

South West Clinical Senate Council Meeting Taunton 28th November 2019

Thinking global and acting local

Rolling out the Green Impact for Health Scheme
The role of the UK Health Alliance for Climate Change

My top 5 high impact changes

that healthcare systems can make as a meaningful contribution
towards mitigating climate change

Terry Kemple

Planetary Health

This is a world that is healthy and sustainable for everyone.

Natural systems are not disrupted

Public health is not harmed

Solutions are evidence-based



RCGP




The Green Impact for Health Toolkit

Think global and Act local

Your FREE toolkit is designed by GPs for GPs to help improve your sustainability and environmental impact. You can reduce waste, reduce practice costs and address the risks of climate change.

Test drive it at greenimpact.org.uk/giforhealth
& use login: gfh@greenimpact.org.uk
with the password: testtoolkit

 **Started in 2014 by RCGP, NUS, Univ of Bristol & HEE**

If you are a new user - you can use the toolkit in two ways. It is a

1. List of actions to do in general practice, with the reason why you should do them and advice on how to do them
2. Continuing Improvement process for your practice team where you collect points and awards each year as you increase your practice's achievements.

2014: The Green Impact Story



General Practices can & should make a difference

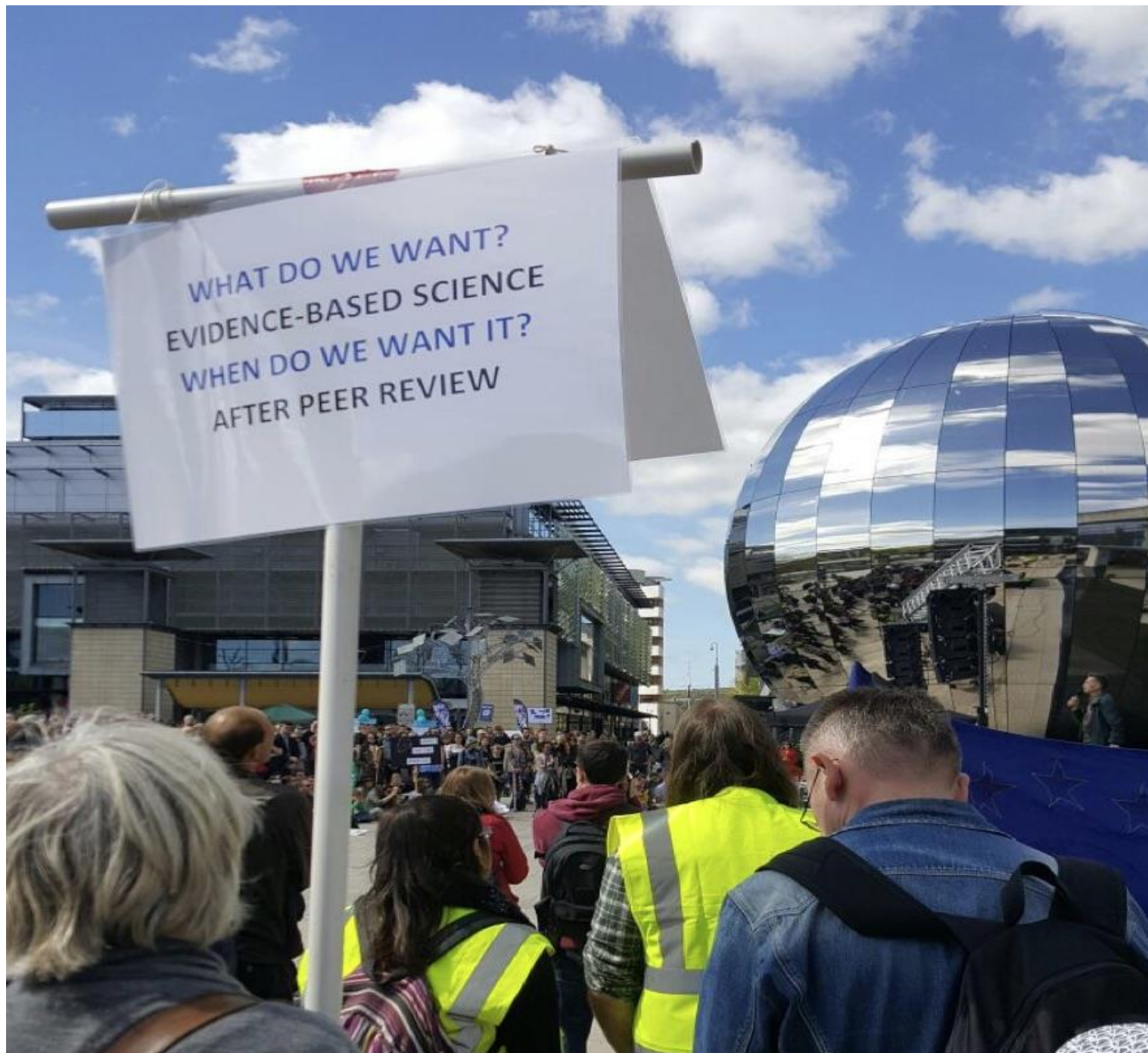


We reach more than 90 per cent of the world's population.

