

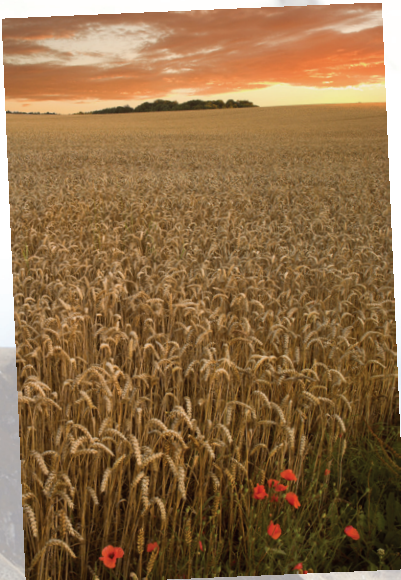
Health and Environment – what do we mean?

What influences your health? Your lifestyle? Your diet? Your family history? These factors certainly play a part, but have you considered how the environment might affect your health?

How does the environment – our surroundings – affect us?

- Quality food comes from healthy and unpolluted soils
- We all depend on clean water
- The environment is where we take exercise.
- The environment can contribute to a 'feel good' factor in a psychological sense.

There are also aspects of our environment that can have negative impacts. Pollution in rivers and seas, or litter in our towns and cities. There are also lots of less obvious but everyday compounds that cause serious health impacts.



©Andrew Thorburn 2009. All rights reserved



Can we measure how healthy our environment is?

The environment around us is itself alive and we have methods to demonstrate how healthy our soils and water are.

