

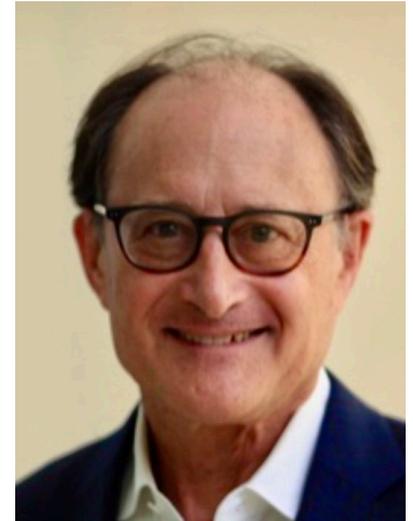
Improving Environmental Sustainability in Your Medical Practice

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- Past Delegate to the AMA
- President, Physicians for Social Responsibility
- Executive Director, My Green Doctor Foundation



I have no financial disclosures

Keep in mind the health threats of climate change...



...and the imperative that mankind abandon fossil fuels.

The goals of this webinar are for you to:

- understand the components of environmental sustainability and its benefits for medical practices and communities
- be aware of free resources available for practices to save money by “going greening”
- be able to initiate an enduring environmental sustainability program in your clinic or office



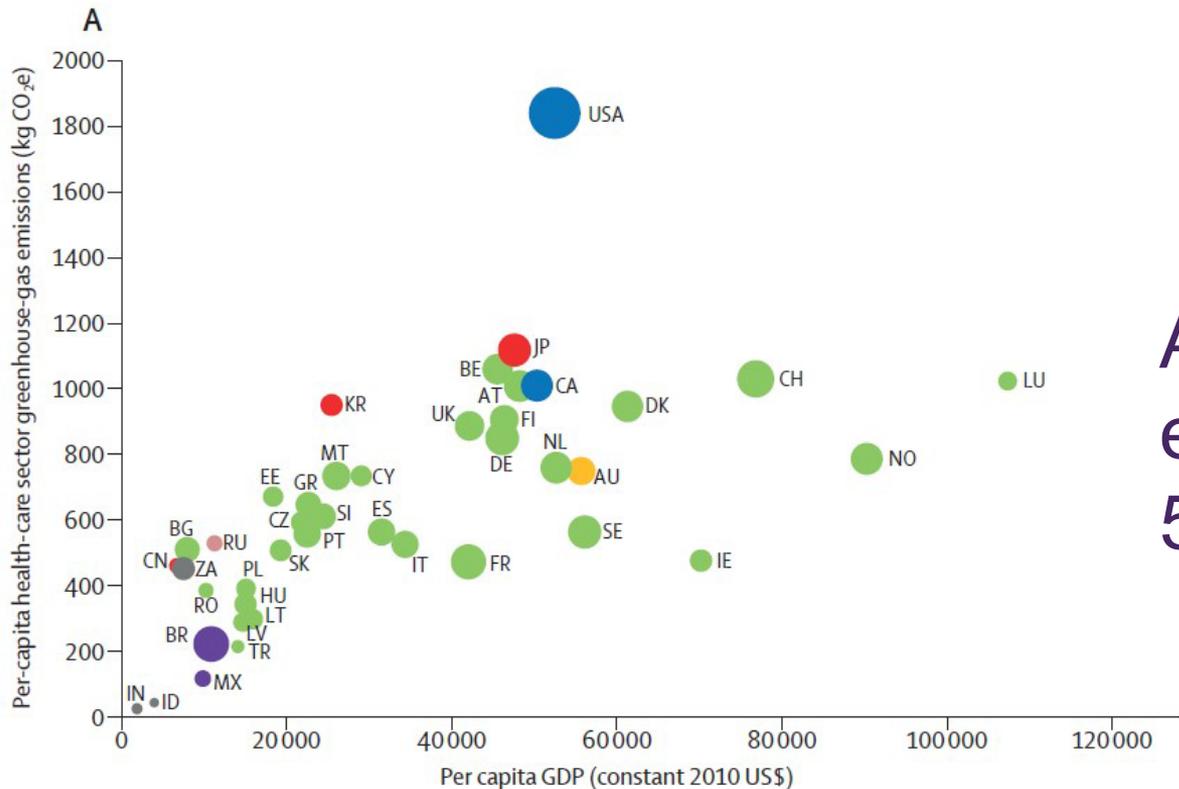


What is “Environmental Sustainability”?

