



A campaign to engage 5,000 health professionals around climate change and health

A collaboration between Health Care Without Harm and Alliance of Nurses for Healthy Environments



Today's Speakers

Cara Cook, MS, RN, AHN-BC is the Climate Change Program Coordinator for the Alliance of Nurses for Healthy Environments.

Shanda Demorest, DNP, RN-BC, PHN is a clinical assistant professor at the University of Minnesota School of Nursing and the Nurses Climate Challenge project coordinator,

Jessica LeClair, MPH, RN is a clinical instructor with the University of Wisconsin-Madison and a Nurse Climate Champion!



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Our mission is to transform health care worldwide so that it reduces its environmental footprint and becomes an anchor for sustainability and a leader in the global movement for environmental health and justice.

Our impact | Practice Greenhealth is the leading membership organization for Sustainable Health Care. Our members save more than \$1 million annually from initiatives drawn from our sustainability agenda.



Members report \$106,648 in waste reduction savings and a 30% recycling rate by leading hospitals.



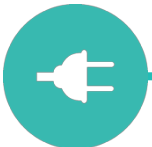
Nearly 80% of facilities in our network purchase third-party certified green cleaning chemicals and 30% avoid purchasing furniture or furnishings containing chemicals of concern.



More than 65% of facilities in our network choose to purchase meat products raised without routine antibiotics.



Members report \$48,252 in water efficiency savings.



Members report \$178,731 in energy savings and an average reduction of 840 tons in greenhouse gas emissions.



Nearly 100% of our members have a strategic sustainability plan and 76% have added sustainability measures into performance objectives for leadership.

For more information visit www.practicegreenhealth.org or email our membership team at srich@practicegreenhealth.org.

Alliance of Nurses for Healthy Environments



Mission: Promoting healthy people and healthy environments by educating and leading the nursing profession, advancing research, incorporating evidence-based practice, and influencing policy.



Alliance of Nurses for
Healthy Environments

Join us in Nashville, TN May 6th-9th, 2019!



Learn more and register at CleanMed.org

Nursing Summit on Environmental Health: Calling all Nurses: Leading the Way to Healthy Environments

Nursing Summit Presenters



Barbara Sattler, DrPH, RN



Adella Caruso, PhD, RN



Beth Schenk, PhD, MPH, RN-BC



Jill Gotta, MS, RN



Ruth McDermott-Lery, PhD, MPH, MSN, RN



Sara Wohlford, MPH, RN



Kathy Garlis, LPN



Justin Graves, MS, RN



Laura Anderko, PhD, RN



Shanda Demorest, DNP, RN-BC, PHN



Carol Ziegler, DNP, NP-C

Nursing Summit Brief Agenda

DAY ONE | MONDAY, MAY 6

- 12:00 p.m. Registration
- 12:30 p.m. Welcome & Opening Keynote Address
- 1:30 p.m. NED Talks: Nursing, Environment, Dialogue
- 2:00 p.m. Nurses as Change Makers: Environmental Stewardship in Hospitals
- 3:00 p.m. Cafe Conversations: Chemicals of Concern
 - Six Classes of Chemicals*
 - Chemicals in Food Processing*
 - Emerging Contaminants*
- 4:00 p.m. Case Studies: Nurses Advocating for Environmental Health
- 5:50 p.m. Wrap-up
- 6:30 p.m. Networking Dinner

Nursing Sessions at CleanMed 2019

TUESDAY, MAY 7 | 2:30 P.M. - 3:45 P.M.

(A-1) Leveraging the Nurses Climate Challenge to Achieve Sustainability Goals, Engage Employees, and Promote Health

Launched in 2018, the Nurses Climate Challenge is a national campaign aimed at leveraging the unique and trusted voice of nurses to motivate the health care sector to action. Learn more about how nurses are leading climate action through the Challenge and other initiatives.

DAY TWO | TUESDAY, MAY 7

- 7:30 a.m. Registration & Breakfast
- 8:00 a.m. Welcome & Keynote Address
- 8:50 a.m. Diversity, Equity, and Inclusion in Environmental Health
- 9:40 a.m. Climate Change: The Time for Action is Now
- 10:35 a.m. Cafe Conversations: Climate Action
- 11:20 a.m. Pulling it all Together: Creating a Nurses' Climate Action Plan
- 11:50 a.m. Summary & Closing

WEDNESDAY, MAY 8 | 9:00 A.M. - 10:15 A.M.

(C-5) — Nursing Leadership Sweet Spots

An environmental stewardship program is likely to be more successful when nurses are engaged and empowered to address environmental challenges. This panel will highlight nursing leaders who have demonstrated success in advancing environmental stewardship in complex organizations.

Learn more and register at CleanMed.org

Why Nurses, Climate, & Health?

Highest honesty & integrity

- Nurses
- Medical doctors
- Pharmacists
- Police officers
- Clergy

Lowest honesty & integrity

- Bankers
- Lawyers
- Business executives
- Advertising
- Car salespeople
- Congress



Nurses Climate Challenge

The Nurses Climate Challenge is a national campaign to mobilize nurses to educate 5,000 health professionals on the impacts of climate change on human health.

