



Climate change: Health Impacts and Opportunities

Preparing for a changing climate in Oxfordshire
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“NHS South Central – Improving health and alleviating the causes of poor health for the benefit of patients, the public and taxpayer alike in Oxfordshire, Buckinghamshire, Berkshire, Hampshire and the Isle of Wight”





Negative impacts on health:

- Deaths from heat
- Increase in skin cancers – UV rays
- Direct injury - cyclones, floods, hurricanes
- Pollution – respiratory diseases
- Food-related illness
- Altered disease vectors: malaria
- Crop failure and water shortages – diarrhoea, malnutrition
- Mass migration - resource wars, ecosystem and economic collapse





Positive impacts on health:

- **Warmer winters** - less cold-related illnesses and deaths
- **Extended, warmer summers** - more outdoor recreation
- **Partnership working** - to reduce carbon emissions will benefit health:
 - active travel
 - sustainable energy, farming and food
 - urban greening
 - efficient insulation
- WHO programmes focus on:
 - reducing infectious diseases
 - improving water and sanitation services
 - responding to natural disasters
 - building capacity to adapt to climate change





Active travel – health benefits

- More walking, cycling and less car use – reduce CO2 emissions AND
- Lower BP, obesity, heart disease, diabetes, osteoporosis and cancer
- Reduce road traffic accidents
- Less air pollution – less respiratory disease (asthma, COPD)
- Reduce noise (stress)
- Improve mental well-being and social cohesion
- More exercise: less depression, stroke, heart attack, cancers, osteoporosis,
- Falls, muscle weakness, obesity, diabetes





Eating better

- Less processed food (less CO₂)
 - Less saturated fat, sugar and salt
 - Reduce obesity, heart disease, stroke, diabetes, colon and breast cancers

- ✓ Less meat & more vegetables
 - Reduce CO₂ and methane, improve health
 - Less cardiovascular disease

- Local food – reduce food miles
 - Food transportation causes CO₂, air pollution, congestion and accidents





Insulation in homes

- Reduces CO2 – less fossil fuel needed
- Less fuel poverty and more income for households
- Improves resilience to hot and cold weather
- Reduces excess seasonal deaths and health inequalities





Less material consumption

- A more equal society
- Reduced greenhouse gas emissions
- Less emotional distress, dissatisfaction, alienation
- More money (for some) for positive activities
- Reduced inequalities in health

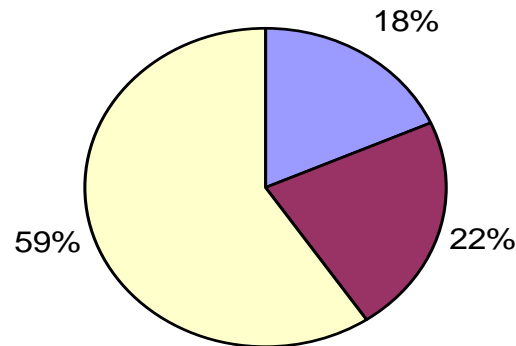




**Carbon Footprint in NHS England
c. 20 million tonnes carbon dioxide eq p.a.**

**Figure 1a - 2004 NHS England Carbon/CO2 Emissions
Primary Sector Breakdown**

Procurement:
supply chain
activities of
companies
producing
goods and
services =
60%



Travel: patients, staff,
visitors = 18%

■ Building energy use

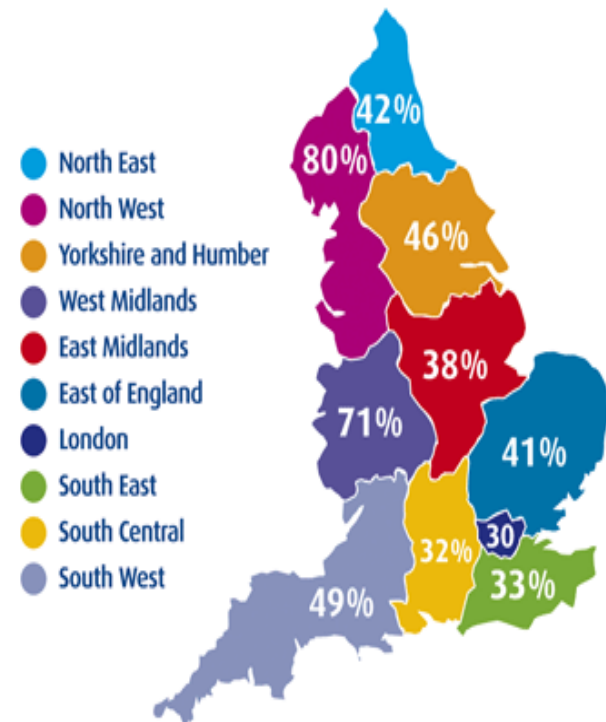
Energy: heating,
lighting, hot water,
ventilation, cooling =
22%



A low carbon NHS in South East (NHS South Central and NHS South East Coast)

- **Awareness:** NHS' contribution to climate change and role
- **Engagement:** of staff, patients, visitors and suppliers
- **Planning:** NHS plans for sustainable development and the Carbon Reduction Commitment
- **Innovation:** Sharing good practice and using new technologies
- **Review:** Monitoring, evaluating and reporting on progress

Percentage of NHS organisations registered on the NHS Good Corporate Citizenship Assessment model by region





**What's good for the climate is
good for health**

Lower carbon saves lives