



Child Health and  
Wellbeing Network  
North East and North Cumbria



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CENTRE *for*  
SUSTAINABLE  
HEALTHCARE  
inspire • empower • transform



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## Section 2 – Solutions Sustainable Child Health



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# Contents



- [Solutions](#)
- [Policy](#)
- [Health Co-benefits](#)

(Please note – There are some longer videos in this section which you may chose to skip or watch at a later date.)



# Solutions – let's all take a dose of hope

Well that was all pretty depressing. You will be glad to know that from here on we will be exploring potential solutions. There is hope, but we must earn it through action. The good news is that we know what we need to do and we have the technology to do it. To lift your spirits this page contains a small sample of some of the extraordinary individuals and organisations working to make a difference around the world.

## **The Planetary Health Alliance:**

Endorsed by many professional health organisations, the [Planetary Health Alliance](#) is a solutions-oriented, transdisciplinary movement focusing on the impacts of climate and ecological disruption on human health and all life on Earth. The movement recognises that human and natural systems are fundamentally interconnected at all scales and is concerned with the human condition beyond health in a narrow biomedical sense, calling for just, equitable and sustainable modes of living:

This [10-minute](#) video introduces the benefits of taking a Planetary Health approach.



# Health In Harmony

Dr. Kinari Webb founded Health In Harmony as a response to the devastation she saw in the rainforests of Borneo. [Health In Harmony's](#) mission is to recognize the inextricable link between human and environmental health and focus on providing healthcare as an incentive to protect natural resources. After completing her medical training, she returned and spent a year traveling around the country looking for ways to help reduce the damage to the rainforest and to the villagers who lived within it. Saved acres of rainforest, reduced illegal logging, whilst also providing health care, improving health indices, providing education, supporting women's empowerment and replacing traditional 'slash and burn' with sustainable organic farming.

We strongly recommend this [18 minute](#) TED talk



# Health In Harmony



Not the largest project showcased here but probably the most beautiful. Using ['radical listening'](#) this project has:



## Carbon Dioxide

Health In Harmony has protected **147,184,679** pounds of carbon dioxide from being released into the atmosphere since 2017.

In total, Gunung Palung National Park in Borneo contains the equivalent of **14** years of San Francisco's CO2 emissions, which would be released if all the forest was lost.

Want to offset your carbon footprint? You may do so [here](#).



## Trees

**52,000** acres of rainforest regenerated

**90%** decline in illegal logging households

**44** trees a day saved by Chainsaw Buyback

**39,154** and counting ancient trees left standing since Chainsaw Buyback began in 2017

**23,146** seedlings used as payment for thousands of dollars worth of healthcare in 2019

**79,406+** seedlings used as payment for healthcare since 2014

**237,824** total seedlings planted at reforestation sites



## Wildlife

**3,000** endangered Bornean Orangutans' habitat protected



## Health

**9,055** patient visits to ASRI in 2019

**94,498** total visits to ASRI since 2007

**120,000** people able to access healthcare

**67%** decline in infant mortality

**54%** decline in births per mother

Significant decline in common diseases such as malaria, tuberculosis, and diabetes



## Community

**200+** Chainsaw Buyback entrepreneurs running new, sustainable businesses

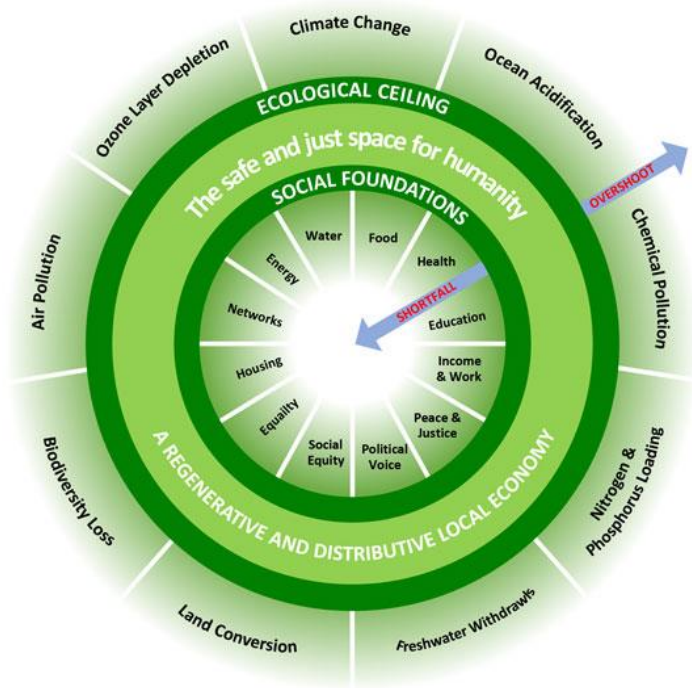
**88** Chainsaw Buyback businesses are run by women

