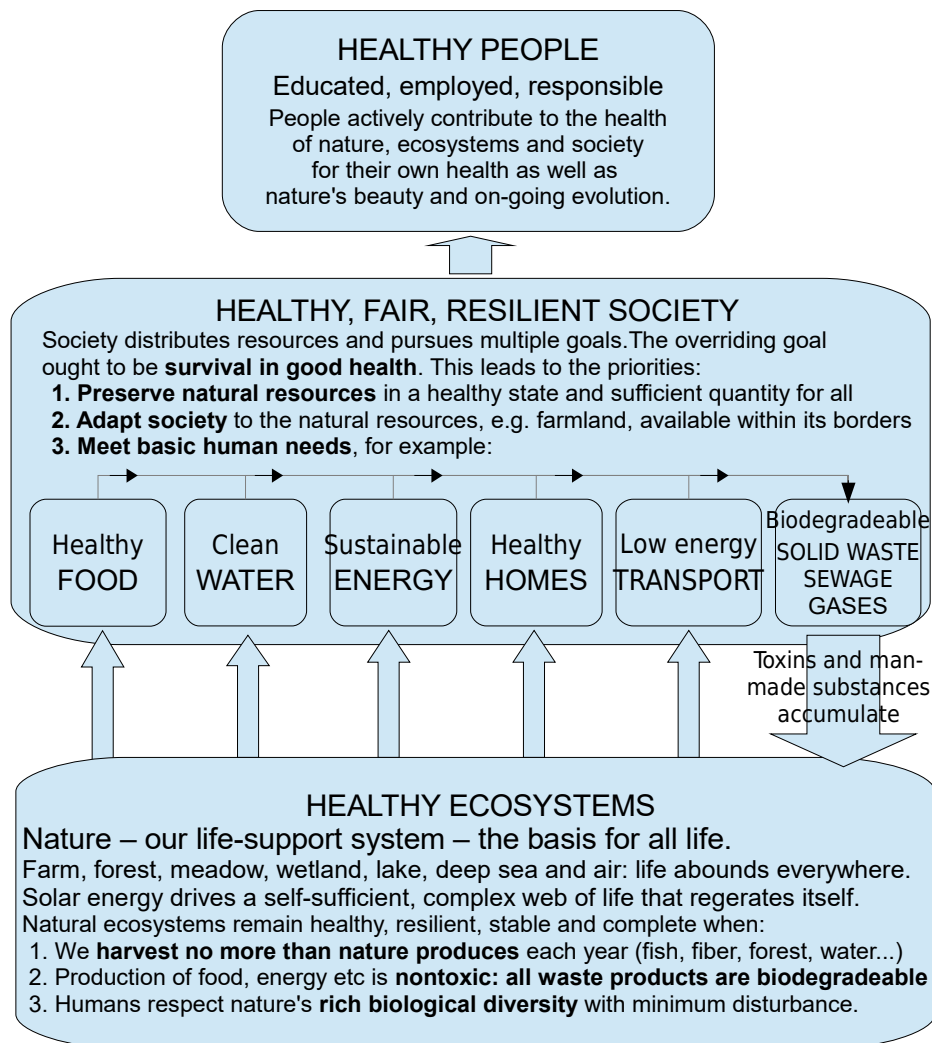


Sustainable Development Goals

For healthy people, fair society and a healthy planet



Healthy ecosystems – the foundation for our health and well-being

Humans are a part of nature, the complex living system encompassing the Earth, in the same way that the eyes are a part of the body. Just as our body provides our eyes with all that they need to function, so nature provides us with all that we humans need. Nature—with its interwoven ecosystems, each with its purpose and role—is our **life-support system**.

To survive, thrive and stay healthy (= social sustainability), we need to make sure that nature as a whole is healthy and each of its parts works adequately and fully (= ecological sustainability). In concrete terms this means to preserve and restore a stable climate, biological diversity, all remaining farmland, and clean, unpolluted earth, air and water. How? The direction to go is clear: **reduce consumption, energy, transport, travel, waste products and everything that disturbs nature** (including, in the long run, large population). For more on pathways to a healthy, sustainable future, see [Ensia](#), [Earth Policy Institute](#), [Club of Rome](#), [Yes Magazine](#) and the links below.

Definition: **A sustainable society preserves and restores:**

- (1) **natural resources/ecosystems** that sustain people (ecological sustainability)
- (2) **population** sized to the natural resources available within the country (social sustainability)
- (3) **human health** (physical, emotional, social, existential) (social sustainability).

A sustainable economy serves society and contributes to the health of people and of nature.

See [Public Health 2.0: Planetary Health](#) (Rockefeller Foundation), [Health and climate](#) (Lancet), [Little Things Matter: the impact of toxins on the developing brain](#) (Dr. B Lanphear.), [Air Pollution's Invisible Toll](#), Harvard Environmental Newsletter, [Planetary Boundaries 2.0](#) (Steffen, Rockström), [Doughnut Economics](#) (K Raworth), [Spirit Level](#) (Pickett, Wilkinson), [Overdevelopment, Overpopulation, Overshoot](#) (Butler), [The End of Plenty](#) (J Bourne), [Environmental Health News](#), [The UN Sustainable Development Goals](#).