Together with other Nurse Climate Champions from across the country, you have the power to launch a movement of health professionals committed to taking action to protect the health of their patients and communities from the worst impacts of climate change.

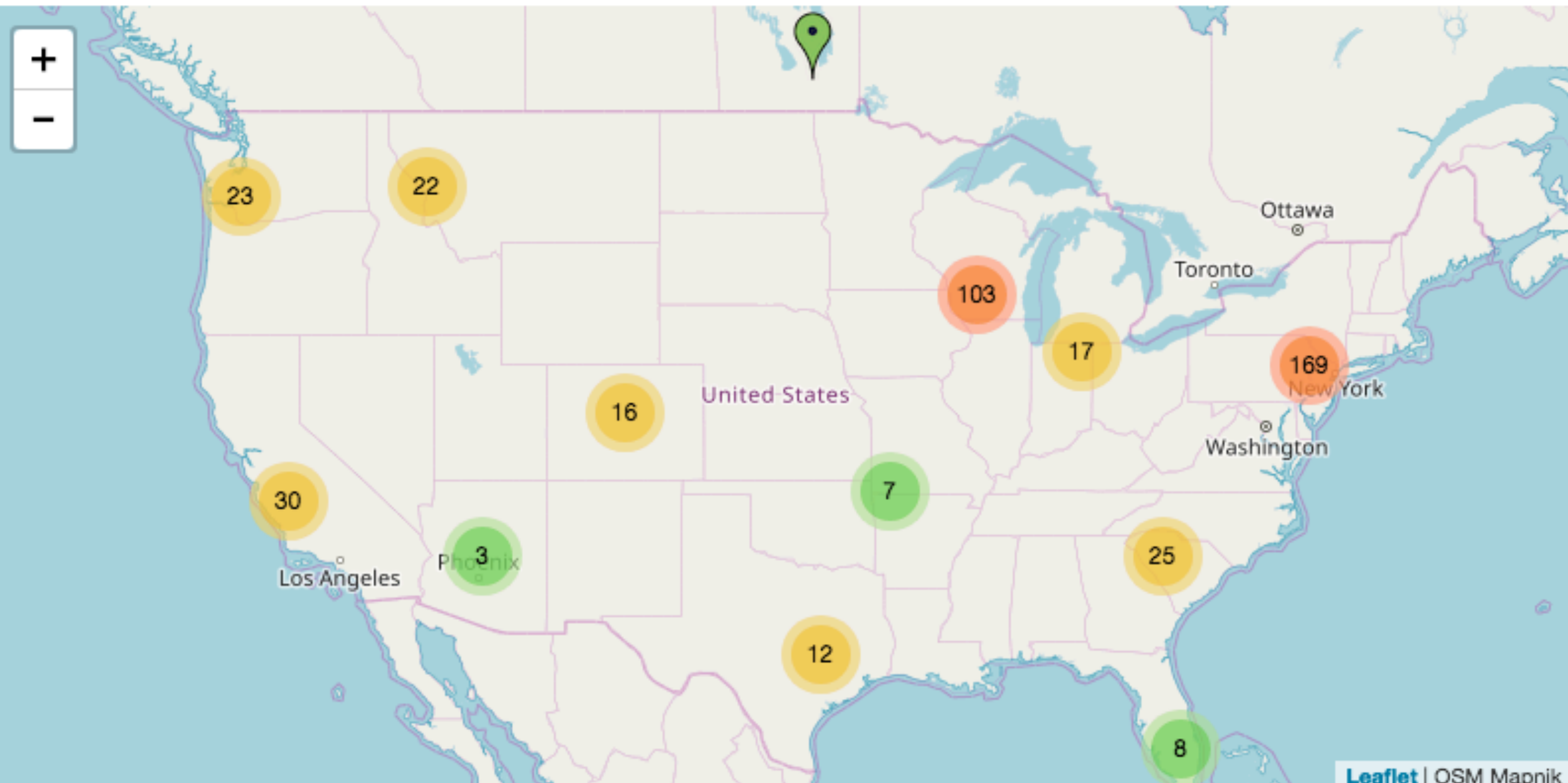