**3,100+** students have learned about orangutans, climate change, and recycling through the ASRI Kids and Teens education programs

**222** widows in the Goats for Widows program, which is now self-sustaining – one goat offspring is "paid forward" to another widow

**17** active farmers' cooperatives working together to grow organic produce and increase profits

# Doughnut Economics



Economist Kate Raworth's brilliant economic model brings together our need to stay within the physical planetary boundaries and the imperative to reduce inequity in our communities.

The 'donut-shaped' space between a base of fundamental social rights, and a ceiling of ecological limits outlines a 'safe' and a 'just' operating space for humanity. This talk [“Why is it time for doughnut economics?”](#) is an excellent introduction, alternatively access the [transcript](#)

# Carbon Neutral Cornwall



In 2019, Cornwall Council adopted the Carbon Neutral Cornwall (CNC) Action Plan to become carbon neutral by 2030, which included a “decision wheel” of 11 environmental and 11 social, economic and cultural factors based on the doughnut economics model.

To find out more, see this [40-minute](#) talk at the bottom of the page or read these brief [articles](#)

[DEAL \(doughnuteconomics.org\)](https://doughnuteconomics.org/)– this website contains further tools and examples of Doughnut economics in action



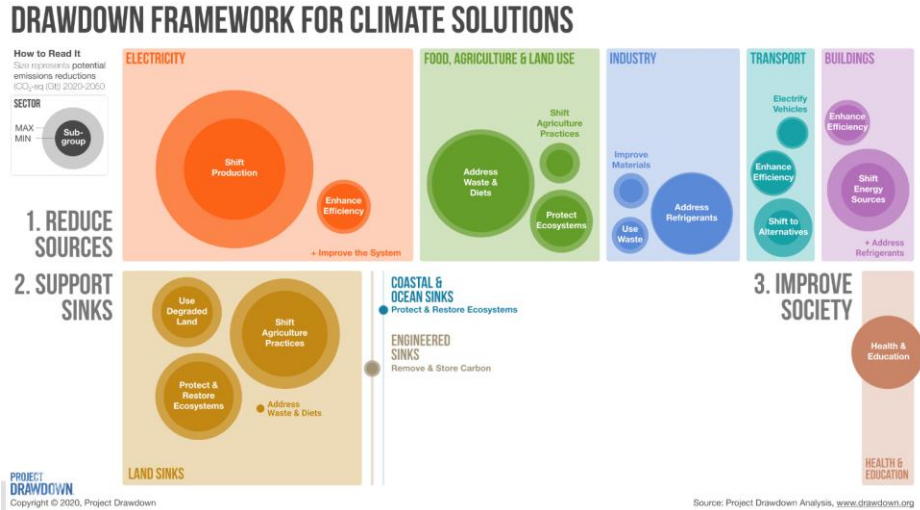


# Project Drawdown



The World's Leading Resource for Climate Solutions, [Project Drawdown](#) is a non-profit organization that seeks to find and examine potential solutions across all sectors to help the world reach “drawdown”—the point when levels of greenhouse gases in the atmosphere stop climbing and start to steadily decline.

