

Planetary Health & the Role of Nursing

Ann Kurth, PhD, CNM, FAAN

Dean, Yale University School of Nursing

ANAC 30<sup>th</sup> Conference, Dallas, TX November 2, 2017



### We'll Cover:

- Health improvements & consequences (planetary health)
- Health system resilience
- A call to action
- Discussion



### **ASK**

Why are we talking about this at an ANAC conference....

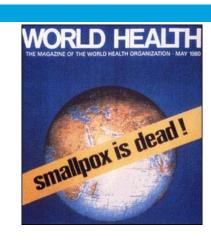
Global Health: Improvements & Consequences

(Planetary Health)



### Global to Planetary Health: Nursing Engaged

20<sup>th</sup> century - global health work in disease "silos"; public health nursing, wartime roles



- 21<sup>st</sup> century resources, health progress, nurses in pandemics
- Focus on equity, economies & ecology
  - Sustainable Development Goals....

**Planetary Health** 



### Planetary Health – Intersecting Disciplines

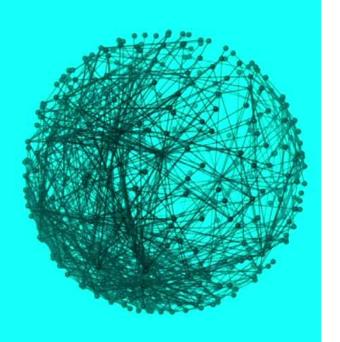
**NURSING** 

# Planetary Health (Frumkin, '17)

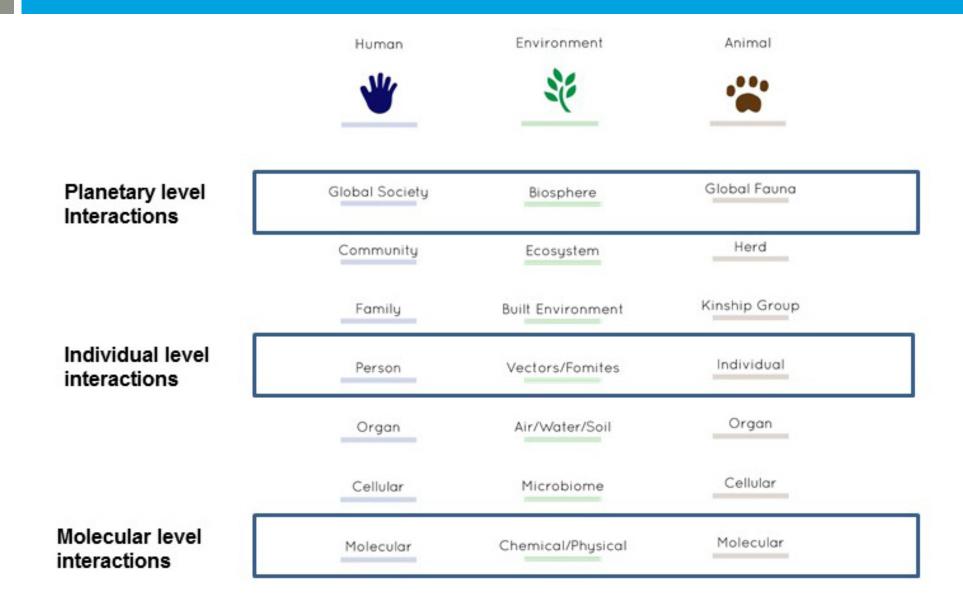
### What is Planetary Health?

Planetary Health is the systematic application to human health, from global to local scales, of the Four Laws of Ecology:

- 1. Everything is connected to everything else.
- 2. Everything must go somewhere.
- 3. Nature knows best.
- 4. There is no such thing as a free lunch.