Nurses Climate Challenge goals

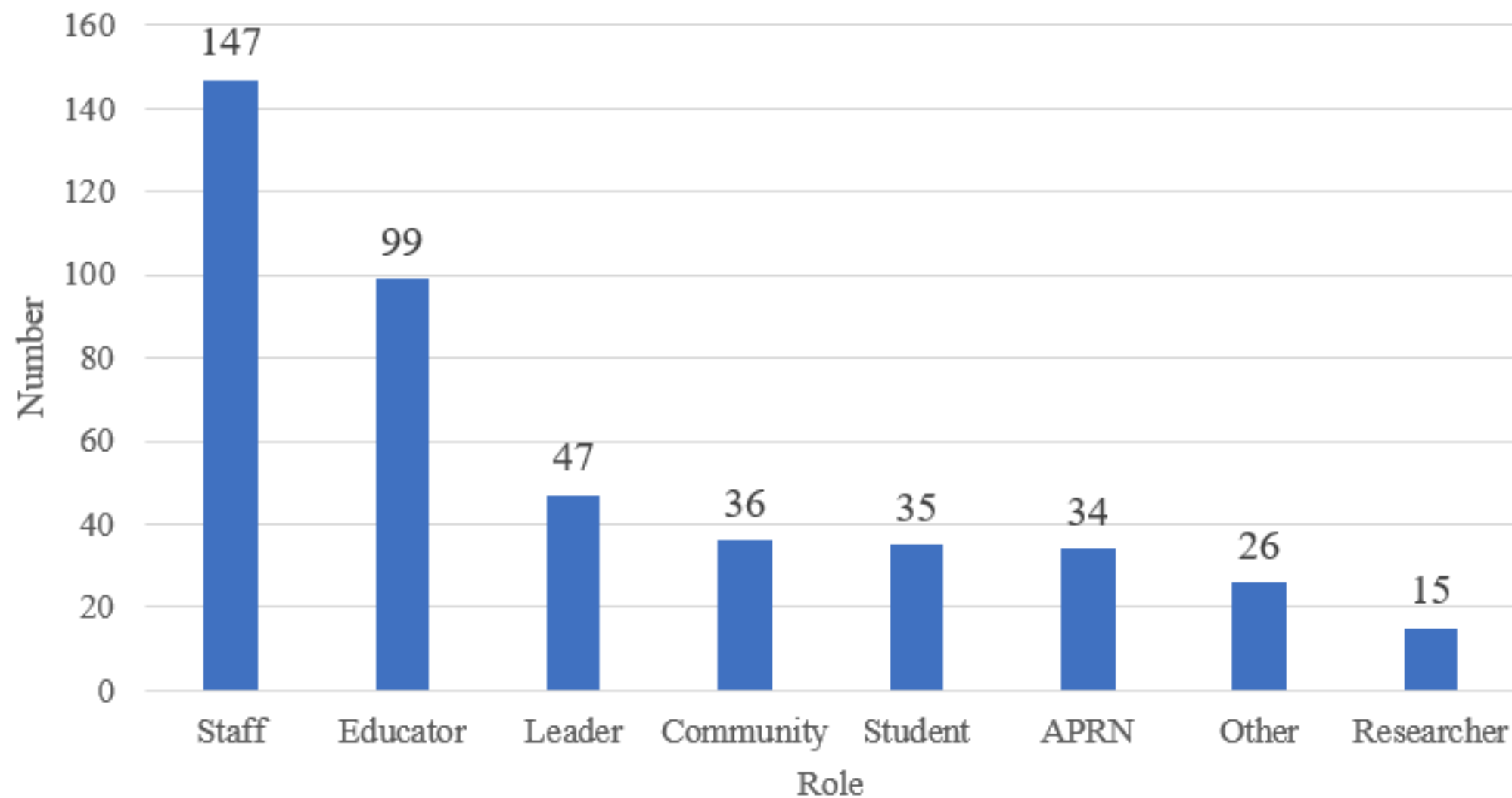
- Educate 5,000 health professionals on climate change and health.
- Build a cohort of informed and more-engaged health professionals in care settings.
- Launch a movement of health professionals committed to climate solutions at home and in care settings.



