

MHC85 - A Healthy Life

Reunion Part III

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Sustainability - the impact of our choices

Are our choices helping or harming ourselves and the planet - are they contributing to a sustainable world?

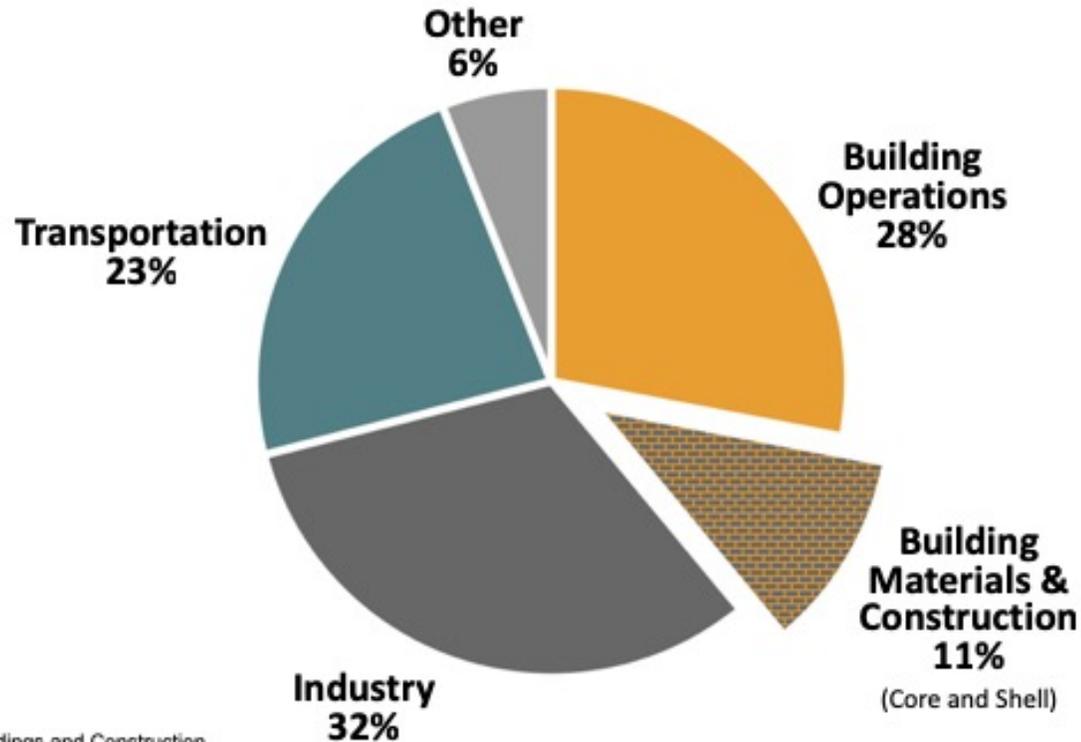
- ▶ A healthy life is influenced by the choices we make. Our choices carry power.
 - ▶ Shelter: Our homes and workplaces
 - ▶ Shelter: Nature around us. In our external environment (yard/garden, farms, transportation)
 - ▶ Shopping: Food, clothing and furnishings - in the products we choose and use
 - ▶ Impact and legacy: The impact of our saving and investing
- ▶ Trends
 - ▶ CIRCULARITY
 - ▶ Circularity Design Principles (Ellen MacArthur Foundation):
 - ▶ Design out waste and pollution
 - ▶ Keep products and materials in use
 - ▶ Regenerate natural systems
 - ▶ ESG/SUSTAINABLE INVESTING

Our Power Platforms

- ▶ Embodied Energy
- ▶ Purchasing Decisions
- ▶ Scale

Shelter

Global CO₂ Emissions by Sector



Buildings generate nearly 40% of annual global GHG emissions.

Source:
Global Alliance for Buildings and Construction.
2018 GLOBAL STATUS REPORT.

