![BLMK Integrated Care System logo]

Creating an environmentally sustainable health and care system together

Bedfordshire, Luton and Milton Keynes
ICS Green Plan – refresh 2025

15 November 2024

Creating an environmentally sustainable health and care system, together

Welcome!

#BLMKLeadingForSustainability

We're here today to
develop recommendations for the
refreshed ICS Green Plan (2025-2028)

#BLMKLeadingForSustainability

3

To what extent do you agree with the following? (pre-event)

I understand the impact climate change can have on someone's health

8.0

Environmental sustainability should be a fundamental part of what the health and care system does

9.0

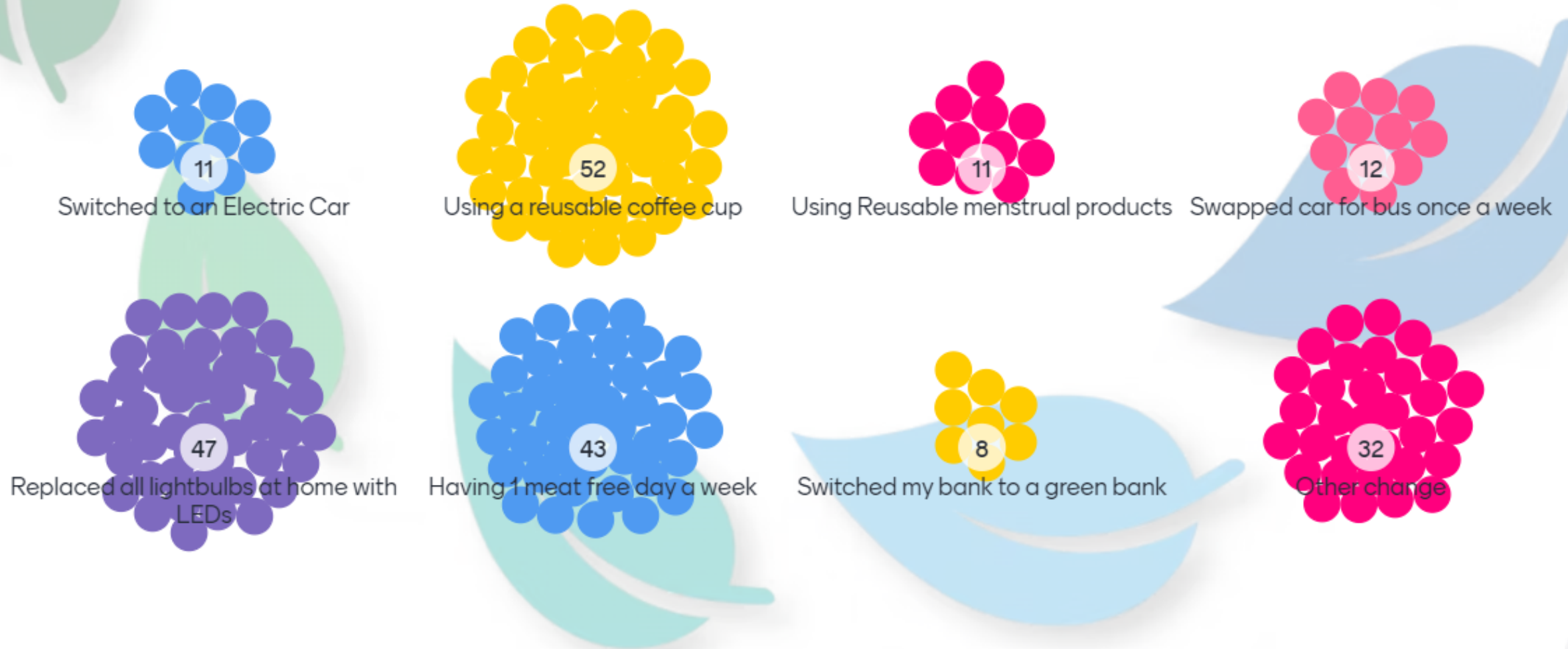I know some things I can do to improve environmental sustainability of the health and care system

7.2

8.1

Not at all

Completely

Which of the following carbon-reducing actions have you already done in your personal life?

11
Switched to an Electric Car

52
Using a reusable coffee cup

11
Using Reusable menstrual products

12
Swapped car for bus once a week

47
Replaced all lightbulbs at home with LEDs

43
Having 1 meat free day a week

8
Switched my bank to a green bank

32
Other change

62

Housekeeping and Ground rules

Bedfordshire, Luton and Milton Keynes
Health and Care Partnership

There are no planned **fire alarms** today

Break ~10:40

Refreshments available

We are privileged to be joined by some of our **residents** and **youth councillors**

Lots to get through – please **listen** to instructions carefully and **stay on topic**

All listen and **all speak**
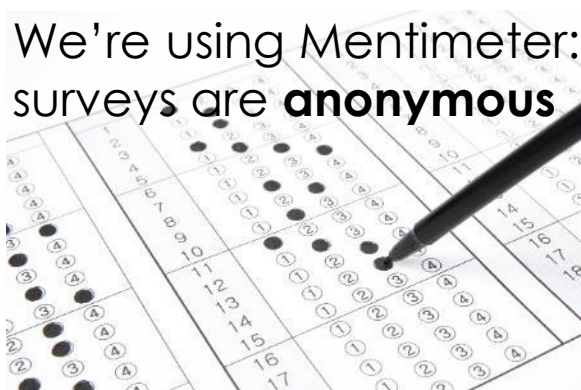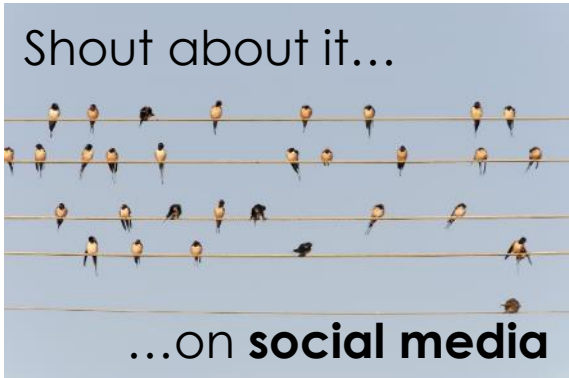
Get involved!