Connect with Nurse Climate Champions

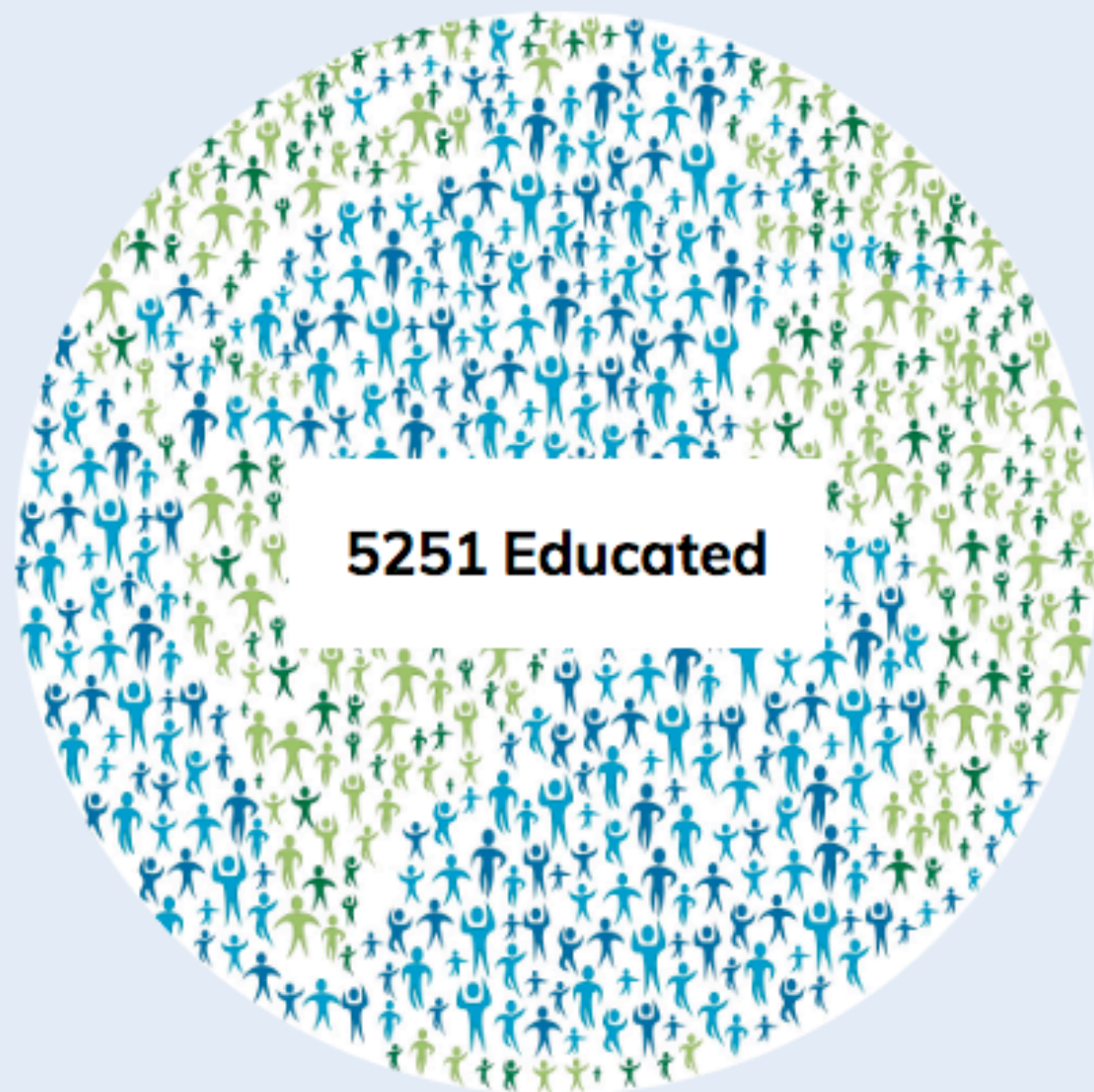


Nurse Climate Champions by Role (n=439)



Nurses Climate Challenge Tracker

We are educating
5,000
health professionals on
climate and health





Get Started

Developed by nurses and climate and health professionals, these materials give you tools to host an impactful event that educates your colleagues on how they can effectively protect their patients and communities from the health impacts of climate change.

Steps and timeline

This graphic provides a clear outline and suggested timeline for planning, promoting, and hosting successful events.

[Download](#) 

Sample email for engaging leadership

Use this sample language to gain leadership support for your event.

[Download](#) 

Customizable poster to promote your event

Edit this poster to promote your educational event.

[Download](#) 

Short presentation on health impacts of climate change

This 10-minute PowerPoint with talking points allows you to provide essential information on climate and health in a timeframe that easily fits as an agenda item for a staff meeting.

[Download](#) 

Long presentation on health impacts of climate change

This 20- to 30-minute PowerPoint with talking points includes all the essential information, plus additional details about specific health impacts of climate change on health. This version is designed for when you have additional time at a staff meeting or for a unique event dedicated to the topic.

[Download](#) 

Presentation feedback

Use this quick survey to get feedback after your presentations. Share positive results with leadership for continued support for climate education and action.

[Download](#) 

Sticker/Badge Template: "Ask me about climate and health"

Easily identify yourself as a Nurse Climate Champion or share badges with colleagues who attend your event. The sticker or badge is an excellent conversation starter.

Use Avery Template 5395.

[Download](#) 

Talking tips and strategies for having tough conversations

Use this messaging guide to learn the most effective strategies for talking about climate and health with your colleagues.

[Download](#) 

Guide for taking action in health care settings and at home

Once you've educated your colleagues, you'll want to provide them with opportunities for climate action. Use this guide to provide examples of the many ways health professionals can advance climate solutions.

[Download](#) 



Climate change and health: Be a part of the solution

DATE:

TIME:

LOCATION:

HEALTH PROFESSIONALS HAVE A UNIQUE OPPORTUNITY TO USE THEIR TRUSTED VOICE TO PROMOTE HEALTH IN THE HOSPITAL AND BEYOND BY WORKING ON CLIMATE CHANGE SOLUTIONS.

Your nursing colleague, [YOUR NAME], has joined the Nurses Climate Challenge, a national campaign to educate 5,000 health professionals about the health effects of climate change, including increased respiratory and cardiovascular disease, injuries and early deaths from extreme weather events, food- and water-borne illnesses, the spread of infectious diseases, and mental illness.

