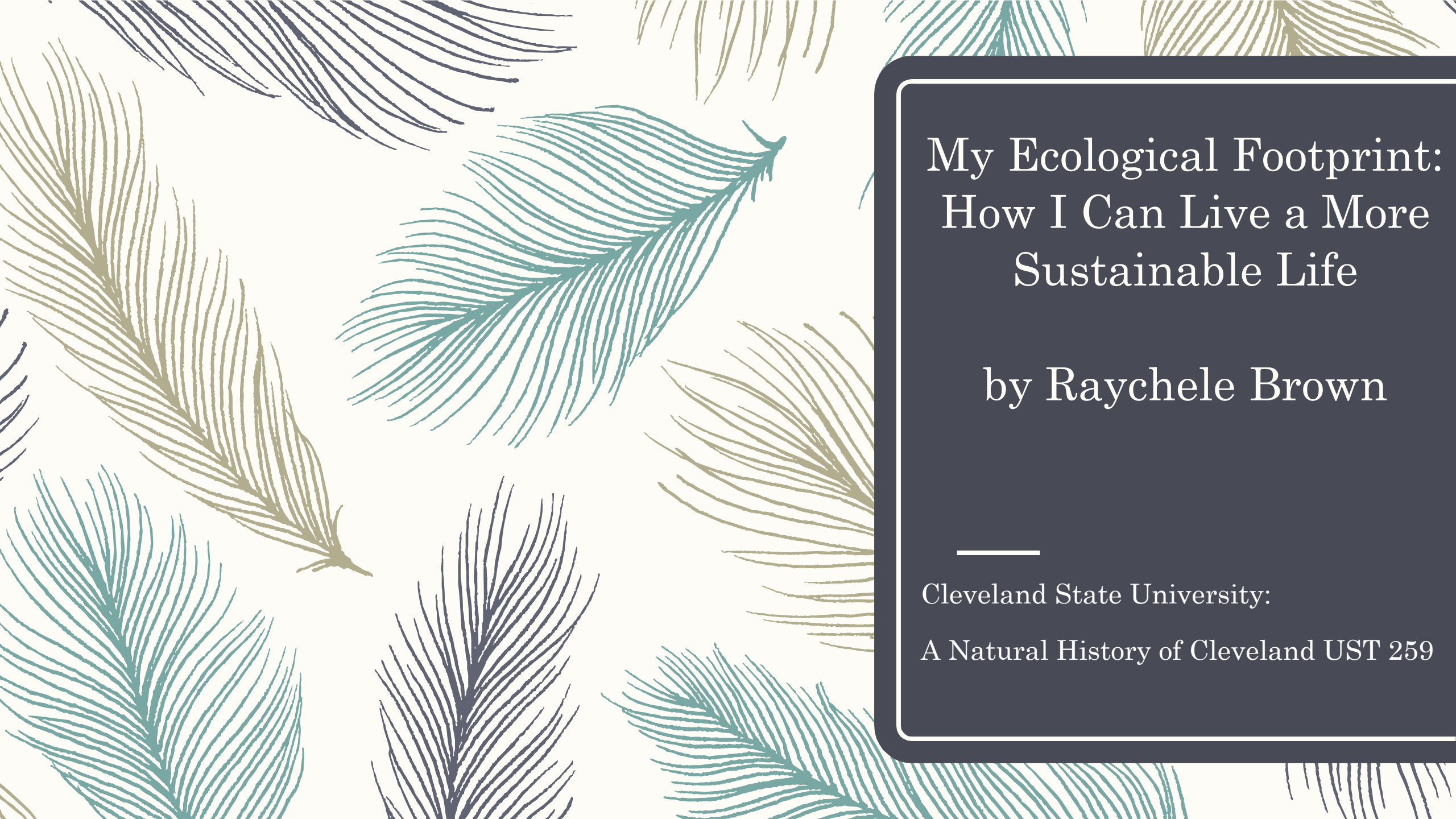




My Ecological Footprint: How I Can Live a More Sustainable Life

by Raychele Brown

Cleveland State University:

A Natural History of Cleveland UST 259



What is The Ecological Footprint? & How is it calculated?

