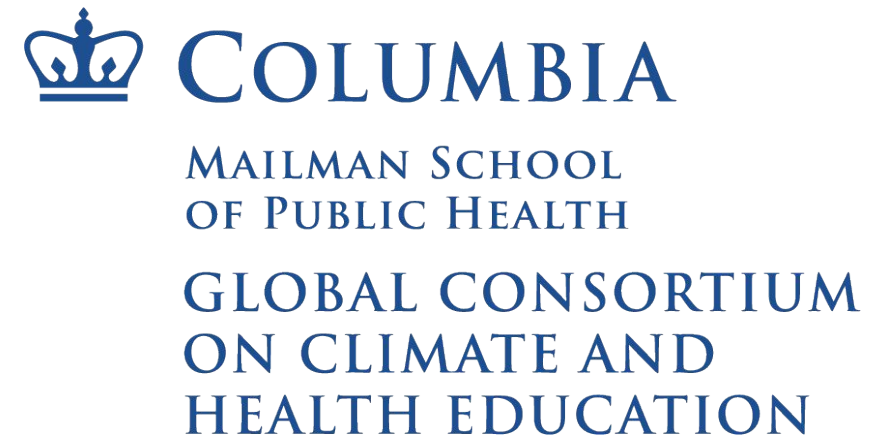




# “Greening Our Healthcare Practices”

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



# Todd L Sack MD FACP

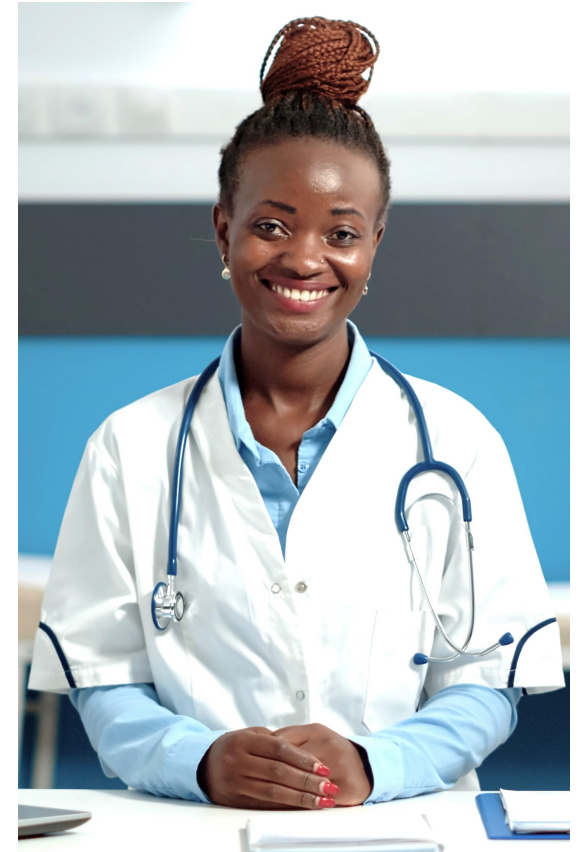
- Gastroenterologist in Jacksonville, Florida , USA
- Past Assistant Professor of Medicine, UC San Francisco
- Community talks & CME lectures on climate change & health
- Help professional societies to adopt climate change policies
- Chair, Environment & Health Section, Fl Medical Assn.
- Past Member, 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!*

