

# GREEN NEWS



# LETTER



Asia Energy Transition



Brain aging

# Running out of excuses: Where does Southeast Asia's energy transition stand in 2020?

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As renewables success stories keep emerging from Southeast Asia, countries in the world's most climate-vulnerable region have little excuse for not having a working clean energy market design in place. There are plenty of neighbours to learn from.

A few years ago, Southeast Asia's energy transition got off to a bumpy start, and that's putting it mildly.

While endowed with an extraordinary supply of wind and ample sunshine, governments across the region have long bucked the global trend towards renewables, despite it playing a key role in the fight against climate change.

A bloc of some 670 million people, Southeast Asia may historically not rank among the world's climate villains. But its population boom, along with burgeoning incomes and dizzying economic growth, is forecast to send energy demand rising by 60 per cent by 2040.

So far, the region—where some 45 million people still lack access to electricity—has handled the increase in power consumption primarily by doubling down on investments in planet-heating fossil fuels. If the world is to stave off climate catastrophe, this needs to change.

In 2015, the Association of Southeast Asian Nations (Asean) established a region-wide target of sourcing 23 per cent of its primary energy from renewables by 2025, with most member states setting their own individual goals. But Southeast Asia is not on track to meet these goals. Coal, oil and gas are currently supporting 80 per cent of the energy demand growth, and in the absence of a central body that monitors progress, there are no political consequences for governments that fall behind on their targets.

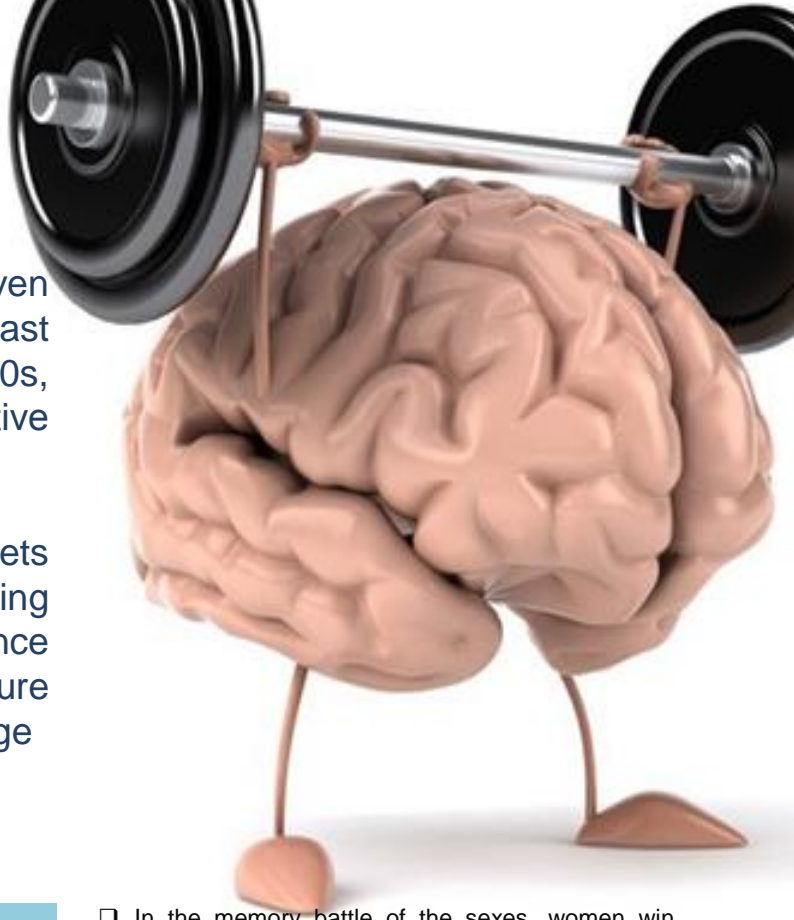
Without a stronger policy push, the share of renewables in the energy mix is projected to stay flat at around 15 per cent through to 2025

Country	Renewable energy target
Vietnam	The 2016 Power Development Plan (PDP) stipulates 2.1 per cent wind, 15.5 per cent hydro, 2.1 per cent biomass and 3.3 per cent solar in the electricity mix by 2030. The 2021 PDP is expected to raise these targets.
Cambodia	No declared renewable energy targets.
Laos	Plans to increase the share of small-scale renewables in total energy consumption to 30 per cent by 2025.
Thailand	Aims to grow the share of renewables in the power generation mix to 49 per cent by 2037.
Myanmar	Plans to raise the share of renewables in the energy mix to 12 per cent in 2025.
Malaysia	Targets 20 per cent renewables in the energy mix by 2025.
Singapore	Plans to produce enough solar energy to power 350,000 households, or meet 4 per cent of Singapore's electricity demand today, by 2030.
Indonesia	Aims to increase the share of renewables in the energy mix to 23 per cent in 2025, and 32 per cent by 2050.
Philippines	Targets 26.9 per cent renewables in the energy mix by 2030.
Brunei Darussalam	Aims to raise the share of renewable energy in the power generation mix to 10 per cent by 2035.