[Project Drawdown](#) is a treasure trove of positive action and ideas and they have recently mapped their solutions to the [sustainable development goals](#). This [11 Minute video](#) gives an overview of the project. They also have a New Online 6 part course [Climate Solutions 101 | Project Drawdown](#)



# Nature Based Solutions



- TED talk - [Nature-based solutions in the fight against climate change | Thomas Crowther | TEDxLausanne](#)
- Peatland and forest restoration in the Scottish Highlands ([4 min optional video](#))
- This [36-minute](#) webinar covers solutions in detail but you might want to only watch the short section (minutes 2-6.30).



# Oceans – 30 by 30 campaign resources



[30 X 30 – A blue print for Ocean Protection report](#) (by Oxford and York Universities and Greenpeace)



[Mission Blue](#)

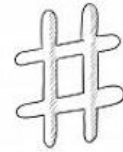
# Oceans – 30 by 30 campaign resources



[8 minute](#) interview with Elin Kelsey

[Ocean Optimism](#) is a **collaborative** marine conservation movement.

We focus on **solutions** rather than problems, and on **connections** rather than differences.



## ABOUT OCEAN OPTIMISM

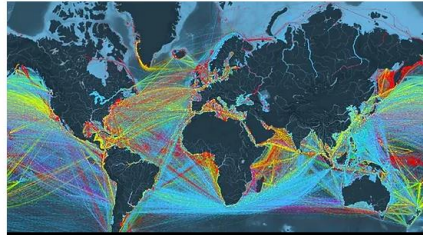
What is ocean optimism, how did it begin and why is it so important?

# Oceans – 30 by 30 campaign resources



## Advocate

To ensure oceanic health is included in healthcare strategies and conversations, to raise awareness of the unintentional harm caused through the procurement and delivery of care and that access to clean healthy coastal regions and waterways is not equal.



## Educate

To advance the education of Healthcare Professionals and public on the interdependence between human, planetary and oceanic health and compile an evidence base for the impact of blue space on human health, and healthcare on blue space.



## Collaborate

To encourage healthcare engagement with research institutions, environmental and commercial organisations and communities to further understanding around oceanic and human health with an emphasis on positive action.

[Oceanic And Human Health | NHS Ocean \(healthcareocean.org\)](https://www.healthcareocean.org) – co-founded by Dr Richard Hixson – there is a wealth of resources and papers about the impacts of Healthcare on our oceans

# Zero Carbon Britain



Based at the Centre for Alternative technology in Wales this organisation has produced several reports on how Britain could be carbon neutral. They have over 25 years experience of working towards sustainable development in public and private sectors with managing award-winning carbon reduction projects and schemes. They offer Low and Zero Carbon technology Consultancy, Sector Advice and accredited Training Courses.

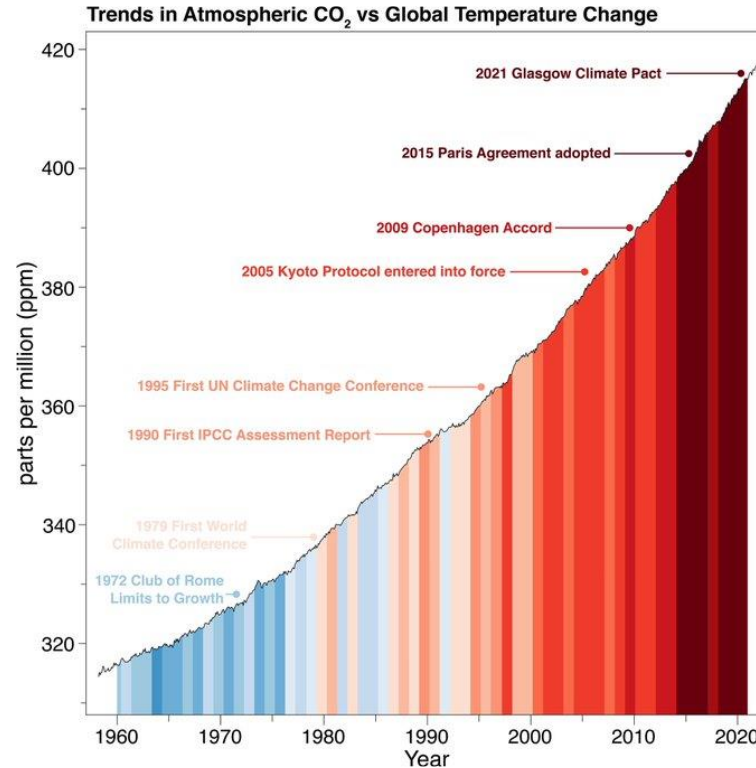


# Internal & National Policy



This section is about:

- Relevant International Treaties
- Existing and Potential UK Legislation



# Internal & National Policy

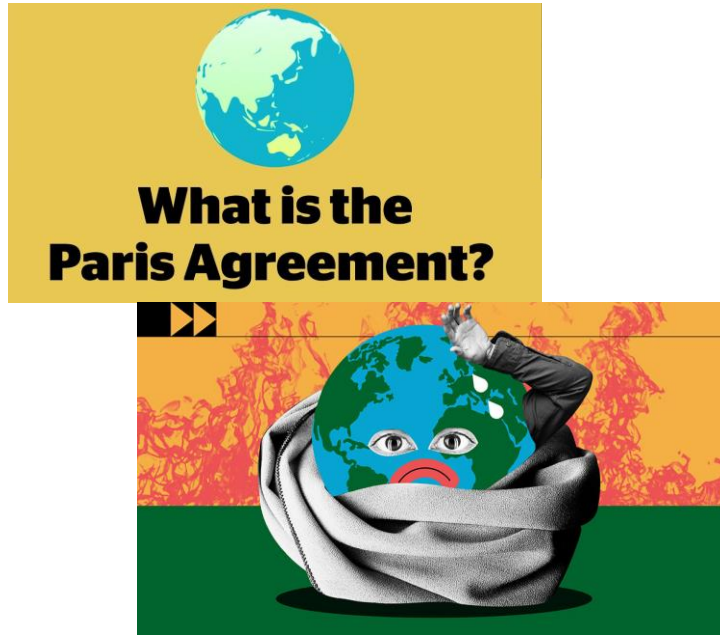


## [UNFCC](#), IPCC and The Paris Agreement

The UN Framework Convention on Climate Change (UNFCCC) is an international treaty, adopted at the Rio Earth Summit (1992), to tackle global warming. It requires regular meetings of global governments called Conference of Parties or COP. The UNFCC also established the Intergovernmental Panel on Climate Change ([IPCC](#)) to assess, track and report on the science related to climate change.

Sadly, despite 3 decades of COP meetings emissions continue to rise. Some feel this is partly due to the strong presence of corporate lobbies including the fossil fuel and big agricultural companies at these meetings.





The [Paris Agreement](#) (COP 21- 2015) was considered ground-breaking because 197 countries signed up to an ambition to limit global temperature rise to no more than 2, and as close as possible to 1.5 degrees, above pre-industrial levels. Unfortunately the national pledges for how to achieve this (Nationally Determined Contributions - NDCs) were inadequate to achieve this goal. The plan was for these pledges to be reviewed and improved at subsequent meetings. In between the Paris and Glasgow COPs the IPCC produced the [1.5 degree report](#) which made clear that warming above 1.5 degrees should be avoided.

# UNITING THE WORLD TO TACKLE CLIMATE CHANGE.



The UK hosted the 26th UN Climate Change Conference of the Parties (COP26) in Glasgow on 31 October – 13 November 2021.

