



# **Creating a mentally healthy society: Going WAY upstream means challenging our whole way of life**

**Atlantic Summer Institute on  
Healthy and Safe Communities**  
Charlottetown PEI, 20 August 2018

**Dr. Trevor Hancock**  
Population and Public Health Consultant  
Victoria BC



## **Outline**

- 1. Mental health matters**
- 2. A high and rising tide of mental health problems**
- 3. So what exactly is going on?**
  - 3 a) We are not connected to each other**
  - 3 b) Inequality is bad for health**
  - 3 c) We are not connected to nature**
    - i) Nature contact**
    - ii) The Earth is our home . . . and we are radically changing it**
  - 3 d) The economy is dysfunctional and unhealthy**
  - 3 e) Our culture and values don't fit our needs**
- 4. One way forward – One Planet Communities**



## **Raising healthy children is a responsibility of all Canadians.**

**Supporting and promoting child and youth  
mental health is central to enabling them to  
become life-long, positive contributors to  
their communities and society.**

*Promoting Child and Youth Mental Health  
in Atlantic Canada: Call to Action 2017*



## **Moving upstream**

- **“Upstream thinking means investing wisely  
for future success and addressing the  
broader determinants of mental health at a  
population level.”**

**Professor Margaret Barry**

**ASI  
2017 keynote speaker**

- **The emphasis is on mental health  
promotion, through upstream investment  
for downstream benefits**

*Promoting Child and Youth Mental Health  
in Atlantic Canada: Call to Action 2017*



## To re-cap – from Margaret Barry’s 2017 ASI speech

- **Challenge - creating environments for optimal development, good mental health and resilience**
- **Growing recognition of the importance of promoting positive mental health and enhancing social and emotional wellbeing across the lifespan (WHO, 2013)**
  - **social and emotional skills development is a key asset and resource for positive youth development (OECD, 2015 *Skills for Social Progress*)**
- **Early years lay the foundation for good mental health across the life cycle**
- **Mental health is created where people live their lives**



## Re-cap 2

- **calls for actions to improve the conditions of daily life**
- **whole of government and whole of society approach – comprehensive and universal actions across the life course, multiple sectors and levels**
- ***policy making at all levels of governance and across sectors can make a positive difference to mental health outcomes***



## **Moving WAY upstream**

- **40 years ago I proposed 2 key principles for public health**
  - **Ecological sanity**
  - **Social justice**
- **I should have had a third**
  - **Community cohesion**
- **Our current dysfunctional economic system often undermines all three**
- **And underlying that are our culture and values**



**So creating a mentally healthy society will mean challenging and transforming our society, our economy, our social norms and values – our whole way of life**



**These are the issues I  
will explore today . . .  
but first**



**1. Mental health matters**



**Health is a state of complete physical, mental and social wellbeing**



**Health is a state of complete physical, mental and social wellbeing**

- **Social wellbeing is primarily about how we feel about and respond to our links to and relationships with others in our families and communities**
  - **Both informal and formal**
- **So a significant part of the definition of health is really about our mental wellbeing.**



## **No health without mental health (WHO, 2005)**



- **“Mental health and well-being are fundamental to quality of life, enabling people to experience life as meaningful and to be creative and active citizens. Mental health is an essential component of social cohesion, productivity, and peace and stability in the living environment, contributing to social capital and economic development in societies.”**

**WHO, 2005**



## **Mental health**

**“the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”**

**Public Health Agency of Canada**



## **Positive mental health**

**“Mental health is not merely the absence of mental illness; it is an essential resource for daily living, and the foundation for effective functioning from cradle to grave, enabling people to experience life as meaningful and to be creative, productive members of society.”**

**(WHO, 2006)**



## Aspects of positive mental health

- A positive emotion or affect such as subjective sense of well-being
- Feelings of happiness
- A personality trait encompassing concepts of self-esteem and sense of control
- Resilience in the face of adversity and the capacity to cope with life stressors

Barry, 2009, citing WHO, 2004



## . . . and its more than mental health

- There are “strong links between depression and other non-communicable disorders and diseases”
  - “depression increases the risk of substance use disorders and diseases such as diabetes and heart disease”
  - “the opposite is also true . . . people with these other conditions have a higher risk of depression”.

(WHO 2017)



## **Body and mind are linked**

- **The psycho-neuro-immune system links mind and body**
- **So mental health status affects physical health status**
  - **And vice versa, of course**
- **When we promote mental health we also promote physical health**
  - **And vice versa, of course**



## **Mental health is what life is really all about!**

**Beyond meeting basic needs (water, food, shelter, safety) it is increasingly about**

- **Wellbeing**
- **Quality of life**
- **Happiness**

**As we reach the limits of life expectancy, mental wellbeing becomes more important**



**But it is not what is  
happening**



**2. A high and rising tide  
of mental health  
problems**



## The high and rising tide of mental health problems

- “Depression is the leading cause of ill health and disability worldwide” (WHO, 2017)
  - And this is only one form of mental illness
- Globally, mental disorders accounted for more than 21% of years lived with disability (YLD) and 7% of disability-adjusted life years (DALYs)
- Overall, five forms of mental illness are among the top 20 causes of YLD
  - Major depression was the second most important cause of YLD

2013 Global Burden of Disease study



## ... and it may be much more than that

- These figures underestimate the disease burden for mental illness by more than a third
  - it is by far the largest contributor to YLDs and
  - “level with cardiovascular and circulatory diseases in terms of DALYs”.

