

## PHAR 2019: Combatting Climate Change

All ensuing actions to be led through the Trafford Climate Emergency and Air Quality Group

### Recommendation

### Action

### Group Progressing

### Lead

### Timescale

- 1 Understand your carbon footprint and think about the actions that you can take to reduce this while improving your life, health and bank balance. Use the WWF carbon calculator or similar for this, also Mike Berners Lee's book How Bad Are Bananas helps with understanding the impact of everyday items
- 2 Refuse, reduce, re-use, repurpose and recycle – in that order
- 3 Create a demand for national and local policies that help reduce climate change – so policies on good housing design and standards, good public transport, energy efficiency, improving the food system, responsible fashion. Supporting these policies will help politicians take action.
- 4 Active travel (walking, cycling and using public transport) increases physical activity which has a huge impact on health, reducing falls, CVD and some cancers, It also improves air quality, again improving health outcomes
- 5 Don't drive if you can avoid it. Try walking for journeys of less than one mile, and cycling or using public transport for journeys of 3-5 miles. Cycling is generally quicker than driving for urban journeys up to 5 miles, especially in the rush hour, and it saves money too.
- 6 Fly less, and if you have to fly, use the most direct routes. Always fly economy – travelling first class triples your carbon footprint.
- 7 Food choices. Shopping and growing local improves social cohesion, food quality, and reduces food waste. Eating less processed food reduces CVD and cancer risk.

- 8** Improve energy efficiency. Ensure all houses are energy efficient to EPC C standard, and any new buildings should display DEC certificates and be insulated.
- 9** Insulate your home. Better insulated homes are warmer, which reduces childhood asthma and hospitalisations of older people. It also saves money so reduces fuel poverty.
- #** Undertake the Greater Manchester big clean switch programme <https://bigcleanswitch.org/gm>
- #** Buy fewer, higher quality clothes or buy second hand. Consider the production costs, including worker conditions as well as the materials used.