-
- Resource accounting tool that measures: how much biologically productive land and sea is used by a given population
 - Compares this info to how much land and sea is available
 - Used as a management and communication tool by: businesses, educational institutions, organizations, and governments
 - Calculated per person by considering all of the biological materials consumed & biological wastes generated by that person in a given year
 - All of the waste created is then individually translated into an equivalent number of global hectares
 - The sum of these global hectares needed to support the measured resource consumption and waste generation of this one person, gives that person's total Ecological Footprint

RESULTS

Your personal Earth Overshoot Day is:

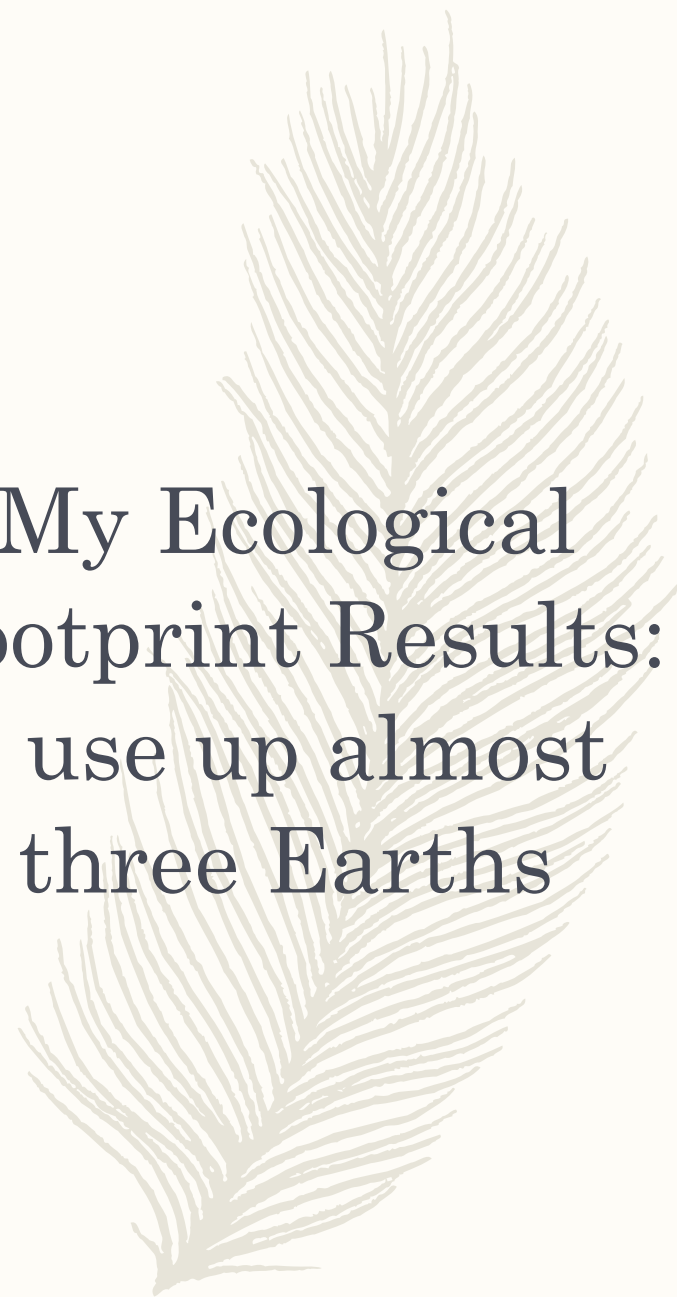
May 12 

If everyone lived like you, we would need

2.7 Earths 



**My Ecological
Footprint Results:
I use up almost
three Earths**



In comparison to these numbers, I think my number of Earths is average. Not too terrible, not great either.

How do you compare?
Average number of Earths:

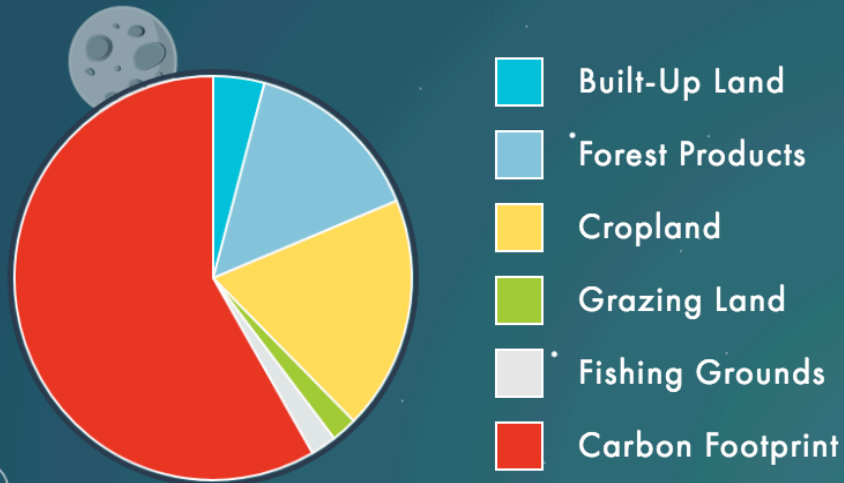
USA	5.0
Germany	3.2
China	2.1
S.Africa	2.0
Brazil	1.8