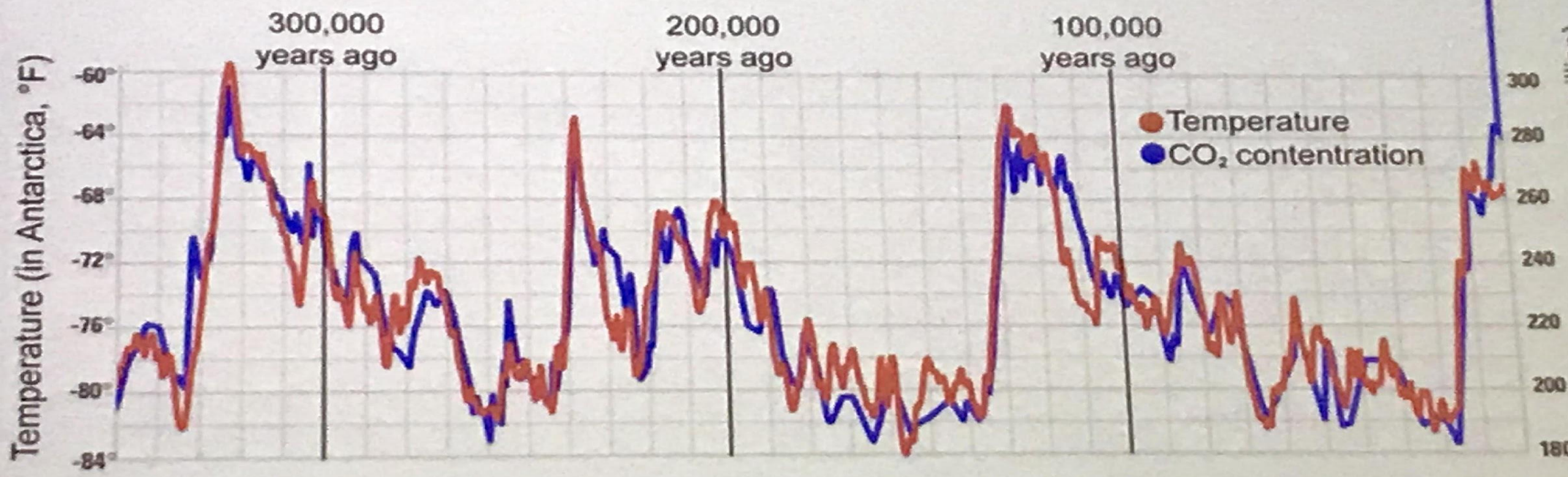


# The Human Health Toll of Climate Change



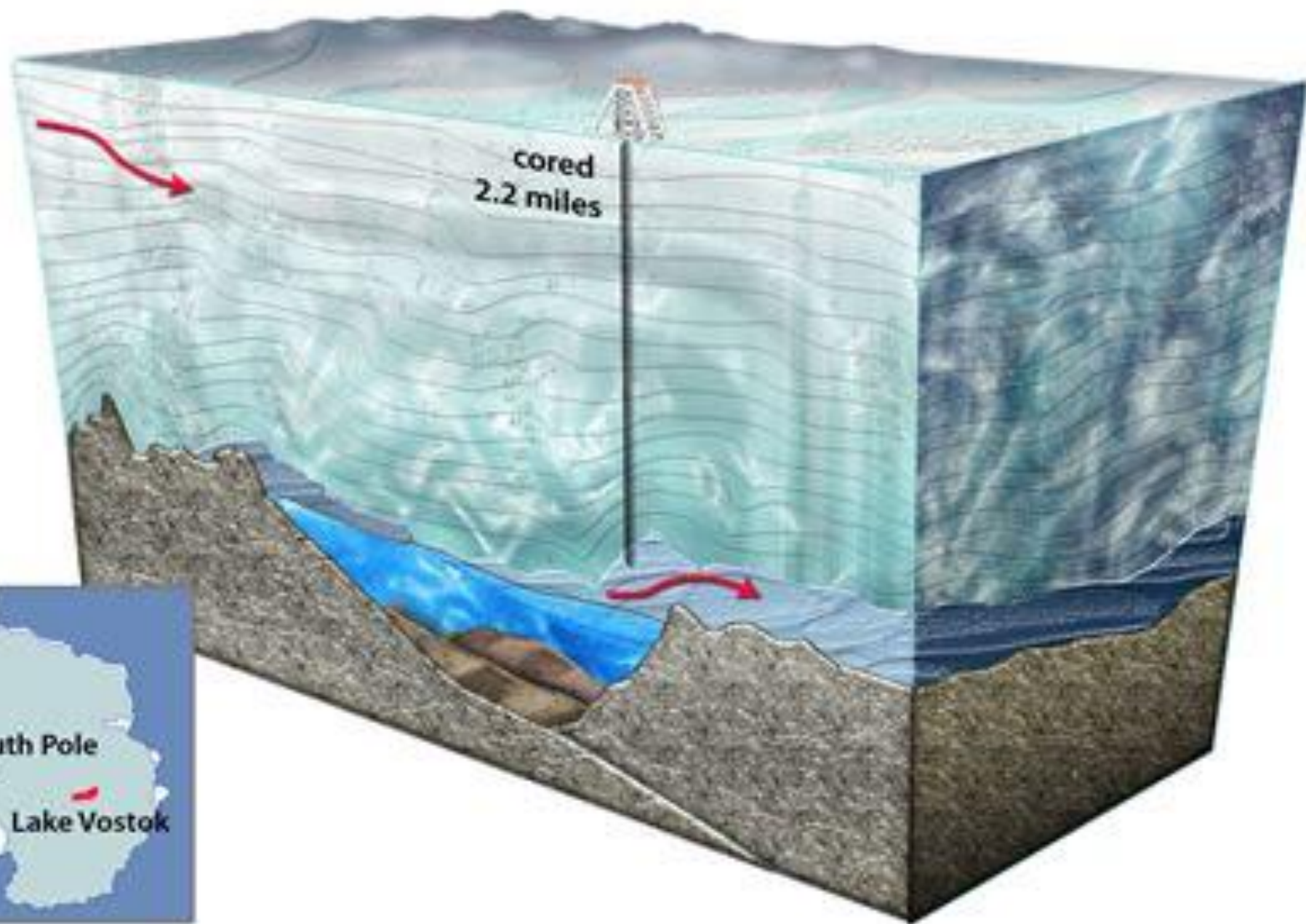
Jacksonville, Florida  
Hurricane Irma  
2017

