

CLIMATE AND PLANETARY HEALTH ACTION CATALOGUE

STUDY SESSION

Exploring Planetary Health:
Climate, Rights
and Participation



INTRO

WHAT PURPOSE DOES THE CLIMATE AND PLANETARY HEALTH ACTION CATALOGUE SERVE?

This catalogue is the collective voice of young people from around Europe, who turned reflection into creativity and creativity into action.

Developed during the Study Session "[Exploring Planetary Health: Climate, Rights and Participation](#)", organised by the International Youth Health Organization (YHO) in cooperation with the European Youth Centre of the Council of Europe in Budapest, it gathers youth-led initiatives that bridge [climate, health, rights and democratic participation](#), each one practical, measurable and ready to inspire.



More than just a record, it is a collage that creatively captures the power of young people to imagine and shape a **healthier, more just and sustainable future**. Together, they demonstrate that meaningful action does not always begin with grand gestures; rather, it often starts with a simple idea, a committed individual, or a local community willing to take the first step.



WHO IS THE CATALOGUE CALLING?

It calls on young people, communities and decision-makers to take these ideas forward and to:

- **Understand planetary health** - recognising the interconnectedness of climate, environment, human health and social justice.
- **Dream of solutions** - daring to envision more equitable, resilient, and sustainable futures for people and the planet.
- **Act with purpose** - translating ideas into tangible advocacy and community impact.



Designed by young people, for young people, this catalogue aims to inspire others to recognise that every contribution matters. Whether through advocacy, education, community engagement or everyday choices, change is within everyone's reach.

Because a healthier planet starts with informed minds, empowered communities and young people who choose not only to imagine a better future, but to shape it.



Clean Éire Ban Filthy Ads



CLEAN ÉIRE
STOP FILTHY ADS

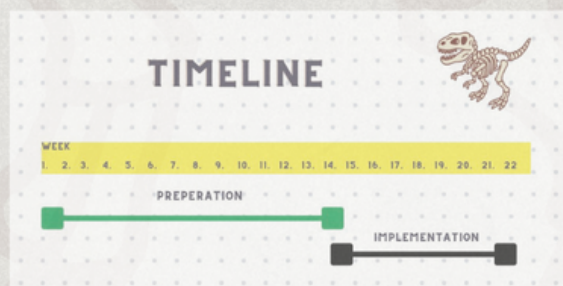


PROBLEM TO BE SOLVED:
FOSSIL FUEL ADVERTISING BAN AS IT IS BAD FOR HEALTH.

AIM OF PROJECT:
EDUCATE PUBLIC ON DANGERS OF FOSSIL FUELS AND CREATE PUBLIC PRESSURE TO BAN ADVERTISING.

OBJECTIVES:
CREATE 8 WEEKS OF CONTENT ENGAGING PEOPLE AND ENCOURAGING INVOLVEMENT.
FILM CONTENT IN PUBLIC TO RAISE AWARENESS FOR CAMPAIGN.
FILM AD FOR TELEVISION THAT ENGAGES OLDER PEOPLE.

DATE: FROM 13/02/26 ONLINE



PREPERATION:

CREATING A PLAN
RECRUITING ACTORS
FILMING CONTENT
EDITING CONTENT

IMPLEMENTATION:

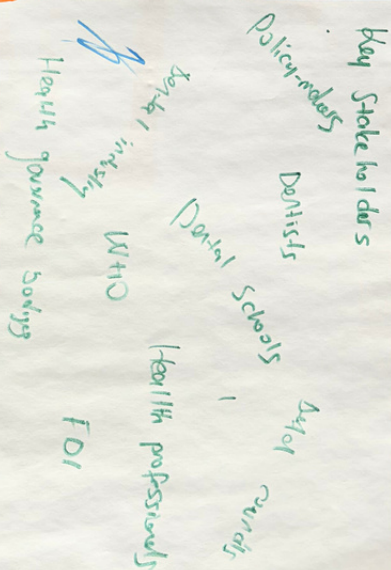
RUN CAMPAIGN
EVALUATE SUCESS

No Health Without Oral Health

PH Action Challenge

- ☑ Preventable oral disease burden
- ☑ No awareness on climate-related dental health risk
- ☑ Environmental burden of dental disease
- ☑ Mercury in Amalgam
- ☑ Extensive resource use for dental treatments
- ☑ No awareness of health professionals
- ☑ Increased risk of oral disease bc. of climate change.