Phones on **silent**

Take calls **outside**

Photos will be taken – let us know if you don't want to be in shot

We're using Mentimeter: surveys are **anonymous**

Shout about it…

…on **social media**

#BLMKLeadingForSustainability

Welcome
Rima Makarem
Integrated Care Board Chair

Bedfordshire, Luton and Milton Keynes
Health and Care Partnership

Agenda

0930 Welcome

0935 Keynote: Alistair Strathern MP

1000 Climate Change and Health

1040 Break

1050 Shaping the Green Plan Together (Breakout discussions)

1205 Speaking to the Next Generation our Youth Councillor Panel

1250 Final reflections

1300 Close

Event Host

Vineeta Manchanda, ICB non-executive member and green champion

Alistair Strathern MP
All-Party Parliamentary Group for Environment
Chair

Climate Change

and Health

Martin Baxter

Institute of Environmental Management and Assessment (IEMA)
Dephy CEO

Visit https://blmkhealthandcarepartnership.org/leading-for-a-sustainable-health-care-system/ to view the video from Martin Baxter at COP29 to the Leading for a Sustainable Health and Care System seminar

Meet A and O

Meet A and O – children in families of BLMK ICB staff
They are happy, young and loved.
They are lucky to have been born in a prosperous country, with lots of social and economic support, and very few physical dangers.
They have hopes and dreams for the future (albeit mostly involving sweet treats, games and cuddles).

In 2050, they'll be young adults.
Hopefully they'll have happy, comfortable lives, with meaningful things to do.
Hopefully they will have good health
Hopefully they will have good social circles
Hopefully they will have a nice, secure house, and good jobs
They might even have families of their own.

Real photos have been replaced to maintain privacy

Meet A and O

What they almost certainly will have is a world that is more chaotic than today, with:
- Greater risks to their physical and mental health, through air, water and foodchain pollution, from higher temperatures, extreme weather, and floods, and from new diseases
- Higher costs of living, as food security drops, supply chains get disrupted, and climate migration increases
- A health system dealing with even greater pressures
- A higher chance of another pandemic

In 2050, many of us will be retired or passed. But what we do now will determine the degree to which those things become true.

And what we do now isn't JUST for the benefit of our future selves, but for our communities now – a sustainable health and care system is one which is better quality, more efficient and effective, less wasteful, AND pollutes less.

We're asking you to commit to this process, to shaping the Green Plan not just to meet a target, but for the benefit of those around you, your families, your friends and neighbours, for the health and care system we strive to improve, and for A, O and all the others like them that only wish for a happy, healthy life, now and in the future.
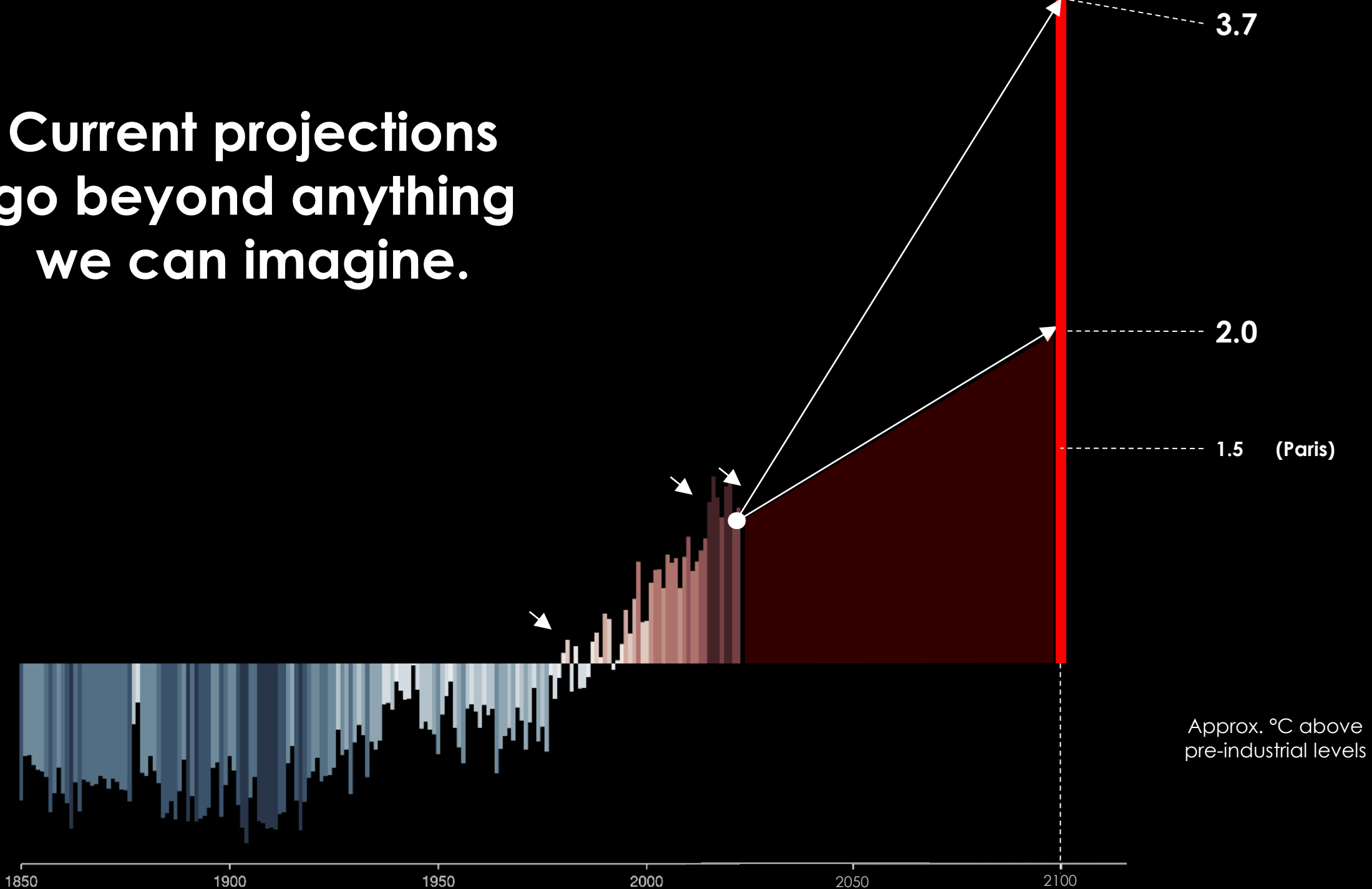
Climate change is happening now…

…and is set to accelerate; even if we halted emissions now, warming will continue for decades.

