

Why Care about Sustainability in Dietetics

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BDA Sustainable Diets



Bit about me

- Dietitian since 2019
- Rotational Band 6 – 3 weeks into Critical Care at Cardiff.
- Community, Cancer Prehab, Hematology, Elderly Care.
- Prior to 2019 - Chef for 14 years.
- Sustainability
 - Member of the BDA Sustainable Diets Group
 - Currently completing Fellowship in Sustainability in Quality Improvement
 - Drive Sustainability in the Dietetics Department at work – Sustainable Champion



Agenda

- Climate change recap
- Climate Change and Impact on Health
- Climate Change in the UK
- Climate Change and Healthcare
- What does this mean for Dietitians
- Evidence and Guidance Moving Forward
- What Does Sustainability Look Like in Practice



Climate Change Fact Recap:

- Climate change is the long term shifts of change in earth temperature and weather patterns.
- Human activities (burning fossil fuels, industry, renovation of land, agriculture, fishing) is responsible for global heating in the last 200 years.
- Changes in climate = increase in longer and worsening: droughts, water scarcity, severe fires, rising sea levels, flooding, melting polar ice, catastrophic storms and declining biodiversity.



2015 Paris Climate Agreement – Limit global warming to 1.5°C (no higher than 2°C) above historic average (pre-industrial times).

Global avg. Surpassed 1.5°C

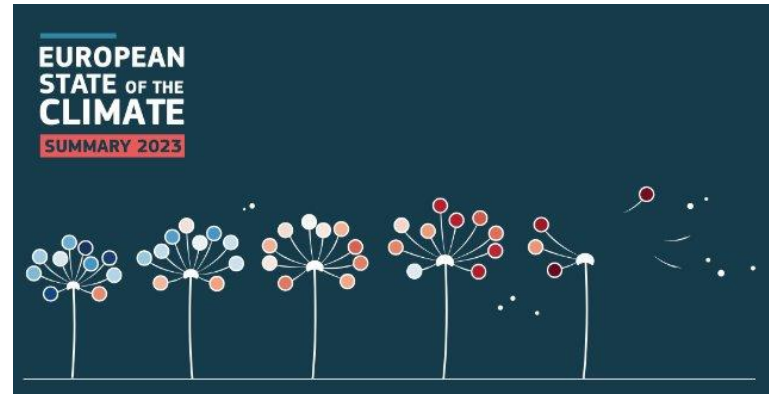
Projections – we will surpass 2°C in 5-10 years

Worst case scenario = 4°C

Ways we will see this:

- Food accessibility
- Housing degradation
- Sea level rises
- More erosion of coastline
- Air conditions getting worse.
- Change in our seasons and intensity of weather.



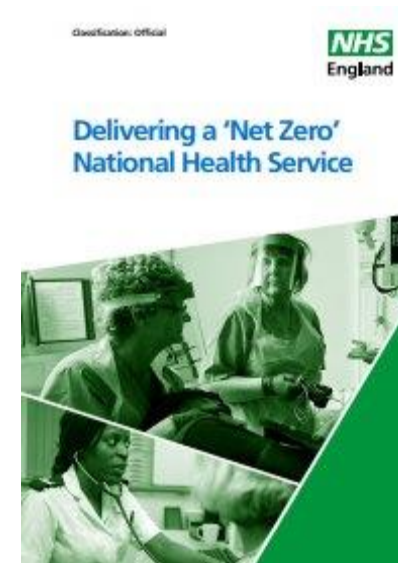


- 3 warmest years since 2020
 - Increase in heat related deaths
 - 55,000 –72,000 deaths due to heatwaves in 2003, 2010, 2022
- Flooding – 1.6million people affected
 - Displacement
 - Fatalities
- Wildfires
 - 50,000km² (London, Paris and Berlin combined) area destroyed
 - Largest = 960km² (twice size of Athens)
- Glaciers – 10% lost in the Alps in 2 years.



Climate Change in the UK

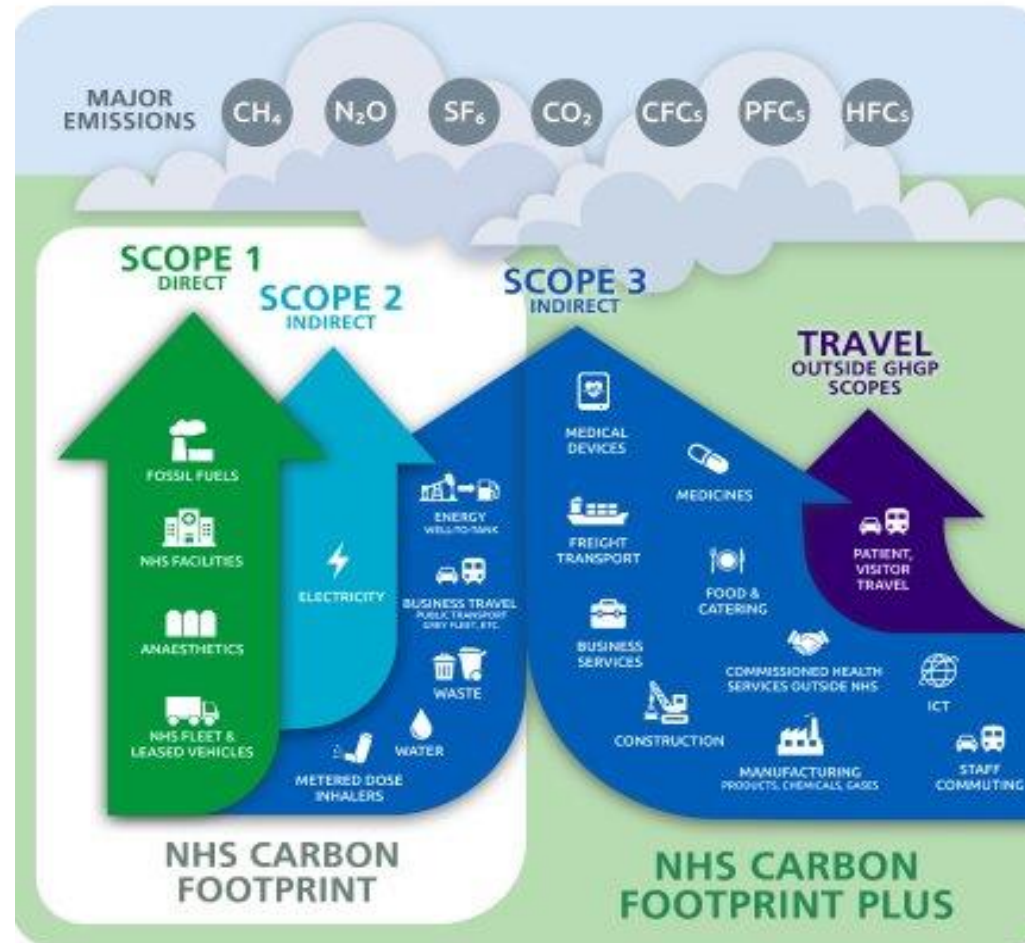
- Climate change was declared a 'Climate Emergency' in 2019
- Embedded sustainability in policy – Health Care Act 2022
- Greener NHS Hub
- Strategy - Delivering a Net Zero NHS.
- Net Zero by:
 - England by 2040, procurement by 2045,
 - Wales by 2030,
 - Scotland by 2040
 - Ireland by 2050