Harvard’s Department of  
Global Health and Population, 2016



## In Canada too

- “in any given year, 1 in 5 Canadians experiences a mental health or addiction problem” (including dementia)
- “mental illness is a leading cause of disability” and can markedly shorten life.

Centre for Addictions and Mental Health (CAMH)

- In Canada, depression was the fourth leading cause of YLD — after three different forms of musculoskeletal disorder — and anxiety eighth

2013 Global Burden of Disease study

- “The disease burden of mental illness and addiction in Ontario is 1.5 times higher than all cancers put together” (CAMH)



## Mental health problems are shortening life

- For perhaps the first time, we are seeing life expectancy in the USA and Canada go down due to mental health problems



## The diseases of despair in the USA

- “Drug-related deaths have tripled since 2000 . . .
- Alcohol-induced deaths grew by 37 percent from 2000 to 2014 [and] . .
- Suicides increased by 28 percent from 2000 to 2015”.

*Pain in the Nation*  
The Trust for America's Health  
and the Well Being Trust, 2017



## Life expectancy declines in BC

- From 2014 to 2016, life expectancy at birth in BC declined by 0.38 years from 83.02 years in 2014 to 82.64 in 2016.
- Drug overdose deaths (mainly opioid-involved) contributed a loss of 0.12 years of the decrease.
  - Chronic lower resp disease = 0.03 years
  - Influenza, pneumonia = 0.03 years
  - Alzheimer's disease and other dementia = 0.02 years
  - Chronic liver disease/cirrhosis up 0.7%
  - Suicide down 30%

Ye et al, 2018



“Life, liberty and the  
pursuit of . . . ”



“Life, liberty and the  
pursuit of . . . ”

**misery**



## Happiness is . . .

- Happiness is a mental or emotional state of well-being which can be defined by positive or pleasant emotions ranging from contentment to intense joy.<sup>[1]</sup>
- Happy mental states may reflect judgements by a person about their overall well-being.<sup>[2]</sup>
- The World Happiness report looks at two broad measurements of happiness:
  - the ups and downs of daily emotions, and an individual’s overall evaluation of life. The former
  - is sometimes called “affective happiness,” and the latter “evaluative happiness.”



## National happiness rankings

Overall Rank (45-166)	Country
1	Denmark
2	Switzerland
3	Iceland
4	Norway
5	Finland
6	Canada
7	Netherlands
8	New Zealand
9	Australia
10	Sweden
11	Israel
12	Austria
13	United States
14	Costa Rica
15	Puerto Rico
16	Germany
17	Brazil
18	Belgium
19	Ireland
20	Luxembourg

### 2013-15 average

138	Comoros
139	Ivory Coast
140	Cambodia
141	Angola
142	Niger
143	South Sudan
144	Chad
145	Burkina Faso
146	Uganda
147	Yemen
148	Madagascar
149	Tanzania
150	Liberia
151	Guinea
152	Rwanda
153	Benin
154	Alghanistan
155	Togo
156	Syria
157	Burundi

### Overall Rank Country

### 2018

1	Finland	137	Sudan
2	Norway	138	Ukraine
3	Denmark	139	Togo
4	Iceland	140	Guinea
5	Switzerland	141	Lesotho
6	Netherlands	142	Angola
7	Canada	143	Madagascar
8	New Zealand	144	Zimbabwe
9	Sweden	145	Alghanistan
10	Australia	146	Botswana
11	Israel	147	Malawi
12	Austria	148	Haiti
13	Costa Rica	149	Liberia
14	Ireland	150	Syria
15	Germany	151	Rwanda
16	Belgium	152	Yemen
17	Luxembourg	153	Tanzania
18	United States	154	South Sudan
19	United Kingdom	155	Central African Republic
20	United Arab Emirates	156	Burundi



- **“the U.S. has experienced no rise of life satisfaction for half a century . . .**
- **. . . a period in which inequality has soared, social trust has declined, and the public has lost faith in its government.”**

**World Happiness Report 2012**



- **Happiness in the USA has actually been declining for most of the past decade –**
- **USA slipped from 3<sup>rd</sup> place among 23 OECD nations in 2007 to 19<sup>th</sup> of 34 in 2016**

**World Happiness Report 2017**



## **Income/GDP up, happiness down**

- **“income per person has increased roughly three times since 1960, but measured happiness has not risen. The situation has gotten worse in recent years: per capita GDP is still rising, but happiness is now actually falling.”**

Jeffrey D. Sachs, Ch. 7,

World  
Happiness Report 2017



## **Mental health and happiness**

- **“In all three Western societies [United States, Australia, Britain], diagnosed mental illness emerges as more important than income, employment or physical illness.**
- **In every country, physical health is also important, yet in no country is it more important than mental health.”**

World Happiness Report 2017, Chapter 5



**Happiness declines  
as despair increases**



**3. So what exactly is  
going on?**



**Let us ask the Institute for  
Healthcare Improvement**

**Who?**

**Why?**



**“Every system is  
perfectly designed  
to get the results it  
gets”**

**(Paul Batalden, Institute for  
Healthcare Improvement)**



## **It seems to me . . .**

- **we have a societal system at the local, national and global levels that is perfectly designed to give us high and increasing levels of mental health problems and misery.**



