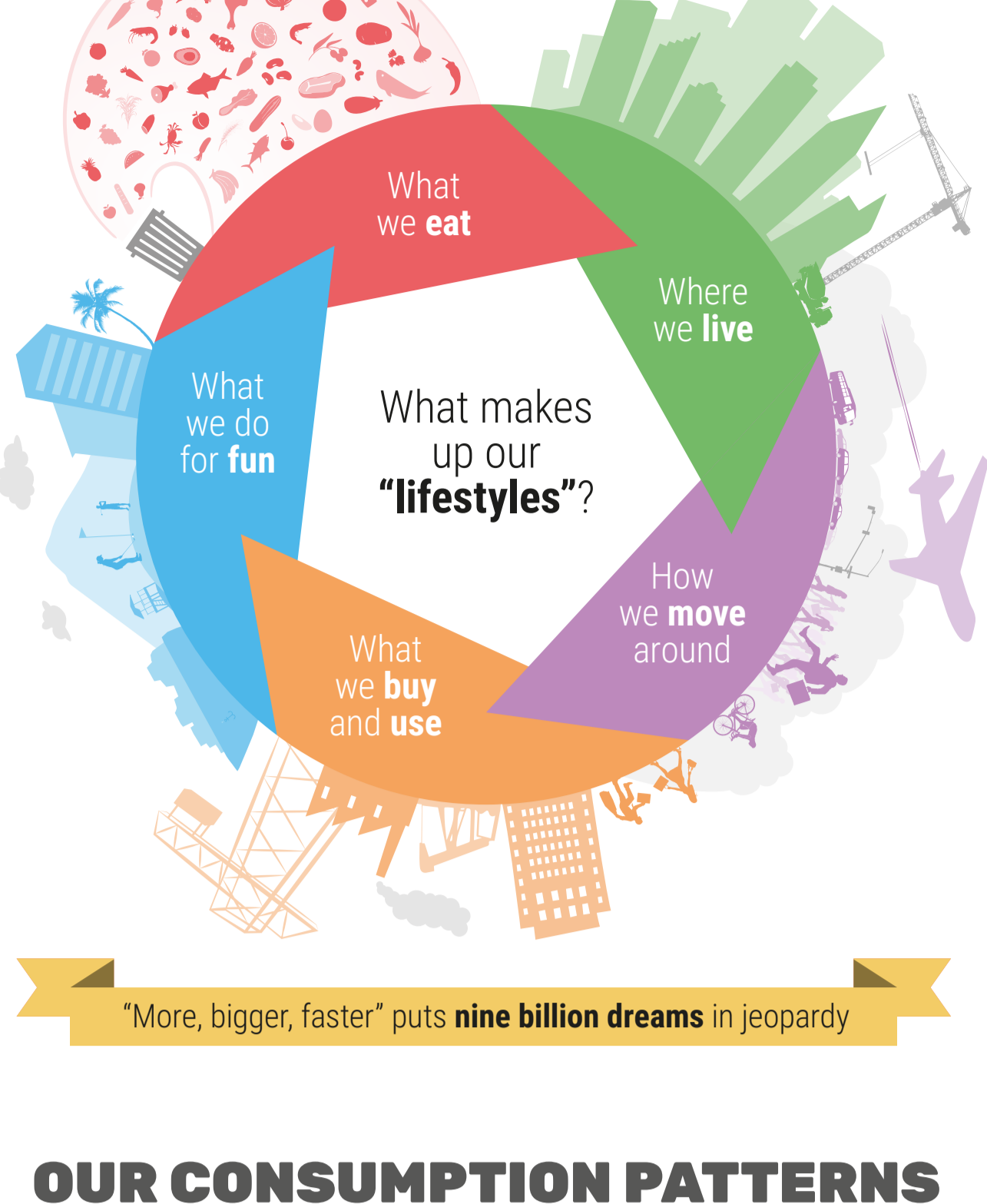


# SUSTAINABLE LIFESTYLES



## OUR CONSUMPTION PATTERNS

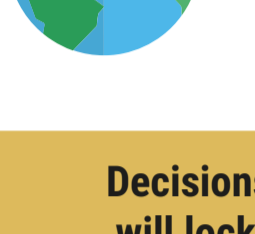
By **2050** our planet will feed, clothe and house **9.7 billion people**, the majority in **urban areas**

Our **cities** produce:

60%-80% of global **greenhouse gas emissions**

75% of **natural resource** consumption

50% of **waste**



If we continue the **same consumption patterns**, by 2030 we would need **2 planet Earths** to support all 8.5 billion of us

**Decisions we make now will lock in our fate** for decades or even centuries

**Act now: Live sustainable lifestyles!** Let's make our consumption cleaner, healthier and smarter

### FACTS

## FOOD

### TIPS

- 1 in 9** people suffer from **hunger** while **1 in 5** people are **overweight**
- Annually, people in industrialized countries **waste some 222 million tons of food**, almost as much as is produced by sub-Saharan Africa
- 30%** of food produced does not reach tables; also **40%** of food produced is wasted
- Diets have been shifting**, particularly in cities, towards more resource-intensive foods such as processed foods and meats

- 1 Think before you buy
- 2 Buy local, seasonal, or organic food
- 3 Reduce meat consumption
- 4 Reduce food waste - buy "ugly" produce

### FACTS

## HOUSING

### TIPS

- The building sector contributes up to **30%** of global **greenhouse gas emissions**
- The building sector uses up to **40%** of all **energy**
- Every drop counts: **dripping taps** in "rich" countries **waste more water** than what is available each day to more than 1 billion people
- Neighborhood design** affects commuting distances, crime rates, and overall well-being

- 1 Invest in insulation
- 2 Choose energy-efficient appliances
- 3 Switch off lights when not in use
- 4 Fix tap if water is dripping

### FACTS

## MOBILITY

### TIPS

- Globally, 7 out of 8 **urban citizens** breathe air that fails to meet **WHO's safe levels**
- The **transport sector** accounts for 25% of CO2 emissions
- A single **long-distance flight** produces the same CO2 emissions as **one year of driving**

- 1 Carpool or take public transport
- 2 Walk or bike and enjoy the scenery

### FACTS

## CONSUMER GOODS

### TIPS

- In the last 40 years our **demand** for the earth's resources has **tripled**
- We extract **140 billion tonnes** of **natural resources** every year
- The world's wealthiest 10% contribute to 50% of **global carbon emissions**
- We use the equivalent of **1.6 planet Earths** in **renewable resources**
- Energy-efficient lighting** saves over 2,500 TWh of electricity each year

- 1 Do not buy if you do not need
- 2 Buy products with long warranties and that can be repaired
- 3 Do not throw away if still useful
- 4 Demand that suppliers and vendors meet sustainability procurement standards
- 5 Shop local

### FACTS

## LEISURE

### TIPS

- 60% of our **ecosystems** are **damaged**
- An **anchor** dropped in a coral reef for one day **destroys** an area half the size of a football field
- An average **golf course** in the tropics needs **15,000 kg of fertilizer, pesticides and herbicides** per year

- 1 Explore vacation options within close reach
- 2 Travel light
- 3 Look for hotels that embrace sustainability
- 4 Fly with airlines committed to sustainable aviation
- 5 Opt for online carbon offset