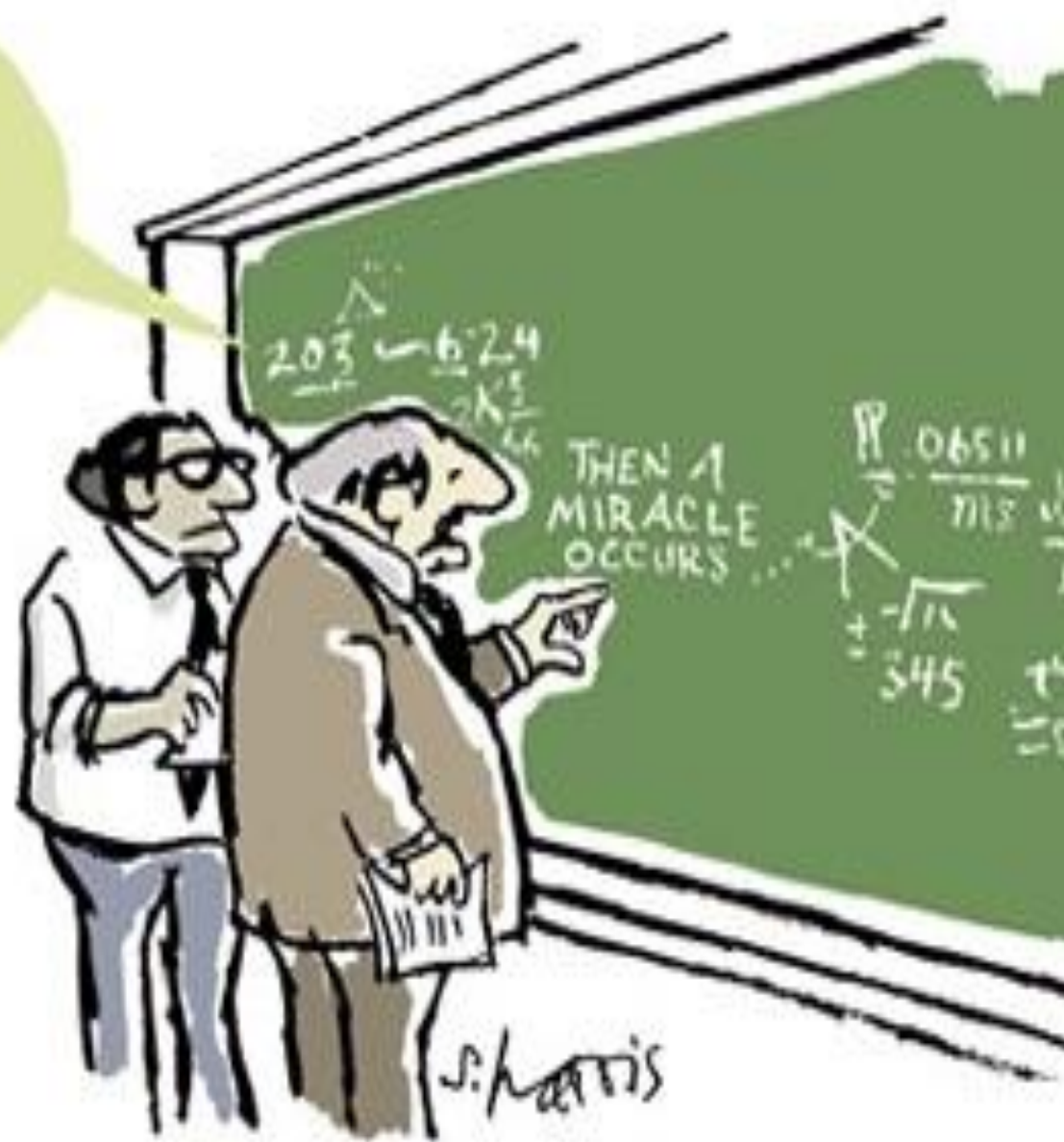
RCGP has 53,000 members which includes 70% of the 52,000 GPs working in the UK.
WONCA has 118 Member Organizations in 131 countries and territories with membership of about 500,000 family doctors



WHAT DO WE WANT?
EVIDENCE-BASED SCIENCE
WHEN DO WE WANT IT?
AFTER PEER REVIEW



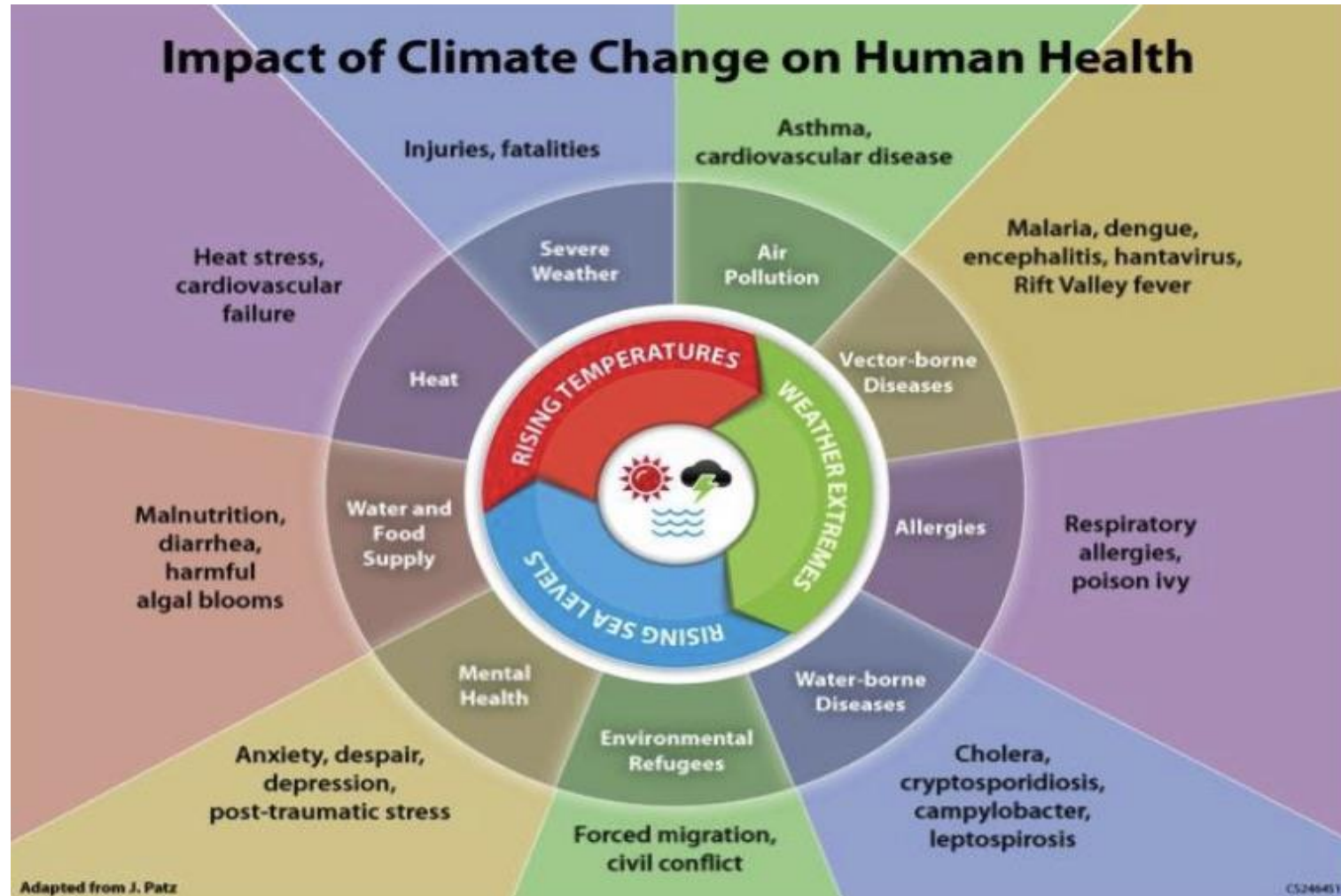
I THINK YOU
SHOULD BE MORE
SPECIFIC HERE IN
STEP TWO