**So what sort of societal system would give us mentally healthy children and adults?**



## **Mental health is a vital resource for the future**

- **“ . . . if we are to prosper and thrive in our changing society and in an increasingly connected and competitive world, both our mental and material resources will be vital. Encouraging and enabling everyone to realise their potential throughout their lives will be crucial for our future prosperity and wellbeing.”**

Foresight Project on Mental Capital and Wellbeing (UK) (2008)



## **To answer that question, we need to know . . .**

- **What causes mental health problems and misery**  
**and conversely,**
- **What causes good mental wellbeing and happiness**  
**and**
- **How do we do this?**



## The determinants of mental health

- The determinants of health occur at the individual, community and structural level. Interventions at the individual level include “generic life skills and social competencies such as effective communication, cognitive style, problem-solving” (Barry, 2009, p. 9-10). Interventions at the community level include community development initiatives that improve a people’s sense of belonging, help people to come together and build on existing social capital (Barry, p. 10). And, at the structural level, interventions include addressing issues like housing, employment, poverty and education that impact mental health (Barry, p.11).



## Attachment

- In BC, “focusing efforts earlier in life was seen as the most effective and sustainable way to move towards achieving a healthier population”



## **The WAY upstream causes**

- **Social disconnection and the undermining of community**
- **The pernicious effects of inequality**
- **Our loss of connection to nature and loss of respect for the Earth**
- **A dysfunctional and unhealthy economy**
- **Harmful cultural values and social norms**



## **Impacts on Indigenous People's mental health**

- **Often these forces – as well as colonialism, racism, loss of lands and culture and others – are particularly concentrated on Indigenous people**
- **It is no wonder they have suffered more than average Canadians**



## So we need to

- **Reverse all these causes**
  - **And for Indigenous people, that means reversing colonialism, racism, dispossession, disrespect**
- **Transform our society and culture**
- **And do so in a way that is meaningful and possible at the local level**



## 3 a) We are not connected to each other

- **The average American reports being able to confide in fewer than two people in the world.**
- **More North Americans are living alone (which is the condition most associated with poor mental health) than ever before.**
- **Meanwhile, 20 % of older adults in Canada report feeling lonely.**

Charles Montgomery  
Happy City blog, July 2017



## Some aspects of social disconnection

- **Parental and other attachment**
  - **McJobs, commuting and family time?**
- **Connection with a trusted adult**
  - **But who can we trust these days?**
- **Violence and the cult of violence**
- **Social media**
- **Bowling alone – decline of social capital**



## But social connection matters

- **Feelings of belonging and connection to other people and community are essential elements of human health and happiness.**
- **People with strong connections to family and friends live, on average, 15 years longer than people who are disconnected.**
- **High trust cities report much higher happiness and GDP growth than low trust cities.**

Charles Montgomery  
Happy City blog, July 2017



**Solution 1:  
Build social trust  
and cohesion  
—  
Build community**



**3 b) Inequality is bad  
for health**




## Poverty and mental health

- **Canadians in the lowest income group are 3 to 4 times more likely than those in the highest income group to report low levels (poor to fair) of mental health.**

Stats Can 2010

- **Poverty in the early years leads to poor cognitive performance, while in adolescence “it increases risks of depression, substance abuse, and early sexual and criminal activity”**

