



# Mini Lesson:

# Environmental Health

# Learning Targets

- I understand what environmental health is
- I understand the relationship between environmental health and environmental justice

# Warm Up Question!

*PAUSE YOUR VIDEO*

What in your indoor environment impacts your health? (name three things!)

**Example: When I don't clean the filter of my air conditioner, it makes me sneeze a lot!**



***PAUSE YOUR VIDEO***

## **What is Health?**

Our state of physical, mental and social well-being,  
and, not only the absence of disease

## **What is Environmental Health?**

Things in our environment, and the things that surround  
us, that can impact our health and well-being and our  
ability to live up to our full potential as human beings.

# What is Air Quality?

Our air is made many different things (oxygen, dust particles and more!)

When we refer to air quality, we mean how the air will impact our health and the surrounding environment. If the air has particles that are harmful to human health, we call that **poor or hazardous air quality**. If the air has more particles that don't harm our health, we call that **good air quality**.

# Indoor Environmental Health?

**Indoor** Air Quality (IAQ) refers to the air quality within and around buildings and structures, especially as it relates to the **health** and comfort of building occupants.

## Indoor Pollutants

- Pollen
- Pet Dander
- Pests
- Lead
- Pesticides
- Smoke, and more!

# How does Environmental Health relate to Environmental Justice?

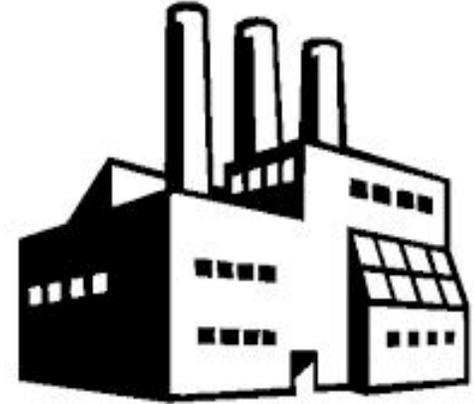
- Our the status of our health and environmental health impacts our life expectancy, and quality of life.
- As a whole, our personal health and environmental health varies depending on:
  - Our genes
  - How much money we make or inherit
  - Pollutants in our environment
  - Our access to resources (like health care and nutritious foods!)

# How does Environmental Health relate to Environmental Justice?

- When we don't have fair access to healthcare, resources, or even information, our health can decline
- Environmental Justice actions around healthcare issues can ensure that people of all backgrounds have a longer and healthier lifespan

**PAUSE YOUR VIDEO**

# Case Study: Samira (Grades 6-8)



Samira's family also lives near a factory that creates smoke and pollution



Samira loves to play outside!



She especially loves to play at her local park

Questions:

1. How will Samira's health become impacted by her environment?
2. What in your environment impacts your health?

## PAUSE YOUR VIDEO

# Case Study: Jonathan (Grades 9 - 12)



None of the stores around Jonathan sell fresh fruits or vegetables



Jonathan



### Questions:

1. How does access to healthy foods relate to Jonathan's environmental health?
2. How will lack of healthy foods impact Jonathan's long term health? What are some solutions for these issues?
3. Are the solutions that you gave in question number two fair and accessible to all people regardless of their income? If not, how would you make them more equitable?

# Thanks for Watching!

If there is a related topic that you'd like to know more about, contact [taylor@weact.org](mailto:taylor@weact.org)