How we can make a difference

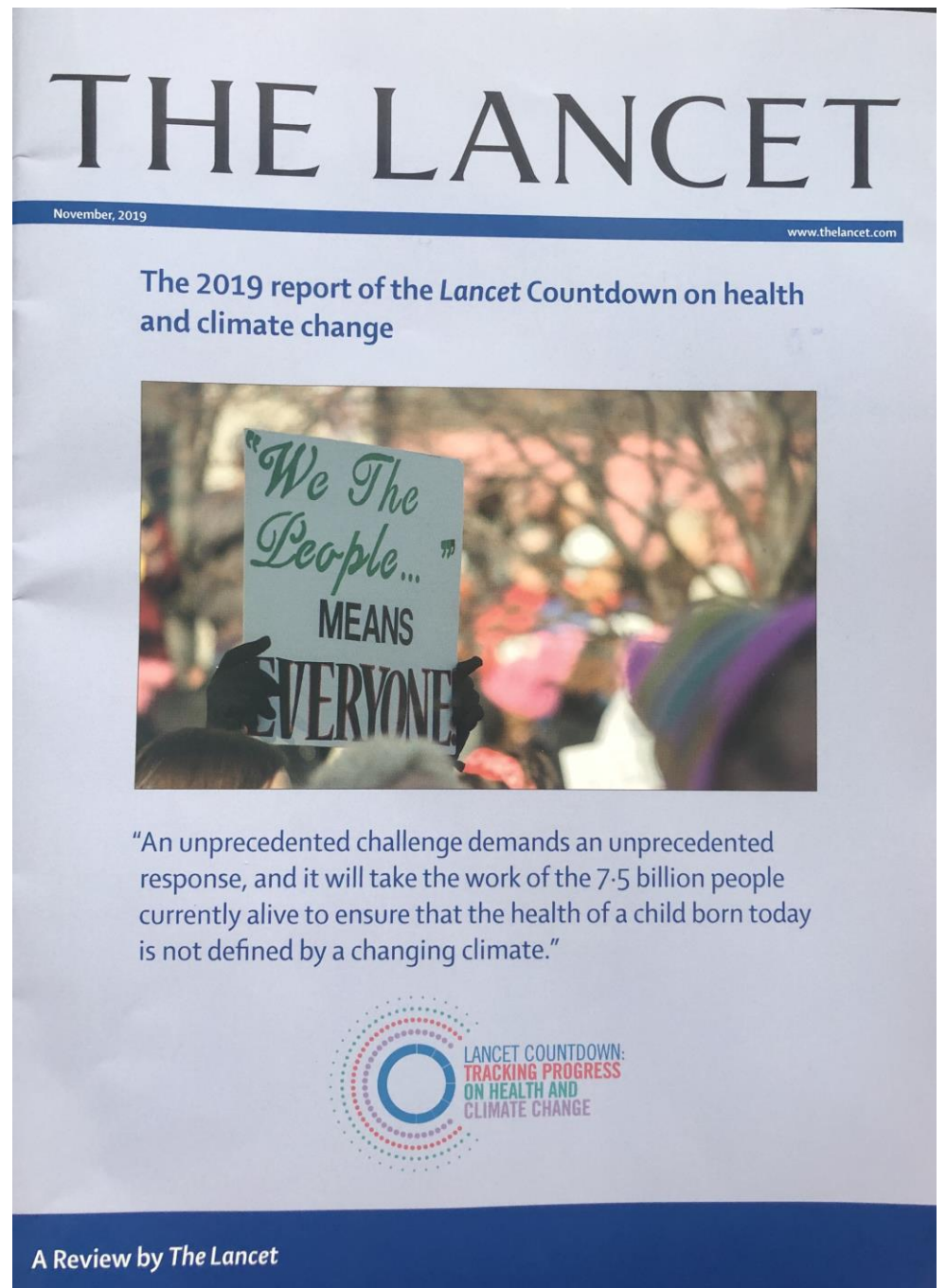
1. Show how health outcomes will be badly affected
2. Use hard to refute facts to show the need for action
3. Use a real life story (an emotional dimension) to cut-through apathy
4. Be clear about the behaviours that need to change
5. Show that any reduction has an impact on health outcomes
6. Show that small actions can have an impact on reduction
7. Give people simple actions, relevant to daily life, ideally with measurable results to maintain belief in positive impact on health outcomes
8. Have local, achievable goals
9. Show the efforts of Government and other authorities to change

