|  |
| --- |
| **Rural people's perceptions and actions to create sustainability and health on the far south coast of New South Wales**  |
| **Conference sub-theme addressed**Inclusive habitats**Relevant experience or practice** – There is growing awareness of how ecological and social determinants of health both relate to health issues that have no precedent in human history. These include climate change, ozone layer destruction, contamination of water through fertilizers and pesticides, increasing human population, at the same time as extinctions of species and biodiversity loss. These issues are interrelated and are having adverse effects on health and wellbeing. While health promotion declarations and charters were being developed, the concept of sustainable development was evolving alongside them. However, it was not until 2015 and the announcement of the seventeen global sustainable development goals (SDGs) that alignment with health became more visible, with Goal 3: Ensure healthy lives and promote well-being for all at all ages. When looking at the SDGs through a health promotion social-ecological lens, we see that all seventeen goals are in fact related to health and wellbeing. However, the idea that sustainable development and health are two sides of the same coin is still an evolving concept in health promotion discourse. **Implications for health promotion**- In this presentation a series of case studies from rural communities on the far south coast of New South Wales, Australia, will be used as mechanism to explain the concept of sustainable development and health, explore the communities’ perceptions of health and sustainability, and give health promoters an insight as to how actions for health and sustainability bring about co-benefits. **Implications for sustainable development**-The case studies facilitate health promoters understanding of how contentious the concept of sustainable development can be particularly between those whose world views align with either ecological or economic development. Key findings from the case studies are that the pathway to creating a sustainable community start with actions to develop social sustainability first. This includes promoting conviviality, a sense of place and strengthening support networks. In these case studies, being healthy is seen as essential but taking actions to be sustainable were a choice. Health promoters might gain more buy-in from communities when co-benefits for health are emphasised providing a win-win for both health and sustainability of the community. |