

# Personal Health Portfolio



## Chapter 1 Lifestyle, Water, Carbon, and Ecological Footprints

### Part 1 Is Your Lifestyle Environmentally Friendly?

Do you have a lifestyle that promotes the health of the environment, or are you contributing to pollution and waste? Answer the following statements by indicating whether each one is true for you regularly, sometimes, or never.

	Regularly	Sometimes	Never
1. I keep my car in good operating condition and get oil or fluid leaks fixed immediately.			
2. I use mass transit, walk, or bike instead of using my car.			
3. I don't allow people to smoke in my home, and I make sure my home is well ventilated.			
4. I store and dispose of household cleaners, solvents, and pesticides properly.			
5. I recycle plastic, glass, aluminum cans, newspapers, and paper products.			
6. I turn off lights when leaving a room.			
7. I buy products with the least amount of packaging.			
8. I take my own cloth shopping bag to the grocery store instead of using the store's paper or plastic bags.			
9. I use rechargeable batteries and recycle the batteries after their useful life period is over.			
10. I use cloth dish towels and washable sponges rather than paper products.			
11. I avoid turning on my car air conditioner.			
12. I water my lawn and/or outdoor plants early in the morning or in the evening.			
13. I wear a sweater at home when it's cold rather than raise the thermostat.			
14. I do not let tap water run continuously when I shave and/or brush my teeth.			
15. I use compact fluorescent LED bulbs in lamps and lighting fixtures.			
16. I try to produce as little garbage as possible.			
17. I participate in community cleanup days.			
18. I read labels on household products and buy the least toxic ones available.			
19. I run the washing machine and the dishwasher only with full loads.			
20. I write to my local and state elected officials to support environmentally friendly legislation.			

---

## SCORING

Give yourself 2 points for each activity you do regularly, 1 point for each activity you do sometimes, and 0 points for each activity you never do.

**Score:** \_\_\_\_\_

## Interpretation

<b>35–40</b>	Very environmentally friendly. You are helping to heal the planet. Keep up the great work.	<b>20–24</b>	Below average. Look for ways to improve your record.
<b>30–34</b>	Above average. Your lifestyle contributes to a healthy environment.	<b>Under 20</b>	Environmentally unfriendly. There are many changes you can make to develop a more environmentally friendly lifestyle.
<b>25–29</b>	Average. You are on the right track, but you can do more.		

---

## CRITICAL THINKING QUESTIONS

1. Based on your responses and your score, are you living an environmentally friendly lifestyle? Why or why not?
2. Review the responses to which you answered sometimes or never. What are some specific changes you can make in these areas? Which are easiest and hardest to accomplish, and why?
3. How environmentally friendly is your campus? Consider such things as the availability of recycling receptacles, the source(s) of energy, the types of plants used in landscaping, and the food served in dining halls and campus restaurants. What are two things your college or university could do to promote campus sustainability? Sustainability refers to responsibly using and replenishing the earth's natural resources.

## Part 2 Carbon Footprint

This section is divided into parts A, B, and C. Part 2A uses a United Kingdom carbon footprint calculator different from ones used in the United States. Part 2B will provide a carbon review of your diet. Part 2C provides carbon footprints for home, transportation, and waste in the United States.

### Part 2A World Wildlife Federation Footprint Calculator

Go to [footprint.wwf.org.uk/](http://footprint.wwf.org.uk/). This site uses a 5-minute questionnaire to measure your footprint for food, home, travel, and “stuff.” Food covers diet, food waste, and buying habits. Home covers energy type and usage in the house and the presence of energy-saving measures. Travel covers personal and public transport usage for leisure and work, and flights. Stuff covers purchase of consumable items. Answers to the questionnaire compare your carbon footprint to other people and other countries. The provided footprint is in tonnes of carbon dioxide equivalent. (*Note:* 1 tonne equals 1,000 kilograms, or about 2,205 pounds.) You will receive a percentage score: 100 percent is the average for each U.K. citizen to meet the U.K.’s 2020 emission reduction targets. If more than 100 percent, you have exceeded the U.K. target for individual citizens. If under 100 percent, you are more than meeting the U.K. carbon emission goal. What was your carbon footprint for food? Home? Travel? Stuff?

### Part 2B Carbon Food Footprint

Go to [shrinkthatfootprint.com/](http://shrinkthatfootprint.com/), and select one of the five diets that describes your diet. What diet did you select? How does this diet impact your carbon footprint? This site also provides the carbon intensity for each food group. How can you change your diet to reduce your carbon food footprint? Explain how these changes reduce your footprint.

### Part 2C EPA Carbon Footprint Calculator

Visit the EPA’s Carbon Footprint Calculator, [www3.epa.gov/carbon-footprint-calculator/](http://www3.epa.gov/carbon-footprint-calculator/), and calculate your carbon footprint. This calculator measures carbon footprint in three areas: home energy, transportation, and waste. What were your carbon footprints in each of these areas? Briefly discuss how you can reduce your carbon footprint in these areas.

---

## CRITICAL THINKING QUESTIONS

1. What was your percentage for each of the U.K. carbon footprints in part 2A?
2. From part 2B, what diet did you select? How does this diet affect your carbon footprint? This site also provides the carbon intensity for each food group. Discuss how changes in your diet food groups can reduce your carbon footprint.
3. What were your carbon footprints for home energy, transportation, and waste from part 2C? How much land is needed to support your carbon footprint?