



Service Priorities and Programmes Electronic Presentations

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Low Carbon Diet Promotion

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Introduction

Climate changes create global environmental issues, which bring along devastating human, economic and ecological impacts. In order to mitigate global warming, eco-friendly lifestyles are highly promoted worldwide; and low carbon living is a hot topic in recent years. As health care professionals, we are committed to take the lead in green initiatives to protect our environment.

Objectives

This project aims to promote low carbon diet in the nursing school to reduce global greenhouse gas emission and to enhance the awareness about environmental protection of students and teachers.

Methodology

The project name called 'Low Carbon Diet Promotion', organized in February 2016. A lunch gathering was organized with the concept of low carbon diet as the theme. Natural and unprocessed food was prepared, and all participants had to bring their own cutlery. An exhibition board with information on Low Carbon Diet was displayed with knowledge checked through interactive activities.

Result

A total of 143 nursing students and 18 school staffs participated in the 'low carbon diet promotion'. All participants brought their own cutlery for the lunch gathering. They showed to have improved understanding on the lifestyle choices in reduction of greenhouse gas emissions after the activity.