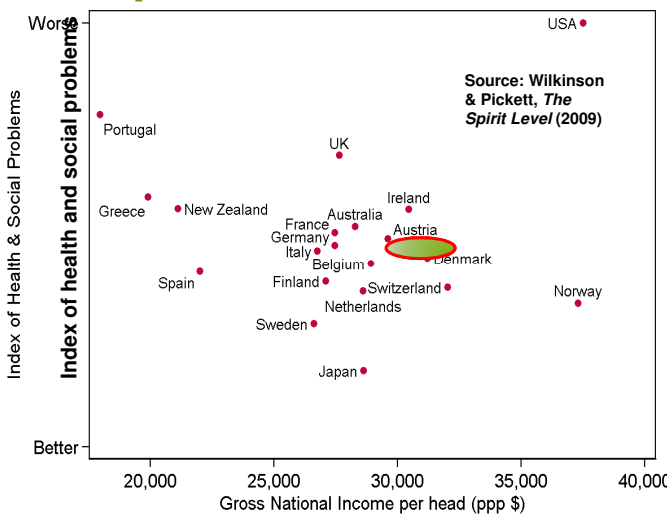
UK Faculty of Public Health, 2016



## Neither health nor social problems are related to national income per head

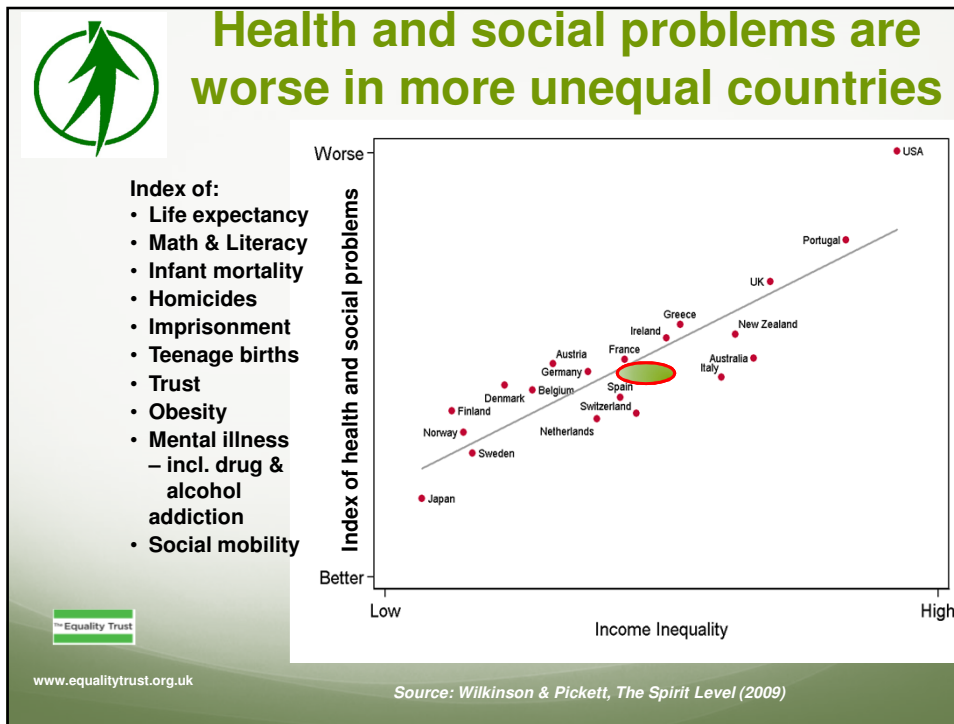
**Index of:**

- Life expectancy
- Math & Literacy
- Infant mortality
- Homicides
- Imprisonment
- Teenage births
- Trust
- Obesity
- Mental illness – incl. drug & alcohol addiction
- Social mobility

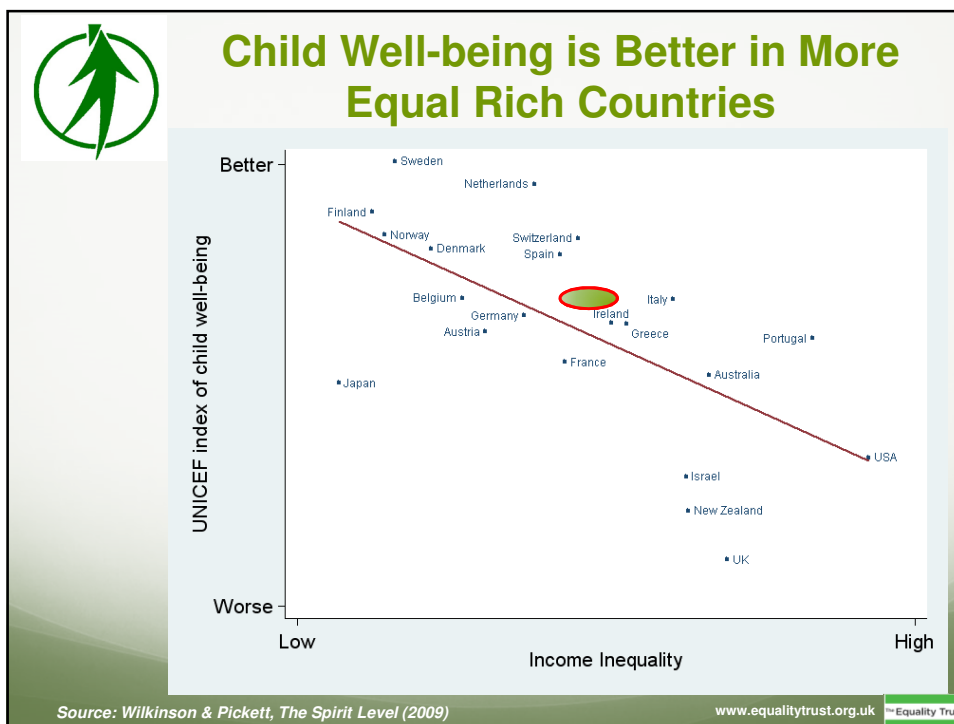
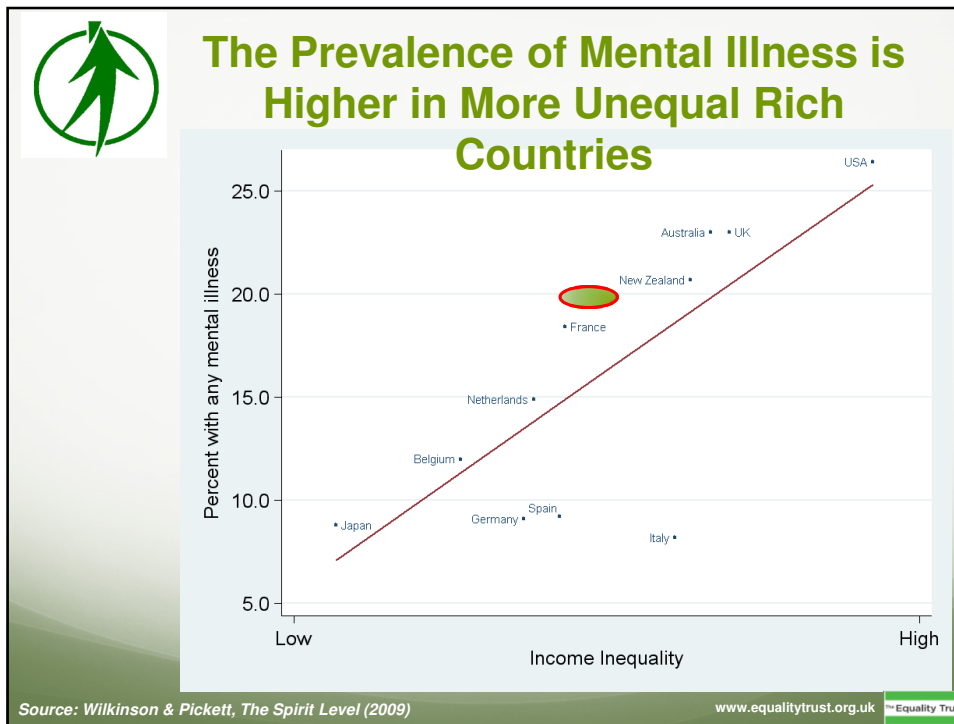