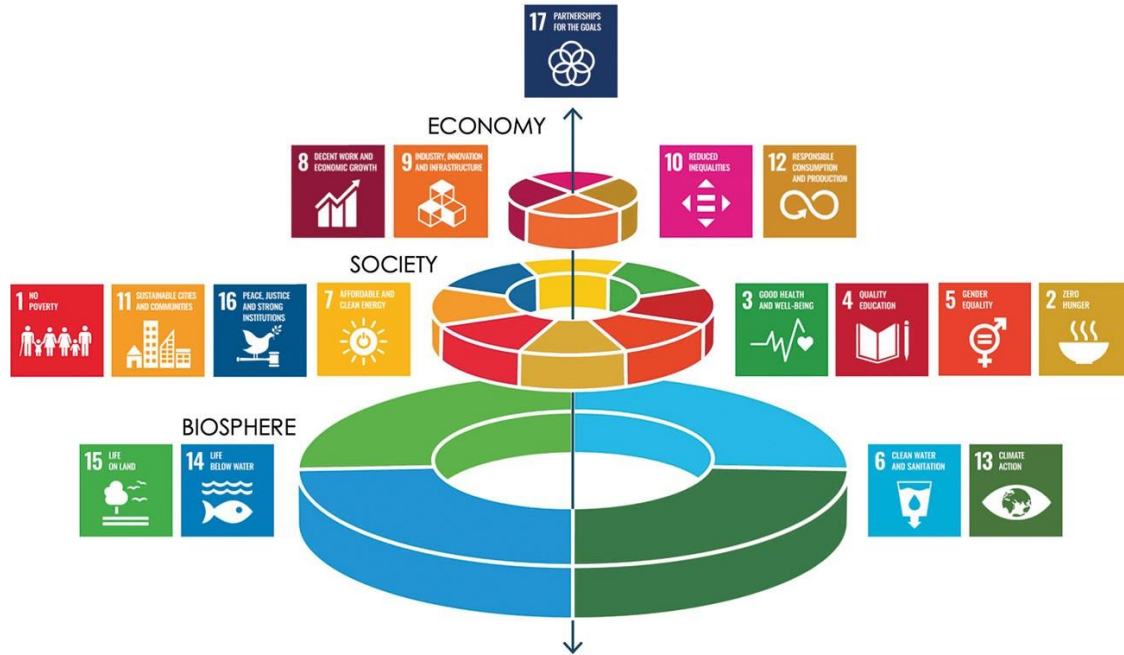
[The Glasgow Climate Pact](#) (COP 26 - 2021) resulted in some improvement but the combined pledges (NDCs) only reduce projected warming to 2.5-2.7 degrees – still way above the ‘safe limit’. Astonishingly this is the first COP agreement to mention fossil fuels specifically, albeit with watered down wording ( phase ‘down’ rather than ‘out’). For an in depth review of the outcomes see [COP26: Key outcomes agreed in Glasgow - Carbon Brief.](#)

## Internal & National Policy



The recently concluded [COP27](#) failed to achieve significant progress on climate mitigation. An agreement was reached for a 'loss and damage' fund to developing nations already impacted by climate change. However, the fund is not yet set up and the \$100 billion promised at COP 21 in Paris is yet to materialise.

# Sustainable Development Goals



[The United Nations' 17 Sustainable Development Goals \(SDGs\)](#) were adopted in 2015 by all United Nations member states as a blueprint for ending poverty and reducing inequality while simultaneously addressing the climate crisis and restoring degraded ecosystems on land and in the oceans.

# Sustainable Development Goals



The SDGs represent a substantially broader agenda than the Millennium Development goals. Crucially, for health (SDG3), they expanded the focus beyond a narrow selection of infectious disease and maternal and child health issues to include mental well-being, substance use and non-communicable disease. The framework makes explicit the links between human health and the health of the natural world (SDGs 6-7, 11-15) in addition to addressing social determinants of health such as poverty, education, equality, decent employment and sustainable cities.

Achievement of these goals would go a long way to addressing the climate and ecological crises and improving global wellbeing. The COVID-19 pandemic has exposed the fragility of the SDGs, funding for which depends on global economic growth, and [two-thirds of the goals now seem unlikely to be met by 2030](#)