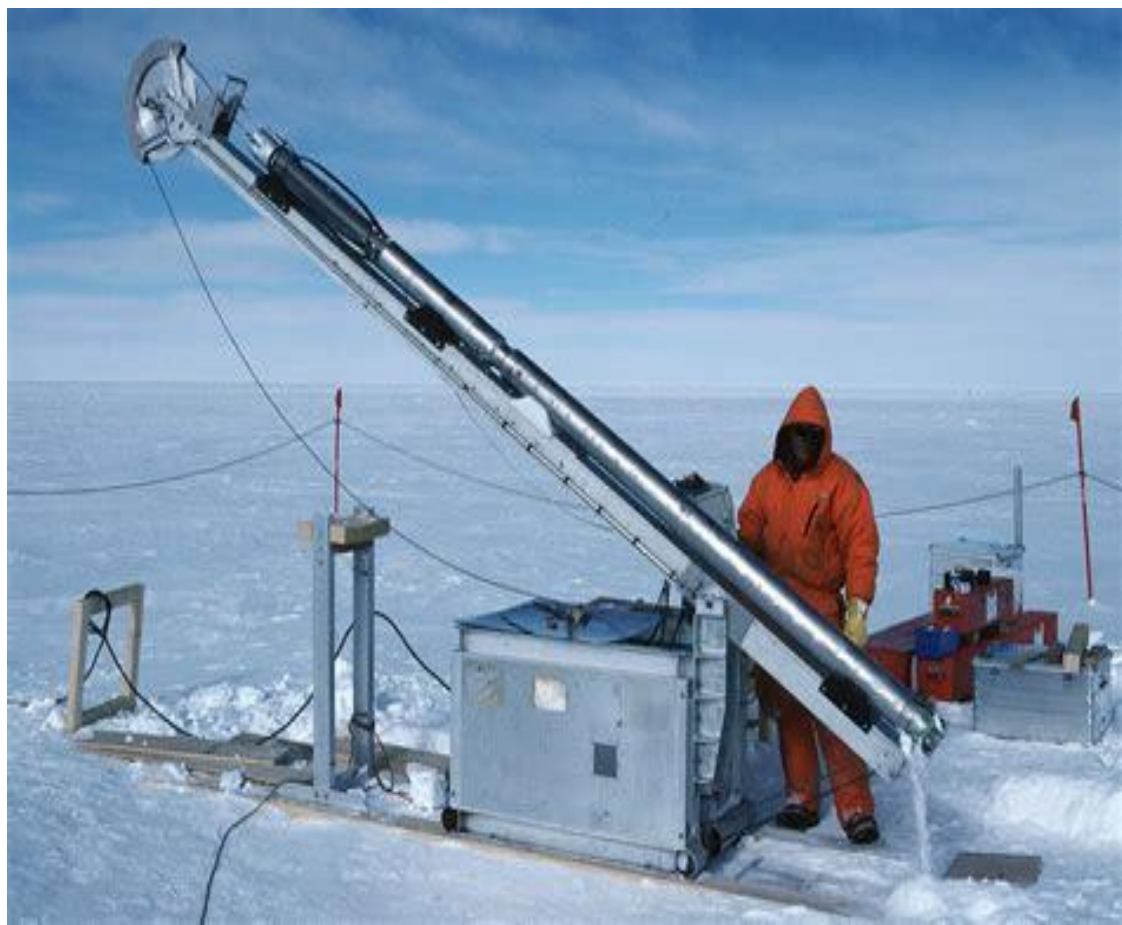
# CO<sub>2</sub> Concentrations and Temperature Have Tracked Closely Over the Last 300,000 Years



