Sustainability in Healthcare

Evidence Update – December 2024

A summary of recent reports, case studies, journal articles, and events.

Christmas Environment & Social Governance Facts

The packaging paper we consume every year is the same in weight to 124 London Eye's.

If every household that cooks a turkey over Christmas puts the turkey foil in the recycling bin, this would save enough energy for every household in the UK to watch over one days' worth of Christmas TV.

Recycle 6 mince pie foil cases and save enough energy to watch the Strictly Come Dancing Christmas Special

The UK throws away over 13,000 wheelie bins of mince pies a year which if recycled could save the same energy as powering 356 households with electricity for 365 days.

The average household generates 3.2kg of food waste each week. This is the equivalent of 18 million Christmas turkeys in the UK.

In the UK food that could have been eaten but gets thrown away (4.7 million tonnes) is worth around £17 billion. This is around £80 per month for the average family with children.

News / Case Studies

Health Care Climate Learning Initiative - Guidance and case studies from around the world

Planetary health prescriptions - Finland's new physician role connects human and climate health

Circular Economy Healthcare Alliance - A new partnership between Cambridge University Hospitals and four other trusts

First fully electric ambulances cutting carbon emissions from patient transport in England

Greener NHS Bulletin – The latest news and case studies complied by NHS England

South East Greener NHS monthly newsletter – The latest updates and case studies

Centre for Sustainable Healthcare – The latest SusQI case studies

Reports

Environmental sustainability in intensive care: the path forward. An ESICM Green Paper
Intensive Care Medicine 50(11), pp. 1729-1739

The 2024 report of the Lancet Countdown on health and climate change: facing record-breaking threats from delayed action
Lancet 404 (10465), pp. 1847-1896

Plant-powered planet: building a healthy & sustainable food system
UK Health Alliance on Climate Change

The climate crisis: a critical threat to mental health
The King's Fund

Journal Articles

The impact of increasing temperatures due to climate change on infectious diseases
BMJ 387, e079343

Evaluating progress and accountability for achieving COP26 Health Programme international ambitions for sustainable, low-carbon, resilient health-care systems
The Lancet – Planetary Health 8(10), pp. e778-e789

Environmental and social impact assessment in healthcare business planning: a national survey of NHS trusts in England
medRxiv (pre-print)

Strategies and tactics to reduce the impact of healthcare on climate change: systematic review
BMJ 387, E081284

Sustainability in NHS planning and development
British Journal of Healthcare Management 30(10)

Enhancing food sustainability in the acute hospital setting - a nurse-led study of patient food
British Journal of Nursing 33(19), pp. S8–S17

Medication management: how medication review improves lives and reduces waste
British Journal of Community Nursing 29(10), pp. 480–486

Events / CPD

Net Zero and Sustainable Procurement Team webinar programme
Webinar events offered by the Net Zero and Sustainable Procurement Team Dec 2024 - Jan 2025

New RCN Exhibition - You Mean the World: Nursing in a Climate Crisis
A new exhibition from the RCN highlights the history of nursing in the context of air pollution, industry and recycling, and explores how nursing teams are taking climate action today

Webinar - Social Prescribing for Major Conditions (PrescQIPP series)
Date/Time: Wed 04 Dec, 13:00-14:00

Decarbonising the health and social care system – NIHR funding call
This cross-programme funding opportunity is now open for applications

Centre for Sustainable Healthcare courses
Various courses designed for health professionals, educators, sustainability and estates managers

Carbon literacy for healthcare
Online programme via the NHS Learning Hub

Tools / Resources

Sustainability e-books
27 e-books on sustainability provided by NHS England. NHS OpenAthens account required.

Nursing for the Planet
An online resource from the Nursing Network at the Centre for Sustainable Healthcare

RCEM GreenED initiative
An initiative from the Royal College of Emergency Medicine to measure and reduce the environmental impact of Emergency Departments.

Net Zero Product Savings Calculator
Provides indicative carbon, waster and cost savings from streamlining resource purchases, switching to lower carbon alternatives, or moving to reusable product models.

For help accessing full-text articles, or to request an in-depth search, please contact
fhft.frimleyhealthlks@nhs.net

For more information on sustainability at Frimley Health, please contact Sarah Taylor, Head of Sustainability, at Sarah.taylor223@nhs.net

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