# Ecological Footprint as an indicator of sustainability at Lisbon School of Health Technology Portugal

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## Introduction

Higher education institutions, has an active role in the development of a sustainable future[1] and for this reason, it is essential that they became environmentally sustainable institutions, applying methods such as the Ecological Footprint analysis[2].

This study intent is to strengthen the potential of the **ecological footprint as an indicator of the sustainability of students of Lisbon School of Health Technology**, and identify the relationship between the ecological footprint and the different socio-demographic variables.

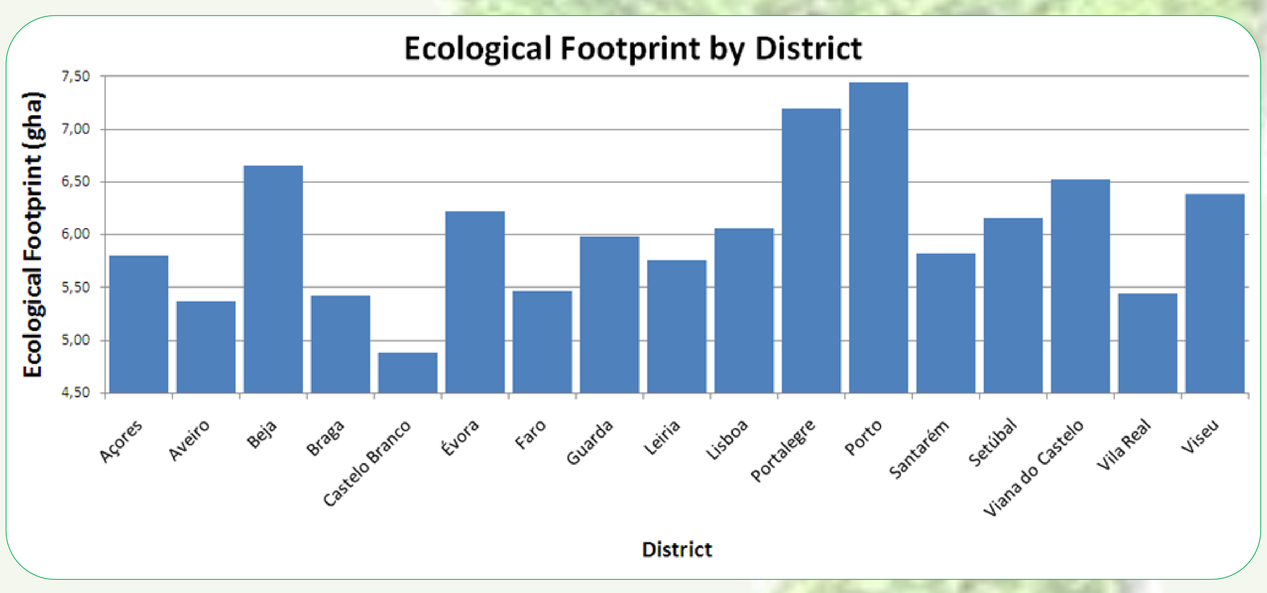
## Materials and Methods

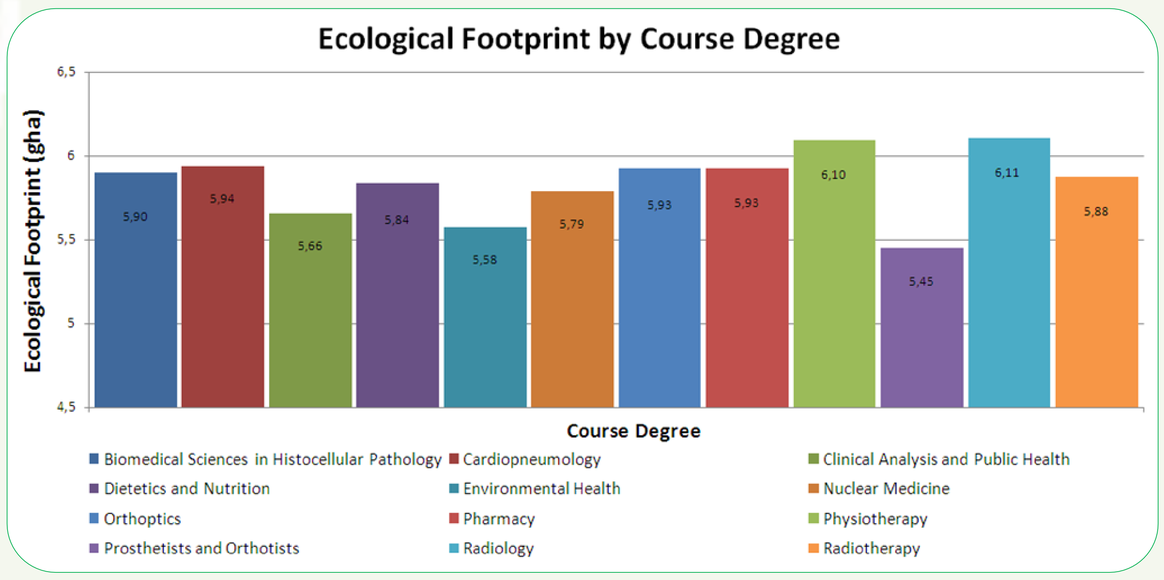
Data collection, with sample of 254 individuals, was carried out through the **application of a questionnaire online.** The first part of the questionnaire was formed by the independent variables for sample characterization: age, gender, province of residence, level of education, profession, scientific area, level of education, course degree, year of course. The second part of the questionnaire consisted of questions adapted from the questionnaire of Group of Environmental Studies at the School of Biotechnology from the Portuguese Catholic University. Later it was applied a **conversion table for global hectares**. It was applied descriptive statistical analysis, verification of normality for all variables, and the existence of association between the socio-demographic variables and the value of the Ecological Footprint.

## Results and Discussion

By calculating the Ecological Footprint of the academic community of Lisbon School of Health Technology we reached a value of **6,01 gha** and a value of **5,84 gha** related to the students. On average, female individuals have a lower ecological footprint than males.

There is significant difference between the different districts, and individuals residing in the District of Castelo Branco (Portugal) have, on average, the lowest ecological footprint.




It was observed that the **lowest average of ecological footprint was obtained by degree in Prosthetists and Orthotists** followed by Environmental Health and the **higher average was obtained by students of Radiology degree** followed by Physiotherapy.

The **ecological footprint of the academic community and students of Lisbon School of Health Technology is superior than the value of Portugal**, and above the national biocapacity[3].

## Conclusion

With this study, we conclude that the **students of Lisbon School of Health Technology are not environmentally sustainable**, because their Ecological Footprint is higher than the biocapacity of Portugal. After understanding the reasons for the increase in Ecological Footprint compared to year 2010[3], it becomes pertinent to perform other complementary studies such as the calculation of the carbon and water footprint to analyze, with more detail, the reasons that led to the increase of Ecological Footprint. In addition to these study, it is proposed a new calculation of the Ecological Footprint of the academic community in the coming school years in Lisbon School of Health Technology.

**REFERENCES:**

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