Learn how you can make a difference.

Visit NursesClimateChallenge.org to become a Nurse Climate Champion.

The Nurses Climate Challenge is proudly sponsored by:



Taking action on climate change

A guide for health professionals at work and home

There are many ways health professionals can prepare ourselves and others to protect our health against climate impacts that are already occurring. We have opportunities in both our health care settings and at home to make a positive impact. As always, we can do more good when we work together.

At work

Individually	Together
<ul style="list-style-type: none"> ■ Use less energy. <ul style="list-style-type: none"> ▪ Turn off lights when they're not needed. ▪ Power down electronics (especially during night shifts and in patient rooms). ■ Use fewer materials. <ul style="list-style-type: none"> ▪ Be mindful of water use. ▪ Go paperless. ▪ Choose reusable supplies both for personal use and patient care when possible. ▪ Only bring needed supplies into the patient room. ▪ Bring a water bottle and travel mug to work. ■ Sort waste properly. ■ Take public transit, carpool, bike, or walk. ■ Choose sustainable foods. <ul style="list-style-type: none"> ▪ Fewer (or no) animal products ▪ Local ▪ In-season ■ Talk with colleagues and patients about the health impacts of climate change 	<ul style="list-style-type: none"> ■ Join (or start) a green team. <ul style="list-style-type: none"> ▪ Influence hospital leadership to decrease greenhouse gas emissions – and save money – by implementing energy efficiency measures, renewable energy, and waste reduction plans. ■ Optimize operating room energy and waste. Work with leadership to consider powering down equipment when not in use, reprocessed devices, and reusable sterilization cases. Check out the Greening the OR Checklist. ■ Choose sustainable foods. Read and share the Health Care Without Harm Less Meat, Better Meat guide. ■ Help facilities prepare for the impacts of climate change by developing emergency response plans for patient needs and infrastructure damage during extreme weather events. ■ Use resources from the Nurses Climate Challenge and the Alliance of Nurses for Healthy Environments' climate and health toolkit to educate colleagues and patients about the health impacts of climate change. ■ Choose online meetings or conference calls instead of in-person meetings that require travel. ■ Encourage hospitals to incentivize commuter travel/ public transit.

This campaign is proudly sponsored by:



Health care contributes to climate change

10% of U.S. greenhouse gas emissions

Energy use for heating, cooling, lighting, & water use

Waste anesthetic gases

Waste hauling, treatment, & landfill gases

Meat production & food transport

Fleet vehicles

Employee commutes

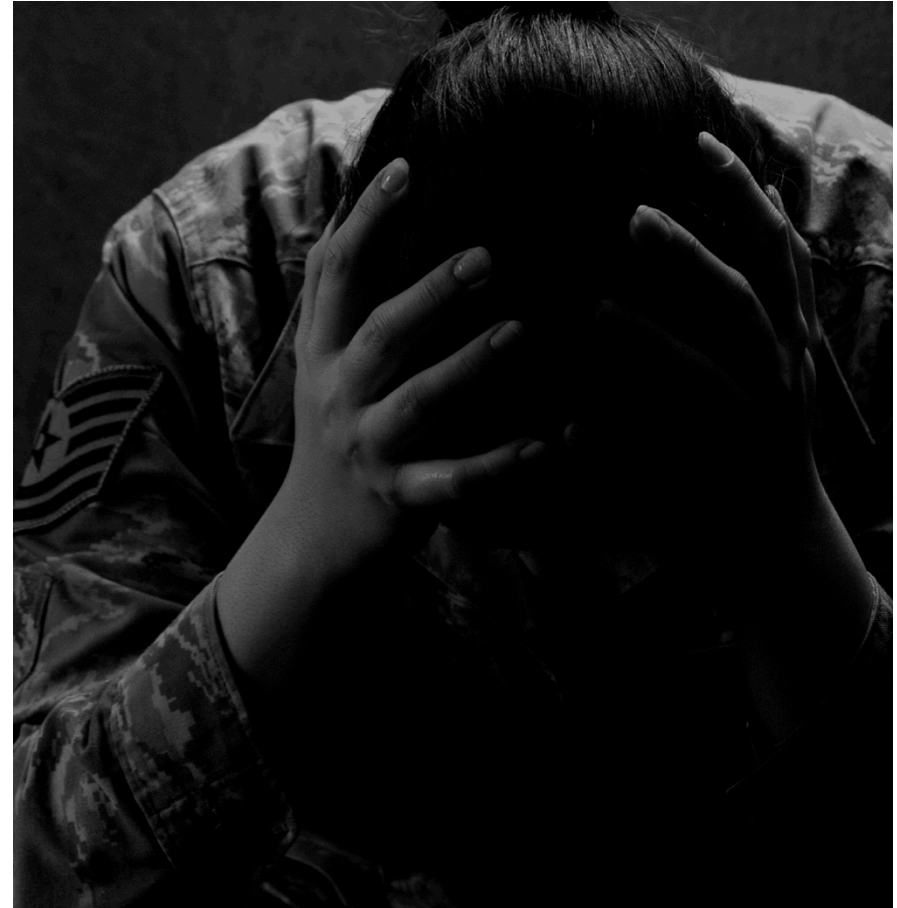
Supplies & materials





Mental health

- Depression, anxiety, anger, hopelessness, PTSD, uncertainty – *and the list goes on*
- Familial, financial, and societal impacts are often unquantifiable and difficult to articulate
- Example: 215,000 Puerto Ricans fled to Florida after Hurricane Maria
- Climate change expected to lead to **200 million** more forced migrations by 2050, which contribute to civil conflict



How have others used these resources?

Check out our Nurse Climate Champion Highlights!

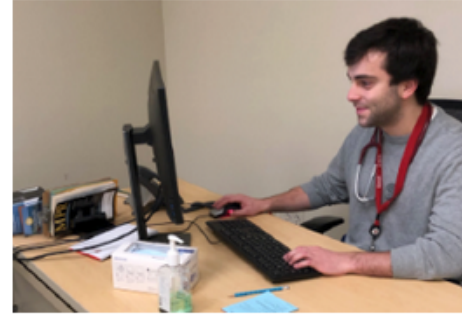


Adelita G. Cantu, PhD, RN

UT Health San Antonio School of Nursing

"In my work with seniors, I've had to explain to them why they shouldn't go outside and exercise. Because of rising temperatures and air pollution, the onset of asthma among our seniors has grown exponentially. It affects what they can do and negatively impacts their quality of life."

[Learn more about Adelita >](#)



Philip Pape

University of Wisconsin-Madison

"Environmental changes are only going to increase and become more pronounced – affecting more areas, more people overall. We must change our behaviors in our daily life and opt for choices that are more environmentally friendly."

[Learn more about Philip >](#)



Robbi Hagelberg, RN

Lakeview Hospital, Stillwater, Minn.

"As nurses we deal with patients who are feeling the impacts of climate change, so there's an opportunity to make the connection for those patients. What they are experiencing in their health is connected to their environment and what they are exposed to."

[Learn more about Robbi >](#)



Julia Ryder

Bozeman Deaconess Hospital

"My passion for nursing has been reignited with my commitment to bringing awareness about climate change. The effects of climate change go beyond the bedside and reach our community, friends, and loved ones. Now my nursing doesn't only protect one patient – it protects my whole community."

[Learn more about Julia >](#)

Where else can you present?

- Green team meetings
- Hospital staff or shared governance meetings
- Hospital leadership meetings and grand rounds
- Conferences
- Universities, colleges, schools
- Community (journal club, events, tabling)
- Webinars
- Clinics, public health offices
- Break rooms





UNIVERSITY OF WISCONSIN–MADISON SCHOOL OF NURSING

Nurses Climate Challenge in the Classroom

Jessica LeClair, MPH, RN
Clinical Instructor

Social Justice in Local and Global Health Settings

- **Outcome 1:** Explain the basic science of climate change
- **Outcome 2:** Describe how climate change affects health.
- **Outcome 3:** Describe how climate change affects different populations
- **Outcome 4:** Define the following: climate change adaptation, climate change mitigation, climate justice.
- **Outcome 4:** Explain the nurse's role in addressing climate change using the Social Ecological Model

Active Learning



- **Scenario:** You have decided to join the Nurses Climate Challenge. You are meeting with your nurse manager to ask if you could provide a training for your nurse colleagues on the health effects of climate change. You have 5 minutes to make your pitch to your manager. You will need to cover these 3 messages:
 - *Climate change is real (basic science)*
 - *Climate change is affecting our health (how is it affecting your priority population, to be assigned in class)*
 - *We can take action – there is hope! (using at least two layers of the SEM, provide examples of strategies you would recommend to your nurse colleagues for climate change adaptation and mitigation)*
- Each table will put together their 5 minute presentation using 3-5 slides in PowerPoint. Integrate at least one reading into the presentation. List all of your names on one of the slides. Upload to Canvas.
- Each table group will present to the class.
- *Hint: Actually joining the Nurses Climate Challenge unlocks some helpful resources!*

Advanced Concepts in Nursing Practice: Experiential Learning

- 1.Explain the basic science of climate change.
- 2.Describe how climate change affects health, including oxygenation, gas exchange, inflammation, and many other concepts.
- 3.Describe how climate change affects different populations.
- 4.Define the following: climate change adaptation, climate change mitigation, climate justice.
- 5.Discuss the nurse's role in addressing climate change.