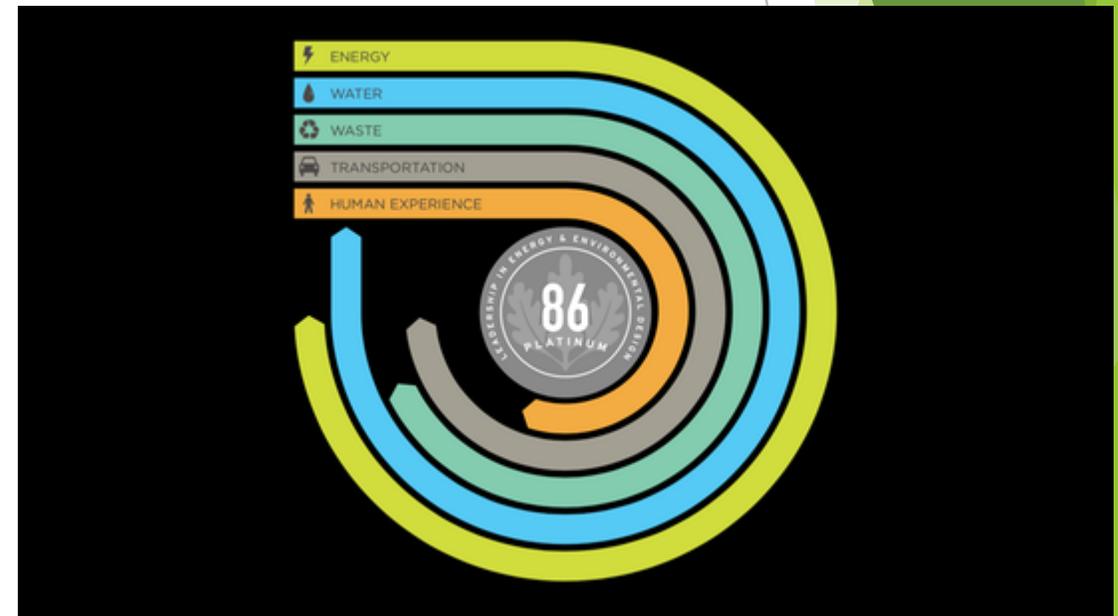
Shelter: Choices for your first next steps

▶ At home

- ▶ Max out every possible utility-sponsored program whenever you replace any equipment. Consider emissions over the life of the equipment, not just energy savings paybacks. Buy American.
- ▶ Add energy considerations to every remodeling project. Insulation, air sealing, ventilation. Buy sustainable certified. Buy American.
- ▶ The grid is getting cleaner! Convert to electric whenever possible. Consider all-electric!
- ▶ Consider smart-thermostat enabled demand response if your utility offers it
- ▶ Energy vampires: computers, gaming systems, TV - anything in standby mode. Power down!
- ▶ Replace your lighting with LEDs. Healthier, prettier, lasts longer. A LOT longer.
- ▶ **VOTE** for alders, mayors, governors and public service commissioners who push aggressive **clean energy policies**. Look for horizons like **2030 or sooner**. Look for words like “**decarbonization**,” “**net zero**,” “**net positive**.” Look for clean energy policies with special emphasis on historically marginalized communities.
- ▶ **READ** your city’s and state’s **Climate Action Plans**. If you don’t have one, call the mayor or the governor’s office and ask why the hell not, and when will it be published?
- ▶ Make your next car an all-electric vehicle! Turn your home into your fueling station!
- ▶ Support the education of women and girls as a carbon drawdown strategy.
<http://www.halftheskymovement.org/>

Shelter: Choices for your first next steps

- ▶ At work - if we ever go back to the office. . .
 - ▶ Join the office Green Team. Or form one.
 - ▶ Suggest that your office install the Arc platform. It's FREE. <https://arcskoru.com/>
 - ▶ Arc measures energy, water, waste, transportation, and human experience. Like a Fitbit for your building.
 - ▶ Consider other third party certifications
 - ▶ Fitwel
 - ▶ Living Building Standard
 - ▶ LEED
 - ▶ Well Building Standard



Products we choose

How (and by whom) were they made, transported, used and disposed of

- ▶ Impact of products we use on our bodies, in our homes, and in our yards
 - ▶ Absorption of ingredients into body is more rapid via skin than any other method and has broad health implications
 - ▶ Product packaging - is it recyclable? Is it plastic?
 - ▶ Impact of everyday products as simple as mousetraps, furniture, cleaning supplies and lawn care products
 - ▶ Further afield, those products have bigger impacts - food chain impacts [bird eats poisoned mouse, for example], palm oil [deforestation], plastics [pollution, especially in the oceans], pesticides [species extinctions, other health issues]
- ▶ Impact of how those products were produced and transported
- ▶ Today, there is growing attention on circularity, reducing plastics, and other approaches to agriculture/pest control/lawn care