- the responsibility to conserve natural resources and protect global ecosystems to support health and wellbeing
- US EPA: “meeting today’s needs without compromising the ability of future generations to meet their needs.”

<https://sphera.com/glossary/what-is-environmental-sustainability/>

US Healthcare has the Highest Per-Capita Greenhouse Gas Emissions & Toxic Air Pollution of any Nation



And US healthcare emissions are rising 5-6% annually!

Watts N, Lancet Countdown 2019



Physicians' powerful ally in patient care

Our Hospitals, Clinics, & Offices Have Environmental Impacts

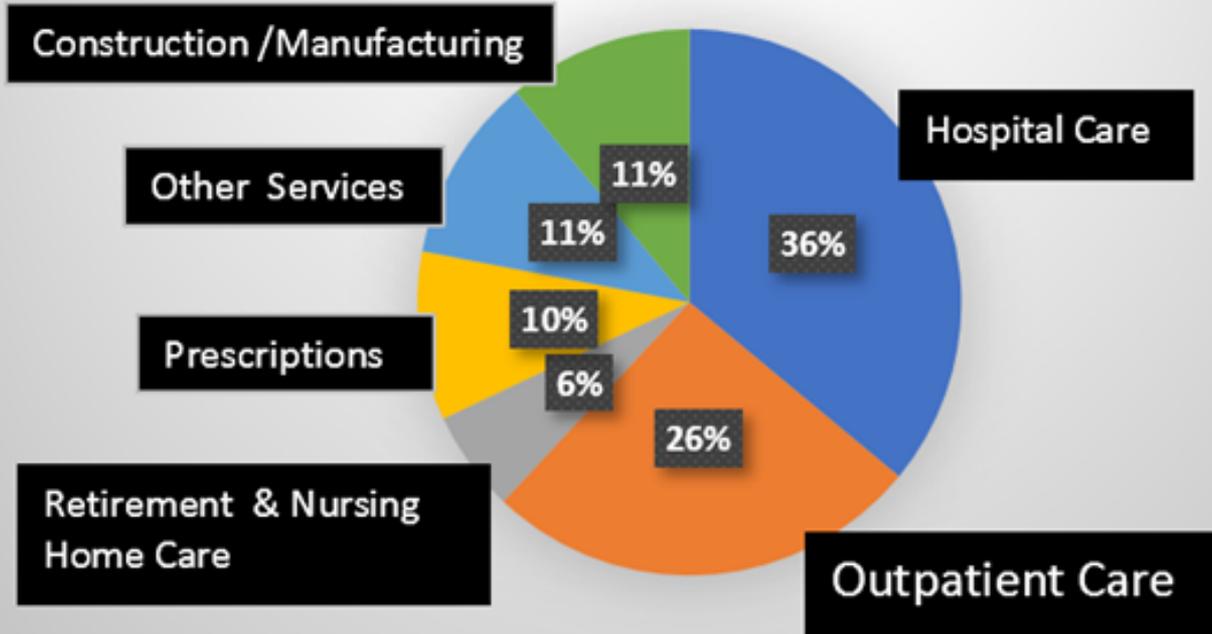
1. US healthcare industry is responsible for:
 - 5-10% of America's greenhouse gases & air pollutants
 - 405,000 years of life lost annually in the US alone
 - There is a "health dividend" for us from our environmental sustainability & climate change efforts.
2. Outpatient care is 26% of healthcare's air pollution and GHG's.
3. Millions of healthcare offices worldwide.
4. Huge opportunities for physicians to save resources & money.
5. As role models, we influence the choices made by our patients.
6. We uniquely can reach climate-vulnerable communities.