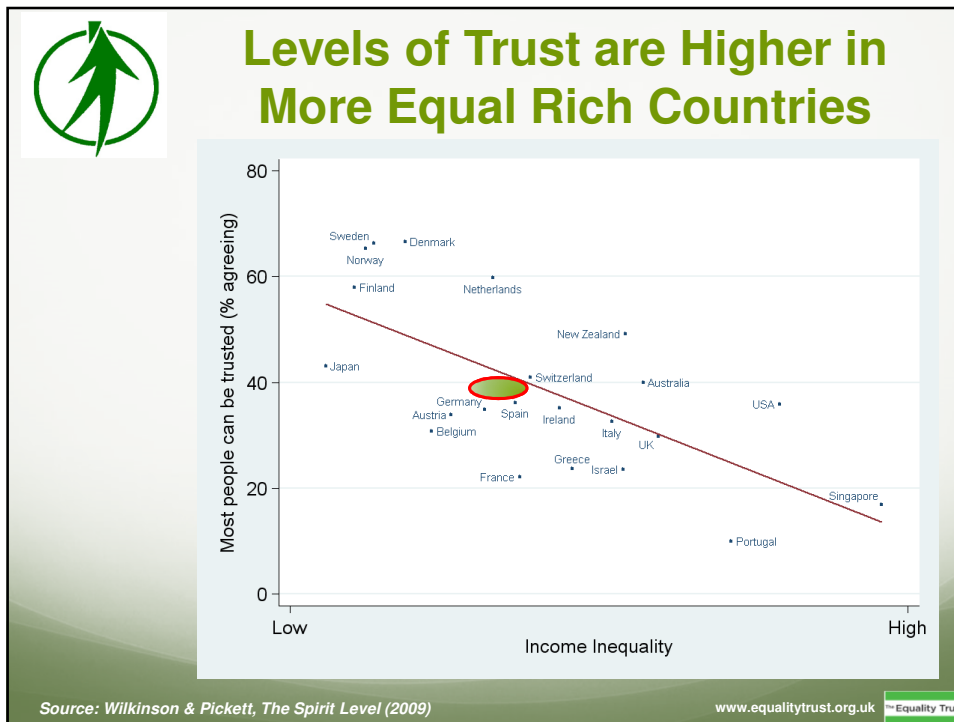
Source: Wilkinson & Pickett, *The Spirit Level* (2009)

www.equalitytrust.org.uk



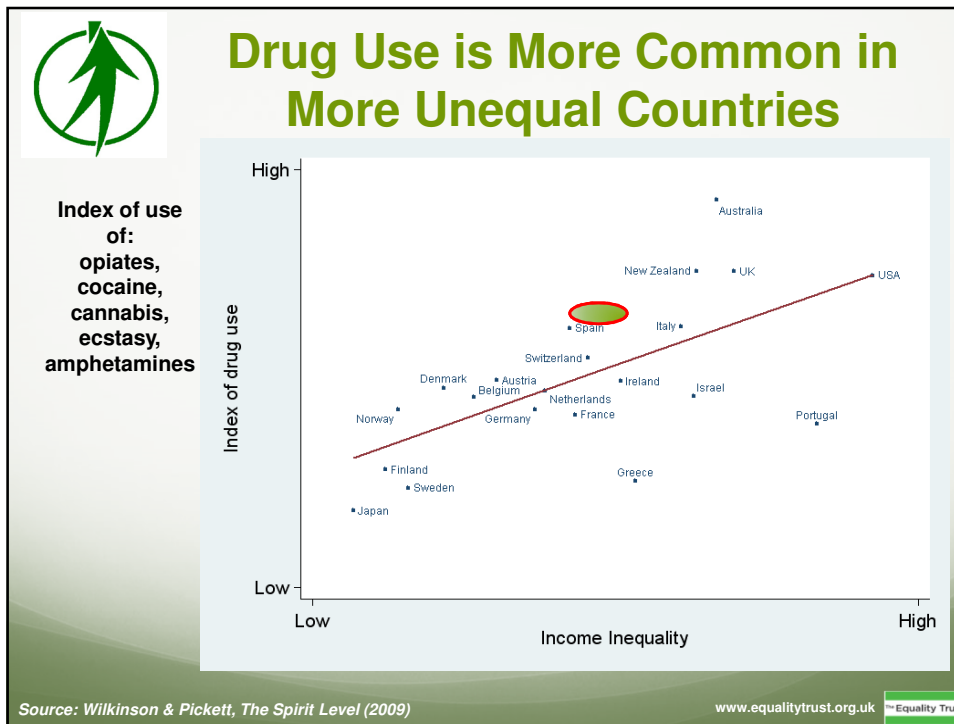
- 
- Outcomes with social gradients**
- Life expectancy
  - Math & Literacy
  - Infant mortality
  - Homicides
  - Imprisonment
  - Teenage births
  - Trust
  - Obesity
  - Mental illness – incl. drug & alcohol addiction
  - Social mobility
- 58





