

Calculating Your Eco-Footprint

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Like many Australians, we have watched horrific bushfire events, floods and droughts harm our environment and wildlife (WWF, 2021). Making a start to reduce our individual impact on the environment can be overwhelming, as everything we do has an impact on the environment. From the metal parts in our mobile phone to the cup of coffees we drink every morning, everything we can see, touch and taste comes from a natural resource. Right now, humans consume about 1.6 Earth's worth of natural resources (Dasgupta, 2021). That means humans are using natural resources at a rate that is not sustainable – we are using too many resources than what is available.



Figure 1: Question from the ecological footprint calculator (Global Footprint Network, 2021).

If you want to reduce how many resources you are consuming, you need to know how much you are consuming. The ecological footprint is a calculation of how many natural resources are needed to sustain your lifestyle, or how many Earth's are needed to support your lifestyle if everyone else lived the same way. The ecological footprint looks at four main categories to determine your resource consumption: Travel, energy usage, retail consumption, diet.

Everyone can reduce their eco-footprint.

Calculating your eco-footprint can help highlight areas in your life that you can reduce consumption. Even if you have calculated your eco-footprint in the past, COVID-19 may have impacted your daily lifestyle and consequently your eco-footprint. Maybe you are not travelling internationally but driving your car more and not using public transport. Finding out how your consumption patterns have changed can help you live a more sustainable, eco-friendly lifestyle.

Calculate your eco-footprint here to see how many Earth's it would take to support your lifestyle: <https://www.footprintcalculator.org/>

To find out ways to reduce your eco-footprint and live more sustainably, visit hopeaustralia.org.au/resources.



Resources

Dasgupta, P. (2021), *The Economics of Biodiversity: The Dasgupta Review*. Abridged Version. London: HM Treasury.

Global Footprint Network, 2021. Accessed 25 April 2021, <<https://www.footprintnetwork.org>>.

World Wide Fund for Nature (WWF), 2021. Accessed 25 April 2021, <<https://www.wwf.org.au/get-involved/change-the-way-you-live#gs.z4yvrf>>.