1. Show how health outcomes will be badly affected

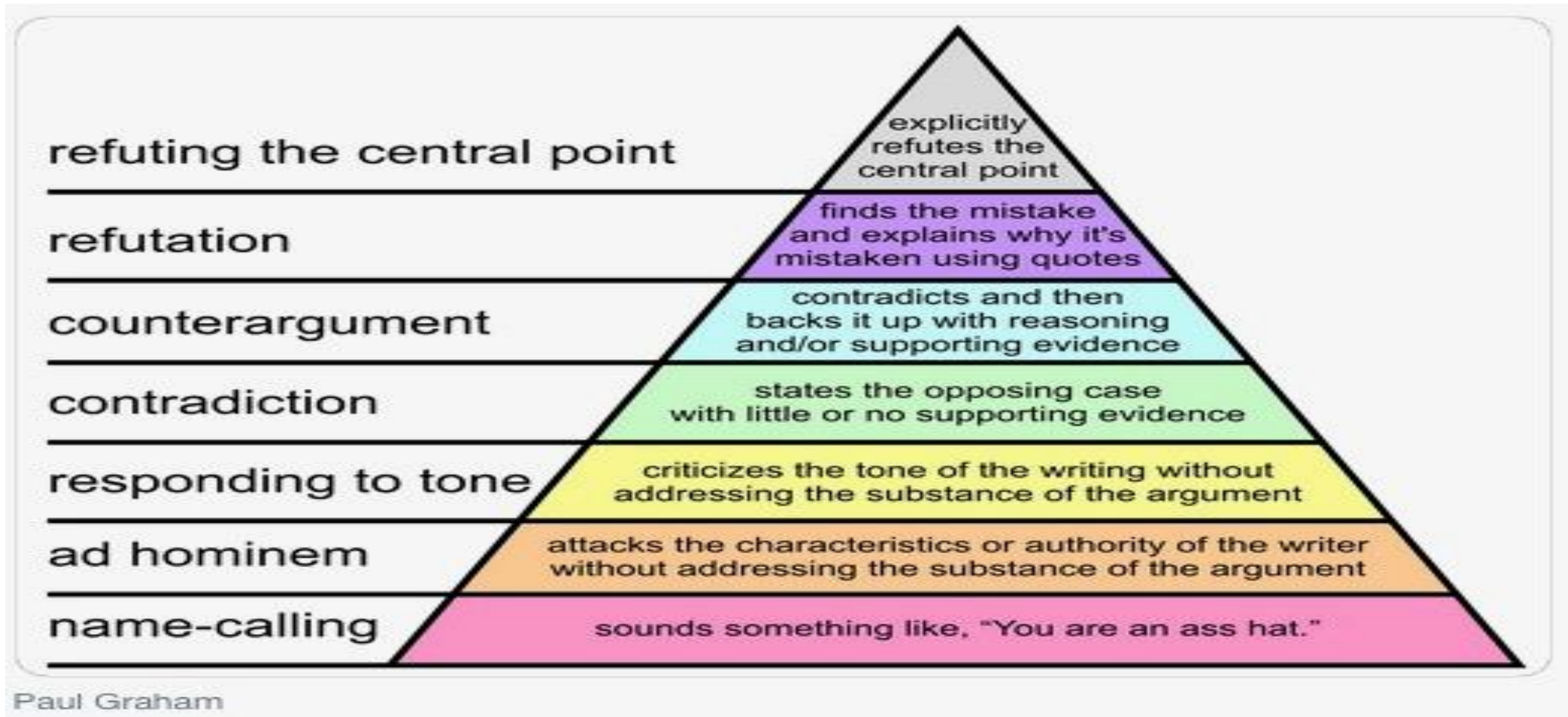


Lancet Countdown Nov 2019

‘An
unprecedented
challenge
demands an
unprecedented
response’



2. Use hard facts to show the need for action



The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is. Winston Churchill

Loss and Grief reactions – The climate

1. Denial and isolation
2. Anger
3. Bargaining
4. Depression
5. Acceptance

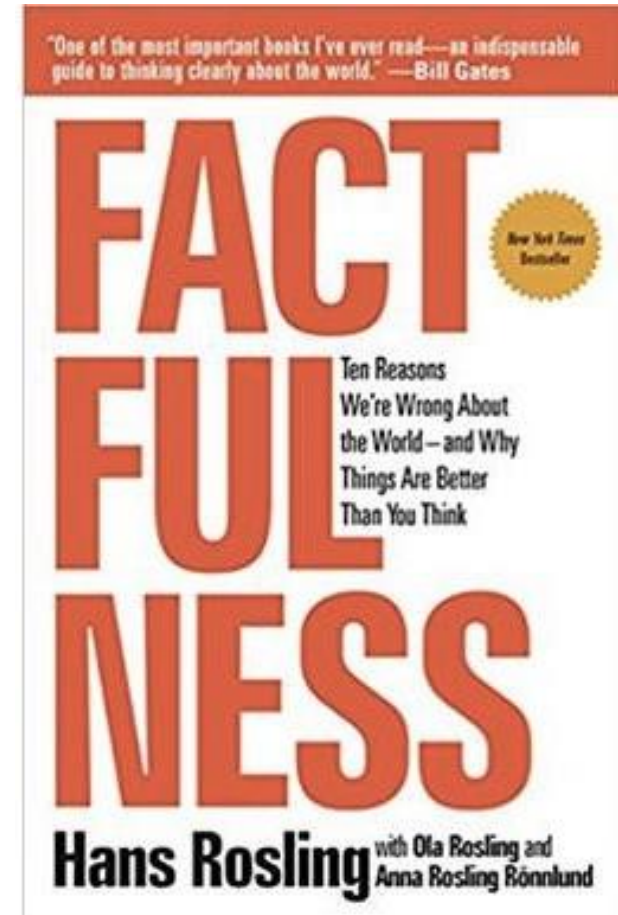
Cristiana Figueres argues the only way we can save the planet is with *relentless, stubborn optimism*.