Graph of CO<sub>2</sub>, **temperature** measured from Vostok, Antarctica ice core

Petit J.R., et al. (1999). Climate and Atmospheric History of the Past 420,000 years from the Vostok Ice Core, Antarctica. *Nature*, 399: 429-436.





# National Ice Core Laboratory, Denver, CO





A map of Florida is shown on a teal background. The landmass is highlighted in a brownish-gold color. The map includes the outline of the state and some internal features like rivers and coastlines. The text is overlaid on the left side of the map.

**Middle Miocene  
Florida, 18  
million years  
ago: CO<sub>2</sub>  
>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



# 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](http://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](http://www.acponline.org/advocacy/advocacy-in-action-climate-change-toolkit)
- **My Green Doctor**  
[www.MyGreenDoctor.org](http://www.MyGreenDoctor.org) & [www.MyGreenDoctor.es](http://www.MyGreenDoctor.es)





# 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







# 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”

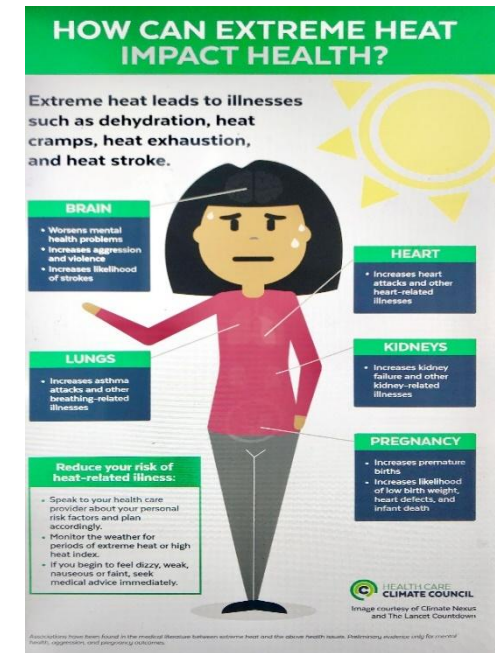
- Adds five minutes to each regular practice planning meeting
- Each five-minute session is fully scripted
- Explains exactly what to say & do at each meeting
- Nothing for the manager or physician leader to study
- Focuses on slow, steady improvements
- Patient & staff teaching emphasized
- Involves 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 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.