# UN Convention on the Rights of Children

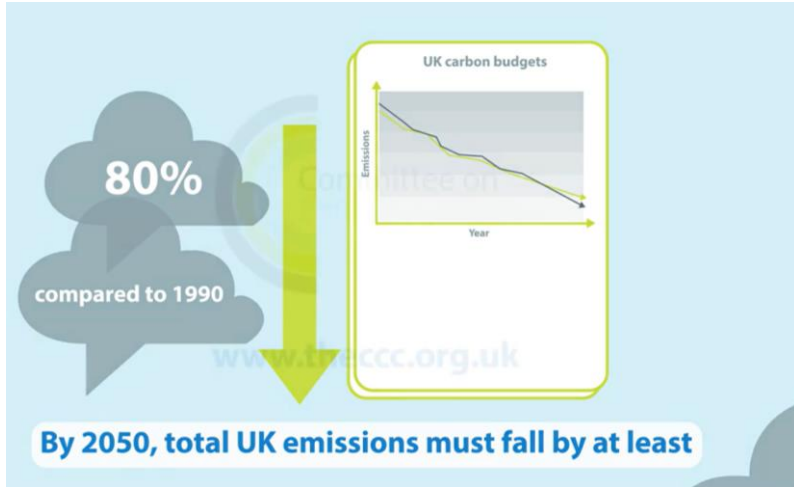


**54**

articles make up the UN  
Convention on the Rights of the  
Child.

The most rapidly and widely ratified international human rights treaty in history this convention changed the status of children from being 'passive objects of charity' to independent individuals with rights. Included in these rights are the right to life, to clean water, nutritious food, health, education, protection from environmental pollutants and the right to be heard. The convention also addresses issues of [child labour, trafficking and children in conflict zones](#).

# Climate Change Act 2008



## [What is the 2008 Climate Change Act?](#)

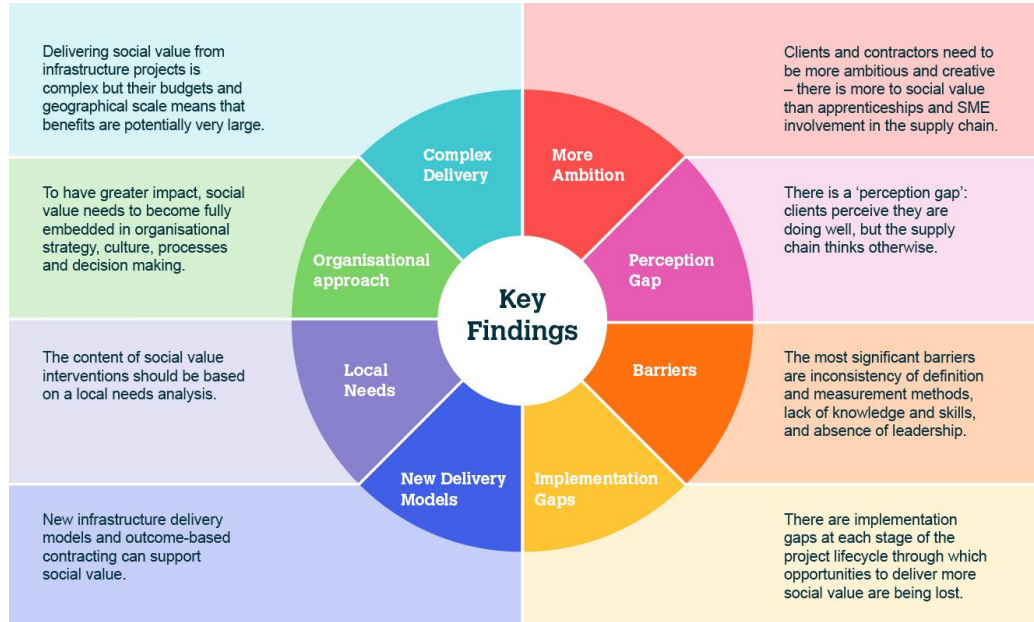
At the time the [climate change act 2008](#) was a ground-breaking piece of legislation which set a legal framework for the UK.

It requires the government to set binding, five-yearly carbon budgets based on the latest science. The 80% emission reduction target is now out of date, the bill does not address the ecological emergency and does not include emissions from aviation and shipping.

# Social Value Act 2012



The [Social Value Act 2012](#) requires public sector commissioners in England (and some in Wales) to ensure that the money it spends on services creates the greatest economic, social and environmental value for local communities. The Act requires considerations of social and environmental value in procurement and local spending. It creates accountability for local and national commissioning to reduce health inequalities while considering the social determinants of health.