Your brain is still developing even you an adult. But it doesn't last long. Once you hit your late 20s, you start a very slow "cognitive decline."

After you turn 40, your brain gets 5% smaller with each passing decade. It shrinks even faster once you hit 70. Scientists aren't sure why, but brain cells die off with age



## What happens to the **brain** as we age?

### Therapies to help slow brain aging

Researchers have discovered several factors that speed up brain aging.

For example, obesity in midlife may accelerate brain aging by around 10 years, and both sugar and diet varieties of soda are associated with poorer brain health.

A growing body of evidence suggests that people who experience the least declines in cognition and memory all share certain habits:

- engaging in regular physical activity
- pursuing intellectually stimulating activities
- staying socially active
- managing stress
- eating a healthful diet
- sleeping well

- ❑ In the memory battle of the sexes, women win. Men score lower on memory tests than women at every age, and especially after age 40.
- ❑ Studies show that people with healthier hearts score higher on mental tests. So habits that help your heart also help your brain. Good sleep, a healthy, balanced diet, and exercise are all brain boosters, even as your mind matures.
- ❑ Procedural memory is your muscle memory -- the kind that's responsible for the phrase "It's like riding a bike."
- ❑ Events that happen to you -- episodic memories -- are the ones that tend to go first.
- ❑ Challenging your brain with new skills keeps it firing on all cylinders for longer. And a group of good friends is not only good company, it can help you live longer -- and remember more, too.
- ❑ When it comes to memory matters, B all you can B. Three B vitamins -- folic acid, B6, and B12 -- all help lower levels of certain proteins that bring on dementia. You can get all three naturally from bread, fortified cereal, and leafy greens.
- ❑ The kind of memory that helps you remember facts, like knowing the capital of a country, is called semantic memory.



# Best Foods to Boost Your Brain and Memory

## Fatty Fish

About 60% of your brain is made of fat, and half of that fat is the omega-3 kind

## Coffee

Coffee can help boost alertness and mood. It may also offer some protection against Alzheimer's, thanks to its caffeine and antioxidants.

## Blueberries

Some of the antioxidants in blueberries have been found to accumulate in the brain and help improve communication between brain cells.

## Turmeric

Turmeric and its active compound curcumin have strong anti-inflammatory and antioxidant benefits, which help the brain. In research, it has reduced symptoms of depression and Alzheimer's disease.

## Broccoli

Beyond vitamin K, broccoli contains a number of compounds that give it anti-inflammatory and antioxidant effects, which may help protect the brain against damage

## Pumpkin Seeds

They're also an excellent source of magnesium, iron, zinc and copper.

## Dark Chocolate

The flavonoids in chocolate may help protect the brain. Studies have suggested that eating chocolate could boost both memory and mood.

## Nuts

Nuts contain a host of brain-boosting nutrients, including vitamin E, healthy fats and plant compounds.

## Oranges


Oranges and other foods that are high in vitamin C can help defend your brain against damage from free radicals.

## Eggs

Eggs are a rich source of several B vitamins and choline, which are important for proper brain functioning and development, as well as regulating mood.

## Green Tea

Green tea is an excellent beverage to support your brain. Its caffeine content boosts alertness, while its antioxidants protect the brain and L-theanine helps you relax.



## Have fun with a jigsaw puzzle

doing jigsaw puzzles recruits multiple cognitive abilities and is a protective factor for visuospatial cognitive aging.

## Try your hand at cards

The same study also found that a game of cards such as solitaire, heart, poker etc could improve memory and thinking skills.

## Build a Vocabulary

- Keep a notebook with you when you read.
- Write down one unfamiliar word, then look up the definition.
- Try to use that word five times the next day.

## Dance your Heart Out

Notes that learning new dance moves can increase your brain's processing speed and memory.

## Uses all your senses

You could try baking a batch of cookies, visiting a farmer's market, or trying a new restaurant while you focus on smelling, touching, tasting, seeing, and hearing all at the same time.

## Learn a New Skill

Is there something you've always wanted to learn how to do? Perhaps you'd like to know how to repair your car, use a particular software program, or ride a horse? You now have one more good reason to learn that new skill.



## Teach a New Skill to Someone Else

One of the best ways to expand your learning is to teach a skill to another person.

## Listen to or play music

Do you want an easy way to increase your creative brain power? The answer may lie in turning on some music.

## Learn a new language

Research has overwhelmingly proven the many cognitive benefits of being able to speak more than one language.

## Focus on another person

The next time you interact with someone, take note of four things about them. Maybe you observe the color of their shirt or pants. Are they wearing glasses? Do they have a hat on, and if so, what kind of hat? What color is their hair?



# Brain Exercises to Help Keep You Mentally Sharp