**“When inequality becomes too great, the idea of community becomes impossible.”**

**Raymond Aron**



**Bigger income gaps lead to deteriorations in:-**

**Social Relations**

- Child conflict
- Homicide
- Imprisonment
- Social capital
- Trust

**Health**

- Drug abuse
- Infant mortality
- Life expectancy
- Mental illness
- Obesity

**Human Capital**

- Child wellbeing
- High school drop outs
- Math & literacy scores
- Social mobility
- Teenage births

Source: Wilkinson, based on *The Spirit Level* (2009)



## **Solution 2: Establish social justice**



### **3 c) We are not connected to nature**

- **There are two aspects to this**
  - i. Nature contact**
  - ii. The Earth is our home**



## **i) Nature contact: Remember ... we began outside**

- **We evolved in nature**
  - We seem to have an innate preference for the savannah
- **Biophilia**
  - “the connections that human beings subconsciously seek with the rest of life.” - E.O. Wilson
- **We may have an innate need for nature**



## **But we no longer live in nature**

- **We are 80% urbanised**
- **We spend 90% of our time indoors**
  - And 5% in vehicles
- **So we are only outdoors 5% of the time (= 1 hour/day)**
  - And 80% of that is in urban settings
- **Kids don't go out and play**



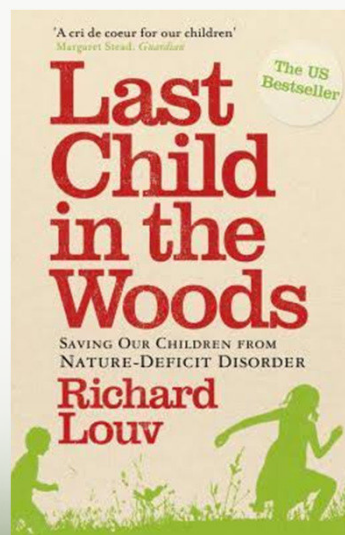
## Time kids spend outdoors


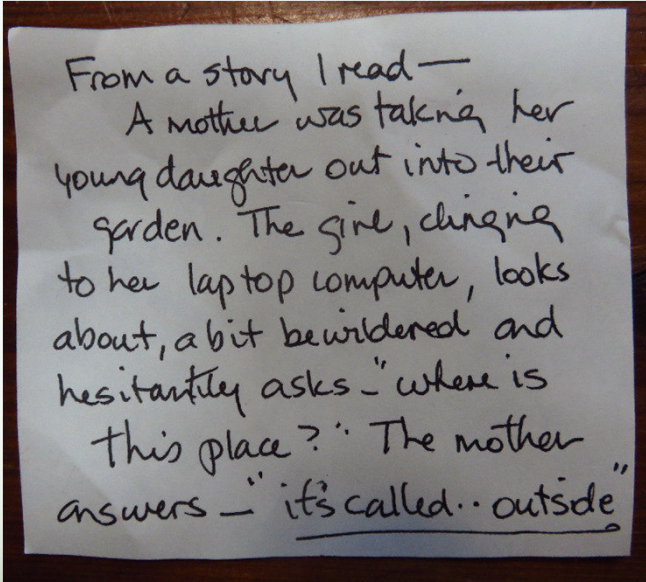

- There is little Canadian data
- A 2011 US study of self-reported time in 6 – 19 year olds found:
  - most children (63%) generally spend at least 2 hours of time outdoors per day
- Their reported outdoor time was spent
  - playing or just hanging out (84%)
  - biking, jogging or running (80%) and
  - **use of electronic media outdoors (65%)**

Source: Active Healthy Kids Canada 2012 Report Card



## Nature deficit disorder





**Mary Di Hennessy,  
Sculptor**



## "Its called . . . outside"





## Benefits of 'green nature'

'Green nature' can

- reduce crime
- foster psychological wellbeing
- reduce stress
- boost immunity
- enhance productivity
- promote healing in psychiatric and other patients, and

**It is most likely essential for human development and long-term health and wellbeing**

Healthy Parks, Healthy People, 2002



## 'Vitamin G'

**If this was a drug, we would call it a miracle drug!**



## Inequity in access to nature

- **But low-income populations have less access to parks and nature**
- **Given its multiple benefits, there is a case to be made that we need to build more and better parks/nature access in low income communities**
- **Proportionate universality**



## Health and social benefits of urban greenery

Landscape and Human Health Laboratory,  
U of Illinois -

*Frances Kuo and colleagues*

- **Multiple studies of vegetation, mainly in public housing in Chicago**

<http://lhl.illinois.edu/>



## Ming Kuo's research

- The greater the amount of greenery in common spaces, the higher the levels of **mutual caring and support** among neighbours
- The higher the amount of vegetation, the lower the **crime rate**
- Higher levels of residential greenery are associated with lower levels of **aggression against domestic partners**



## Ming Kuo's research/2

- The more natural the view from home, the better **girls** scored **on tests of concentration and self-discipline**
- The more greenery, the higher levels of **optimism and sense of effectiveness**
- The greener the setting in which children with **ADD** spend time, the more their **symptoms are relieved**



