



PLANETARY HEALTH WEEKLY

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SCHOOL CLIMATE STRIKES: 1.4 MILLION TOOK PART

More than 1.4 million young people around the world recently took part in . Children walked out of schools on March 15 in 2,233 cities and towns in 128 countries, with demonstrations held from Australia to India, the UK and the US. Further strikes are planned for April. Greta Thunberg, the 16-year-old Swedish student whose prompted the global movement, said: "We proved that it does matter what you do and that no one is too small to make a difference. People keep asking me 'What is the solution to the climate crisis?'. They expect me to know the answer. That is beyond absurd, as there are no 'solutions' within our current systems. We need a whole new way of thinking." [Read more at The Guardian](#)

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Credit: Wolfgang Rattay/Reuters

AGROECOLOGY: HOW SCIENTISTS PROPOSE THAT WE FEED THE FUTURE... AND SOLVE A HOST OF OTHER PROBLEMS AT THE SAME TIME

Agroecology is a little-known field of science that is trying very hard to solve these problems (and more) through farming. Agroecology is deeply rooted in systems theory, the idea that many constituent parts make up a greater whole. The modern agroecological movement rose in part as a form of resistance to the reductionist approach that underpinned the Green Revolution of the 1970s. At the time, a complex interplay was being developed within agricultural systems that utilized both indigenous landholders' knowledge and technological advancements of western science. Since then, the movement has spread slowly across the globe but has not pervaded the mainstream scientific literature until much more recently. [Read more at The Medium](#)



Credit: Thomas Scott/Unsplash



Credit: Markus Spiske

‘A PUNCH IN THE GUT’: FARMERS HIT BY TARIFFS SEE CROPS SWEEPED AWAY BY FLOOD

Before the terrible “bomb cyclone” sent warm rain down on frozen ground, resulting in catastrophic flooding throughout the Midwest and displacing thousands, American farmers were already struggling after several seasons of low commodity prices and the continuing trade war with China. In towns along the overflowing Mississippi and Missouri rivers, farmers are seeing their crops — and their futures — swept away by floodwaters. There are some 40,000 soybean farmers in Iowa. In the past several years, 1 in 3 rows of soybeans have been sent to China, meaning farmers were heavily impacted after China virtually stopped buying American soybeans last year. Officials from both states say the damage estimates are more than \$1 billion and counting. [Read more at Washington Post](#)



Credit: Daniel Acker/Bloomberg News



Credit: Murdo MacLeod/The Guardian

CLIMATE CHANGE AFFECTING FISH IN ONTARIO LAKES

Researchers have found warmer average temperatures over the past decade have forced fish to forage in deeper water. There they hunt different prey species, causing a climate-induced “rewiring” of food webs, altering the flow of energy and nutrients in the lake. Published in the journal *Nature Ecology and Evolution*, the study entailed tracking lake trout movement and feeding in hundreds of lakes in northwestern Ontario. Monitoring behavioural changes in species such as lake trout is important for humans who rely on ecosystems for resources and services from food to water quality. The report's authors concluded: “With further research, we can harness generalists’ responses to predict functional outcomes of climate change on the world’s ecosystems.” [Read at Science Daily](#)

DANISH BILLIONAIRES PLAN TO REWILD LARGE SWATH OF SCOTTISH HIGHLANDS

Tim Kirkwood said that Anders and Anne Holch Povlsen, who own more than 80,000 hectares (200,000 acres) across Scotland's Sutherland and the Grampian mountains wanted to become pioneers of by reversing years of mismanagement by previous lairds. The change of use involved removing sheep and the intensive — which previous lairds had allowed to proliferate to promote gun sports — to allow native woodland and species to regenerate and flourish. At Killiehuntly near Inverness, they have planted 1.5m native trees.

[Read more at The Guardian](#)



Credit: Long Wei / For China Daily

30% OF ALL THE MOTOR VEHICLE ACCIDENTS ARE RELATED TO SLEEP DISORDERS

The global trends in sleep apnea have been on a rise for the last several decades. Prevalence of obstructive sleep apnea is about 4% in men and 2% of women across the globe. This tends to get worse as people get older. Sleep apnea is associated with obesity. As obesity worsens, you have a higher risk for sleep disorder breathing. Recent studies have shown that there is almost about 10 to 12% of patients across the globe who are at risk for sleep apnea related co morbidities which includes other cardiovascular diseases, diabetes and stuff like that. One of the biggest concerns of untreated sleep apnea is about 30 percent of all the motor vehicle accidents across the globe is related to sleep disorders restricted breathing issues.