- Lack of awareness on climate related oral health risks
- ① Growing evidence shows more connections (heat, precipitation, ozone)
- ② I'm integrated in oral health integration to UHC.



IMPACTED

Patients, Health professionals, At-risk populations, vulnerable, population, vulnerable actors

RESPONSIBLE

- Academia
- Dental Edu.
- Authorities
- Students
- Governance bodies

POWERFUL

- Policymakers
- Dental Industry
- International Orgs.

My aim is to raise awareness on climate related oral health risk by, obtaining health professionals to be trainers for their patients, building a scientific/advocacy consortium to serve as a platform.

S M A R T

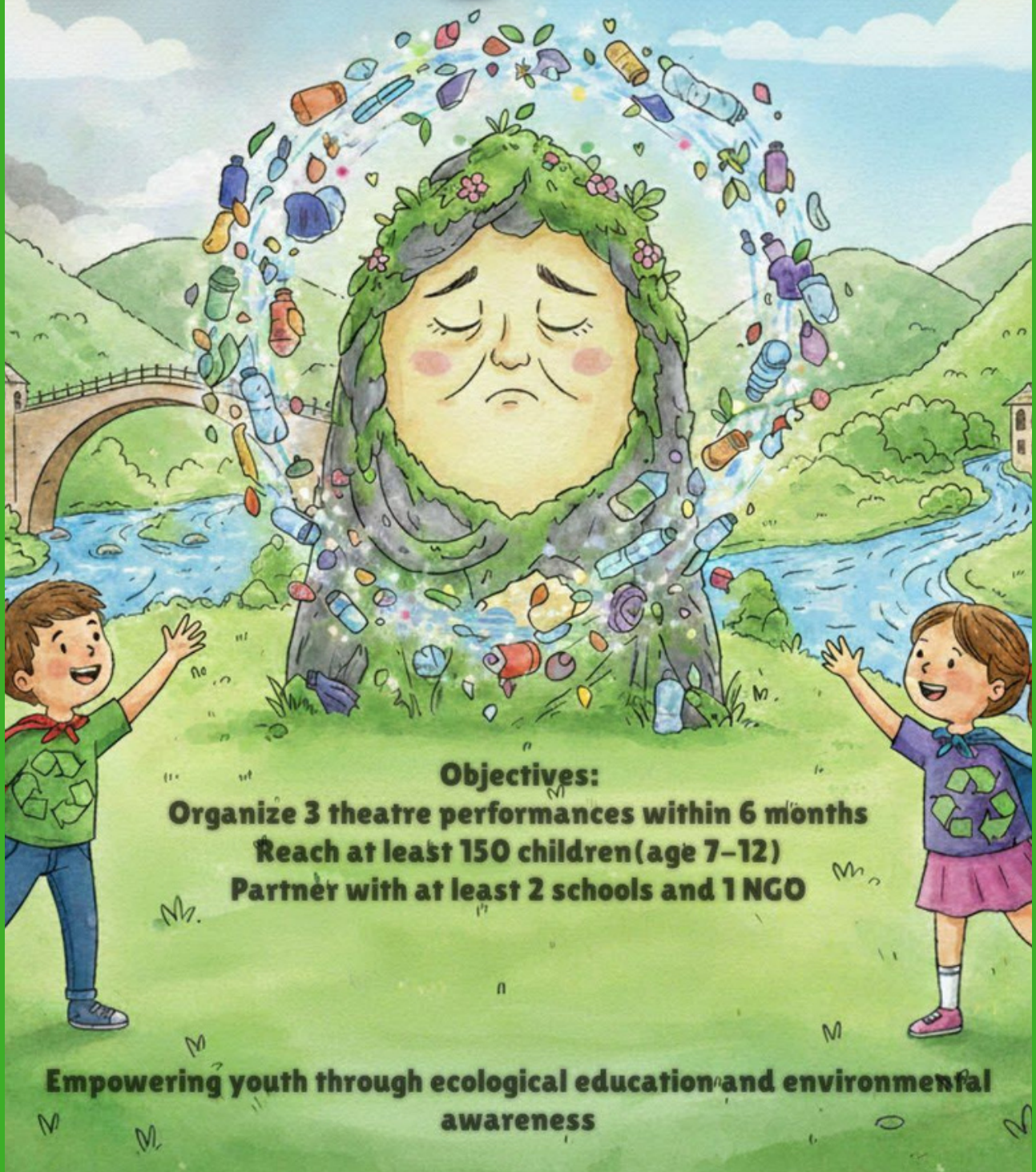
- Number of people trained.
- Amount of interventions
- Reduced oral disease burden.