Eckelman MJ, Sherman J, PLoS ONE DOI:10.137 1-14



Physicians' powerful ally in patient care

U.S. Healthcare's Greenhouse Gases, by service type



<https://mygreendoctor.org/green-offices-are-healthier-new-analysis/>



Physicians' powerful ally in patient care

A Few Key Sustainability Concepts

- Hospital-specific topics
- Understanding greenhouse gas emissions by “Scope” type
- Looking at “Life cycle” or “cradle to grave” greenhouse gas emissions of products
- Plastics!



Health care contributes to climate change

8.5% of U.S. greenhouse gas emissions

Energy use for heating, cooling, lighting & water use

OR, waste anesthetic gases

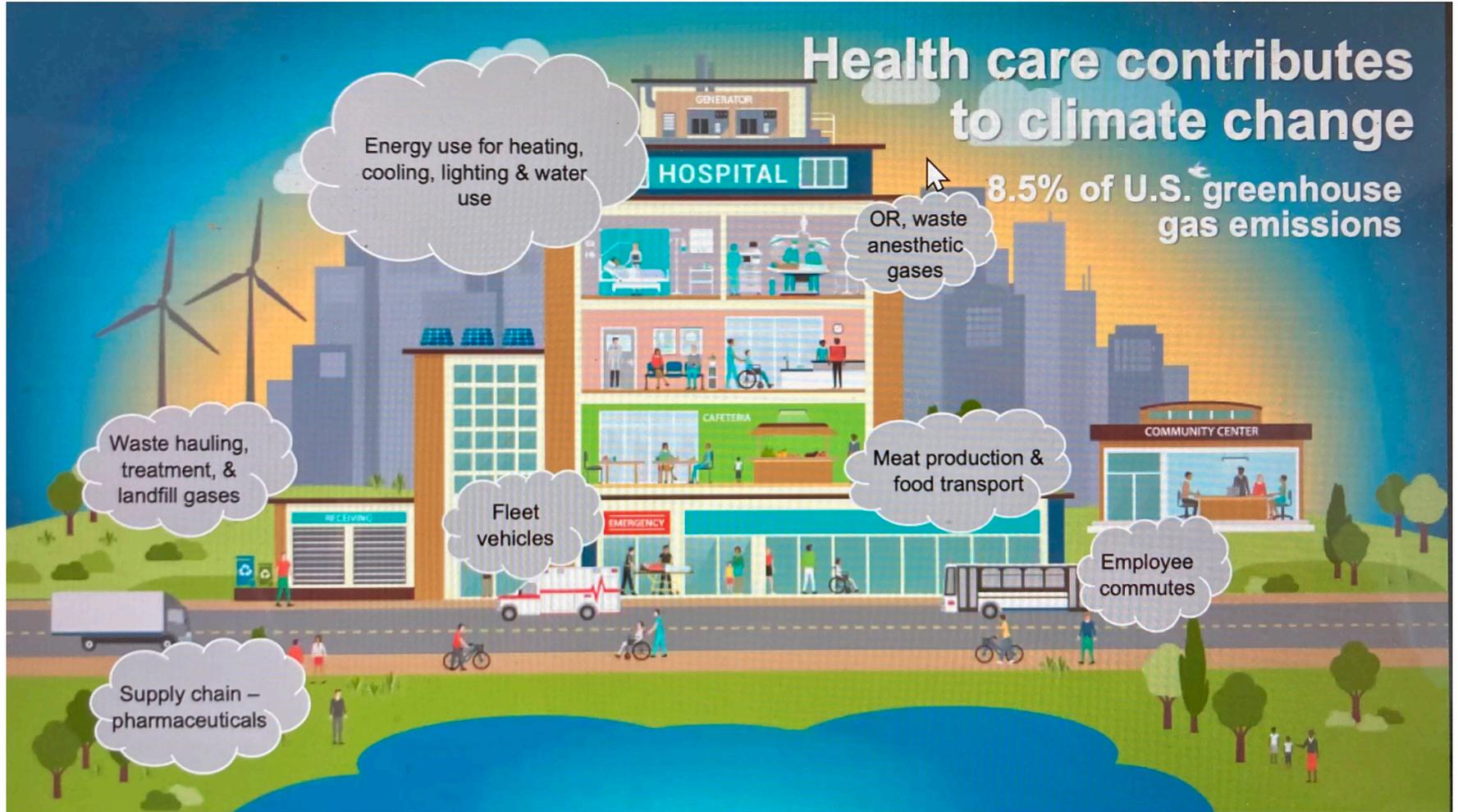
Waste hauling, treatment, & landfill gases