# Wellbeing of Future Generations Act (Wales) 2015



The [Well-being of Future Generations \(Wales\) Act](#) 2015 is about improving the social, economic, environmental and cultural well-being of Wales. The Act gives a legally-binding common purpose – the seven wellbeing goals – for national government, local government, local health boards and other specified public bodies. It details the ways in which specified public bodies must work, and work together to improve the well-being of Wales. It will make the public bodies listed in the Act think more about the long-term, work better with people and communities and each other, look to prevent problems and take a more joined-up approach.

# Ecology & Climate Bills currently in UK Parliament



## [Climate and Ecological Emergency Bill](#)

1. Drafted by scientists, legal experts, ecological economists and environmentalists, the CEE Bill improves on the Climate Change Act by:
2. Setting emissions reductions targets to align with a 66% chance of remaining below 1.5 degrees (2050 for net zero is in line with a 50% chance)
3. Mandating [Citizens' Assemblies](#) to advise on how these changes can be achieved in a fair and equitable manner



Tabled by Caroline Lucas MP (Green), the Bill has cross-party support from MPs and peers in addition to many external organisations and local councils.

# Ecology & Climate Bills currently in UK Parliament



The [Green New Deal](#) is a plan to radically eliminate polluting emissions and tackle rampant inequality. It isn't just one single policy, but a program for government based on **5 core demands**.

Medact is one of many [health organisations supporting the Bill](#).

There may be a [local Green New Deal hub](#) in your area.



Decarbonise the UK so that we can end our reliance on climate-wrecking fossil fuels and create a zero-carbon economy.

Ensure that our transition is globally just recognising and acting on the UK's historic responsibility in driving climate change and exploiting communities and resources across the world.

Create millions of green jobs including in public services such as health, social care and education.

Transform the economy so that our financial system is based on public need and not private greed.

Protect and restore our natural ecosystems by safeguarding habitats and creating a sustainable food system, as well as ensuring that everyone has the right to enjoy a healthy environment.

This [1 minutes](#) video outlines the relevance of the Green New Deal to health.

# Health Co-Benefits of Action on Climate Change



The good news is ...responding to climate change could be the greatest global health opportunity of this century” Lancet Countdown report 2015

We are often given the impression that sustainable living will be somehow harder and more miserable. The reality is, [we could be happier and healthier](#). The diagram below shows how many of the actions necessary to bring emissions down also help to tackle existing public health priorities such as sedentarism, poor diets and obesity, air pollution, heart disease, cancer, road deaths and poor mental health. These measures are ‘equigenic’ – they reduce health inequities.