- Scale to ADEE and EDSA about it.
- Initiate a communication between potential partners.
- Start for funding from FOI
- To collaborate with CEO on organizing a partnership
- Academic evidence and literature.
- Contact national/international dental and public people.

- 1) Bring young dentists together who are enthusiastic.
- 2) Organize zoom call to identify roadmap
- 3) Buy a domain and start advocating with a volunteer group

Go Green!

Go green



Objectives:

Organize 3 theatre performances within 6 months

Reach at least 150 children (age 7–12)

Partner with at least 2 schools and 1 NGO

Empowering youth through ecological education and environmental awareness

Stop Wildfires in Montenegro



Green Pharmacy

Protecting Our Planet, One Prescription at a Time



Green Pharmacy = Healthy Planet

sustainable pharmacy practices for a greener tomorrow

At your campus in June

Join the Movement

Sama Ghozlan

Sky Guardians

SKYGUARDIANS

Urban Air Pollution

Problem-Research shows that air pollution associated with one out of every ten deaths in Georgia

In October, Tbilisi was covered in smog for about a week, which exacerbated the conditions of people with respiratory diseases children and the elderly and also had a mental impact on the entire population

Goal-To mitigate air pollution in Tbilisi by raising public awareness and fostering environmental responsibility among the youth

Objectives-

- Outreach to UNICEF
- Networking with environmental Activists,
- Working syllabus finalization,
- Expert consultation
- Resource collection and follow up.

“

***Together, we can
turn the tide
against pollution.***

”

**Mariam Chokheli
Lizi Nikoleishvili**



I Am Me

I Am Me

Problem: People delegate the full responsibility for their health to the medical system



→ Already overwhelmed?
→ Concentration of power = easier to corrupt.

Aim: To support other "I's" to realise the infinite power present within us. That we do not need to delegate our agency.

Objectives:

→ It is about getting people to care.

BUT: I cannot make YOU care. (Not really, not for this!)

I must work within myself, to continue caring.
And let that resonate to the broader system.

Angel

Spin the Air

SPIN THE AIR

AIR POLLUTION

ORGANIZE A "CLEAN AIR CYCLE TOUR" IN THE CITY CENTER FOR AT LEAST 30 PARTICIPANTS WITHIN THE NEXT 4 MONTHS.

LAUNCH A SOCIAL MEDIA AWARENESS CAMPAIGN FEATURING EDUCATIONAL POSTS AND VIDEOS.

CONDUCT A FOLLOW-UP SURVEY AFTER 6 MONTHS TO CONFIRM THAT AT LEAST 20% OF PARTICIPANTS REDUCED THEIR PERSONAL CAR USAGE.

Empowering youth to combat air pollution by promoting sustainable transportation through local action