Fleet vehicles

Meat production & food transport

Employee commutes

Supply chain – pharmaceuticals



Assessing Greenhouse Gas (GHG) Emissions by “Scope” Type

Scope 1 GHG emissions:

from onsite combustion of fossil fuels

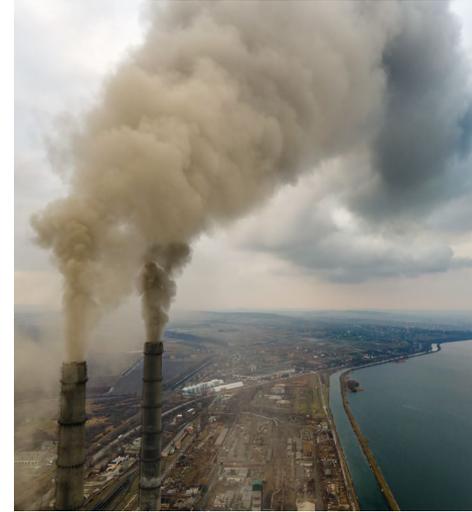
Scope 2 GHG Emissions:

from making the electricity we buy for heating & cooling

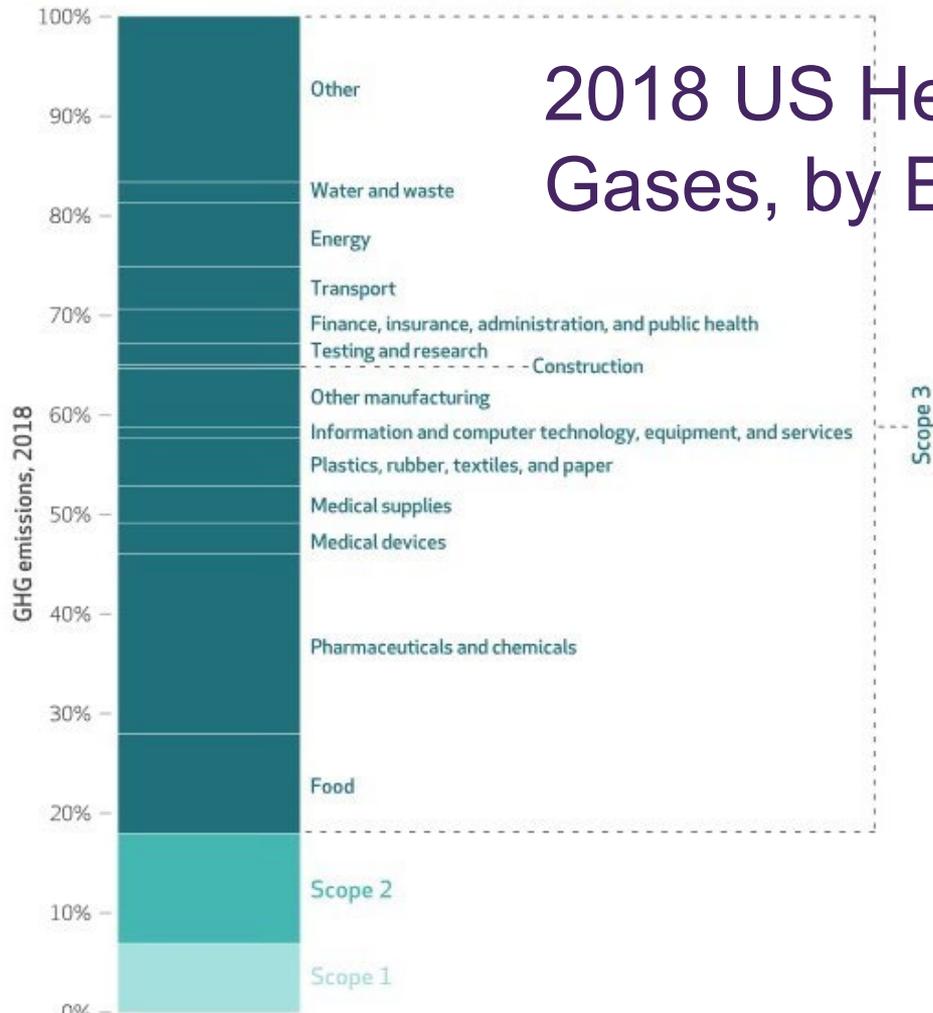
Scope 3 GHG Emissions:

from the products & services we purchase:

product manufacturing, packaging, transport, & disposal

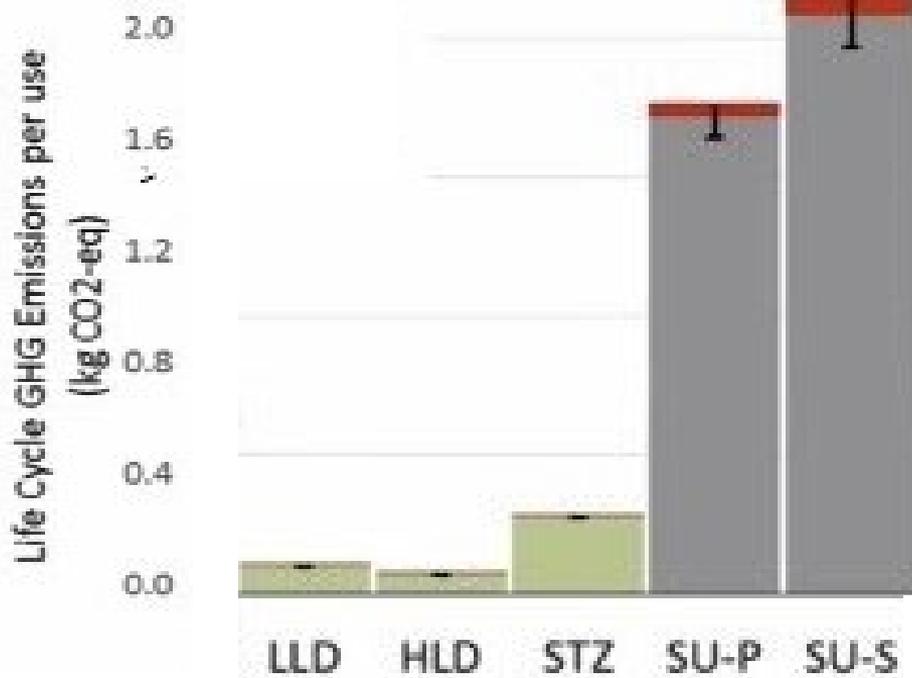


2018 US Healthcare Greenhouse Gases, by Emissions Scope Type



The products and services we purchase – Scope 3 emissions – have large air pollution, climate change, and health impacts.