LETS
LOOK
AT
THE
DETAILS

RESULTS

By Land Type



By Consumption Category



4.7

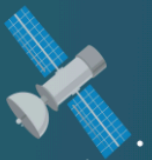
Your Ecological Footprint 
(global hectares or gha) 

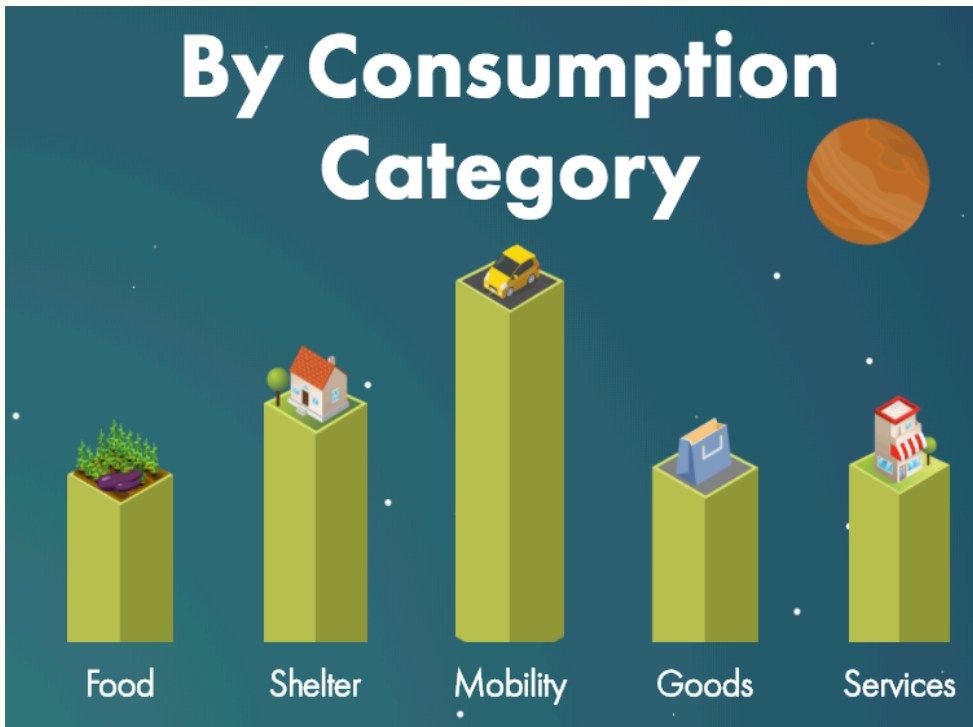
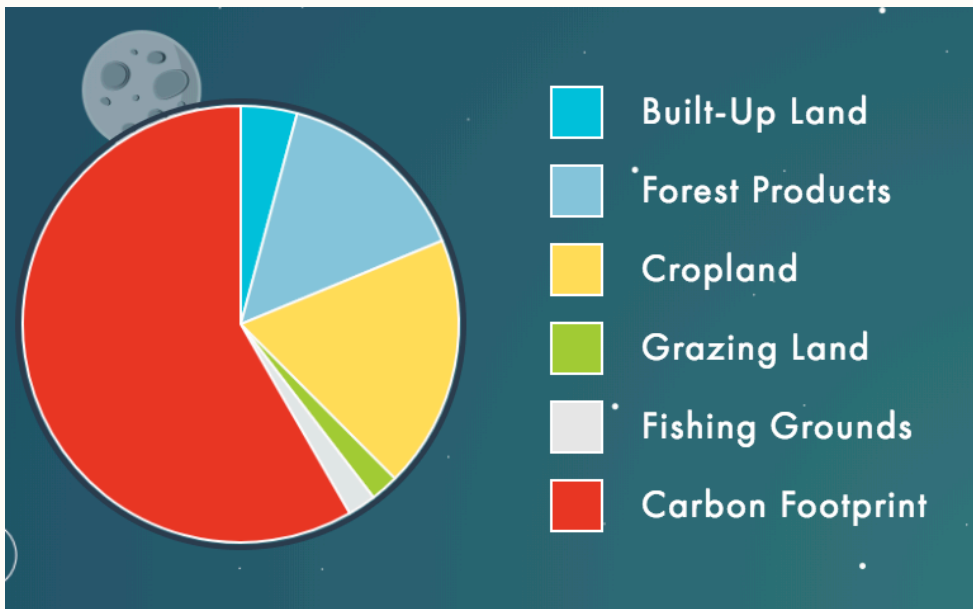
8.1