Relentless, stubborn optimism

‘Anyone who is serious about climate change must keep two thoughts in their heads at once: they must continue to care about the problem but not become victims of their own frustrated, alarmist message.’

Hans Rosling



3. Use a real life story (an emotional dimension) to cut-through apathy and reframe

*“...it is still not too late to act. It will take a far-reaching vision. It will take courage. **It will take fierce determination to act now, to lay foundations when we may not know all the details about how to shape the ceiling.** In other words, it will take cathedral thinking.”*

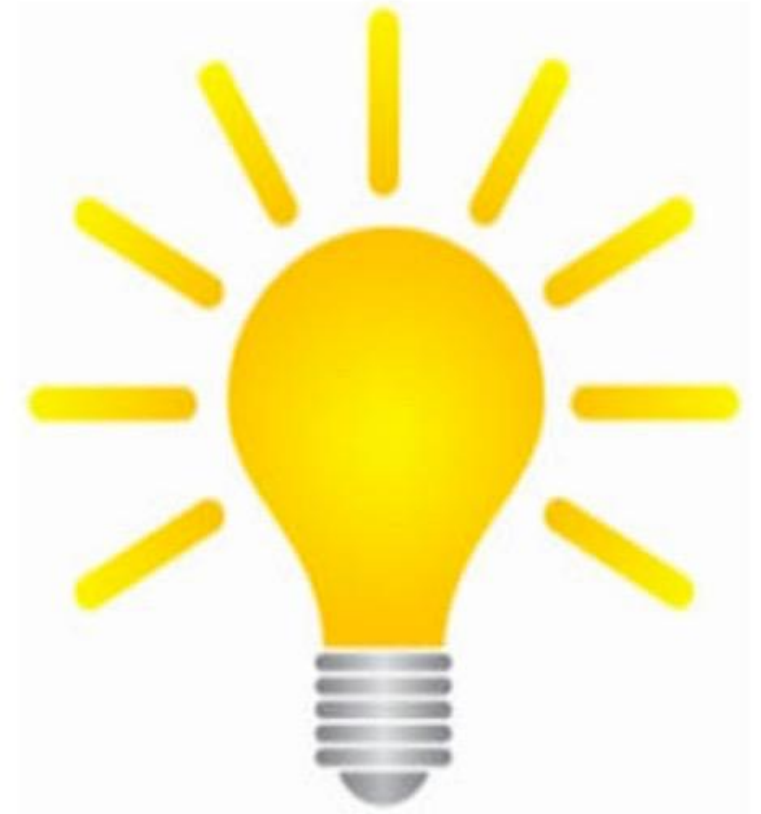
Greta Thunberg, Age 16
European Parliament, April 2019



4. Be clear about the behaviours that need to change

NHS leaders must do four things ...

- Be aware of the impacts on planetary health
- Change our behaviour to live sustainably. This includes decarbonising our lives, rethinking our diets, being more active, expecting and demanding green and healthy buildings, neighbourhoods and transportation systems
- Prepare our health and care systems and adapt to the impacts of climate change. This includes being able to withstand more frequent and severe extreme weather events
- Use our voices to make a difference



Green Impact for Health GIFH

A GP in a forward looking, high achieving practices says

- I have managed to get "green impact" as a standing agenda item of every practice meeting. However, **unless I am there it is overlooked.** Our practice manager may mention something from the GIFH toolkit. If I am there I will give an update on some of the work I am doing- eg I spoke to PPG last week about climate breakdown but no-one else is doing anything or talking about it. This is an unrewarding and relentless task.
- I mention these to illustrate the **massive changes in culture that are needed** and that are very hard to get on the agenda at local level.

Reasons for poor staff engagement include:

- A sense of **not having sufficient power or the right knowledge or skills** to be able to change existing practices.
- **Ingrained habits and/or resistance to change** among frontline staff
- **Lack of responsibility** for resource use.
- **Not seeing the environmental costs** attached to their work practices
- Peripatetic staff or those working across a number of facilities and institutions may **feel less responsibility towards the environmental impacts** associated with any particular workplace.
- **Senior leadership play a critical role** in encouraging staff to engage with environmental sustainability

Kings Fund review in 2012

https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/sustainable-health-social-care-appleby-naylor-mar2012.pdf

Learning organisations

devolve responsibility for sustainability to individual employees and teams, allow improvisation and experimentation, and promote learning by:

- decentralisation of responsibility
- networking between staff in different parts of the organisation
- opportunities for feedback and communication by everyone

BUT the prevailing culture in many other organisations is caution and conformity

5. Show that any reduction has an impact on health outcomes

For example:

- Air pollution
- Active Transport
- Diet



6. Small actions can have an impact on reduction

At work - ask

1. What are we doing?
2. What can we do differently?



7. Give people simple actions, relevant to daily life to maintain belief in positive impact on health outcomes

Green Impact prescriptions

‘Its good for you and its good for the planet’

Prescriptions that boost more healthy and sustainable living

8. Have local achievable goals

The RCGP **Green Impact for Health toolkit and award.**

It's free, easy to use and improves your practices impact on sustainability.