Life Cycle Greenhouse Gas Emissions of Reused vs. Single-Use Laryngoscope Handles



LLD: Reused w. low-level disinfection

HLD: Reused w. high-level disinfection

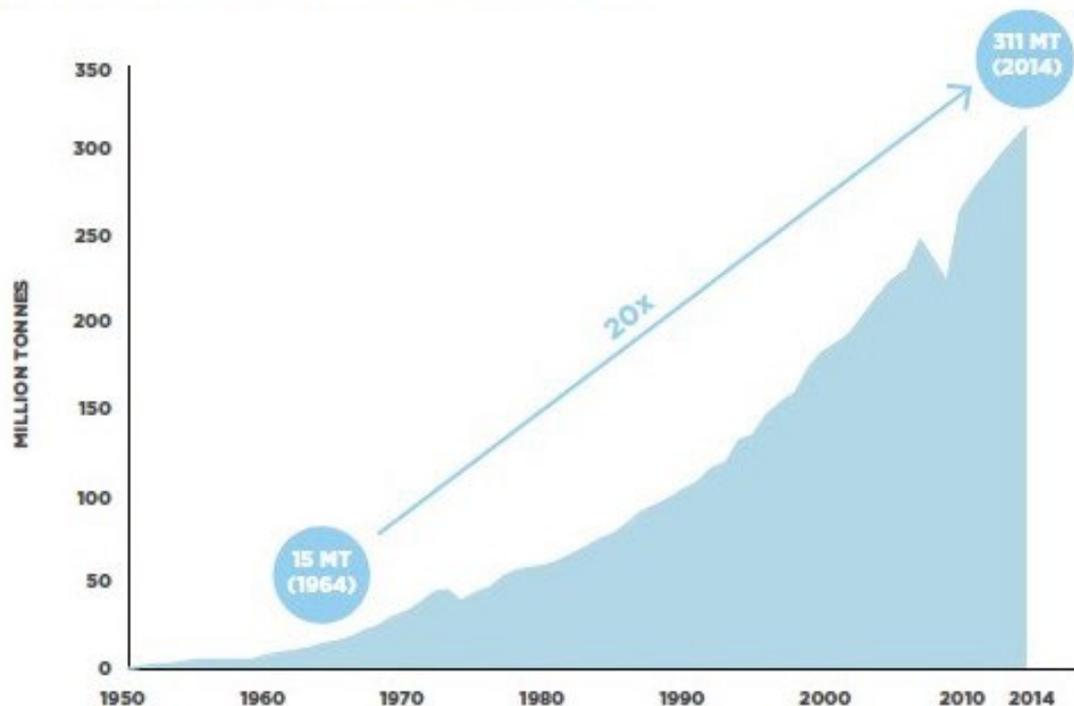
STZ: Reused w. sterilization

SU-P: Single-Use Plastic

SU-S: Single-Use Steel

More Plastics in the Oceans than Fish by Volume in 2050!

Figure 1: Growth in Global Plastics Production 1950–2014



Achieving Environmentally Sustainable Healthcare

- By saving energy in our buildings
- By embracing renewable energy
- With environmentally-wise product purchasing & use
- Through re-engineering our products: life-cycle analysis
- By learning to reuse & recycle
- With healthy food choices: local, sustainable, plant-based, less red meat
- With healthy transportation choices by health professionals & our patients
- Buying healthier chemicals: cleaning products
- Prescribing pharmaceuticals wisely.



Sustainability Resources for Hospitals

Healthcare Without Harm (noharm.org):

Practice Green Health & Healthier Hospitals Initiative

American Hospital Association:

Sustainability Roadmap <https://www.sustainabilityroadmap.org>

Topics:

- ✓ eliminating solid waste incinerators & mercury devices
- ✓ energy use & renewable energy
- ✓ waste management, reuse, recycling, packaging, plastics
- ✓ “greening” the hospital supply chain
- ✓ climate-warming anesthetic gases
- ✓ transportation choices
- ✓ food choices
- ✓ climate advocacy

Environmentally Sustainable Medical Practices: Often-Heard Barriers to “Going Green”

- “This isn’t our mission.”
- “We are too busy.”
- “It’s too expensive.”
- “There is no one to lead us.”
- “Our practice leaders
are not interested.”
- “We don’t know how.”



