“Greening Our Healthcare Practices”

Todd Sack MD FACP
My Green Doctor Foundation
April 19, 2022
Todd L Sack MD FACP

- Gastroenterologist in Jacksonville, Florida, USA
- Past Assistant Professor of Medicine, UC San Francisco
- Community talks & CME lectures on climate change & health
- Help professional societies to adopt climate change policies
- Chair, Environment & Health Section, FL Medical Assn.
- Past Member, Florida Energy Commission
- Steering Committee, FCCA
- Exec. Director, My Green Doctor Foundation

~ I have no financial disclosures ~
“Greening Our Healthcare Practices”

✔ Importance of our outpatient healthcare practices
✔ Resources for greening practices
✔ My Green Doctor
✔ Getting you started, today!
The Human Health Toll of Climate Change

Jacksonville, Florida
Hurricane Irma
2017
CO₂ Concentrations and Temperature Have Tracked Closely Over the Last 300,000 Years

Graph of CO₂, temperature measured from Vostok, Antarctica ice core

National Ice Core Laboratory, Denver, CO
Middle Miocene
Florida, 18 million years ago: CO2 >415ppm
“Greening Our Healthcare Practices”

✔ A bit of climate change science
✔ The importance of our outpatient health practices
✔ Resources for greening practices
✔ My Green Doctor
✔ Getting you started, today!
Our Clinics & Offices are Important!

1. US healthcare industry is responsible for:
   • 5-10% of U.S. greenhouse gases & air pollutants
   • 405,000 years of life lost annually in the US alone
2. Outpatient care is 26% of healthcare’s air pollution and greenhouse gases.
3. Millions of healthcare offices worldwide
4. Huge opportunities to save resources & money
5. We can influence the choices made by our patients.
6. Unique ability to reach climate-vulnerable communities

Eckelman MJ, Sherman J, PLoS ONE DOI:10.137 1-14
Benefits of “Going Green”

• Saves money by lowering overhead costs
• Decreases uses of energy, water, chemicals, & other resources
• Improves office teamwork & staff morale
• Better patient office experience
• Better public relations profile & patient trust
• Creates a healthier office
• Encourages wise choices by patients & families
• Improves community health
Many 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
✔ eliminating mercury devices
✔ energy use & renewable energy
✔ waste management, reuse, recycling, packaging, plastics
✔ “greening” the hospital supply chain
✔ climate-warming anesthetic gases
✔ transportation choices
✔ climate advocacy
✔ food choices
Resources for Practice Managers & Professionals

• Royal College of General Practitioners’ & Greener Practice’s “Green Impact for Health”
  www.greenimpact.org.uk/giforhealth

• Nurses Drawdown
  https://www.nursesdrawdown.org/

• American College of Physicians’ “Climate Change Toolkit”
  www.acponline.org/advocacy/advocacy-in-action-climate-change-toolkit

• My Green Doctor
What is My Green Doctor?

- A comprehensive, free environmental sustainability practice management program for healthcare offices
- Evidence-based, written by healthcare professionals, >450 pages of content
- Suitable for any outpatient clinic, office or facility
- No study or science background needed
- >800 registered offices in 61 countries
- Shown to save practices money
23 Participating Organizations

World Medical Association

AAD: The American Academy of Dermatology

International Federation of Medical Students' Associations

Climate Psychiatry Alliance

Florida Academy of Family Physicians

The Medical Society Consortium on Climate & Health

Florida Academy of Family Physicians

Strong Medicine for Florida

FMA: Florida Medical Association

CAFP: Bold Champion for Colorado Family Physicians

ASCRS: For Surgeons, For You

ASOA: Your Practice. Our Passion

MSD: Leading the Way to a Healthy Delaware

FCCA: Florida Clinicians for Climate Action

PSR®: Physicians for Social Responsibility

Alameda-Contra Costa Medical Association

Medical Students for a Sustainable Future

Colorado Medical Society

Alliance of Nurses for Healthy Environments

Capital Medical Society

International Society for Social Pediatrics and Child Health
Green Doctor Office Pledge

This office has pledged to improve the environmental sustainability of its practices and is committed to informing its patients and the community on topics such as energy efficiency, water conservation, recycling, solid waste management, chemicals in the workplace, transportation choices, renewable energy, climate change, & healthy foods.

Green Doctor Office Promesa

Esta oficina se ha comprometido a mejorar la sostenibilidad ambiental de sus prácticas y se compromete a informar a sus pacientes y la comunidad sobre temas como eficiencia energética, conservación del agua, reciclaje, gestión de residuos sólidos, productos químicos en el lugar de trabajo, opciones de transporte, energía renovable, cambio climático y alimentos saludables...
The “Meeting-by-Meeting Guide”

• Adds five minutes to each regular practice planning meeting
• Each five-minute session is fully scripted
• Explains exactly what to say & do at each meeting
• Nothing for the manager or physician leader to study
• Focuses on slow, steady improvements
• Patient & staff teaching emphasized
• Involves every member of the healthcare practice
• Provides “Green Team Notes” for easy record keeping
How About Green Teams?
Solutions Offered by My Green Doctor
Green Doctor Office Recognition

Marguerite A Pennoyer, M.D.
Scarborough, ME

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.
“Greening Our Healthcare Practices”

✔ Importance of our outpatient health practices
✔ Resources for greening practices
✔ My Green Doctor
✔ Getting you started, *today*!
Getting you started, today!
Success Story: Escambia County Health Dept. Pensacola, Florida

- Five offices in Florida Panhandle
- Saving energy every month
- 5.2% energy electricity saving per year
- 125,000-kilowatt hours electricity annually
- 85,600 metric tons CO₂ per year
- **Bottom Line:** $14,000 saved annually
<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Register</td>
<td>Register at My Green Doctor [discount code: MGDWELCOME]</td>
</tr>
<tr>
<td>Adopts</td>
<td>Adopt sustainability as a core value (&amp; brag about it)</td>
</tr>
<tr>
<td>Add</td>
<td>Add 5 mins of My Green Doctor to each practice meeting</td>
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<tr>
<td>Make</td>
<td>Make small, steady improvements in your organization</td>
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<tr>
<td>Provide</td>
<td>Provide patients brochures, posters, &amp; other teaching tips</td>
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<tr>
<td>Commit</td>
<td>Commit to qualifying for the Green Doctor Office Certificate</td>
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Thank you for “go greening” TODAY!