It meets the needs of general practices, and has local and achievable goals with many small actions that can have an impact on sustainability



Key Partner

UNESCO Global Action
Programme on Education
for Sustainable Development

Green Impact is a United Nations award-winning programme designed to support environmentally and socially sustainable practice in your organisation.

LEARN MORE

[Intro](#)[Bronze](#)[Silver](#)[Gold](#)[Bonus](#)[Submit](#)

Welcome to Green Impact for Health

Welcome to Green Impact for Health! This programme has been developed as a collaboration between the University of Bristol, the RCGP, HEE South West and the National Union of Students.

This toolkit contains actions designed by GPs and sustainability professionals, specifically to help GP surgeries improve their sustainability and environmental impact.

To get started, please use the links on the right to register yourself onto your practice's team, or log in. Then you can complete the actions in the toolkit before the deadline and see whether you can win a Green Impact for Health award.

If you have any questions, please get in touch using the contact details at the bottom of the page.

[Login](#)[Register](#)[Lost Password](#)[Tweet #GreenImpact](#)

Tweets by @rcgp

 RCGP Retweeted**RCGP Scotland**
@RCGPScotland

Tomorrow from 8-9pm, @rcgp are hosting a Twitter chat to discuss rural general practice across UK. Use #RuralGPchat to share your views!



24m

**RCGP**
@rcgp

.@HelenRCGP: I would encourage patients to raise any concerns they may have re weight when with GP

Food

- **B001:** EITHER all tea and coffee purchased by the practice for staff is Fairtrade certified OR a poster is up in the tearoom explaining the benefits of buying Fairtrade products. N.B. This only refers to tea or coffee bought with practice money, not products bought by staff.
- **B024** The practice promotes breastfeeding
- **G002:** The practice uses locally-sourced, seasonal, healthy food for practice meetings and Fairtrade products where possible. This includes drug representative lunches where a request for locally sourced food should at least be registered.
- **C022:** All milk supplied by the practice will be non dairy e.g. oat or soya. Staff can still bring in dairy milk. Posters will display the environmental benefits of plant based milks.

Communication

- **B008:** The practice newsletter or website has promoted the practice's participation in Green Impact.
- **B023** The practice's search engine is Ecosia
- **G013:** The practice has taken action to see whether advertising the sustainability initiatives has changed patient perspectives of sustainability.
- **C013:** Email or SMS is used for contact with patients where possible, rather than paper mail (subject to agreement).
- **C027:** Every practice meeting, every newsletter, meeting etc has climate change on the agenda.
- **C028:** The practice has declared a climate emergency

Prescribing:

- **B007:** The practice has accessed the national www.openprescribing.net and has looked at the GP Dashboard for their practice, or uses their local preferred alternative (e.g. Eclipse). Someone in the practice receives regular email alerts on the prescribing trends.
- **S011:** The practice has put a Quality Improvement plan in place to reduce the number of unnecessary medications patients are on, including reviewing patients on 7 or more prescriptions. The practice has a system in place to in the first step to preventing unnecessary polypharmacy
- **S013:** The practice has used <https://openprescribing.net> OpenPrescribing]or uses their local preferred alternative (eg Eclipse) to identify a prescribing measure with potential for improvement, and has discussed plans to improve prescribing practice
- **G010:** The practice can show evidence of a reduced number of unnecessary prescriptions (particularly for patients on 7 or more prescriptions
- **G018:** The practice has successfully implemented their plan to improve performance for a prescribing measure
- **C026:** The practices encourages the use of 'Green Impact prescriptions' for patients that are 'good for the patient and good for the planet'.

Fuel Poverty

- **B012:** The practice has made a plan to address the problems of fuel poverty within vulnerable population groups in line with NICE guidance. This plan should include the identification of vulnerable patients, asking these patients about keeping warm at home and a process for referral to a single point of access.
- **S005:** The practice has made a plan to address the problems of fuel poverty within vulnerable population groups in line with NICE guidance and has implemented the plan. This plan should include the identification of vulnerable patients, asking these patients about keeping warm at home and a process for referral to a single point of access.
- **G005:** The practice's plan to address the problems of fuel poverty within vulnerable population groups in line with NICE guidance has been implemented the plan and the practice has received feedback from their single point of access on referral numbers and subsequent actions. The results on the outcomes of these referrals has been discussed at team meetings, and acted upon by the practice.

Energy

- **B005:** The practice has used energy monitors to establish the energy use of the whole practice or individual electrical devices.
- **B016:** The practice uses rechargeable batteries
- **B009:** The practice can show evidence of considering the use of renewable energy technology
- **B014:** The practice has an up-to-date written 'lighting and equipment responsibility plan' covering responsibility for all the main areas and key equipment within the practice and all relevant staff have been made aware of the plan
- **S002:** The practice takes monthly meter readings for any electricity, water and gas meters AND plots the monthly consumptions on a graph or chart for reference and analysis.
- **S016:** A member of your practice team has used carbon footprint software and produced a carbon footprint for your practice using the estimation tools available within the tool.
- **G019:** A member of the practice team has used carbon footprint software and produced a carbon footprint which includes practice specific data collected from staff and patient travel surveys, and energy data
- **G020:** The practice can demonstrate that it has reduced energy consumption over the last 12 months compared to the previous 12 months (taking average temperatures into account)
- **G021:** The practice has installed a renewable energy source onsite
- **C015:** The practice has provided data on the energy produced and/or cost savings from the installation of its renewable energy source(s)
- **C016:** Within the last 12 months, the practice has proactively taken action to ensure that internal and external doors and windows are kept closed when the air conditioning or heating is on
- **C017:** The practice has energy-awareness stickers and posters in place in the majority of offices and communal facilities encouraging users to switch off lights and/or equipment when not needed. Posters should be dated to show when they were put up and ideally refreshed every 12 months to keep them noticeable.
- **C019:** EITHER the practice does not have any [tungsten filament bulbs] in ceiling or wall lights or T12 tubes OR if it does, more efficient replacements will be installed within the next 6 months.
- **C025:** There is a discussion with the practice team about their personal divestment from fossil fuels and investment in climate solutions

Also.....