[Read more at The Economic Times](#)

A TIERED HEALTH-CARE DELIVERY SYSTEM FOR CHINA

When journalists asked how the difficulty for Chinese patients to access health-care services in large hospitals could be solved, Minister of Health Ma pointed out that the key solution was the establishment of a tiered health-care delivery system that can coordinate primary health care and hospital care. Therefore, patients can be treated at the primary or community health centre level by general practitioners (GPs) for common and minor illnesses and be referred to hospitals for more complex and severe disorders. However, considering the serious shortages of trained and qualified GPs, widespread gaps in the quality of primary health care, and the deeply entrenched habit of patients to seek treatment from large hospitals, the implementation of a tiered health-care delivery system throughout China will be a complicated and daunting task. [Read more at The Lancet](#)



Credit: Kobiz Media / Korea Bizwire



GOOD ENOUGH TO EAT? THE TOXIC TRUTH ABOUT MODERN FOOD

Like so many other foods, grapes have become a piece of engineering designed to please modern eaters. Strains of seedless varieties have been cultivated for centuries, but it is only in the past two decades that seedless has become the norm, to spare us the dreadful inconvenience of pips. For most people across the world, life is getting better but diets are getting worse. This is the bittersweet dilemma of eating in our times. Unhealthy food, eaten in a hurry, seems to be the price we pay for living in liberated modern societies.

[Read more at The Guardian](#)



Credit: Justin Tang / The Canadian Press File Photo

SPOTLIGHT ON POLICY: REVIEW OF NOISE IMPACTS ON MARINE MAMMALS YIELDS NEW POLICY RECOMMENDATIONS

In the early 2000s, the association of sonar with mass strandings of deep-diving whales became another focus of concern. Shipping and construction activities are other important sources of ocean noise pollution. "Noise-induced hearing loss occurs in animals the same way it does in humans. You can have a short-term change in response to exposure to loud noise, and you can also have long-term changes, usually as a result of repeated insults," said coauthor Colleen Reichmuth, a research scientist who leads the Pinniped Cognition and Sensory Systems Laboratory at UC Santa Cruz. [Read more at Science Daily](#)



Credit: Paula Duhatschek/CBC

GET READY TO START PAYING FOR CLIMATE CHANGE

Quibbling about whether individual weather disasters are directly linked to climate change is less important than the fact that those events are already far more frequent than in the past. Gatineau, Quebec had only just recovered from destructive flooding in the spring of 2017. And regardless of what policy-makers do, or the carbon taxes that people pay, extreme weather will become more frequent and more devastating. Scientists at Environment Canada have just published their most comprehensive analysis of the effects of climate change on Canada to date, and they show we have already been hit disproportionately hard by a warming climate. This country is already experiencing global warming at twice the rate of the world average. In the north, it's almost three times the rate. "This warming is effectively irreversible," the report states. That means: get used to extreme weather events. Get used to paying a price for them [Read more at The Star](#)



Credit: B. Wakefield

SPOTLIGHT ON INDIGENOUS WELLNESS: INDIGENOUS RESEARCHERS BRING TRADITIONAL KNOWLEDGE TO ACADEMIA

A new program at Western University is looking to develop Indigenous research talent and combine academic research methods with Indigenous ways of knowing. CBC reports that the Learning with Head and Heart program began as a pilot project last year and has already seen positive results. These include the development of curriculum for an undergraduate-level Indigenous music class by program participant Donna Noah, who notes that the program also helped her discover her own aptitude for teaching. The article profiles several participants to provide examples of how the program has succeeded in its mission of combining academic research methods with Indigenous ways of knowing. [Read more at CBC](#)



“For decades, successive (Canadian) federal governments have failed to reach their targets for reducing greenhouse-gas emissions, and the government is not ready to adapt to a changing climate. This must change.”

Julie Gelfand, in her final statement on April 2 as her term ended as the federal government’s environmental auditor, who had come to the job from the mining sector.

Read more at The Star

Credit: Adrian Wyld/The Canadian Press

EVENTS TABLE

DATES	CONFERENCE	LOCATION	REGISTER
Apr. 30th – May 2nd	Public Health 2019 (CPHA)	Ottawa Canada	https://www.cpha.ca/public-health-2019-program
May 7th-10th	International Congress on Complementary Medicine Research	Brisbane Australia	http://iccmr2019.com/
May 13th - 15th	Canadian Society for Epidemiology and Biostatistics (CSEB): 2019 Biennial Conference	Ottawa Canada	https://cseb.ca/conferences/2019-conference/
May 22nd-24th	3rd International Integrative Nursing Symposium	Galway Ireland	https://www.climateleadershipconference.org/
Jun. 6th - 9th	CNIS Bethune Round Table in Global Surgery: Ethics in Global Surgery	Edmonton Canada	https://bethuneroundtable.com/
June 6th - 9th	Society for the Advancement of Science in Africa	Toronto Canada	https://sasascience.org/conference/
June 10th -21st	5th McGill Summer Institute in Infectious Diseases and Global Health	Montreal Canada	http://mcgill-idgh.ca/
June 14th - 16th	North American Refugee Health Conference	Toronto Canada	https://facmed.registration.med.utoronto.ca/portal/events/reg/participantTypeSelection.do?method=loa
October 7th - 11th	Climate Change and the Role of Nuclear Power	Vienna Austria	https://www.iaea.org/atoms4climate
October 15th - 18th	Global Symposium of Citizenship, Governance and Accountability in Health	New Delhi India	http://www.copasahglobalsymposium2019.net/



