

Trina Noonan, Health in
Harmony
Podcast Transcript
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***** START *****

03:49: What Health in Harmony (HIH) does.

- Reducing deforestation in tropical rainforests.
- Climate change.
- Forests and loggers.
- Working on the ground with communities in Indonesia and Borneo.
- The role of healthcare in this issue.
- Successful model.
- Expansion of model.

05:20: How Trina Noonan got involved with HIH.

Environmental Studies: how people interact with their environments.
Environments are the base of our wellbeing and communities.
Environmental justice.

06:14: Why public health and the environment?

Multifaceted.
Health is intimate and necessary, globally. Healthy environments?
The basis of our health is a healthy environment.
Reciprocity of the HIH approach.

08:37: How the HIH Model works.

Very holistic, yet simple.
HIH are not the experts: the people who live there, are.
Radical Listening (RL).
Hours of RL meetings to ensure that HIH and the communities understood the root causes, issues, and solutions.
External expertise are based on what the communities need and are seeking.
Bring in visiting physicians, medical students, etc. -- two-way exchange of knowledge.
Differences in medical health in the Western system.
Creating global connections to solve environmental issues.

14:42: How HIH began.

Kinari Webb, Founder, and her research with orangutans.
Orangutan habitat was rapidly disappearing: Kinari realized some of the connections between healthcare and the environment.
The challenge in accessing healthcare.
Graduated top of her class from Yale University because she was fortunate to get a good medical education.

18:20: Translatability of the HIH model to other systems?

Indonesia and Borneo.
Reducing the amount of carbon in our atmosphere: time is limited.
Reforestation is vital for addressing climate change. Responsibility to scale this model and understand applicability to other contexts.
Initiating this in Madagascar and Brazil soon.
Confidence in the scalability because of RL.
What would it take for us to not harm our environment any longer?

21:44: Why is it important to make local residents such a big part of conservation / HIH's model?

Been 90% decrease of logging households in the last 10 years. Able to work individually with remaining loggers to find alternative solutions.
Being corroborated by external studies as well: satellite data, primary

forest, 50,000 acres of forest regrowing.

Alternative payment system.

It's important because it's so effective. No time to waste. Communities truly know what the solutions are.

24:40: HIH's alternative payment system.

Can pay with seedlings, manure, etc.

Can bank seedlings as a health insurance policy.

A discount system: 3-month rotation monitoring every village and look for logging indicators. If the village has no logging, they get a 70% discount off of your healthcare bill.

System that functions at a community level.

27:42: The importance of Radical Listening.

We have a hard time listening in a way that matters.

Our success comes out of the conversations that HIH has with community members.

No one person ever has the answer.

29:38: Overcoming challenges of the HIH model.

Financing is almost always a challenge.

Alternative livelihoods, sustainable agriculture, children's education because people don't live one-dimensional lives.

Drawing on community wisdom even if they have global significance.

Recognizing the overlap between healthcare, livelihoods, and the environment. But it is still a challenge.

32:30: Opportunities to be involved with HIH.

www.healthinharmony.org

Donations, serving on their board, becoming a partner, career openings, education programs, volunteering, internships, supporter trips to Borneo.

33:49: Interconnectedness of environmental conservation.

Icebergs and Rainforests: <https://earth911.com/inspire/icebergs-rainforests>

Everyone has something to offer: the actions of people on one side of the planet affect all of us.

Icebergs of the Arctic: the story of an HIH donor.

Inspired students to educate others about climate change.

The education programs expand from children to teens, the latter of whom also teach the programs.

Kinari's TED Talk: https://www.youtube.com/watch?v=tJkeZ_4wuYg

40:33: Why are our salvations interconnected?

It goes back to health: my health underpins everything else about my life.

Our health is connected to our local and global environments.

How can we create a global community, now, to solve these issues.

We need radical change in the way that we think about our planet and our ecosystems, and the ways in which we are trying to protect them.

44:16 SPEED ROUND.

Current fields of environmental conservation that you believe are in most need of advocates?

Planetary Health.

The environment underpins human wellbeing.

Climate justice is going to be very key over the next decade.

One piece of advice for a student in ecological conservation?

Look for the interconnections across different fields and how one can contribute to healthy ecosystems.

Your current outlook on conservation, and why?

If you look at only the science, you can easily be a pessimist. But observe the people on the ground and you'll be an optimist.

Huge challenges are in front of us, but there is lots of hope in communities and individuals around the world.

Some of your favorite conservation books? Favorite podcasts?

Dr. Kinari Webb's memoir: keep an eye out!

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants (Robin Wall Kimmerer)

Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming (Paul Hawken, Tom Steyer)

Flight Behavior (Barbara Kingsolver)

Any other thoughts / advice for budding environmental stewards?

Think beyond the boundaries of traditional thought and practice.

Implementing radical listening.

Holistic and win-win solutions for healthy ecosystems and people.

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