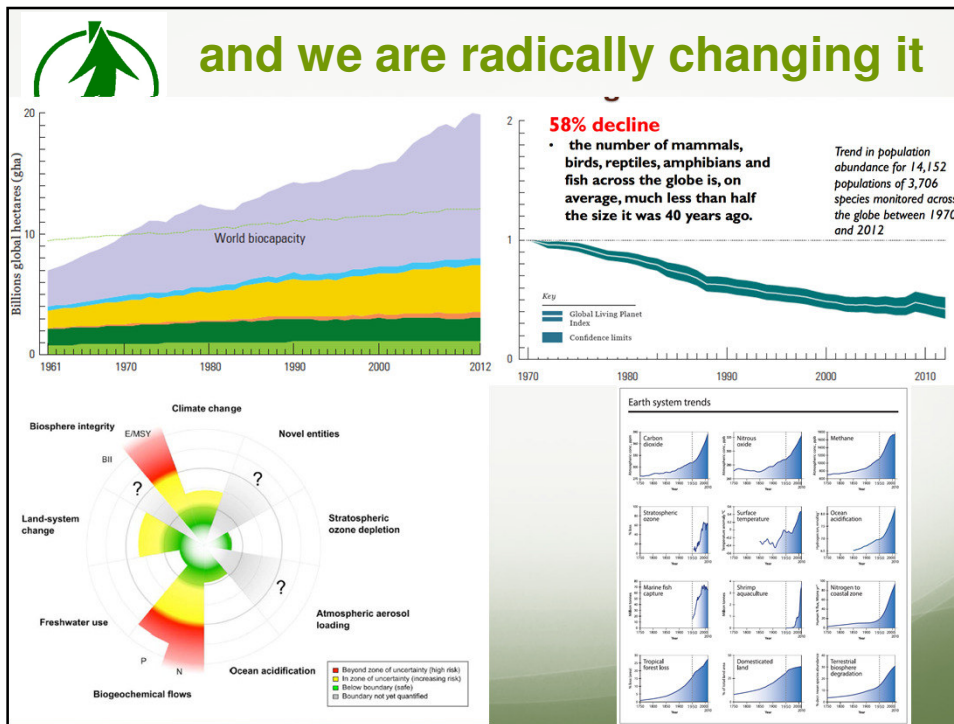
## **Solution 3: Re-connect with nature**



### **ii) The Earth is our home**

...





## The ecological determinants of health

We depend on ecosystems for the very stuff of life:

- Air
- Water
- Food
- Fuel and materials
- Protection from UV radiation
- Waste recycling and detoxification and
- A relatively stable and livable climate.



## The Millennium Ecosystem Assessment, 2005

- “At the heart of this assessment is a stark warning. Human activity is putting such strain on the natural functions of Earth that the ability of the planet’s ecosystems to sustain future generations can no longer be taken for granted.”

Board of the Millennium  
Ecosystem Assessment, 2005

84



## Climate change: Impacts on mental health and wellbeing

- Exposure to disasters results in mental health consequences
- Specific groups of people are at higher risk
- Climate change threats result in mental health consequences and social impacts
- Extreme heat increases risks for people with mental illness

Mental Health and Well-Being: Chapter 8 of *The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment*  
 US Global Change Research Program, April 2016



## Higher temperatures increase suicide rates

- “We find that suicide rates rise 0.7% in US counties and 2.1% in Mexican municipalities for a 1 ° C increase in monthly average temperature.”
- “Analysis of depressive language in > 600 million social media updates further suggests that mental well-being deteriorates during warmer periods.”
- “We project that unmitigated climate change (RCP8.5) could result in a combined 9 - 40 thousand additional suicides across the US and Mexico by 2050”
- “comparable to the estimated impact of economic recessions, suicide prevention programmes or gun restriction laws.”

Burke et al, 2018



## Mental Health and Climate Change

### The American Psychiatric Association

- “recognizes that climate change poses a threat to public health, including mental health . . . (and) recognizes and commits to support and collaborate with patients, communities, and other healthcare organizations engaged in efforts to mitigate the adverse health and mental health effects of climate change.”

*Position Statement on Mental Health and Climate Change,  
American Psychiatric Association, 2017*



## Solastalgia

“the pain or sickness caused by the loss of, or inability to derive solace from, the present state of one’s home environment. Solastalgia exists when there is recognition that the beloved place in which one resides is under assault.”

**Albrecht, 2006**



## Solastalgia and global change

- **“Many people sense that something is wrong with our relationship with the planet. This unease might just be an expression of deep-seated solastalgia about non-sustainability.”**

Albrecht, 2006

- **“As human impacts on the planet increase, it should come as no surprise that . . . there should be psychological illness linked to a negative relationship between humans and their support environment.”**

Albrecht et al, 2007



**Is solastalgia  
contributing to the  
diseases of despair?**



## **Solution 4: Restore respect for the Earth**



### **3 d) The economy is dysfunctional and unhealthy**

**Our current neoliberal economic system**

- **Fuels greed, acquisitiveness and envy**
- **Seeks low wages, low benefits, high productivity and high prices**
- **Creates part-time employment that means multiple jobs for some**
- **Heightens inequality**
- **All of this leads to stress, anxiety and depression**