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SPOTLIGHT ON MEDIA – NEW BOOK

NEW LANCET SERIES: APPROPRIATE CAESAREAN SECTION USE WORLDWIDE



Credit: medibulletin.com

Peer reviewed papers include:

- a) Maternal and perinatal mortality and complications associated with caesarean section in low-income and middle-income countries: a systematic review and meta-analysis**
- b) Causes of stillbirths among women from South Africa: a prospective, observational study**
- c) Maternal and neonatal outcomes after caesarean delivery in the African Surgical Outcomes Study: a 7-day prospective observational cohort study**
- d) Maternal fetal programming of birthweight among Australian Aboriginal infants: a population-based data linkage study**



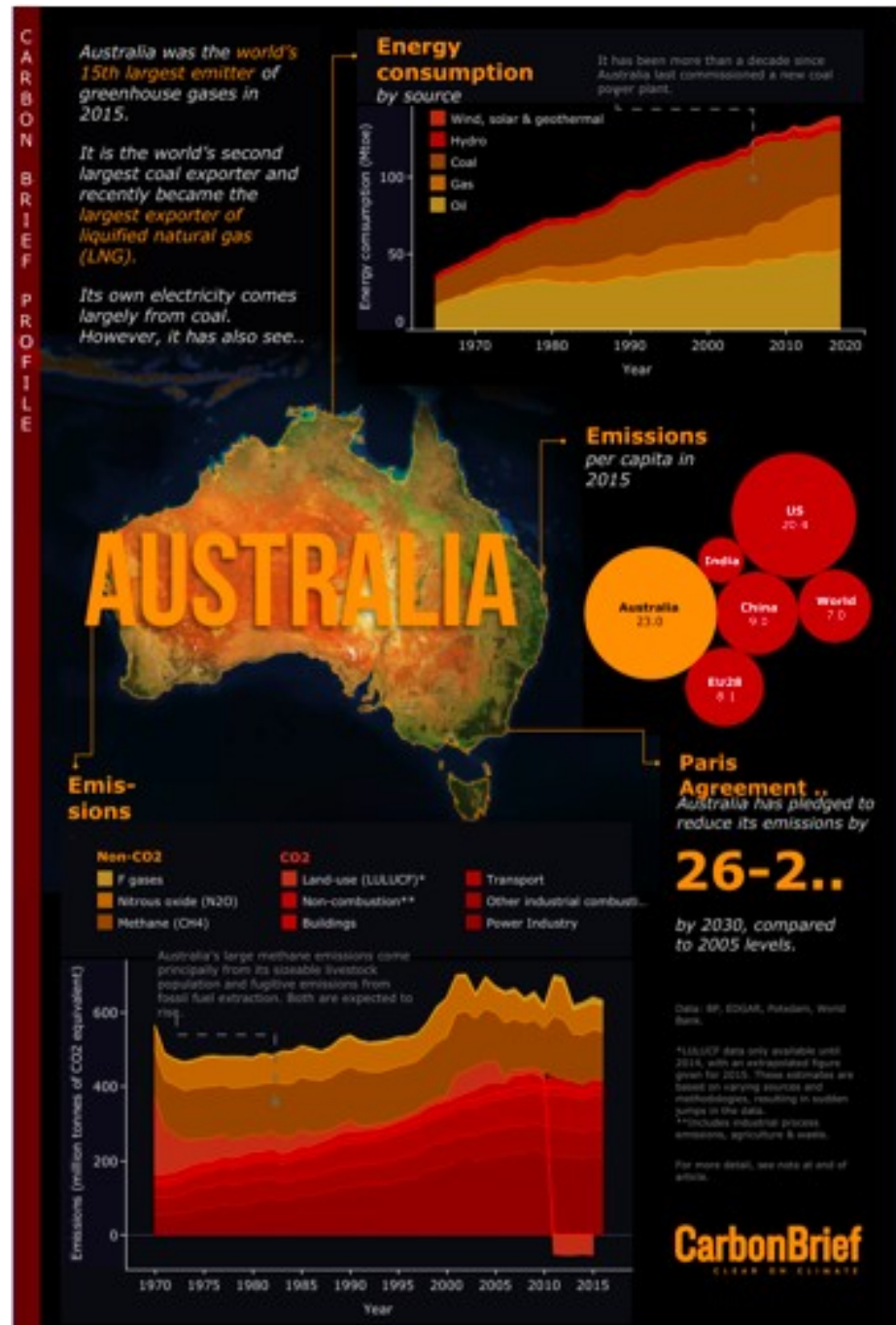
NEW REPORT: GLOBAL ENVIRONMENT OUTLOOK 6