Benefits to Practices of “Going Green”

- Fosters wiser uses resources
- Saves money by lowering office expenses
- Creates a healthier work environment
- Encourages teamwork
- Improves job satisfaction
- Attracts higher quality colleagues to the practice
- Enhances the office’s public image and the trust of patients
- Decreases air pollution, water consumption, and waste
- Builds a healthier community.



A Sustainability Success Story: The Escambia County Health Department

- Five offices in Florida Panhandle
- Saving energy every month
- 5.2% energy electricity saving per year
- 125,000-kilowatt hours electricity per year
- 85,600 metric tons CO₂ per year
- Bottom Line: \$14,000 saved annually



How About Green Teams?



Make Environmental Sustainability One of Your Medical Practice's **Core Values**

- Providing outstanding healthcare
- Respecting and dignifying everyone in the practice
- Listening to your patients
- HIPAA compliance
- **Environmental sustainability / environmental stewardship**

Free Resources for Practice Managers & Physicians

- **Royal College of General Practitioners:**

“Green Impact for Health”

<https://greenimpact.nus.org.uk/green-impact-for-health>

- **American College of Physicians:**

“Climate Change Toolkit”

www.acponline.org/advocacy/advocacy-in-action-climate-change-toolkit

- **My Green Doctor**

www.MyGreenDoctor.org & www.MyGreenDoctor.es



Sustainability Topics for Medical Practices

- Saving energy: thermostats, lighting, computers, appliances, renewable energy
- Things we buy: re-using, recycling, Styrofoam
- Healthy foods choices
- How we use chemicals: cleaning products, pesticides, outdoor use
- Water conservation
- Transportation options
- Patient education



What is My Green Doctor?

- Complete environmental sustainability practice management
- www.MyGreenDoctor.org & www.MyGreenDoctor.es
- >15,000 users in 2022 from 80 countries
- Twenty-eight organizations provide My Green Doctor to their members as a free membership benefit
- Comprehensive, science based, non-political, **easy to use**
- For any outpatient clinic, practice, or center
- Most offices can save money in the first month





28 Participating Organizations





Let's get started! Watch now our Three Minute Video.

Learn how easy it is to add a few minutes of My Green Doctor to the agenda of each regular office organizational meeting:

[**Three-Minute Video: Getting Started**](#)

[**Click Here to Register or Sign In**](#)

Please Support My Green Doctor

[**Click here to Donate**](#)

[Understanding My Green Doctor](#)

[Five Steps for Getting Started](#)

[Meeting-by-Meeting Guide](#)

[Green Doctor Office Recognition](#)

[Success Stories](#)

[Starting your Office Green Team](#)

[Green Team Notes Form](#)



Welcome to the Green Doctor

We are the world's leading practice management organization for healthcare clinics, offices, and outpatient centers focused on environmental sustainability and climate change.

Since 2008, thousands of health professionals and most U.S. States have us

You'll help your patients and their families to make wise choices as well.



The “Meeting-by-Meeting Guide”

- A complete script for each clinic management meeting
- Adds just five minutes to each business meeting agenda
- Explains exactly what to say & do at each meeting
- Nothing for the office manager to study or prepare
- Focuses on slow, steady improvements
- Patient & staff teaching are emphasized
- Encourages discussion & staff involvement
- Provides “Green Team Notes” for easy record keeping

“Your Healthy Home” Brochures



YOUR HEALTHY HOME

CLIMATE CHANGE: HOW TO PROTECT YOUR FAMILY

What You Can Do

“Saving money, healthier communities”

MY GREEN DOCTOR .ORG

Scan to read brochures

Scan to complete survey

YOUR HEALTHY HOME

SURVIVING EXTREME HEAT

“Saving money, healthier communities”

MY GREEN DOCTOR .ORG

Scan to read brochures

Scan to complete survey

YOUR HEALTHY HOME

AIR POLLUTION & WILDFIRES IN A CHANGING CLIMATE

Protecting Your Family

“Saving money, healthier communities”

MY GREEN DOCTOR .ORG

Scan to read brochures

Scan to complete survey

YOUR HEALTHY HOME

HEALTHY EATING FOR YOUR FAMILY & THE ENVIRONMENT

“Saving money, healthier communities”

MY GREEN DOCTOR .ORG

Scan to read brochures

Scan to complete survey

YOUR HEALTHY HOME

GREEN CLEANING

Saving money, healthier communities.