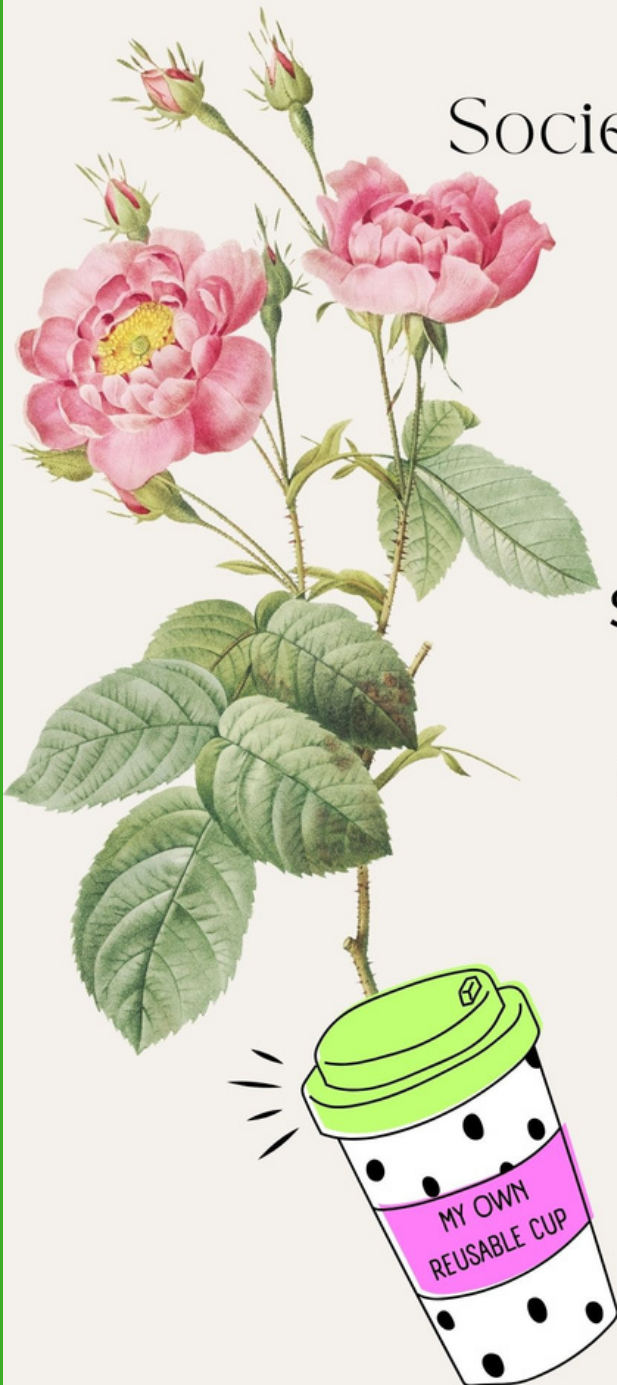
TINATIN GHAMBASHIDZE

Cuppa Series

Cuppa Series by SIP

Society of Individuals
for the Planet

“I choose to
refuse
single-use cup”



EVERYONE IS INVITED AT
GROUNDSTACK COFFEE
STOCKTON CALIFORNIA

1-15 AUGUST 2026

08:00 AM - 3:00 PM

*Each reusable cup refusal will
receive \$0.50 discount and free
second cup of brewed coffee.*



Wasting Potential? I Think Not!

Wasting Potential?

I think not!

~~MULTIPLICATION~~

ADAPTATION for

Food Waste

Composting
in community

- Reduce waste in landfills
- Promote spirit of community intergenerationally
- Educate and promote sustainable habits on climate action
- Reduce artificial and toxic fertilizers by farmers

Where: Lisboa & Vale do Tejo - Portugal
When: not defined yet

Ana Luísa Simões
MD Public Health

Walk in My Climate

WALK IN MY CLIMATE

Experience climate change through someone else's eyes.



- Hear real stories from kids your age around the world
- Participate in interactive role-plays & climate challenges
- Take action: make a small environmental commitment

Join us and walk in someone else's
—— shoes! ——



DATE: May 14

TIME: 2:00 PM



PLACE: [Local School / University]

ALL AGES WELCOME

> FREE EVENT! <

#IfItWereMe

www.examplelink.com • Contact:
email@example.com • Follow Us!



Youth CleanAir Summer Festival

ISTANBUL SUMMER 2026

THE CITY NEEDS TO BREATHE

AIR POLLUTION:
5x OVER
SAFE LIMITS

50

**WE ARE URGENTLY
LOOKING FOR 50
YOUTH VOLUNTEERS.**
Not tourists. Activists.



THE MISSION:
Combat the 'Silent
Killer' through direct
action.



THE FESTIVAL:
3 Days of Public Art,
Workshops & Culture.



**APPLY NOW: SCAN
TO JOIN THE CREW.**
www.CleanAirIstanbul26.eu

Linking Planetary Health and Physical Rehabilitation



LINKING PLANETARY HEALTH AND PHYSICAL REHABILITATION



Problem-Air pollution in Georgia negatively affects rehabilitation outcomes by reducing lung function, increasing cardiovascular stress, and limiting physical performance. Patients recovering from stroke, cardiac, or respiratory conditions are especially vulnerable, which can slow recovery and decrease overall rehabilitation effectiveness.

Goal-To integrate planetary health awareness into physical rehabilitation practice by addressing the impact of air pollution on patient recovery outcomes.

Objectives-

- Organize an educational workshop for rehabilitation professionals on the impact of air pollution on recovery.
- Develop and distribute patient education material on safe physical activity during high air pollution periods.
- Promote the integration of air-quality awareness into clinical rehabilitation assessment and exercise planning.

Giorgi Gvinashvili

Air for All

REDUCE AIR POLLUTION

raise awareness!

MINIMIZE HEALTH RISKS

educate on
long-term effects!



DECREASE FIRE HAZARDS

promote safe
disposal practices!

PREVENT ECO-HAZARDS

protect soil, water,
and biodiversity!

AIR FOR ALL!

THE HIDDEN COST OF WASTE BURNING

Simona Ristovska & Kristina Pavloski