Climate Change Act 2008

Healthy Planet Sustainability Plan 2017-2020

Transitioning Health Systems to Sustainability | Edinburgh
Health and Climate Change: Systems in Transition
Climate Change is a Health Emergency

“Climate change is the biggest global health threat of the 21st century.”

See The Lancet Commissions page 1593

“The Planet is Sick – and we all need to work together to ensure the health and wellbeing of future generations”

HE Bertie Ahern, Co-Chair of the InterAction Council, former Taoiseach, Prime Minister, Republic of Ireland

Sustainable Healthcare Coalition

The Future is Reusable| Bracknell | 17th September 2019
Climate change causes illness and death directly and indirectly...
Global changes impacting on health
The changing environment

Excess deaths soared in the summer heat wave of 2003

Urban heat islands
The Environment Shapes Our Health

400,000 premature deaths linked to air pollution in Europe & 7 million globally

HEALTH IN THE SDG ERA

3. GOOD HEALTH AND WELL-BEING

ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES
Co-benefits of healthy behaviours through action across the economy

**The Lancet**

The health benefits of tackling climate change
An Executive Summary for the Lancet Series

*"If properly chosen, action to combat climate change can, of itself, lead to improvements in health. The news is not all bad."*

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**Health and climate: co-benefits**

- Reduced climate change
- Lower CO2 levels
- Improved outdoor air quality
- Improved indoor air quality
- Less heat stress and extreme weather
- Less vector-borne diseases
- Lower rates of cancer
- Lower rates of obesity
- Better mental health
- Fewer deaths from extreme heat
- Less cardiovascular disease
- Less respiratory disease
- Less road traffic fatalities

**Example interventions**

- Produce more renewable energy
- Improve insulation in homes
- Encourage use of lower emission vehicles
- Promote active transport
- Reduce solid fuels used for cooking
- Less food from animal sources
- Encourage locally produced fruit and veg

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Designed by: WB Stil-Stenileva
Content: Nick Watts
Thanks to: Helen Curran, Duncan MacKenzie, Jons Hering

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Health: co-benefits of healthy behaviours through action across the economy

Walking & Cycling instead of driving
↓ Heart disease & Stroke 10-20%
↓ Breast cancer 12-13%
↓ Dementia 8%
↓ Depression 5%
↓ Reduce health service costs by 17 billion

Eating 30% less saturated animal fat
↓ Heart disease by 15%
↓ Obesity
↓ Diet-related cancers

Low carbon saves money

Connecting to nature is good for health
Health Care Sector: Impact and Opportunities for Action
Impact of Global Health Care

Global Impacts:

- Healthcare sector’s footprint is equivalent to 4.4% of global CO2 net emissions (2 GT of CO2 eq)
- Equivalent to 514 coal-fired power plants or the 5th largest planetary emitter
- Linked to spending: top three emitters United States, China and EU (56% of global footprint)
- Energy (12%), transport (17%), products and services and waste (71% supply chain)
- Focus on low carbon, resilience, climate-smart development investment and procurement
Expertise, experience and authenticity are required for credibility
Engaging Companies: The Sustainable Healthcare Coalition
Who we are

A partnership of healthcare companies and other health agencies addressing some of the most pressing sustainability issues in global healthcare.

Our purpose is to facilitate the journey towards good health and wellbeing on a finite planet, through open-minded collaboration across public and private healthcare.

Our core group draws in participation from other health system players including trade bodies, state healthcare providers, public health institutions and international agencies.
Carbon Footprint and Care Pathways

- Created by NHS Sustainable Development Unit in response to evidence that pharmaceutical products were responsible for much of the NHS’s carbon footprint.

- By sharing data and expertise, the group was able to create world-first guidance on how to measure the carbon footprint of pharmaceuticals and medical devices.

- Inviting wider collaboration, the partnership went on to produce guidance on understanding the environmental impacts of whole care pathways.
Case studies

Transitioning Health Systems to Sustainability | Edinburgh | 24th September 2019

GHG emissions per year of diabetes management (kg CO2e / year)

- Patient in control, HbA1c=6.5%: 144 kg CO2e
- Patient not in control, HbA1c=8.4%: 155 kg CO2e
Stepping Up Action

The Sustainable Healthcare Coalition is now expanding its thinking and activity:

• How circular economy principles can be applied to ‘circular healthcare’.

• How supply chain and procurement processes could operate for effective, efficient and sustainable healthcare systems.

• Review guidelines for impact and change and new use.

• How can innovation drive change.

• Opportunities to collaborate, understand barriers and opportunities and test to learn.
Skills for transition
21st Century Enlightenment

Psychological research and global climate change

Developing core capabilities and solutions for transformation

Behaviour change

Human-Centered Design

Connected Communities

Digital solutions

BE HEALTHY
BE MOBILE
MOBILE TECHNOLOGY FOR A HEALTHY LIFE

PRECISION MEDICINE

the wellbeing experience
Health: the daily sustainability opportunities
Behaviour choice points across sectors

- Where do I live?
- Where do I work?
- How shall I travel?
- How do I use my workplace?
- How do I use my leisure time?
- What do I eat & drink?
- How do I stay well?
Designing in Sustainable Health....
Transforming the System
### A Transformed System......

<table>
<thead>
<tr>
<th>From</th>
<th>To</th>
</tr>
</thead>
<tbody>
<tr>
<td>health care as an institution led service</td>
<td>health and social care as part of the community</td>
</tr>
<tr>
<td>curative and fixing medical care</td>
<td>early intervention and preventative care</td>
</tr>
<tr>
<td>sickness</td>
<td>health and well-being</td>
</tr>
<tr>
<td>professional</td>
<td>personal</td>
</tr>
<tr>
<td>isolated and segregated</td>
<td>integrated and in partnership</td>
</tr>
<tr>
<td>buildings</td>
<td>healing environments</td>
</tr>
<tr>
<td>decision making based on today’s finances</td>
<td>an integrated value of the future which accounts for the impacts on society and nature</td>
</tr>
<tr>
<td>single indicators and out of date measurements</td>
<td>multiple score card information and in real time</td>
</tr>
<tr>
<td>sustainability as an add on</td>
<td>integration in culture, practice and training</td>
</tr>
<tr>
<td>waste and over use of all resources</td>
<td>a balanced use of resources where waste becomes a resource</td>
</tr>
<tr>
<td>nobody’s business</td>
<td>everyone’s business</td>
</tr>
</tbody>
</table>
Redefining Quality…
Together we go further…

Choose to Reuse

Seven Steps to Sustainable Healthcare

MIXED RECYCLING PLEASE
STILL NOT SURE?
CHECK OUT THE POSTERS ABOVE THE BINS
Our NHS Our People Our Planet

SUSTAINABILITY ACTION

Operation TLC
Turn off - Lights out - Close doors

Transitioning Health Systems to Sustainability| Edinburgh| 24th September 2019
Thank you!

Dr Fiona Adshead

Chair, Sustainable Healthcare Coalition

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A Health and Sustainability Journey…