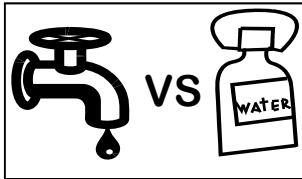




# greening The Dalla Lana

## Dalla Lana School of Public Health: Bans the Bottle!

Canadians have one of the largest fresh water supplies in the world. Here in Toronto we are fortunate to live on the shores of the Great Lakes, affordable clean water flows from our taps. The Dalla Lana School of Public Health has a commitment to develop and maintain environmentally sustainable practices. As a result the School will no longer participate in the purchasing of individual bottles of water sponsored meetings. This has been in place since October 2008. It is important that water remain a common good, freely and publicly accessible. Production of bottled water is very resource intensive and has worldwide impacts. Research has shown that the City of Toronto tap water is just as safe as bottled water, and its quality is continuously being tested and analyzed. It is tested at every step in the treatment process.



**What can you do to help?** Stop purchasing and drinking bottled water. The environment is effected by the plastic bottles in the landfill and in our oceans. The CO2 footprint of manufacturing and shipping bottled water is unnecessary. According to David Suzuki, "I think that we've got to drink the water that comes out of our taps, and if we don't trust it, we ought to be raising hell about that." The DLSPH Bottled Water Policy can be found by visiting: [http://www.phs.utoronto.ca/Greening\\_docs.asp](http://www.phs.utoronto.ca/Greening_docs.asp)

### Greening on the Web!

The Greening Work Group is proud to be on the DLSPH website.



Please visit: [www.sph.utoronto.ca/Greening.asp](http://www.sph.utoronto.ca/Greening.asp) for information about the work group and our initiatives, as well as past issues of the newsletter.

## A Sea of Trash

Located in the central North Pacific there is a patch of ocean surface water that has extremely high concentrations of suspended plastic and other debris. Floating materials are trapped in the region by the clockwise ocean current. According to the UN Environment Programme plastic deaths of more than every year, as well as marine mammals.

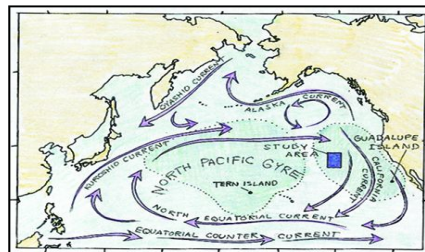


Environmental debris causes the a million sea birds more than 100,000

The existence of the was documented by California based sea researcher in 1997.

"Garbage Patch" Charles Moore, a captain and ocean Mr. Moore discovered the area while he was returning home from a sailing race. Sailors generally avoid the area because the ocean circulates slowly due to very little wind and high pressure systems.

Sturdy and durable plastic does not bio-degrade, it only breaks down physically and can persist in for possibly hun-Sunlight, wave mechanical abrasion cles to break small pieces. pieces can cause age to marine to Greenpeace, a plastic drink break down into



The North Pacific Gyre

the environment dredged of years. action and me-cause the parti-down into very The tiniest the most dam-life. According single one litre bottle could enough small fragments to put one on every mile of beach in the world. The plastic particles can get as small as 20 microns – thinner than the diameter of human hair. These small plastic particles are mistaken for food. Sea birds can even mistake syringes, cigarette lighters and toothbrushes for food, these items and other items have been found inside the stomachs of dead birds. Eventually birds and marine animals have so much debris in their gut, (dietary dilution) that they are no longer hungry and die of starvation.

(See "A Sea of Trash" on page 2)

**To find out more about water visit the Council of Canadian's web site at:**

<http://www.canadians.org/water/index.html>

**and learn about how you can become active around water issues in your community.**

## A Sea of Trash

(Continued from page 1)

The Midway Islands, located in the Pacific Ocean, are home to some of the world's most valuable and endangered species. There are nearly two million Laysan Albatrosses living on the islands. Researchers studying the birds, have realized that



Taken by Cynthia Vanderlip, the State of Hawaii's Wildlife Sanctuary Manager at Kure Atoll.

every Albatross on the Midway Island contains some amount of plastic. About one third of all Albatross chicks die on the island, mainly the result of being fed plastic by their parents.

Effects on the food chain: Toxins from plastics being ingested by fish and other sea life may work its way up the food chain to larger mammals and humans. Effects on marine mammals can serve as indicators to the implications for human health.

What can individuals do to help:

1. Buy quality products—avoid contributing to a “throw away” society.
2. Avoid bottled, privatized water
3. Buy a reusable water container for daily use
4. Maintain your vehicle—oil drips on city streets become oil slicks on swollen rivers when it rains.
5. Pick up after your pet—the high levels of fecal coliform bacteria polluting beaches after rains can be contributed to pet waste

## Did you know: Different types of water?

Bottled water	This can be water from any source, distilled, carbonated or treated in any manner. Dasani is filtered municipal tap water, bottled in Brampton and Calgary. Aquafina is also sourced from municipalities.
Mineral and Spring Water	Comes from an underground source, and cannot be altered with chemicals.
Artesian water	Bottled from a well which taps a confined aquifer
Sparkling water	Water that has been carbonated
Glacial water	Water sourced directly from a glacier
Natural water	Water such as Spring, mineral, or artesian, obtained from an approved underground source (not from municipalities). This water is untreated other than by filtration.
Purified water	Water produced by distillation or de-ionization or reverse osmosis, which contains no more than 10 mg/L of dissolved solids.

### Reusable Bottles for Sale!



Purchase a reusable water bottle with the Dalla Lana logo on it! The DLSPH has 500 ml bottles available for only \$10.00. You can purchase the bottles from Stephanie do Rego.

[stephanie.dorego@utoronto.ca](mailto:stephanie.dorego@utoronto.ca)

**What's your opinion on drinking water?**  
Take this short online survey and let us know:  
[Drinking Water Survey](#)  
The survey is also available on the website at:  
[www.sph.utoronto.ca/greening.asp](http://www.sph.utoronto.ca/greening.asp)



"Just when you thought it was safe to go back into the water."

#### References:

Charles J. Moore, Shelly L. Moore, Molly K. Leecaster and Stephen B. Weisberg "A comparison of plastic and plankton in the North Pacific central gyre" Marine Pollution Bulletin 42(12):1297-1300, 2001-12-01.  
Michelle Allsopp, Adam Walters, David Santillo and Paul Johnson. "Plastic Debris in the World's Oceans" Greenpeace, Plastic debris washed ashore, Algalita Marine Research Foundation. [www.algalita.org](http://www.algalita.org)  
The trash vortex, Greenpeace ([www.greenpeace.org](http://www.greenpeace.org))  
<http://www.cbc.ca/canada/newfoundland-labrador/story/2007/02/01/suzuki-water.html>

### Contact Us!



The Greening Work Group at the Dalla Lana School of Public Health was established in May 2008. The mandate of the Work Group is to implement the Dalla Lana School of Public Health sustainability plan.

Web: [www.sph.utoronto.ca/Greening.asp](http://www.sph.utoronto.ca/Greening.asp)

Email: [greening@sph.utoronto.ca](mailto:greening@sph.utoronto.ca)



*Please think of the environment before you print this newsletter*