Your Carbon Footprint
(CO2 emissions in tonnes per year)

60

Your Carbon Footprint
(% of your total Ecological Footprint)





Areas of Improvement

- REDUCE MY WASTE OUTPUT
- LIMIT/REDUCE MY TRANSPORTATION IMPACT
- USE MORE ENERGY EFFICIENT OPTIONS IN MY HOME



TRANSPORTATION

What I do now VS. What I can do more to make this world a better place

WHAT I DO NOW



- I carpool very little, I actually have never carpooled probably ever before this class
- I drive a lot of places and I drive often in a day (my work, school, and home are not close whatsoever)
- I drive an older car that is not as fuel efficient as newer cars
- I do not use public transportation ever

WHAT I COULD DO BETTER

- Getting a newer, more fuel efficient car is in my near future plans
- Carpool more (such as to work and school and to social activities)
- Use public transportation once in a while
- Ditch Uber this summer and walk to any social outings
- Bike more places

WASTE REDUCTION

What I do now VS. What I can do more to make this world a better place

WHAT I DO NOW

- I use reusable water bottles
- I do not buy excessive hair items (such as more than one shampoo or conditioner at a time, etc.)
- I still use all hair and makeup items that come in plastic containers
- Recycle paper and plastic to an extent
- I don't recycle as much at work as I do at home

WHAT I COULD DO BETTER

- Bring my recycling from work to home
- Do not buy as many hair and makeup products
- Shop at grocery stores that encourage using reusable containers
- Bring my own bags to the grocery store
- Use container-less shampoos, conditioners, facewash, and body care products
- Do better at recycling ALL paper, plastic, and glass



ENERGY EFFICIENCY

What I do now VS. What I can do more to make this world a better place

WHAT I DO NOW

- My house does not have too many energy efficient bulbs
- My family is not the best at turning the lights off
- Our shower pressure is not energy efficient
- I get car washes instead of washing my car myself
- We as a family are not very conscious of our thermostat for example: turning the air off when we are not home

WHAT I COULD DO BETTER

- Change all bulbs to energy efficient bulbs in my house
- Take shorter showers
- Turn all lights off before leaving the house
- Unplug power cords that I am not using
- Change to a programmable thermostat
- Buy energy efficient appliances





Videos on Waste Reduction, Energy Efficiency, and Transportation



- <https://www.youtube.com/watch?v=rcQUjZCh81I>
- <https://www.youtube.com/watch?v=dMnwG2iR754>
- https://www.youtube.com/watch?v=t18_IdgMd4c
- <https://www.youtube.com/watch?v=dXp3wQoC9M4>



CONCLUSION / FINAL THOUGHTS:

What I Can Do To Reduce My Carbon Footprint



- Reduce waste by simply buying less wasteful products
- Reduce CO₂ Emissions
- Use Public Transportation and Smart Transportation (Energy efficient cars)
- Walk more, carpool more, bike more
- Reduce waste by using package-less items and by recycling
- Make changes in my home to make it more energy efficient
- Make these small changes in my life and use my knowledge to educate other people so that we can all contribute to making this world a more sustainable place



REFERENCES

WEBSITES

- <https://www.overshootday.org/take-action/energy/>
- <https://www.earthday.org/take-action/footprint-calculator/>
- <https://www.conserve-energy-future.com/11-ways-to-make-your-home-more-energy-efficient.php>
- <https://www.quickenloans.com/blog/16-ways-to-make-your-home-more-energy-efficient>

VIDEO LINKS

- <https://www.youtube.com/watch?v=rcQUjZCh81I>
- <https://www.youtube.com/watch?v=dMnwG2iR754>
- https://www.youtube.com/watch?v=t18_IdgMd4c
- <https://www.youtube.com/watch?v=dXp3wQoC9M4>