°C change vs 1971-2000

2020s

2010s

1980s
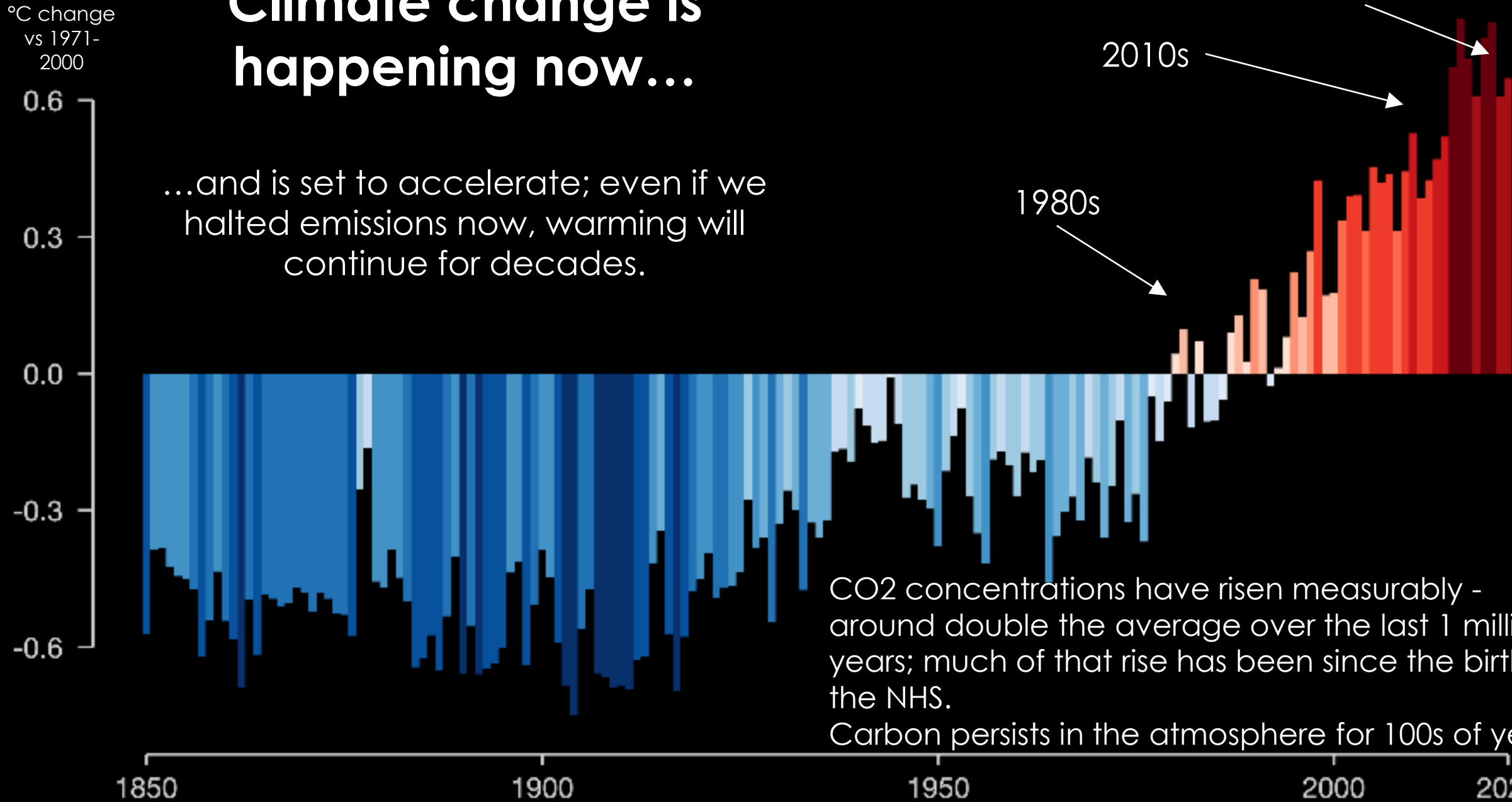
CO2 concentrations have risen measurably - around double the average over the last 1 million years; much of that rise has been since the birth of the NHS.
Carbon persists in the atmosphere for 100s of years.

0.6

0.3

0.0

-0.3

-0.6

1850   1900   1950   2000   2022

Current projections go beyond anything we can imagine.

3.7

2.0

1.5   (Paris)

Approx. °C above pre-industrial levels

1850   1900   1950   2000   2050   2100

Flooding to cost NHS in Cumbria 'millions'

Peak of 2022 heatwave forced fifth of UK hospitals to cancel operations - research

Heatwave last summer killed 61,000 people in Europe, research finds

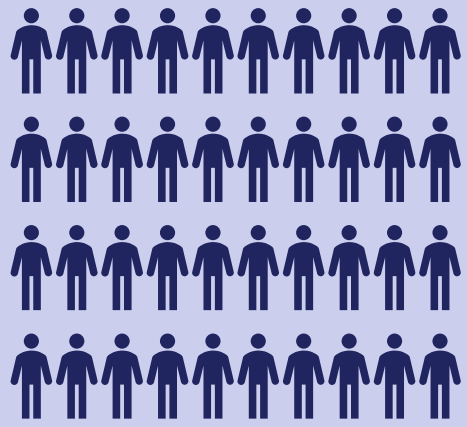**Flooded London hospitals ask patients to stay away**

National Highways admits A421 will be closed for "several days" to clear 60 million litres of flood water

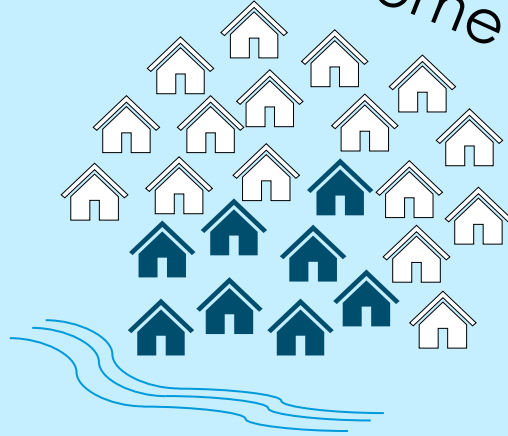**Hospitals face critical shortage of IV bags due to Puerto Rico hurricane**

Ella Adoo-Kissi-Debrah: Air pollution a factor in girl's death, inquest finds

BLMK **heatwaves** of 2022 claimed the **life of ~40** over 65s

1 in 3 people suffer **PTSD** after their home **flooded**

>400 BLMK deaths annually
Low birth weight
Asthma and COPD
Cardiovascular diseases
Cancers
Diabetes
Dementia

Air pollution causes...

*"Every **2 minutes** in the UK, **a baby** takes their first breaths in **air that doesn't meet W.H.O. standards"***

Driving **one mile** in a diesel car in a congested urban area costs **12 mins of life**

Each year BLMK's emissions could cause **>300 excess deaths** globally

10-20% higher A&E admissions
Supply chain disruption
Service and equipment **failures**...