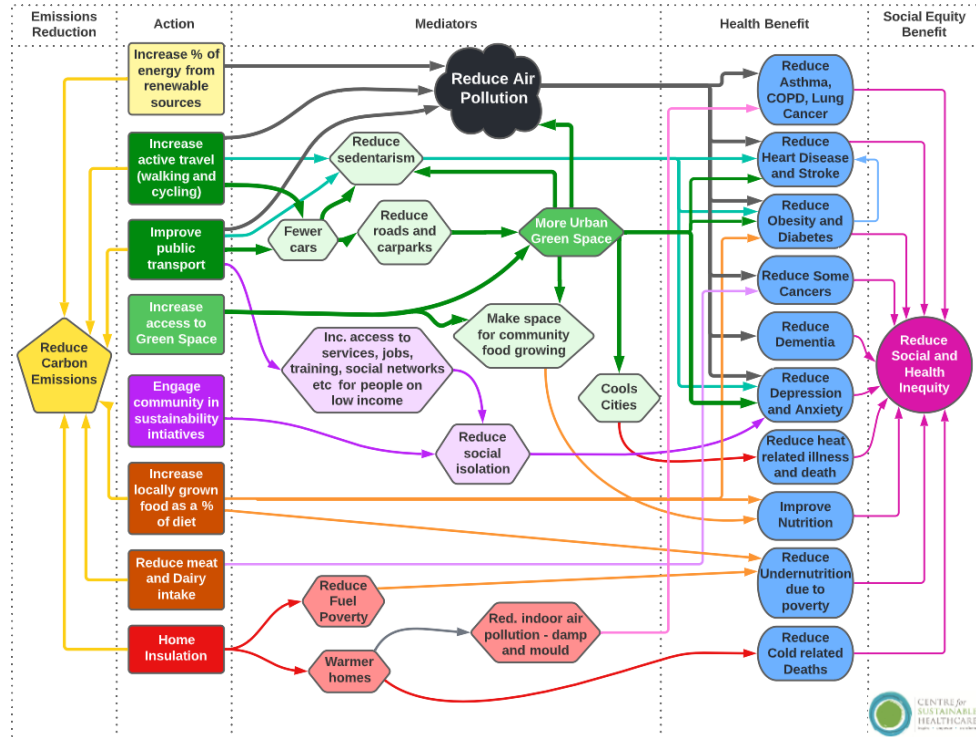


GuoZhongHua/Shutterstock

# Health Co-Benefits of Action on Climate Change



The [Centre for Sustainable Healthcare](#) has engaged healthcare professionals, patients and the wider community to understand the connections between health and environment and reduce healthcare's resource footprint. Impacts in the urban environment could be transformational, turning polluted cities into pleasant, healthy places to live, improving air quality and increasing biodiversity and food security.



# Health Co-Benefits of Action on Climate Change



**↑ Energy Efficiency of Homes**  
Reduces fuel poverty  
Homes cheaper to heat  
Improves physical and mental health

**↑ Locally Sourced Plant Based Diets**  
Improves food security and nutritional status  
Improves physical and mental health



**↑ Walking and Cycling**  
Reduce air pollution, increases population fitness, reduces obesity  
Improves physical and mental health

**Community Action**  
Helps build social connections  
Increases community resilience  
Alleviates eco-distress  
Improves Mental Health

**↑ Access to Green and Blue Spaces**  
Trees cool cities and reduce air pollution  
Time in natural spaces reduces stress and health inequalities  
Improves physical and mental health

# Community Level Systems Thinking & Cascading Impacts



Single actions can have complex downstream results at community level, which can help or hinder efforts to tackle climate change and improve population health. To illustrate this let's consider the the choice of site for a new housing development.

Option A - A poorly sited housing development increases car dependency which lengthens the commute to work, school or to access services. This increases:



Carbon emissions, contributing to climate change

- Congestion on roads, triggering more roadbuilding which paves over land - increasing local flood risk (with more health impacts) and reduces local biodiversity.
- Air pollution, contributing to cancer rates, lung, heart and allergic diseases and poor mental health.



Sedentary time, contributing to obesity and diabetes.

- The increase in morbidity increases the burden on families, carers and the health service which
- Increases the environmental impacts of the health sector.



Impacts family, carer and staff well being

# Community Level Systems Thinking & Cascading Impacts



Option B - In an alternative scenario the housing development is sited close to services and places of employment e.g. designing a [20-minute neighbourhood](#). Good planning would also include:



- Improving active transport routes (e.g. cycle lanes and paths)
- Providing low carbon, reliable, accessible and affordable public transport
- Extending broad band cover to support working from home
- Regulation to ensure the new homes are zero carbon resulting in warmer homes with lower bills.



# Community Level Systems Thinking & Cascading Impacts



These strategies reduce emissions, energy demand and air pollution, have potential to shorten commuting time (freeing up more time for family, friends, leisure activities and community engagement - creating more resilient communities) and increase activity levels, further improving health.

In this [7 minute](#) video Dr Nick Watts from the Lancet Countdown explains the health benefits of climate mitigation.



## Reflection



*“The final issue is to reject the belief that environmental challenges that the population faces are the inevitable result of exercising personal choice. Lifestyle choices do not arise in a vacuum and are the legitimate subjects for democratic debate and government action. What we eat, how we travel and the energy sources we use are a function of policy decisions, institutions and infrastructure, none of which are immutable”. ([Lancet Countdown Report 2015](#))*