MAKE ONE CHANGE TODAY

Money: Impact & legacy

Where you SPEND it & how you INVEST it

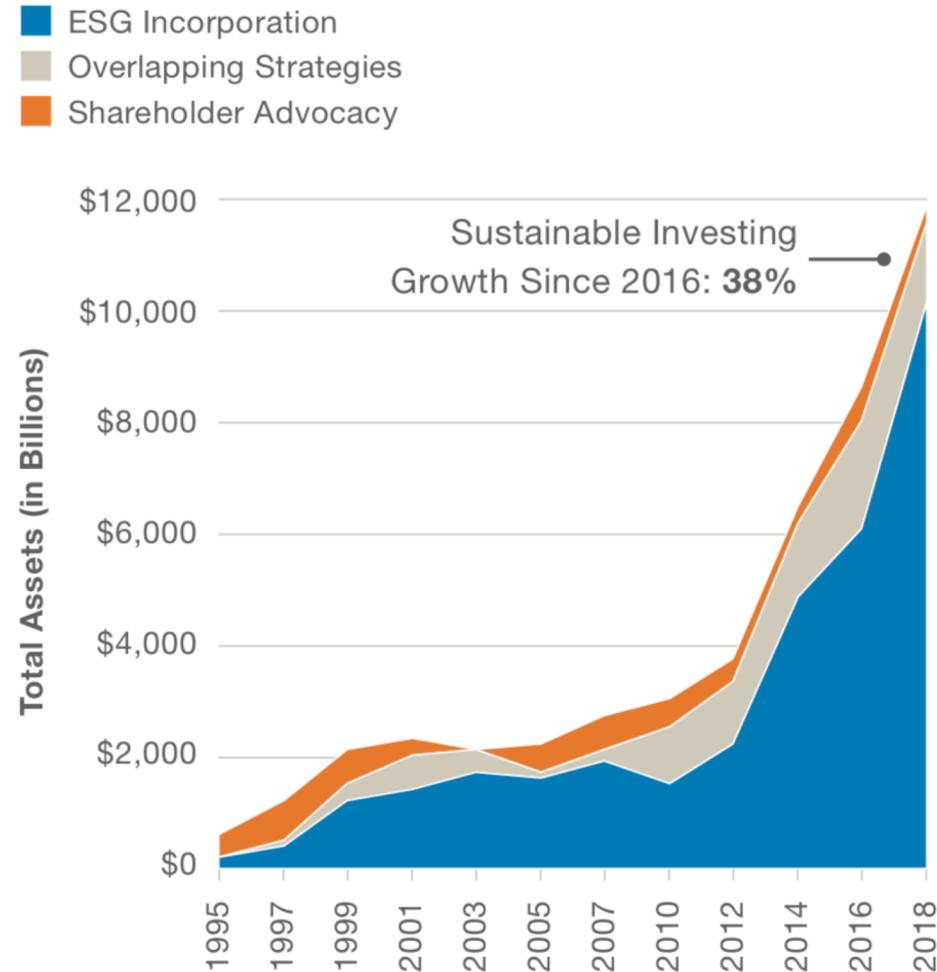
- ▶ **PURCHASING POWER:** Do you choose to support Amazon or local businesses? Do you buy new or used? "Sustainable" or not?
 - ▶ **SUSTAINABLE PRODUCTS:** Do you choose products that are produced and sold following the highest standards - including responsibly-sourced ingredients, fairly-paid and -treated labor, environmentally-sound distribution, and with reusable/recyclable packaging?
 - ▶ **ASK YOURSELF:** Do I really need it? Is there a better alternative?
- ▶ **SAVINGS POWER - how (and where) do you allocate it?**
 - ▶ Responsible investment trends - women are leading the way!
 - ▶ Proposed DOL rule to curb ESG investment in ERISA plans (and protest against)
 - ▶ **WHAT YOU CAN DO:** Evaluate your investments and funds - exclusion and inclusion
 - ▶ **WHAT YOU CAN DO:** Vote your proxies and hold money managers accountable
 - ▶ Natasha Lamb (MHC), BlackRock & Larry Fink's annual letters to CEOs, clients, shareholders