Climate Change and Healthcare

4% of the UK's total CO₂ Emissions

Figure 1: GHGP scopes in the context of the NHS



- Estates and facilities,
- Travel and transport,
- Medicines,
- Supply chain,
- Food, catering and nutrition.

What does that mean for Dietitians

- Patients presenting conditions are changing/increasing
 - Population of aging population (cold and heat related deaths).
 - Respiratory - *'29,000 to 43,000 deaths a year in the UK'*
 - Cardiovascular Disease and Diabetes
 - Mental Health
 - Malnutrition
- Resources may be more restricted – ingredients for products.
- Practicality
 - Access to healthcare from patient groups
 - Adaptability to weather events

A moment.....



Evidence and Guidance moving forward

BDA's One Blue Dot
(2018)



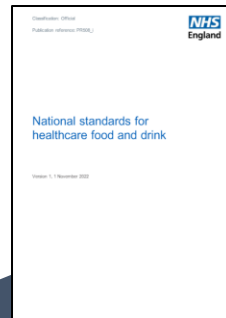
- Toolkit for Dietitians for practice.
- Promotion of Sustainable Plant based diet.
- Reducing food waste.
- <https://www.bda.uk.com/resource-report/one-blue-dot.html>

EAT Lancet Report
(2019)



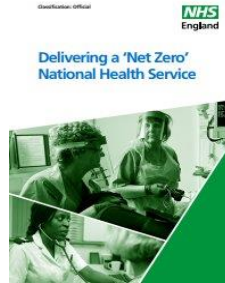
- Presents strategies to meet the UN Sustainability Goals
- Identifies the nutritional quality of The Planetary Health Diet and its feasibility of meeting nutritional requirements.
- Targets agricultural practices, food practices and reducing waste.
- <https://eatforum.org/eat-lancet-commission/the-planetary-health-diet-and-you/>

National Standards for
healthcare food and drink
(2022)



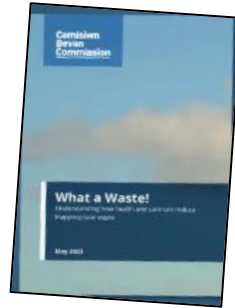
- Strategies to provide nutritional food to patients, staff and hospital visitors.
- Reduction of food waste
- Reduction of single use plastics.
- Sustainable procurement.
- <https://www.england.nhs.uk/wp-content/uploads/2022/11/B0508-i-National-standards-for-healthcare-food-and-drink-Nov-2022.pdf>

Delivering a 'Net Zero' National Health Service (2022)



- Measures the carbon footprint of the NHS.
- Steps to decarbonise the NHS.
- <https://www.england.nhs.uk/greenernhs/wp-content/uploads/sites/51/2022/07/B1728-delivering-a-net-zero-nhs-july-2022.pdf>

What a Waste Bevan Commission (2023)



- Identifies the meaning of waste in healthcare.
- Cost of waste in healthcare.
- Reducing waste to improve patient care.
- https://bevancommission.org/wp-content/uploads/2023/08/What-a-Waste_Final_Formatted.pdf



- Sustainable Quality Improvement
- Triple Bottom Line
- Collaboration of healthcare professionals
- Green Awards
- Since 2008 - Research
- <https://sustainablehealthcare.org.uk/>

What does Sustainability look like in practice.

Professional Development Framework



PRACTICE

- Incorporating sustainable principles within practice
- Electronic records
- Online patient consultations
- Reducing waste.



EVIDENCE BASED
PRACTICE
RESEARCH

- Sustainability in Quality Improvement
- Exploring available research
- Joining groups



FACILITATED
LEARNING

- Contribute to learning resources
- Student projects
- Bringing Sustainable learning into personal appraisals.



LEADERSHIP

- Sustainable Champion
- Engage department/team
- Work towards Trust/Health boards aims.



To Summarise...

Bringing Sustainability into Dietetics:

- Improves health outcomes for patients
- Improves processes and quality of care
- Reduces financial burden
- Expands opportunities in Dietetics
- Reduces impact on the environment.



Thank you

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