NHS

UK heat-related mortality costs **~£6.8bn pa.**

£1bn £1bn £1bn £1bn £1bn £1bn £1bn £1bn £1bn £1bn

Plastics – 19% of emissions and 1.4% of NHS supply chain

Linked to:
Infertility and miscarriage
ADHD and Autism
Cancer, IBD, Diabetes
Stroke & CVD

86% young people would stay at a company longer if it had strong **sustainability credentials**

209 colorectal cancers in 2020 in BLMK caused by high carbon diets

Injury and mortality from extreme weather events

Respiratory illness

Mental and psychosocial health

Noncommunicable diseases (NCDs)

Impacts on health care facilities

Heat-related illness

"Climate change is the **single biggest health threat facing humanity**"

(World Health Organisation)

Water-borne diseases and other water-related health impacts

Zoonoses

Vector-borne diseases

Malnutrition and food-borne diseases

Effects on health systems

https://www.who.int/news/item/02-11-2023-climate-change-and-noncommunicable-diseases-connections

Why bother?

The UK **only produces <1%** of the world's emissions

higher summer temperatures will be **offset** by warmer winters

"We can't go back to **living in caves**"

"net zero **isn't possible**"

"I already **recycle**"

"**We'll be ok** in the UK"

"We can **offset** our emissions"

"we're already **doomed**"

Good business sense:

Our staff want us to do more

It can give us leaner, more efficient and more effective services.
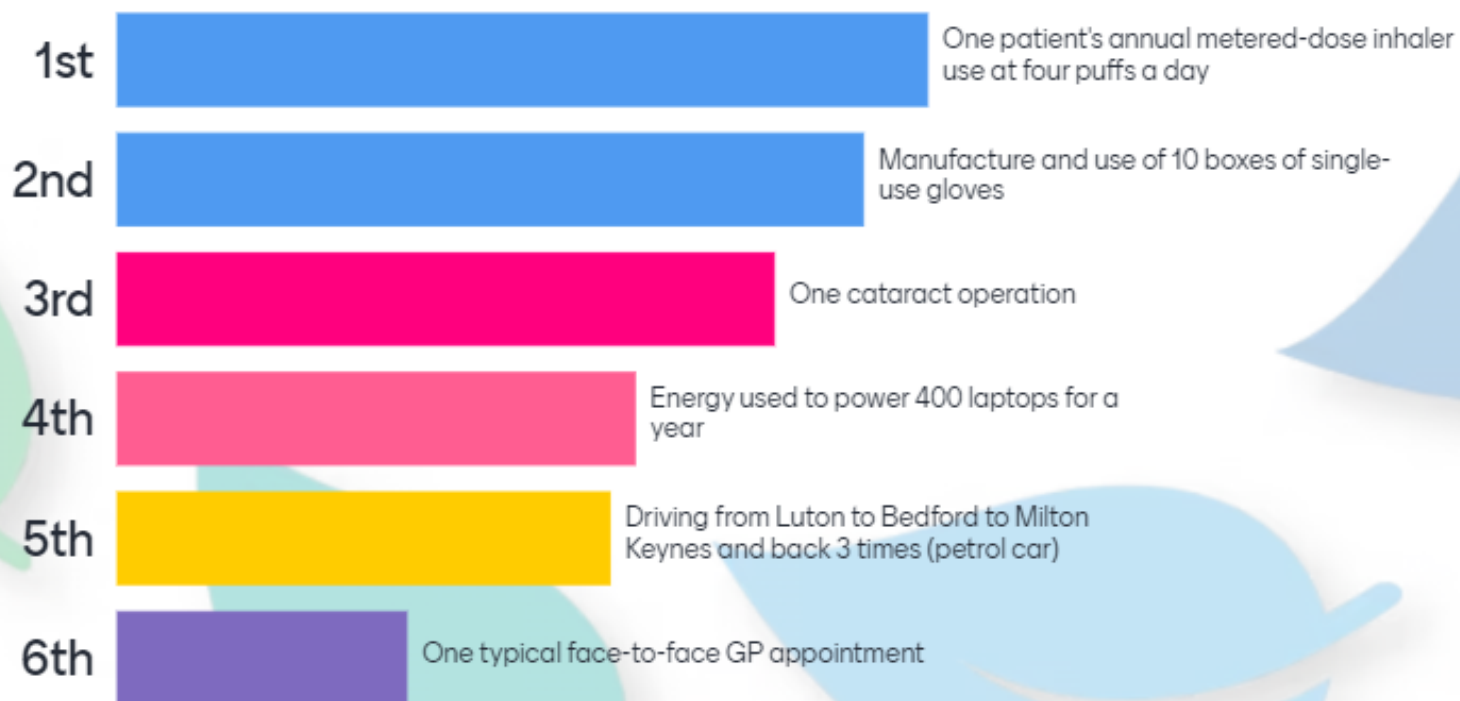
Statutory and regulatory requirement

It's our duty:

Clinically, Socially, Morally

Reflections from local clinicians

Rank the following in order of the highest carbon footprint?

1st — One patient's annual metered-dose inhaler use at four puffs a day

2nd — Manufacture and use of 10 boxes of single-use gloves

3rd — One cataract operation

4th — Energy used to power 400 laptops for a year

5th — Driving from Luton to Bedford to Milton Keynes and back 3 times (petrol car)

6th — One typical face-to-face GP appointment

These are the result of a poll in the room, asking participants to rank the activities in order of size of carbon footprint. See overleaf for answer.

Although these are rough figures, the take home is that clinical activities have huge footprints.

Preventing the need for this activity, or transforming them to reduce resource-use, would take us a big leap forward.