Green Award Competition project description
Project title:
Team members:
Possible department(s) (e.g. intensive care, emergency, public health, etc.):
Which part(s) of the footprint will be reduced? <input type="checkbox"/> Procurement; explain..... <input type="checkbox"/> Travel; explain..... <input type="checkbox"/> Building energy use (electricity and other energy sources); explain.....
Brief project description
Anticipated co-benefits <input type="checkbox"/> Health co-benefits; explain... <input type="checkbox"/> Economic co benefits; explain... <input type="checkbox"/> Social benefits, explain...
Statement: Why should the project win the Green Award Competition

Health and Illness Across the Lifespan for Individuals, Families, and Communities

Learning Outcomes

- Describe the pathophysiology, etiology, and direct and indirect contributing factors related to sudden infant death syndrome (SIDS)
- Identify risk factors and prevention methods associated with SIDS.
- Describe how the social determinants of health affect risk for impaired gas exchange, oxygenation, and inflammation.
- Describe the effects of air pollution on infant and children's health.
- Describe the nurse's role in addressing air pollution as an environmental health risk.

Spring 2019

Health Sciences

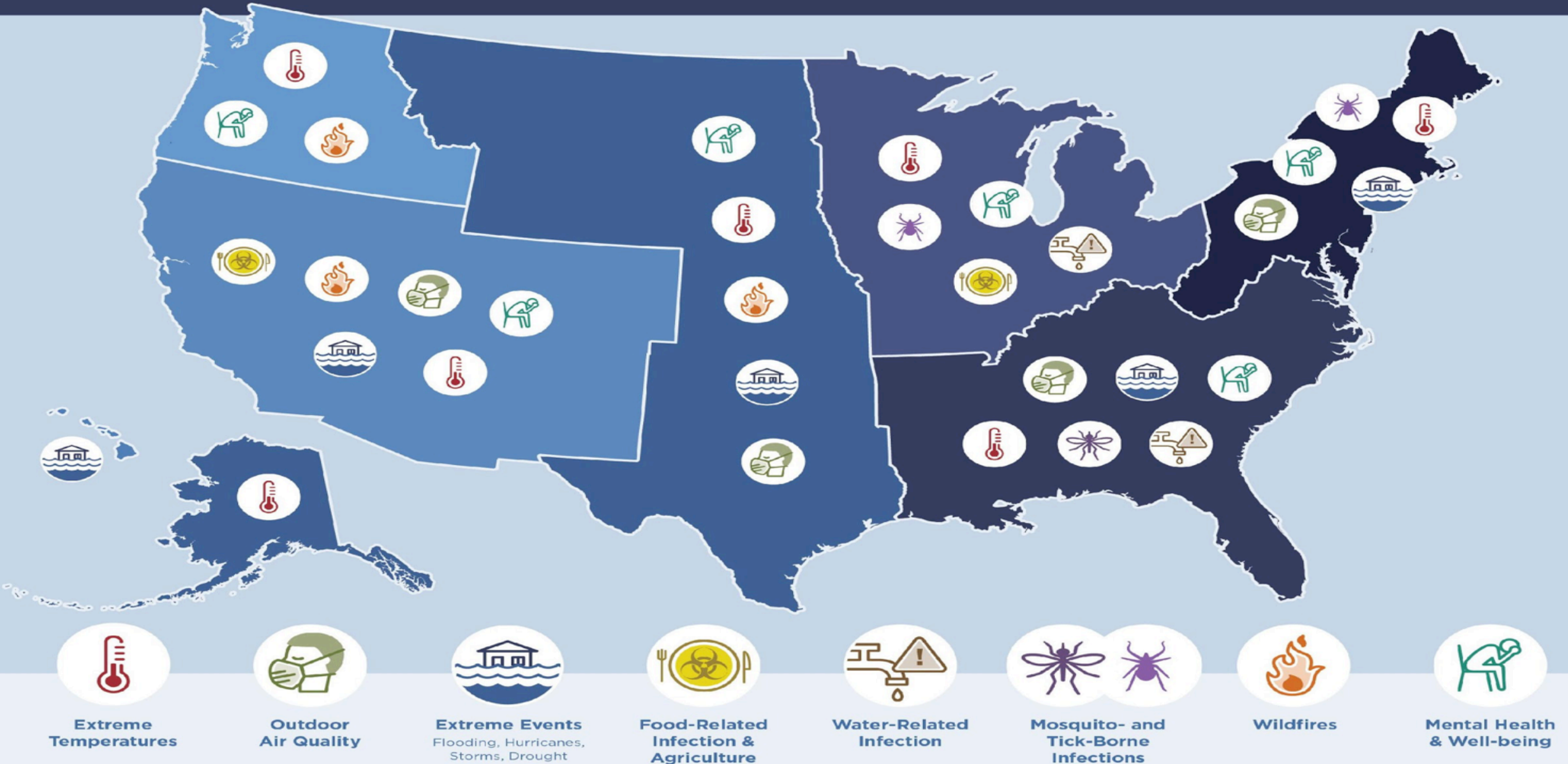
Equity & Diversity

Lunch & Learn series

Join our health science community for a series of **FREE** workshops and conversations focused on topics related to equity, diversity and inclusion that deeply impact our work and our practice.