## It also


- Pursues growth in consumption
- Increases unsustainable resource use and pollution
- Tries to ignore pollution and shift the cost burden
- Prioritises this generation over future generations

and finally

- Seeks low taxes, meaning reduced public services and amenities



## Solution 5: Create a new economy – fit for purpose



## Doughnut economics: “Thriving in balance”

**“To meet all people's needs within the means of the living planet, rich countries must overcome their dependency on GDP growth and develop economies that are regenerative and distributive by design”.**

Kate Raworth,  
Author, *Doughnut Economics*





## Thinking like 21st century economists

1. Change the goal: from GDP growth to the Doughnut
2. See the big picture: from self-contained market to embedded economy
3. Nurture human nature: from rational economic man to social adaptable humans
4. Get savvy with systems: from mechanical equilibrium to dynamic complexity
5. Design to distribute: from ‘growth will even it up again’ to distributive by design
6. Create to regenerate: from ‘growth will clean it up again’ to regenerative by design
7. Be Agnostic about Growth: from growth-addicted to growth-agnostic

Kate Raworth



## A steady state economy

- “an economy where resource use is stabilized within environmental limits, and the goal of increasing GDP is replaced by the goal of improving human well-being. It’s an economy where the goal is better lives, not more stuff.”

Key policies include

- conserve natural resources
- stabilize population
- reduce inequality
- fix the financial system, create jobs, and
- change the way we measure progress.

Dietz and O’Neill, 2012 – *Enough Is Enough*



## 3 e) Our culture and values don’t fit our needs

- Humans are separate from nature
- Growth in consumption exhausts the Earth
- Acquisitiveness and greed, leading to envy and discontent
- What are we to make of
  - The worship of a culture of violence
  - Celebrity culture
  - Social media and social isolation
  - Gambling



## **Solution 6: We need a cultural shift**

**From**

- **Separate from nature to part of nature**
- **Growth to thriving in balance with the Earth**
- **Quantity to quality**
- **Economic to human and social development**
- **Me to we**
- **Competition to collaboration**
- **Add your own . . .**



## **Six WAY Upstream solutions**

- 1. Build social trust and cohesion – Build community**
- 2. Establish social justice**
- 3. Re-connect with nature**
- 4. Restore respect for the Earth**
- 5. Create a new economy – fit for purpose**
- 6. We need a cultural shift to enable all this**



## 4. One way forward – One Planet Communities

**How do we live equitably, in harmony and in good health on this one small planet we call home?**



## 10 principles of One Planet Living

 <b>Health and happiness</b>	 <b>Local and sustainable food</b>
 <b>Equity and local economy</b>	 <b>Travel and transport</b>
 <b>Culture and community</b>	 <b>Materials and products</b>
 <b>Land and nature</b>	 <b>Zero waste</b>
 <b>Sustainable water</b>	 <b>Zero carbon energy</b>

Bioregional Annual Review, 2015 -16



## Conversations for a One Planet Region

**Vision**

- The Greater Victoria Region achieves social and ecological sustainability, with a high quality of life and a long life in good health for all its citizens, while reducing its ecological footprint to be equivalent to one planet's worth of bio-capacity.

**Mission**

- The Mission of *The Conversations* is to establish and maintain community-wide conversations on One Planet living and a One Planet Region.

<https://creativelyunited.org/one-planet-region/>

*Learn – Discuss – Imagine – Design – Create*




## Getting to a One Planet Region

- First we need to talk about it
- Then we need to imagine it
- Then we need to design and build it
  - Physical, social, economic and cultural change
- And throughout, we need to measure how we are doing

*Learn – Discuss – Imagine – Design – Create*





## Videos from Creatively United for the Planet

*Creating a One Planet Community - Special Livestream Event, July 2018*

The full 1 hour 47 minute event is available at

<https://www.youtube.com/watch?v=REzVAgn9e6k&feature=youtu.be>

There are also 18 short videos of individual interviews available at

<https://www.youtube.com/playlist?list=PLxtqhfCEPGuh6Qc7PqIGes7xuSOtESmZN>



## Videos from Creatively United for the Planet - 2

Creatively United for the Planet's Youtube channel

<https://www.youtube.com/channel/UCJ1yv3pNykazEI8EApgGFOQ>

has several other video resources, including three half –hour TV programs

- SOLUTIONS Episode One: The Future of Transportation
- SOLUTIONS Episode Two: Artists As Change Makers
- SOLUTIONS Episode Three: Food & Farming



## Imagining a better future

- **Conversations**
- **Visioning**
- **Scenario-building**
- **Computer simulations**
- **Design charettes**
- **Sharing examples from other places**

*Learn – Discuss – Imagine – Design – Create*



## Projects we are working on or planning

- **Expand and deepen the Conversations**
  - **Webcast them for simultaneous conversations in other parts of our region**
- **Community charettes**
  - **Engage people in co-designing their neighbourhood as a One Planet community**
- **People for a One Planet region**
  - **Train people in each municipality to speak at Council to support plans and proposals that help us create a One Planet Region – and oppose those that do not**
- **Conference + trade show + Community showcase + Film Fest**



**So creating a mentally healthy society will mean challenging and transforming our society, our economy, our social norms and values – our whole way of life.**



**We need to think globally, but act locally to transform our own communities.**



## Contact

**Dr. Trevor Hancock**  
Population and  
Public Health Consultant  
Victoria BC

**[Thancock@uvic.ca](mailto:Thancock@uvic.ca)**  
**250 721 9609**