Cateract Operation (~182kg)

Inhaler use (~100kg)

Single-use gloves (~26kg)

Driving 300km (0.36kg)

Face-to-Face GP appt (~66kg)

Laptops (~10kg)
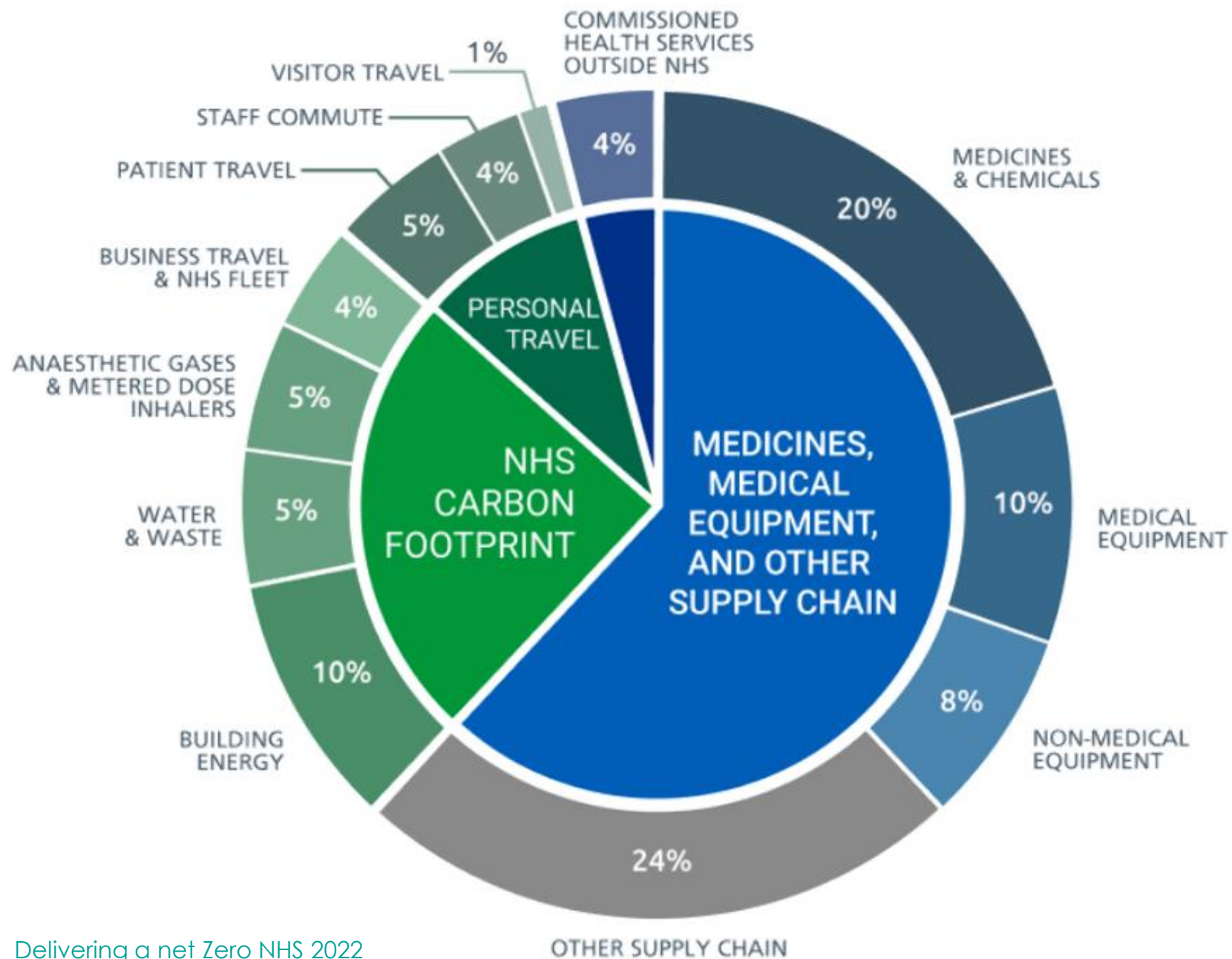
Two-thirds of our emissions are in the supply chain.

We should remove unnecessary carbon from processes we can control.

But our supply chain is influenceable:
- how can we remove the need for using resources?
- how do we eliminate waste from our processes?

>325,000 tCO$_2$e

BLMK ICS's NHS footprint in 2019/20*

= 92,000 passenger flights from London to Perth, Australia
= ~325 deaths worldwide

CO$_2$e is a short-hand way to measure and compare Greenhouse Gas emissions

* Note that this only takes into account primary care and the two acute hospital trusts – community, mental health and ambulance services are not included as those Trusts are "hosted" by other Integrated Care Systems.

Healthy planet means healthy people.

Clinical benefits

outcomes

Wider public health benefits

£ **Sustainable value** = patients + populations

impacts

Resource & carbon reduction

environmental + social + financial

Patients: **experience, convenience**
Staff: **well-being, time, satisfaction**

The **TRIPLE BOTTOM LINE**

Cost vs savings

Mortimer F, Isherwood J, Wilkinson A, Vaux E. (2018)
Sustainability in quality improvement: redefining value.
Future Healthcare Journal. Vol.5(2):88-93