- Procurement
- Self Management
- Staff welfare
- Support
- Training
- Travel
- Treatment
- Quality Improvement
- Waste and Recycling
- Water

Rolling out the Green Impact for Health Scheme in General Practice

The programme has seen significant growth in the last 12 months. In addition there are practices who do not register but use the tool for reference only

- 2014/15 6 practices in the Bristol Pilot
- 2015/16 20 practices in the Severn area launch
- 2016/17 27 practices in the national launch
- 2017/18 39 by July 2018
- 2018/19 386 by July 2019
- **2019/20 550 practices by November 2019**
- 2020/29 A path to zero carbon by 2030 for all practices?

Be aware of your impacts and how you can reduce them

Check your personal carbon footprint using

<https://footprint.wwf.org.uk> or
www.carbonfootprint.com/calculator.aspx

and decide what you need to do to reduce your footprint and

Offset your ongoing and/or past CO2 emissions

www.goldstandard.org/get-involved/donate-to-us or
www.carbonfootprint.com/carbonoffsetprojects.html Other watchdogs that verify carbon offset schemes and projects to make carbon savings include the [American Carbon Registry](#), [Climate Action Reserve](#), [Gold Standard](#), [Plan Vivo](#) and [Verra](#), which offer many hundreds of projects for business and individuals to choose from.

Check your organisations carbon footprint


www.carbonfootprint.com/calculator1.html
www.carbontrust.com/resources/faqs/services/calculate-carbon-footprint/

Use existing Green Impact toolkits or create your own toolkit to reduce your organisations's footprint

<http://greenimpact.nus.org.uk>

9. The efforts of Govt and other authorities

UK Health Alliance on Climate Change & RCGP



UK HEALTH
ALLIANCE ON
CLIMATE CHANGE

[HOME](#) [ABOUT](#) [MEMBERS](#) [HEALTH & CLIMATE CHANGE](#) [RESOURCES](#) [NEWS](#) [BLOG](#) [CONTACT](#)


ABOUT

The UK Health Alliance on Climate Change brings together doctors, nurses and other health professionals to advocate for responses to climate change that protect and promote public health. The Alliance was formed in March 2016 to coordinate action, provide leadership and help amplify the voices of doctors, nurses and other healthcare professionals across the UK.

WE WORK TOGETHER TO:


EMPOWER

the health profession to
advocate for better responses
to climate change




ENGAGE

decision makers to strengthen
policies that protect public health
from climate change



RAISE AWARENESS

of the links between health
and climate change




WHO WE ARE

The UK Health Alliance on Climate Change is an alliance of [16 health organisations](#), including many Medical and Nursing Royal Colleges, Faculties of Health, the British Medical Association, the British Medical Journal, and the Lancet.

LINDA LUXON, CHAIR

Professor Linda Luxon is the Chair of the UK Health Alliance on Climate Change. She started her career in General Internal Medicine and then trained in Neurology at the Middlesex and National Hospitals in London. Professor Luxon is Chair of Auditory Medicine at the University of London, based at UCL. She was the first female Treasurer of the Royal College of



How we can make a difference

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2014:

The Academy of
Medical Royal
Colleges and Centre
for Sustainable
Healthcare report:

An audit of activity and
recommendations for
the future

ACADEMY OF
MEDICAL ROYAL
COLLEGES

Facing the future: Sustainability for the Medical Royal Colleges

October 2014





2016: UK Health Alliance for Climate Change

The UK's leading health bodies have come together to advocate for responses to climate change that protect and promote health.

Our vision is that the threats to planetary health from climate change are minimised and in a way that health benefits are maximised.

Our mission is to:

1. Unite health professionals on a platform of policy and practice that will mitigate climate change by achieving net zero CO2 emissions before 2050, adapt to minimise its harmful effects and maximise the co-benefits of improved health.
2. Be the voice of health professionals in advocating for changes in policy and practice by Governments, companies and the NHS.
3. Empower our allied organisations and their memberships as champions in support of the Alliance's vision.
4. Help our allied organisations to reduce the climate impact of their activities.



HEALTHY DIETS

UK HEALTH ALLIANCE ON CLIMATE CHANGE

The UK Health Alliance on Climate Change brings together doctors, nurses and other health professionals to advocate for responses to climate change that protect and promote public health.

WAKING UP TO THE LETHAL EFFECTS OF AIR POLLUTION #UNMASKMYCITY

As part of the Global Climate and Health Alliance's #UnmaskMyCity initiative we teamed up with some of our members as well as Great Ormond Street Hospital and the Mayor of London's Office, to highlight the comprehensive impacts of air pollution on our bodies, from our lungs to our mental health.