YOUR HEALTHY HOME

# GREEN CLEANING

*Saving money, healthier communities.*

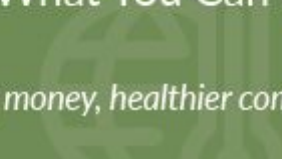


YOUR HEALTHY HOME

# CLIMATE CHANGE: HOW TO PROTECT YOUR FAMILY

What You Can Do

*Saving money, healthier communities.*



YOUR HEALTHY HOME

# ENERGY CONSERVATION

Take It Home

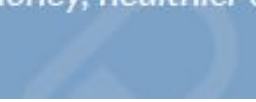
*Saving money, healthier communities.*



YOUR HEALTHY HOME

# SAFE DISPOSAL OF MEDICINES

*Saving money, healthier communities.*



YOUR HEALTHY HOME

# ORGANIC FOODS & TIPS FOR HEALTHY EATING

*Saving money, healthier communities.*



# 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](http://www.MyGreenDoctor.org).



**AAD: The American Academy of Dermatology**

*Todd L. Sack*

Todd L. Sack, M.D.,  
 Editor, My Green Doctor  
 Valid to May 2023

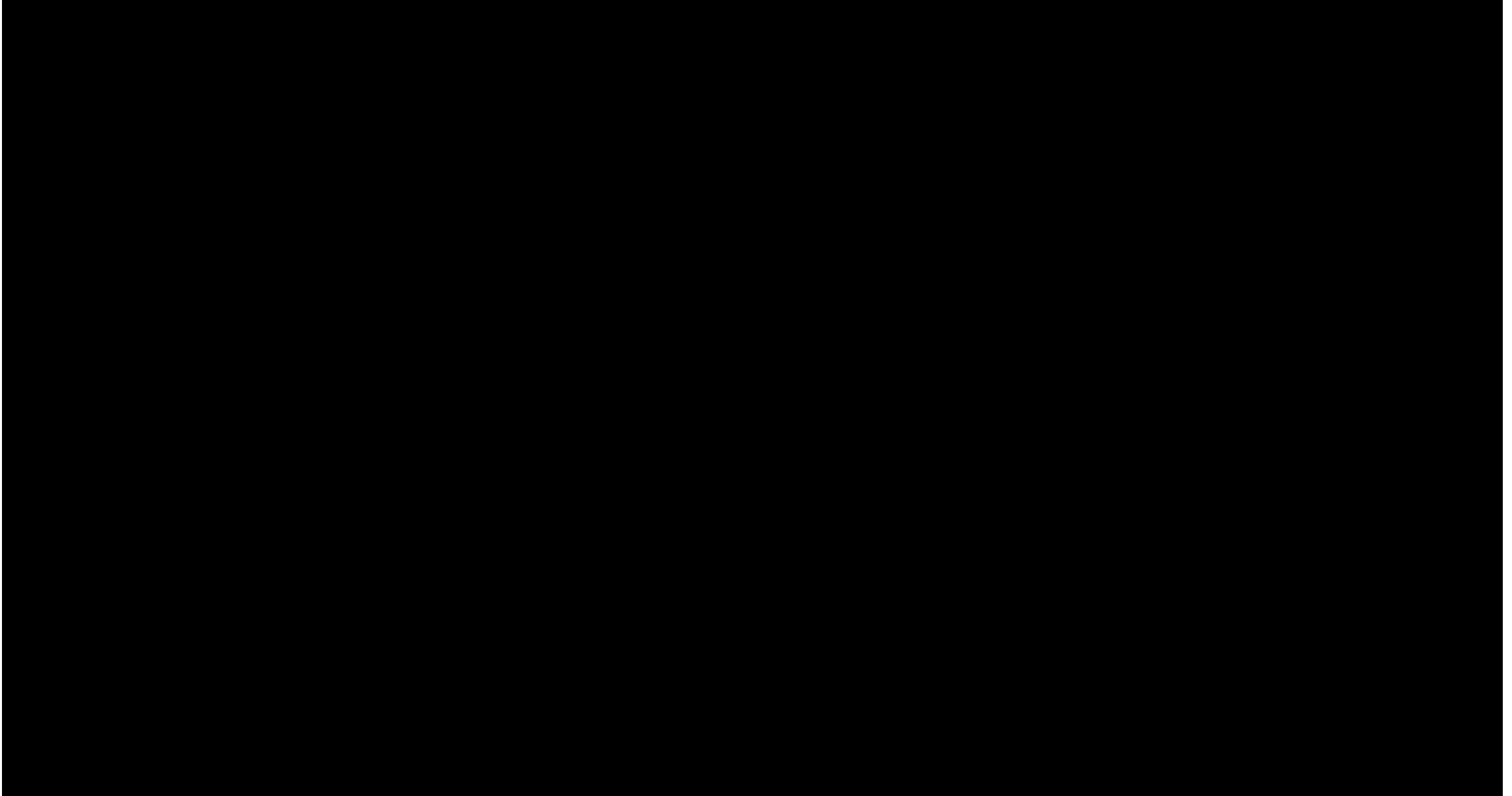


# “Greening Our Healthcare Practices”

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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 CO<sub>2</sub> per year
- Bottom Line: \$14,000 saved annually





# Greening Your Healthcare Practice: Six Steps

Register

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

Adopts

Adopt sustainability as a core value (& brag about it)

Add

Add 5 mins of My Green Doctor to each practice meeting

Make

Make small, steady improvements in your organization

Provide

Provide patients brochures, posters, & other teaching tips

Commit

Commit to qualifying for the Green Doctor Office Certificate



# “Greening Our Healthcare Practices”

Todd Sack MD FACP  
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tsack8@gmail.com

*Thank you for “go greening” TODAY!*



**COLUMBIA**

MAILMAN SCHOOL  
OF PUBLIC HEALTH

GLOBAL CONSORTIUM  
ON CLIMATE AND  
HEALTH EDUCATION