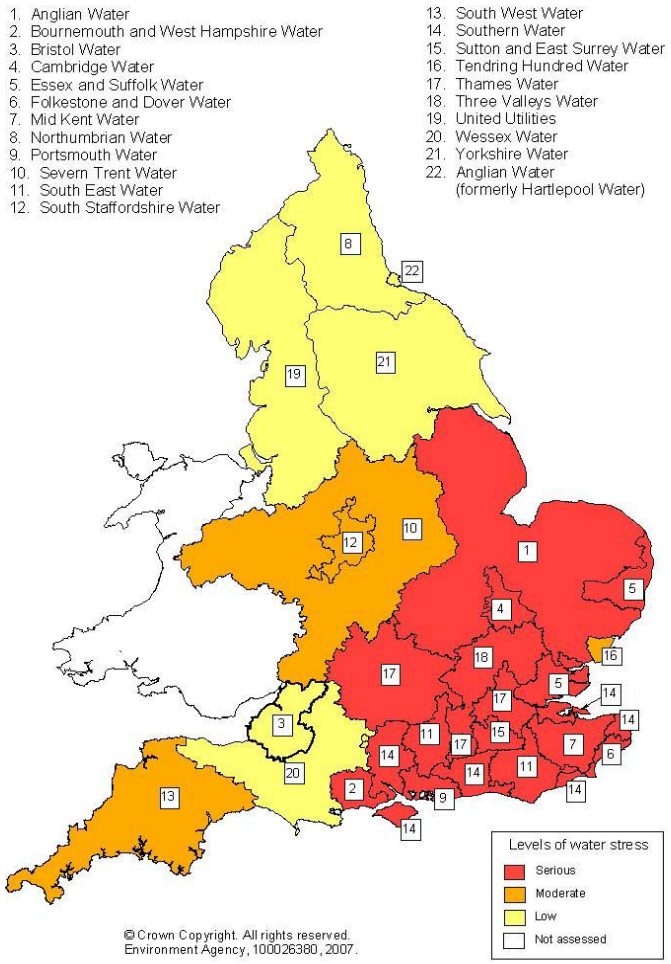
Resource availability status at low flows for units of surface water and/or surface water combined with groundwater, in Catchment Abstraction Management Strategy Areas, 2008

Source: Sustainable development indicators in your pocket 2008, DEFRA

Running dry, running out: we're wasting too much water despite warnings to turn off taps

‘Nearly half of the population in England and Wales now live in areas of "water stress" where supply might not keep up with demand - a problem usually associated with parched regions such as north Africa and the Middle East.’

Juliette Jowit
The Guardian, Monday 29 Dec 2008
http://www.guardian.co.uk/environment/2008/dec/29/water-shortage-england-wales-meters



2007 Floods in England

Flood report: Urgent action needed to prevent further Disaster.

Lee Glendinning, guardian.co.uk, Wednesday 25June 2008 11.14 BST

- The risk of flooding is an ever-increasing reality because of the impact of climate change, the Pitt report concluded.
- The devastation across Yorkshire, Humberside, the Midlands and the West Country, left 13 people dead and caused damage worth £3bn.
- The wettest May to July on record resulted in the biggest peace time emergency since world war II .
- climate change could potentially cause more "extreme scenarios" than previously thought.

http://www.guardian.co.uk/environment/2008/jun/25/flooding.insurance

Tewkesbury, in Gloucestershire, after the floods in July last year. Photograph: Getty Images

How universities can make a difference…

- Translate evidence into practice
- Encourage inter-disciplinary learning and action

The Local Food Environment

Cleveland Clinic

Children's Hospital, Toronto & Riley's Hospital for Children, Indianapolis

Baby Change
Male Toilet
You are on C Level
BURGER KING
BURGER KIN
CRYING OUT FOR ONION RINGS?

Teaching Public Health Networks

- Enhance the knowledge of everyone who can improve Public Health through the sphere of influence of their work

- Create health promoting Universities and Colleges – *interdisciplinary learning and a healthy setting*

Conclusion

- Many examples of best practice already available
- We need to build on this encouraging start because…..

“What's good for health is good for the planet”.

Universities have a crucial role in improving health, wellbeing and sustainable development