Sustainable Investing

- ▶ Sustainable investing has grown 38% since 2016
- ▶ Of \$46.6 trillion in US professionally-managed assets, \$12 trillion is considered SRI (end 2017). More than \$2.5 trillion of this is in mutual funds
- ▶ Of \$12 trillion in SRI funds, \$3 billion is with money managers on behalf of individual/retail investors; \$8.6 billion is owned by institutional investors
- ▶ ESG factors are now incorporated into investment decisions by most institutional investors
- ▶ Since the COVID-19 epidemic began, there has been significantly increased focus on S - social issues, including diversity and social justice. Notable is an uptick in issuance of *social bonds* (5% at end of 2019 vs 30% today - \$11.6 billion May 31)

Source: USSIF, Pensions & Investments

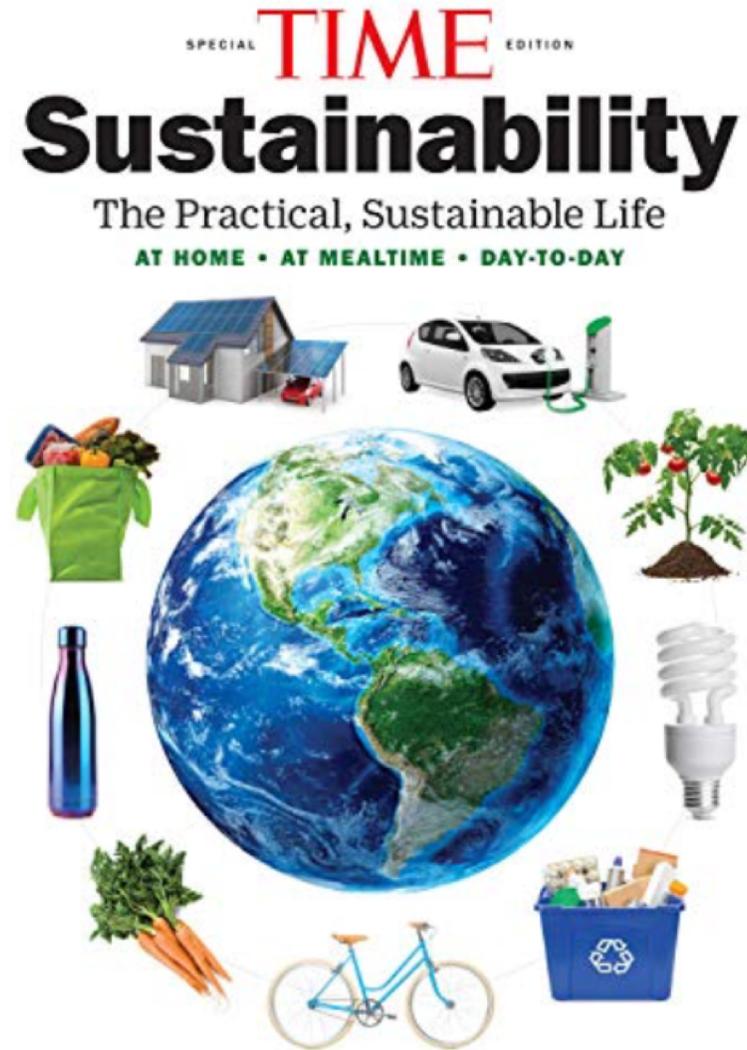
**Sustainable Investing Growth in the United States
(Billions) 1995–2018**



Food

- ▶ BUY ORGANIC. Pesticides and herbicides are bad for you. And they use a TON of embodied energy.
- ▶ BUY LOCAL. Your food retains nutrients by getting to you faster, and your farmers pay a living wage. Factory farming also drives outbreaks of salmonella, e.coli and other diseases. Local farmers and producers also often support local anti-hunger programs.
 - ▶ Check out a CSA. See Marge's resources list for what to do when harvest roars into your kitchen.
- ▶ BUY FEWER PROCESSED FOODS. Healthier, and cuts embodied energy.
- ▶ EAT LESS MEAT. Especially beef - largest carbon footprint. By a long shot. Make most meals meatless.
- ▶ CURB FOOD WASTE. Check out <https://www.imperfectfoods.com/>. Groceries on a mission to cut down food waste.

Sustainability goes mainstream



REMEMBER:

- ▶ We have power through our choices
- ▶ Be aware of your choices
- ▶ Do one damn thing - now

It's too late for pessimism
- Tony Juniper