

Transportation

The main source of greenhouse gas from the transportation sector in Taiwan is the private transportation such as cars and motorcycles, both of which account for 72.4% of transportation use. Public transportation comprises only 13.4% of total transportation. Transportation produces greenhouse gas and minimizes physical activities¹². Thus, it is important to encourage people to take the stairs instead of taking elevators, and to increase physical activities by riding bicycles. Public transportation should be utilized to decrease driving cars and riding motorcycles. When purchasing cars, we should choose vehicles using liquefied petroleum gas or electricity. Keep a good habit of turning off the engine during long idles to reduce carbon dioxide emissions.



Buddhist Dalin Tzu Chi General Hospital- Encourage staff to ride bicycles

Taiwan: Buddhist Dalin Tzu Chi General Hospital

Within the hospital, we encourage people to take the stairs instead of elevators. The stairways are decorated with beautiful pictures of natural scenery and health education. Riding bicycles is encouraged instead of driving cars or riding motorcycles. This is good way to reduce the carbon footprint. Furthermore, we provide free shuttle buses routes between downtown and hospital as means to people to take public transportation.



Buddhist Dalin Tzu Chi General Hospital- Healthy stairways within hospital

Singapore: Alexandra Health Cluster

As a health promoting hospital, all staff is encouraged to exercise on a regular basis. Posters with messages advocating the benefits of walking can be seen around the hospital. Bicycle parking spaces are made available for those who ride bikes to

the hospital. There is even a bicycle for rent service available for the staff who wants to pedal around and explores the areas nearby the hospital.



Alexandra Health Cluster- Staff and visitors are encouraged to take the stairs

Food

According to the Food and Agriculture Organization of the United Nations, livestock business is the major source of carbon dioxide emission¹³. Agriculture is an important contributor to climate change. During process of the production, manufacturing, transportation, storage, selling and food consumption, considerable amounts of greenhouse gases are produced. The majority of greenhouse gases are methane and nitrous oxide and the main source is from the meat production¹⁴. We can cut down on the meat consumption which helps decrease the effects of global warming.

Moreover, the disease pattern is changing and many chronic diseases are diet-related. We can improve health by changing the lifestyle and dietary habit.

Taiwan: Buddhist Taipei Tzu Chi General Hospital

In order to encourage people to eat healthy vegetarian diet and use reusable utensils, Buddhist Tzu Chi Foundation constantly teach people how to eat healthy and treat the environment friendly, respect the life, and live in harmony with the nature. In order to promote the health of patients, staff and the people who visit the