It's about doing what we always do…

PRINCIPLES OF SUSTAINABLE CLINICAL PRACTICE

1. PREVENTION
Promoting health and preventing disease by tackling the causes of illnesses and inequalities

2. PATIENT SELF-CARE
Empowering patients to take a greater role in managing their own health and healthcare

3. LEAN SERVICE DELIVERY
Streamlining care systems to minimise wasteful activities

4. LOW CARBON ALTERNATIVES
Prioritising treatments and technologies with a lower environmental impact

CENTRE for SUSTAINABLE HEALTHCARE
inspire • empower • transform

Mortimer, F. The Sustainable Physician. Clin Med 10(2). April 1, 2010. D110-111.
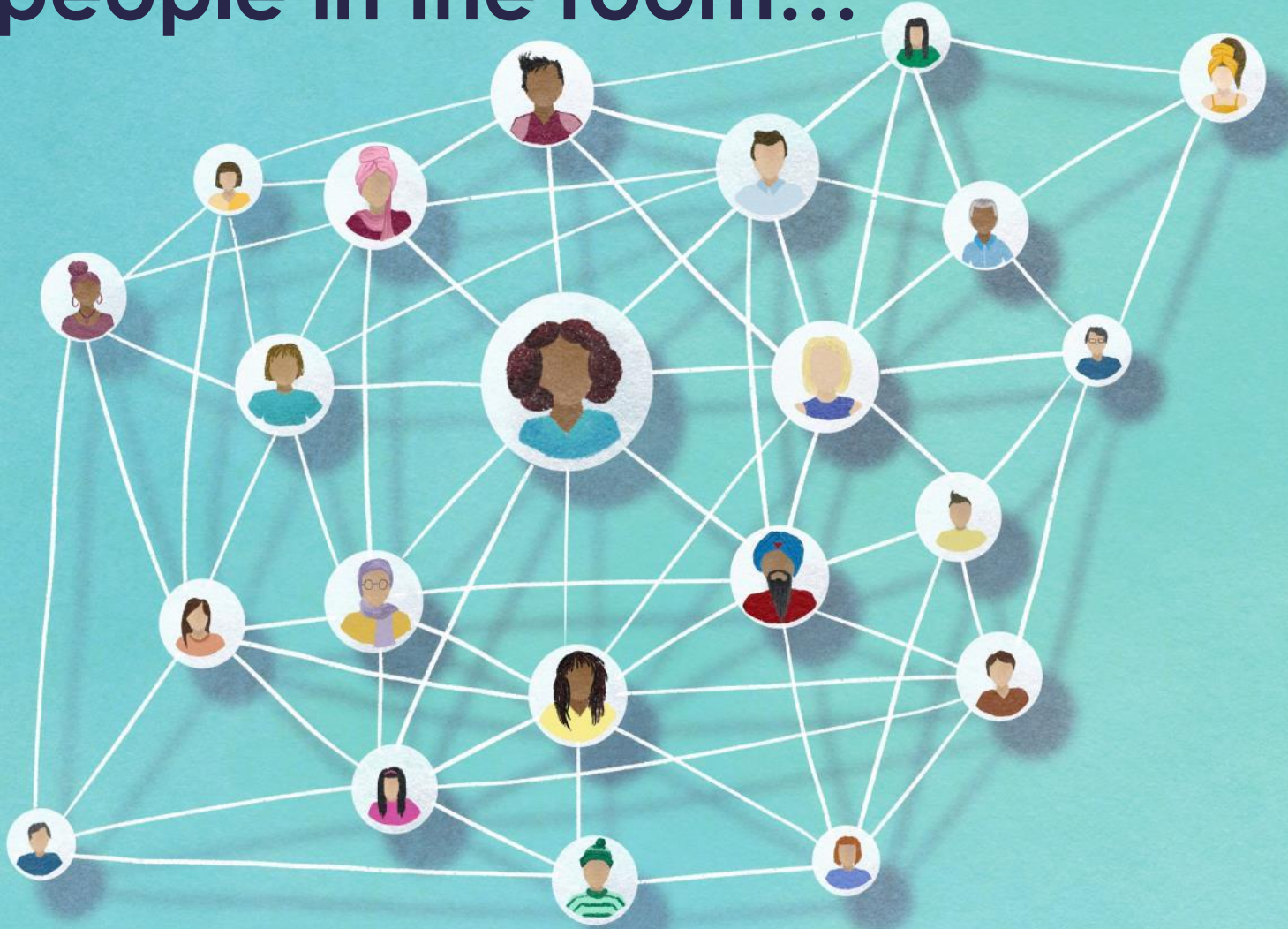
…but a bit greener

Recycling is not the final answer, only part of the solution. In the mantra, "reduce, reuse, recycle", reduce is far more important to focus on.
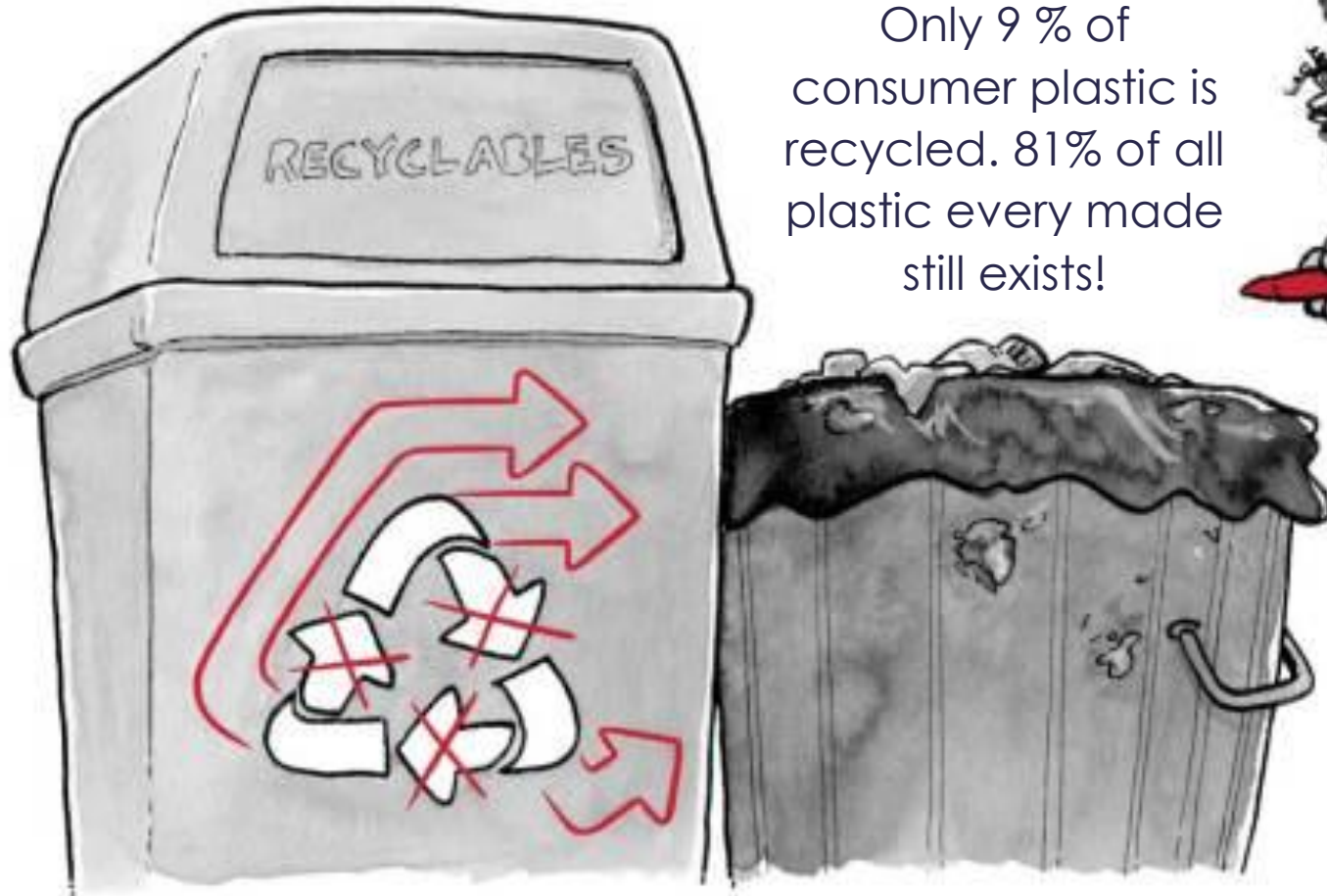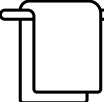
Only 9 % of consumer plastic is recycled. 81% of all plastic every made still exists!

