



Conservation
ONTARIO
Natural Champions

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Fact Sheet

Conservation Authority Programs Contribute to:

Healthy Watersheds and Healthy People

Healthy ecosystems such as forests, wetlands, lakes, rivers and green spaces provide safe water resources, healthy food, clean air, cooler environment, and opportunities for more physical activities in parks and conservation areas which contributes to both healthier bodies and minds.

Environmental organizations and the health sector recognize the co-benefits of a healthy environment and are working together to build awareness, develop policy, and lead initiatives that support each other for one end goal - healthier people and ecosystems.

Conservation Authorities deliver practical, cost effective programs that ensure healthy ecosystems which enable them to generate and maintain valuable goods and services, often preventing the need for costly technological solutions to environmental problems.



Human Health A healthy watershed provides safe drinking water, provides food, enables us to adapt to the impacts of climate change more easily by cooling the air and absorbing greenhouse gas emissions, and provides natural areas for people to keep active and recharge our batteries.



Ecological Health A healthy watershed conserves water, promotes streamflow, supports sustainable streams, rivers, lakes, and groundwater sources, enables healthy soil for crops and livestock, and also provides habitat for wildlife and plants.



Economic Health A healthy watershed produces energy and supplies water for agriculture, industry and households. Forests and wetlands help to prevent or reduce costly climate change and flooding impacts, manages drought, contributes to tourism, fisheries, forestry, agriculture and mining industries.

Protecting Nature and Adapting to Climate Change

Conservation Authorities:

- Safeguard Ontario's rivers, lakes and streams;
- Protect, manage and restore Ontario's woodlands, wetlands and natural habitats;
- Develop and maintain programs that will protect life and property from natural hazards such as flooding and erosion;
- Provide opportunities for the public to be active and enjoy nature, as well as learn from and respect Ontario's natural environment.

Healthy watersheds build local environmental resilience and protect public health. Examples of Conservation Authority program initiatives include:

- Watershed management programs provide tangible and measurable social, economic and environmental benefits



- Stewardship Initiatives such as tree planting, habitat restoration, water quality improvement and green infrastructure engage landowners, communities and businesses in activities that protect and restore clean water and provide ecosystem goods and services that support clean air and safe, sustainable drinking water
- Monitoring and reporting on conditions in Ontario watersheds identifies problems and contributes to developing solutions
- Conservation Areas & education programs provide healthy outdoor activities and help people to learn about the importance of environment to their own health

Conservation Authorities work in partnership with landowners, all levels of government, other agencies, and businesses

More information on Conservation Authority Programs: www.conservationontario.ca

Conservation Ontario

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