How Our Health is Harmed by Climate Change:

Impacts Differ by Geographic Region



Talking Tips & Tricks: having difficult conversations



A national campaign to mobilize nurses to educate 5,000 health professionals on the impacts of climate change on human health.

Tips for talking about climate change with colleagues

You don't need to be an expert on climate science or all the ways climate change affects health. You just need to feel confident in sharing some essential information with your colleagues so they understand the basics and are motivated to learn more.

To begin, we recommend watching "[Let's Talk Health & Climate](#)," a one-hour webinar from ecoAmerica, which provides nurses with communication tools, such as message framing and tested language, to help cultivate an effective voice.

Bonus: After watching, complete an evaluation and test for one hour of nursing continuing education credits.

Talking Tips

1. **Focus on people – not polar bears.** Center the conversation on human health. Climate change resonates more with people when we connect it to health.
2. **Make it personal.** People tune in when they hear a story that resonates with their own experience. If you share a friend or family member's story, ask permission to use their name.
3. **Emphasize the present...and the future.** We are already seeing the effects of a changing climate in our communities. Emphasize how climate change is not a distant threat but an urgent reality. We need to act now for the sake of future generations. If we do not, our children and grandchildren will experience the greatest health impacts.
4. **Keep it local.** Share stories from your city or state. Instill a sense of urgency by emphasizing how climate change is already impacting the health of your community – not just on TV and to people far away. See the [National Climate Assessment](#) for specific regional impacts to share.
5. **Know your audience.** Facts speak to some, while dollar signs are a priority for others. You become more persuasive by talking a little bit about both. So include at least one meaningful fact from a trusted health messenger, as well as explaining how climate solutions, like energy efficiency, save health systems money.
6. **Stay hopeful and focus on solutions.** Health professionals are go-getters. Provide options for action so your listeners don't come away feeling hopeless or overwhelmed. A doom-and-gloom speech can be disempowering. Assure your audience that by working together in community – with their help – we can forge a path to a healthier future for all.
7. **Provide clear next steps.** Share the [Guide for Taking Action](#). Encourage them to learn more. Invite them to work with you to make changes in your health care setting.

This campaign is proudly sponsored by:



Wait! I held a session! (I forgot how to log it)



TE CHALLENGE

ACTIVITY LOG

RESOURCES

ABOUT

NURSE CLIMATE CHAMPION

Activity log

Total number of health professionals trained: 466

Activity Reports

Submit activity

Date	Training	# of Participants	Details
12/4/18	Biodiversity and Health Guest Lecture	16	View Details
11/28/18	Nurse as a Professional Sophomore nursing class	45	View Details

With climate work, the goal is *really* to reduce greenhouse gas emissions, right?



PRACTICE
Greenhealth™

Is your hospital a PGH
member?

*We'll connect you with
your Sustainability
Department!*

“We have implemented a computer shut-down program to save energy at night, and placed our hospitals’ waste disposal guide in the nursing station, and recently held a challenge to bring your own utensils.” - Nurse Climate Champion, New Jersey, USA

“Our nursing leadership is supportive, but other teams have stonewalled nearly every proposal we suggest. However, the more of a consensus we build, the louder our voices will be - strength in numbers! We plan to continue educating and innovating until they have no choice but to listen to us.” - Nurse Climate Champion, New York USA

It's all about sharing.



Help us recruit!
*We have email templates
and postcards to share at
events!*

Share on social media! #NursesClimateChallenge



@RNClimateChal



@NursesClimateChallenge



CHANT: Climate, Health, and Nursing Tool

- Longitudinal survey
- Nurses' perceptions, motivations and behaviors regarding climate change and health
- Please take it!
- And share!

CHANT: Climate, Health, and Nursing Tool

Calling all nurses...please take this brief [survey](#) addressing Climate, Health and Nursing.

The Climate, Health, and Nursing Tool (CHANT) is a 10-minute survey asking nurses about awareness, motivation and behaviors related to climate change and health. It has been developed with the input of numerous content experts, initial results have been psychometrically analyzed and items have been revised for this relaunch.

The survey will be open continuously, and results will be analyzed twice annually, to learn how nurses' perceptions are changing over time.

The survey will take 10-12 minutes to complete. It is anonymous and voluntary. It is available for nurses in any part of the nation or world. We ask that all interested nurses take the survey annually. Please take the survey [here](#) and share with other nurses.

A word to faculty, researchers and graduate students:

It is possible to use the tool in studies, projects, or capstones. A specific testing episode code can be assigned to participants in your study. Their responses can be downloaded and sent to you for analysis. If interested, please contact Dr. Beth Schenk at Elizabeth.schenk@wsu.edu.

<https://envirn.org/nurses-climate-survey/>



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#NursesClimateChallenge

Selfie Videos: Let's hear your voice! (and see your face)




We just reached 5,000! Help us do more!



Let's talk!

Share your questions and ideas!





**Take our survey to share your
feedback and ideas!**

