

# Building a Climate Change Strategy in a FHT

Climate Change is a health issue.

Guelph Family Health Team

June 6, 2024





The Best Care for Everyone

# Organizational Commitment Guelph FHT Strategic Priorities



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## Charging the Battery

## GREEN Council

- Individual Champions
- Practice-based Teams





## The Original Five!





### Do What Works For Your Office!



Climate change is the greatest current population health concern. Reasons include more wildfires, water and air pollution, and extreme weather and temperature trends which lead to more disease, allergies, malnutrition, heat stress, and other illnesses.

Here's what Guelph Family Health Team is working on to combat climate change:

The Quelph FHT provides over 35,000 patient care days a year requiring medical masks by providers and staff     Recycling these masks helps reduce the environmental impact of safe healthcare practices	To learn more:
Involve 1 does Involve_P Akk your doctor's office at they recycle their masks and if patients can recycle their masks tool? If all Ouelph FHT doctors used exam table paper, it would use over 1,200 kg of paper a year Exam paper is not needed when cleaning practices are used instead INVX 10 doctor of INVXIEP. Notice no exam table paper at your visit? If's OK! Your doctor's office is aveing paper while keeping you axis:	To learn more:
Metered dose inhalers are common in asthma and chonic obstructive pumonary disorder care     To inhaler dose release greenhouse gas, as much as driving a car 200 km <u>UNOVICOSTENUEVUES</u> — here are nore environmentally infendly. effective inhalers that can be used. Talk to your Health Care Provider to learn more.	To learn more:
Many medical devices rely on batteries 24 hr blood pressure monitoring machines use batteries that cannot be received once the machine is returned is Last year, Capita PFT did 4300 - of these visits, using 1,800 batteries HOW To dest INVOLED A kay your clinic to reuse batteries, exvitat to rechargeable batteries and property dispose to belty reduce battery waste.	To learn more:
<ul> <li>Phone or video appointments reduce travel (less carbon emissions)</li> <li>No need for fisce masks and other protective equipment (less waste)</li> <li><u>Vigent of card suffyyyddar</u>). Not all appointments can be done virtually. Thisk about if phone or video can meet your needs when you book an appointment.</li> </ul>	To learn more:
	medical masks by providers and staff <sup>1</sup> Recycling these masks helps reduce the environmental impact of safe heithboard practices (DVIT 0GET INVOXE) Ask your doctor's office if they recycle their masks and if palients can recycle their masks tool. • If all loselph FHT doctors used exam table paper, it would use over 1,200 kg of paper a year • Exam paper is not needed whan cleaning practices are used instead (DVIT 0GET INVOXE) Asks your advantable paper and your visit? If X OKI Vour doctor's office is saving paper while keeping you safe. • Metered dose inhalers are common in asthma and chronic obstructive publichang disorder care • 100 inhaldr dose release greenhouse gas, as much as driving a car 200 km HOW TO GET INVOXE). There are more environmentally friendly, effective inhaler that can be used. Talk to your Health Care Provider to learn more. • Last year, Cupiler HT did 4500 - of these visits, using 1,800 batteries HOW TO GET INVOXED - Note no explores talteries that cannot be reused once the machine is returned • Last year, Cupiler HT did 4500 - of these visits, using 1,800 batteries HOW TO GET INVOXED - Atk your clinic to reuse battery water. • Phone or video appointments reduce travel (less carbon envision) • No need for fice masks and other protective equipment (less wask).

Guelph FHT Green Council | www.guelphfht.com

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## Tracking Climate Change Action in Guelph FHT Locations

Clinic	Mask Recycling	A I	Battery Reuse	A I	Exam Table Paper	A I	MDIs Alternatives	A I	Virtual Care	A I	Clinic Green Committee	A I
Arbour Family Medical Centre Inc.	Interest		Active						Active			
Guelph FHT Head Office	Active		Active		N/A		N/A		N/A		Active	
Primary Care at Home	Active								Active			
Dawson Road Family Medical Clinic	Active		Active		Active				Active		Active	
Downey Family Medical Centre	Interest		Active		Active		Active		Active			
Gordon Street Family Medical	Interest		Active		Active				Active			
Chancellors Way Medical Arts - 202									Active			
Norfolk Medical Centre 305	Interest		Active		Active		Active		Active		Active	
Acorn to Oak Scottsdale 302	Active		Active		Active				Active		Active	
Morriston Medical Centre	Interest		Active		Active		Active		Active			
Hope Health Centre	Active		Active		Active		Active		Active		Active	
Westmount 306	Interest		Active		Active		Active		Active			
Westminster Woods Medical Centre			Active		Active		Active		Active		Active	
Wyndham	Active				Active							

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### Engage the Team

## **GREEN EATING. GREEN THINKING.**

#### YOUR HEALTH

#### AND

#### YOUR PLANET

Diabetes Heart Health Blood Pressure Mental Health Dementia Weight Management Osteoporosis Inflammation Heartburn Constipation Bloating Diarrhea Longevity Cancer



Greenhouse Gases Land Use Food Equality Biodiversity Water Use Deforestation Fossil Fuel Use Fertilizer Pollution

Healthy you, healthy planet.



#### My G.E. G.T. Plan Add one meatless meal every week Add more vegetables each day (eg. 2 cups) Add more fruit each day (e.g. 1.5 cups) Add one local food every \_\_\_\_\_ (e.g. day, week, month) □ Switch two animal proteins (e.g. beef, pork, processed meats) for two plant proteins every week (e.g. ¼ cup nuts, 2 tbsp peanut butter, or a ½ cup of peas, beans, lentils) Add healthy fats each day (e.g. 2-3 tbsp olive/canola oil, 1 small avocado, ¼ cup nuts/seeds) Notes: Signature Date: Resources PULSES YOUP s DRY PEAS, BEANS, LENTES & DHOXPEAS taste•rea **Guelph Family** UnlockFood.ca Guelph Family | The Best Care for Everyone

**GREEN EATING. GREEN THINKING.** 





## Communication and Advocacy

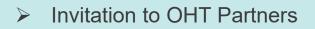




#### Climate Change is a Health Issue - Annual Green Health Day



From Dawson Road Family Medical Clinic to Guelph Family Health Team Head Office, from Norfolk Family Medical to Westminster Woods Medical Centre; so many Guelph FHT locations participated in <u>#ClimateAction</u> efforts on Monday for <u>#EarthDay</u> and <u>#GreenHealthDay</u>! Even our great friends at Guelph Community Health Centre got involved!











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#### Learn and Share >>



CAPE Canadian Association of Physicians for the Environment

Association canadienne des médecins pour l'environnement ACME

#### www.cape.ca



Partnerships for Environmental Action by Clinicians and Communities for Hospitals / Health care facilities

www.peachhealthontario.com



www.choosingwiselycanada.org



Thank you!

