EMBRACING SUSTAINABILITY: HOW WE CAN PRACTICE MINDFULNESS TO COMBAT THE EFFECTS OF RAPID URBANIZATION IN CHARLOTTE, NC

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HOW IS THE RISING POPULATION IN NC URBAN AREAS EFFECTING THE ENVIRONMENT?

The population of people living in urban areas is projected to increase from over **50%** to **66%** by **2050**

11,637 square miles of forested land were lost to agriculture and urban construction around Charlotte in **5 years**

Urbanization, among other factors, has led to the disposal of **2 billion tons** of waste into global freshwater daily

WHY ELSE SHOULD WE CARE ABOUT URBANIZATION?

Urbanization also affects Charlotte water quality.

75% likely for urban water sources to contain PFAS, according to federal studies

PFAS enter nearby water sources when products or waste containing them are disposed of or spilled on the ground.

35 of 50 water quality tests done by NCDEQ report unhealthy levels of PFAS in NC

Ingesting PFAS causes high cholesterol, birth complications, cancer, and more in humans and animals.

WHAT WE CAN DO TO BALANCE THE EFFECTS OF URBANIZATION WITH SUSTAINABLE PRACTICES?

- Plant a community or personal garden
- Conduct routine trash pick ups in Charlotte green spaces
- Reduce commercial or personal use of pesticides
- Use environmentally friendly/ natural cleaning supplies
- Avoid disposable items such as plastic bags
- Take public transportation

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