In this video, RCP President "Bod" cycles across London to talk to health professionals from a range of specialisms on how they see the impact of air pollution in their work. [Read our blog on the ride here.](#)



FOLLOW @UKHEALTHCLIMATE ON TWITTER

UKHACC
@UKHealthClimate
"We're seeing it right across the age range. Air pollution is linked with dementia - as you might expect - but also with anxiety, depression and even suicide." @wendyburn of @RCPsych speaking to @bodgoddard @RCPLondon for the UKHACC's #unmaskmycity campaign. youtu.be/EQKCYjIFNt0c





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RAISE AWARENESS

of the links between health
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WHO WE ARE

The UK Health Alliance on Climate Change is an alliance of [17 health organisations](#), including many Medical and Nursing Royal Colleges, Faculties of Health, the British Medical Association, the British Medical Journal, and the Lancet.

Our newest member, the [Royal College of Veterinary Surgeons](#), joined in October 2019. If your organisation would like to find out more about joining our Alliance, please contact [Laurence Bourton](#), our Communications Manager.

DR RICHARD SMITH CBE, CHAIR

Richard Smith is a former Doctor, and worked in hospitals in Scotland and New Zealand before joining the British Medical Journal – where he was Editor-in-Chief from 1991 until 2004. He continues to blog for the BMJ, and to publish regularly. Until 2018, Richard was Chair of the board of trustees of the International Centre for Diarrhoeal Disease Research, Bangladesh, and until 2015 he was Director of the UnitedHealth Chronic Disease Initiative – a programme coordinated by the National Heart, Lung, and Blood Institute, which created 11 centres in low and middle income countries to conduct research and build capacity to counter non-communicable disease.



NICKY PHILPOTT, DIRECTOR

Nicky Philpott joined the UK Health Alliance on Climate Change as Director in January 2019. Nicky leads the day-to-day work of the Alliance, developing and implementing its strategic direction. She previously worked in various UK charities including the NSPCC and Age UK, leading on external affairs, campaigning and fundraising. Before joining UKHACC, she was Director of Advocacy and Engagement at the Ramblers, where she led efforts to open up cities, towns and the countryside for walkers.

Email: Nicky.Philpott@ukhealthalliance.org



LAURENCE BOURTON, COMMUNICATIONS MANAGER

Laurence joined the UK Health Alliance on Climate Change in June 2019. He is responsible for implementing the Alliance's campaign and communications efforts and coordinating engagement with the media and health professions. Before joining UKHACC, Laurence worked in communications and marketing roles in the education sector and for the Royal Geographical Society. At university, he studied Geography and Environmental Science.

Email: LaurenceBourton@ukhealthalliance.org



2019/20: UKHACC – influencing Govts

Coordinate the Health voice at UN COP26 in Glasgow November 2020

Air Quality and Health - continue with this work as new Government likely to continue with Environment Bill

Food and Health policy – this will be launched in New Year

Net Zero - High profile conference with BMA - 30 April 2020 - Lord Deben

Operational Involve keen and engaged members of our Member organisations & Capacity Build Climate Communicators (Case Studies, Network, Media train)

New Members - recruit new Member organisations



‘It is not too late to make a difference, but only if we start now at every level from local to global.’



Sir Robert Watson. Ex Chair, Intergovernmental Panel on Climate Change (1997-2002) & Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (2016-2019).

Choose to act

We can no longer say we do not know what we are doing to our planet.

'In thirty years' time, the next generation will be angry with us. They will wonder how we watched while we caused the greatest failure of humankind - overwhelming the resilience of the planet to support us'.

Planetary health and primary care – What's the emergency?
Kemple T. Br J Gen Pract Nov 2019;



HEALTH CARE'S CLIMATE FOOTPRINT

HOW THE HEALTH SECTOR CONTRIBUTES
TO THE GLOBAL CLIMATE CRISIS AND
OPPORTUNITIES FOR ACTION



ARUP

Health Care Without Harm
Climate-smart health care series
Green Paper Number One

Produced in collaboration with Arup
September 2019

My top 5 most effective high impact changes

1. Individuals – make your choice for the future, then do what's necessary
2. Clinicians – counsel patients 'its good for you and its good for the planet', & make sure the health system is ready for the climate change
3. Researchers - forecast and model the benefits of climate mitigation and adaptation
4. Institutional leaders – lead the change. Health is 5% of economy but slow to go green worldwide
5. Opinion leaders – promote belief and trust in science. Health professionals are the most trusted source of information

Hold the mirror up to yourself and ask 'what can I do today?'

- **Sustainable Development Unit (SDU)** is a national unit based in Cambridge working on behalf of the health and care system in England. It supports the NHS, public health and social care to embed and promote the three elements of sustainable development - environmental, social and financial. <https://www.sduhealth.org.uk/>
- **Centre for Sustainable Healthcare (CSH)** is a charity based in Oxford working on sustainable healthcare in research and practice. It provides strategic input and consultancy to national and local programmes. <https://sustainablehealthcare.org.uk>
- **World Organization of Family Doctors (WONCA) Working Party on the Environment** that fosters the role of family doctors in protecting the health of their patients and communities from the impacts of environmental hazards and environmental degradation, and to promote healthy and sustainable societies at the local and global level. Family Doctors from every region of the world are engaging in planetary health within their local and global communities. The Working Party always welcomes new members <https://www.wonca.net/groups/WorkingParties/Environment.aspx>
- **Planetary Health Alliance** is a consortium of over 120 dedicated universities, NGOs, government entities, research institutes, and other partners around the world committed to advancing planetary health. <https://planetaryhealthalliance.org/>
- **Lancet Countdown:** Tracking Progress on Health and Climate Change is an international research collaboration, dedicated to tracking the world's response to climate change, and the health benefits that emerge from this transition <http://www.lancetcountdown.org/>
- **Carbon Brief:** clear, data- driven articles to improve understanding <https://www.carbonbrief.org>