

Presenter: Sofia Fletcher

Session & Time: E-Poster

Room/Time: GUZ 113 & 114 / 3:30-4:30

Discipline: Nursing

Faculty Mentor: Olivia Catolico

Digital Portfolio URL:
https://www.canva.com/design/DAHDzo6xeDs/dUO7Ub8PwPkMbJlYszXN0w/edit?ui=eyJEIjp7IlAiOnsiQiI6ZmFsc2V9fX0

Title: FUNCTIONAL ABILITY: SUSTAINABLE CITIES AND COMMUNITIES

Abstract:

The purpose of this poster is to show the positive effects of UN SDG 11, creating sustainable cities and communities, within society in relation to our fundamental concept, functional abilities. Functional ability can be defined as having the necessary abilities to carry out everyday tasks. These abilities can be about cognitive function, or physical / emotional abilities. With our assigned goal being the United Nation Sustainable Development Goal 11, we understand that it aims to build sustainable cities that will provide better affordability, increase in safety, and a reduction in negative environmental factors in hopes of ultimately living in a community with inspiring living conditions. Within our poster, we show how the goals of UN SDG 11 play hand in hand with functional abilities for the fact that an increase in better living conditions can lead to an increase in physical health,

through better medical care, which can ultimately lead to better functional abilities, allowing an increase in ADLs and IADLs in the community. With those who have a disability or impaired movement, a sustainable community will help promote improvement through a better diet / quality of foods, stress management, and routine checkups, all while encouraging movement of the body through the access of a safe public space. The key recommended action that we concluded in the poster was that UN SDG 11 should primarily focus on the health of its residents and outside factors that can affect their health. Communities are sustainable when living environments are inclusive by promoting the health, well-being, and quality of life for all of its members. We pointed out some key goals that UN SDG 11 stated that we, as a group, concluded would benefit a community that would improve the functional ability of its residents which includes safe housing, accessible transportation, social participation, and affordability. This is because all these improvements would decrease the amount of stress which can ultimately impair cognitive function, emotional performance, and physical movements, ultimately decreasing functional ability.