RECYCLABLES

"I modified the symbol for accuracy."

(Image credit: Tom Toro)

Through personal action, the people in the room...

...have saved...

(the equivalent to growing ~1,575 trees.)

EVs		14,400kg
Reusable cups		1,800kg
Reusable menstrual products		40kg
Bus travel		150kg
LEDs		3,000kg
Meat-free days		4,300kg
Green banking		7,800kg

(plus many other actions)

>31.5

tonnes CO_2e per year

BLMK ICS has a Green Plan to help us in our work.

It contains high level ambitions to reduce our emissions, against a number of thematic areas.

Quickly turned around in Jan 2022, in response to a GreenerNHS ambition, it became a statutory requirement in the Health and Social Care Act.

It runs to 2025, hence the need for a refresh

Our current Green Plan themes

Bedfordshire, Luton and Milton Keynes
Health and Care Partnership

Medicine	Food, catering and nutrition	Leadership, workforce and culture	Adaptation	Estate	Supply chain
Models of care	Digital	Measurement	Progress monitoring	Green and Blue space	Travel and Transport

Progress

GP inhaler switches:
>4,900 tCO$_2$e annually

Walking aid reuse: ~700 items
>12 tCO$_2$e, and **>£2,800**

Acute trusts anaesthetic gases:
>1,800 tCO$_2$e annually

ICB office decant: **185** items shared;
>8 tCO$_2$e and **£1,000s avoided**

Bedfordshire, Luton
and Milton Keynes
Health and Care Partnership

Medicine	Food, catering and nutrition	Leadership, workforce and culture	Adaptation	Estate	Supply chain
Models of care	Digital	Measurement	Progress monitoring	Green and Blue space	Travel and Transport

Warm homes programme: **>680 tCO$_2$e**
(plus potentially better health)

Fleet emissions: **estimated >15 tCO$_2$e**

Food waste: **>60%** reduction at two hospital sites

Plus many others, including Solar panels and Energy centres, Hybrid working, LEDs, Energy assessments, Virtual wards, Patient transport, E-bikes, Shared transport, Glove reduction campaigns and Reusable equipment, Digital twins, Specialist sustainability training, webinars, Impact assessments…

Consider the **environmental impact in everything we do**
(policies, strategies, plans, actions and decisions)

A culture where environmental sustainability is **part of everyone's job**

Eliminate **unnecessary carbon emissions** by transforming pathways

Supporting communities to be **more resilient to climate change**
(prevention, shift to community, digital first, process and estate adaptation)

A more **"circular economy"**
(no waste, **reducing** the need for new natural resources, **reusing** materials where possible, **recycling** when not possible)

Re-growing our Green Plan commitments

- What else could we do?
- Where could we be more ambitious?

What we could we do together?

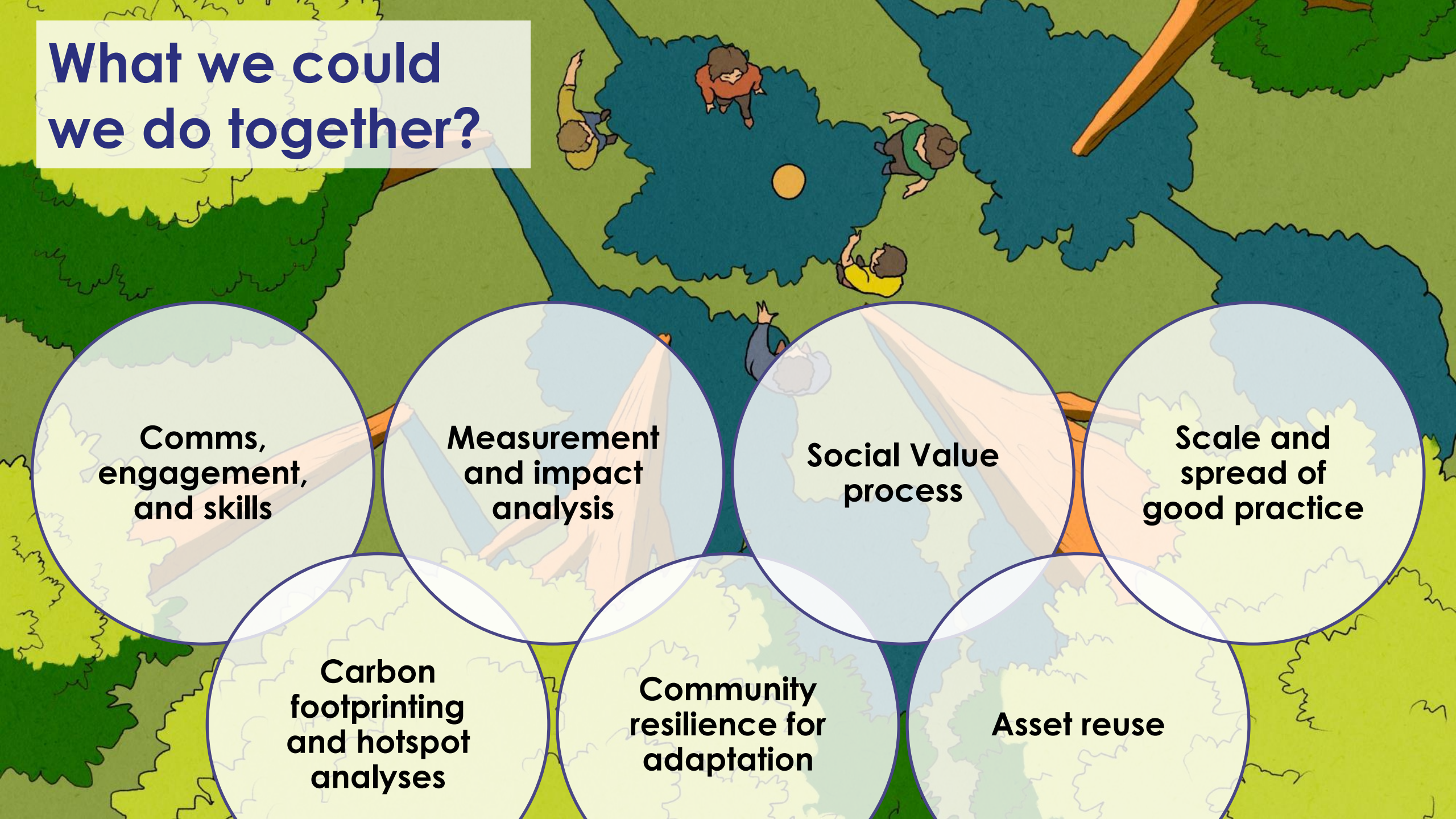Comms, engagement, and skills

Measurement and impact analysis

Social Value process

Scale and spread of good practice

Carbon footprinting and hotspot analyses

Community resilience for adaptation

Asset reuse

Dr Philip Tamuno
IEMA fellow and Head of Sustainability

Visit https://blmkhealthandcarepartnership.org/leading-for-a-sustainable-health-care-system/ view
Dr Philip Tamuno's presentation slides from the seminar