Credit: UNEnvironment

Published in time for the Fourth United Nations Environmental Assembly, UN Environment's sixth Global Environment Outlook (2019) calls on decision makers to take immediate action to address pressing environmental issues to achieve the Sustainable Development Goals as well as other Internationally Agreed Environment Goals, such as the Paris Agreement. GEO-6 builds on the findings of previous GEO reports, including the (2016), and outlines the current state of the environment, illustrates possible future environmental trends and analyses the effectiveness of policies. This flagship report shows how governments can put the world on the path to a truly sustainable future. [Read more at UN Environment](#)

THE CARBON BRIEF PROFILE: AUSTRALIA



Credit: Tom Prater for Carbon Brief

Australia had the world's 15th largest greenhouse gas emissions in 2015 and its citizens' per-capita contribution is around three times the global average. It is the world's coal exporter and became the top exporter of (LNG). Its electricity system remains, despite ramping up the use of gas and renewables, especially. It is also highly vulnerable to the effects of climate change, including extreme heat, drought, bushfires and. Based on its current trajectory, Australia is on track to cut emissions 26-28% by 2030 compared to 2005 levels. [Read more at Carbon Brief](#)



HOW THE 'GOOD FEELING' CAN INFLUENCE THE PURCHASE OF SUSTAINABLE CHOCOLATE



Credit: Luc Gnago /REUTERS

The researchers from the working group "Marketing for Food and Agricultural Products" how individuals make virtual purchasing decisions. Chocolate was available, which differed in terms of price, country of origin of the cocoa, and country of manufacture, as well as the ethical claims made. The claims were: organic, fair-trade and CO₂-neutral. There was also an alternative which did not make any claims. Approximately 900 consumers then answered questions about their purchasing intentions, values and feelings when buying. In the study group, the price is the most important decision criterion, followed by the ethical claims and the country of manufacture. In addition, the "warm glow" has a comparatively large influence on the purchasing intention. The prospect of getting a good feeling clearly attracts many consumers to buy products which make ethical claims. In addition, the degree of recognition of the logo seems to be important. Although consumers indicated that they felt good when they reduced their CO₂ footprint, this good feeling did not lead them to choose the CO₂ neutral product. This can be explained by the low profile of this particular ethical logo. Today's flood of frequently unknown labels is counterproductive." [Read more at Science Daily](#)



MEASURING THE ECONOMIC IMPACT OF CHILDREN'S MENTAL HEALTH



Credit: ihpme.utoronto.ca

According to a recent study by Children's Mental Health Ontario (CMHO), one in four Ontario parents miss work to care for children with anxiety resulting in a productivity loss for the province's economy of \$421 million in one year. "Costs in health care are usually attributed to amounts spent on physicians and hospitals, but there is a societal cost as well, which needs to be taken into account when we evaluate economic impact in our health system," said Rohit Dass. The CMHO suggests that the government would need to spend an additional \$150 million to support parents and families who are caring for children with mental health needs such as anxiety. This would be directed towards reducing wait times for children requiring access to treatment, as well as an expansion of specialized youth mental health and addiction centres among other changes. [Read more at IHPME](#)

SPOTLIGHT ON EDUCATION: CAREER EXPLORATION NEEDS TO START BEFORE STUDENTS GRADUATE



Credit: lowvelder.co.za

Seventy percent of university graduates are stuck in jobs. In Canada, concerns about under-employment following higher education is on the rise in universities. New research suggests that one of the most productive things a professor can do for their students is discuss their career interest. This is a great start because it opens a way finding conversation. However, for many reasons, it's not enough. Students (and professors) may not know about all the careers that are available. One of the most powerful approaches a student can use to explore career opportunities is informational interviewing. In my undergraduate and graduate teaching, I ask students to interview a working professional in a field that interests them. By teaching students how to explore careers in their discipline, universities can help them to escape their helplessness and to become more engaged in their education.

[Read more at University Affairs](#)

Uganda Carnivore Project Lion Tracking Research
Queen Elizabeth National Park, Uganda
March 22, 2019



Credit: David Zakus

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