MY GREEN DOCTOR .ORG

“Su Hogar Saludable” Brochures





More Resources at My Green Doctor

Seven My Green Doctor workbooks with more than 120 Action Steps and Education Steps:

- Energy efficiency
- Renewable energy
- Water efficiency
- Solid waste & recycling
- Drug disposal & chemicals
- Transportation & commuting
- Healthy foods

Workbook 1: Energy Efficiency



Topics:

- Energy audit
- Greenhouse gas calculation
- Office lighting
- Office equipment
- Heating and air conditioning
- Windows and insulation
- Hot water

Workbook 1: Energy Efficiency

Action Steps:

- Energy audit
- Greenhouse gas calculation
- **Office lighting**
- Office equipment
- Heating and air conditioning
- Windows and insulation
- Hot water



Office Lighting Action Steps

- Turning off lights
- Using CFL's & LED's
- Properly discard fluorescent bulbs
- Install T-85 fixtures
- Use of task lighting
- Motion detectors
- An energy consultant
- Teaching your staff
- Teaching your patients
- Free office brochures



Environmentally Sustainable Medical Practices: The Vanishing Barriers to “Going Green”!

- ✓ “This isn’t our mission.”
- ✓ “We are too busy.”
- ✓ “It’s too expensive.”
- ✓ “There is no one to lead us.”
- ✓ “Our practice leaders
are not interested.”
- ✓ “We don’t know how.”



Getting You Started, Today: Five Steps

Register

Register at My Green Doctor: **discount code MGDAMA**

Add

Add 5 mins of My Green Doctor to each practice meeting

Make

Make small, steady improvements in your organization

Provide

Provide patients with brochures, posters, & other teaching tips

Commit

Commit to qualifying for Green Doctor Office Recognition





Green Doctor Office Recognition

***Embryoclinic IVF Unit ,
Thessaloniki, Greece***

Green Doctor Office Recognition acknowledges this office's demonstrated improvements in environmental practices and commitment to educating the community on topics such as energy efficiency, water conservation, recycling, solid waste management, chemicals in the workplace & home, transportation choices, renewable energy, healthy foods, & climate change.

For further information, go to www.MyGreenDoctor.org.



Sustainability, Climate Change, & Health: Roles for Physicians

- Be informed: CME courses, medical journals
- Learn to identify & teach your patients at risk:
 - ✓ Heat illness & extreme heat events
 - ✓ Extreme storms & Flooding
 - ✓ Wildfires & air pollution
- Advocate for vigorous national & local planning
- Urge your professional societies to engage
- Add sustainability to your hospitals & to your office practice



Free Resources for Practice Managers & Physicians

- **Royal College of General Practitioners:**

“Green Impact for Health”

<https://greenimpact.nus.org.uk/green-impact-for-health>

- **American College of Physicians:**

“Climate Change Toolkit”

<https://www.acponline.org/advocacy/advocacy-in-action/toolkit-climate-change-and-health>

- **My Green Doctor**

www.MyGreenDoctor.org & www.MyGreenDoctor.es



Greening Your Practice: How to Start Today



1. Pick a resource. Consider registering at MyGreenDoctor.org with discount code **MGDAMA** and watch the “Three Minute Video”.
2. Ask your practice manager to add 5-10 minutes of My Green Doctor to each monthly office business meeting.
3. Hospital-based? Join your hospital’s sustainability committee.

Improving Environmental Sustainability in Your Medical Practice

Thank you.

Now, we have time for your questions & ideas.

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