Leadership and culture

Climate resilient communities

Economics and finances

Alternative care models

Partnerships and Suppliers

The big challenges

What are your recommendations?
Breakout discussions

✓ **DO** Get **inspiration** from the local case study

✓ **DO** Think what a **good future state** would look like

✓ **DO** Come up with some **bold, specific** recommendations

✓ **DO** Select **ONE** recommendation to share with the Youth Councillor Panel

Leadership and culture - Giving sufficient weight to environment in decision-making and delivery

- How do we make sure environment is given sufficient weight in decision-making?

- How do we develop a climate-educated workforce (now and in future)?

- How do we create a culture of staff empowerment to drive change at the ground level?

- What partnerships do we need to make at a strategic / corporate level to help us progress?

Climate resilient communities - Social cohesion and community support to reduce vulnerability

- How do we create more of a social movement to improve the environment and health?

- What can we do to protect vulnerable individuals and populations from the impacts of climate change (health, socio-economic situation etc.)?

- How can we encourage communities to support each other more?

- How can we make sure health and care organisations can still deliver care in a different climate?

Economics and finances - Delivering emissions reductions in the face of limited funding

- What's within our control?

- How do we make sure initiatives with a longer-term return on investment still get implemented?

- How can we deliver reductions in carbon without additional funding?

- How do we make sure that carbon is treated equally to finance and health quality in business cases?

- Do we need to consider metrics and/or monetisation of carbon to drive delivery and accountability?

Alternative care models - Preventative care and alternative models to reduce use of resources

- How can we drive primary and secondary prevention, and better general health?

- How do we improve the use of local natural solutions and green prescribing?

- How can we reduce use of health services and reduce waste?

Partnerships and Suppliers - Close working with VCSEs, anchors and suppliers to be more environmentally sustainable

- What opportunities are there to work with our VCSEs and wider partners to create a more environmentally sustainable health and care system? *(e.g. ensuring meds compliance, patient transport, prevention and alternatives)*

- What are we going to do to work with and influence our supply chain?

- How do we support VCSEs and smaller suppliers to be more environmentally sustainable?

What you recommended
(one key recommendation from each breakout group)

Positive conversations
School engagements
Embed as BAU in all health and social care conversations
Promote health lifestyles

Offering a safe space in our local areas which are open for children and young people with their parents to interact and options are given to them as to what they want to do; grow/make things, yoga..

Green Plan to harness power of Anchor Institutions – including health, care, care, VCSE, businesses and beyond – to create call to action for our communities, & to educate on what makes a difference

Recognition of the knowledge gap, designing and adapting bespoke learning to make it meaningful to our teams and roles

Living Champions for change - food, exercise, green spaces-, supporting nature - driven by policy and collaboration within the neighbourhood and ICS relevant to all the population

Greater focus on triple bottom line (investment, procurement, business cases, decision-making, investment in clinical leadership)

Strengthening our voluntary and community sector. Have a role in the governance of it. Involvement in neighbourhood teams.

Visit https://blmkhealthandcarepartnership.org/leading-for-a-sustainable-health-care-system/
where all the recommendations will be uploaded as they are analysed.

Speaking to the next generation:
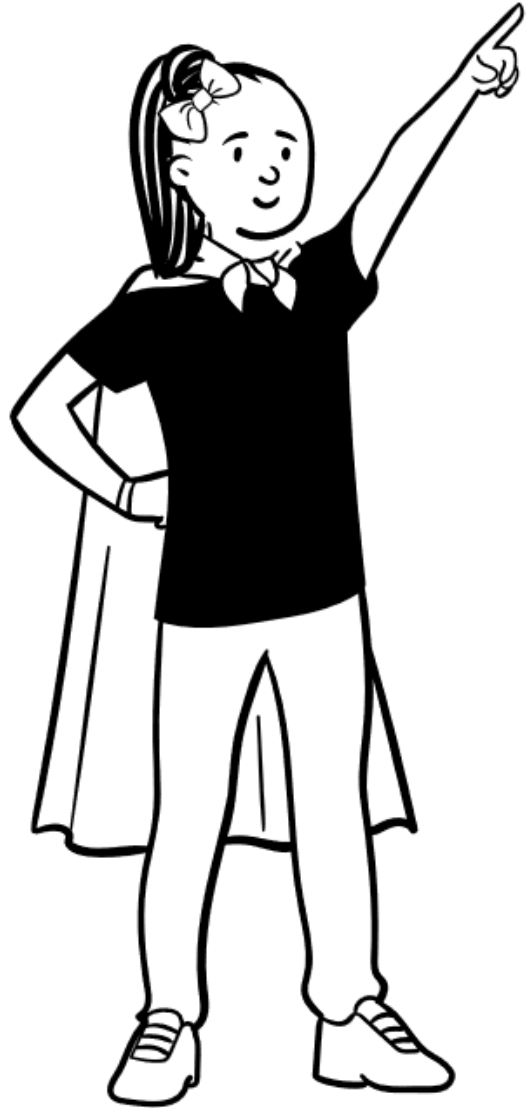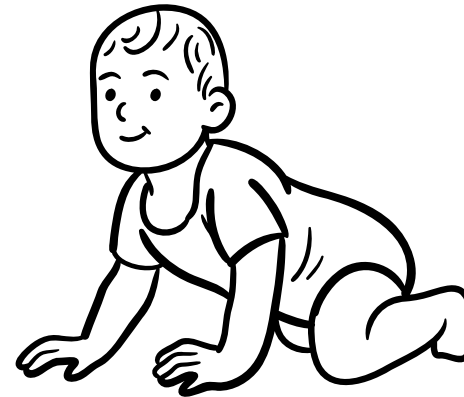## Our youth councillor panel

chaired by
Jeremy Williams

Closing remarks

Vineeta Manchanda, ICB non-executive member and green champion

An investment in **sustainability** is an investment in **everyone**

What will you do?

Please complete the post-event evaluation on Mentimeter:

- Please **use the QR** code (right)

- Or go to **menti.com**
  and **enter code: 5662 3209**

- Or use the link
  https://www.menti.com/ali4akf5oj22