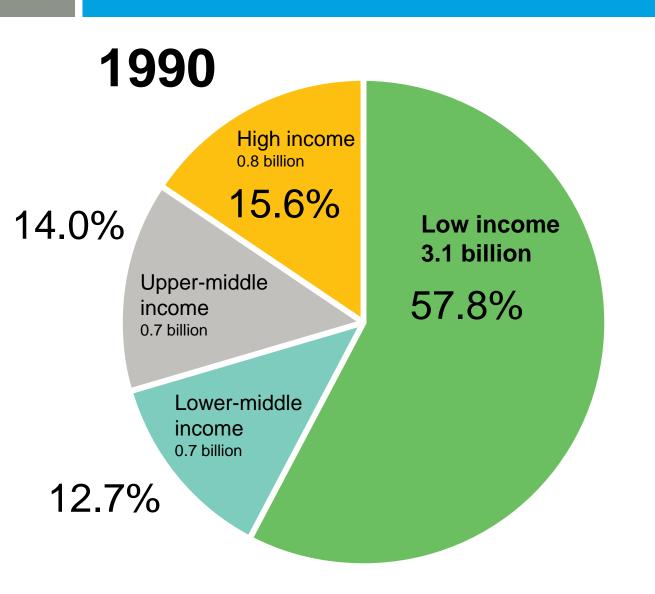
### Planetary Health from 'One Health' (Rabinowitz, '16)

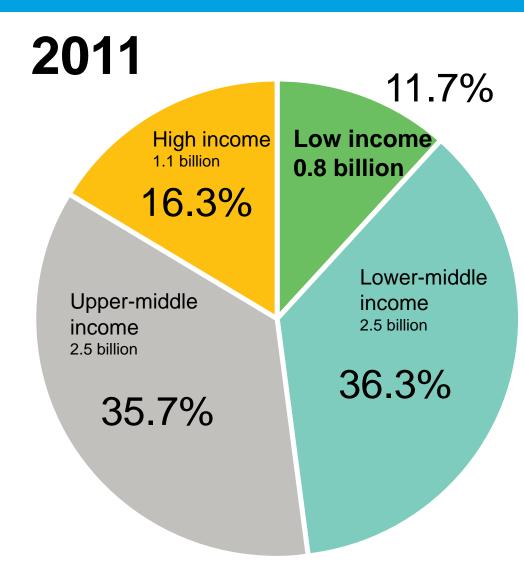


## **Health Trends Globally**

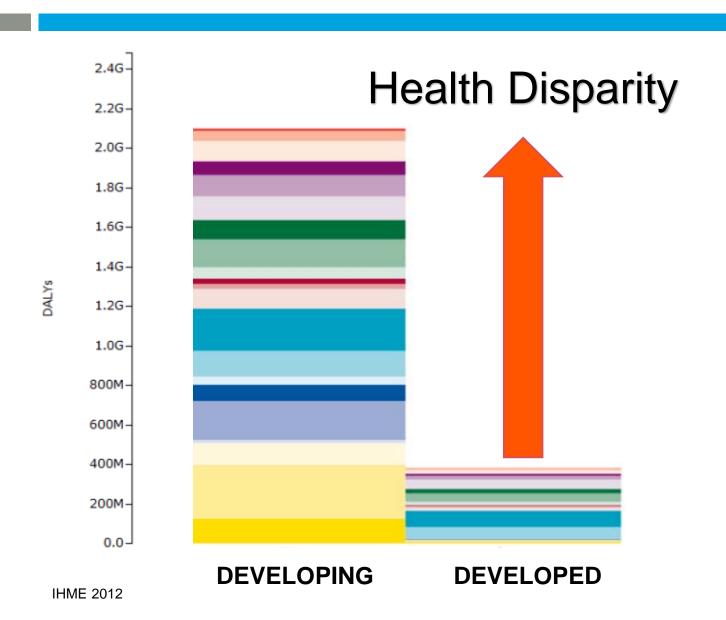
- Rising non-communicable diseases
- Aging populations
- Global urbanization
- Inequity
- Climate change, ecosystem strain

# Global Escape from Extreme Poverty

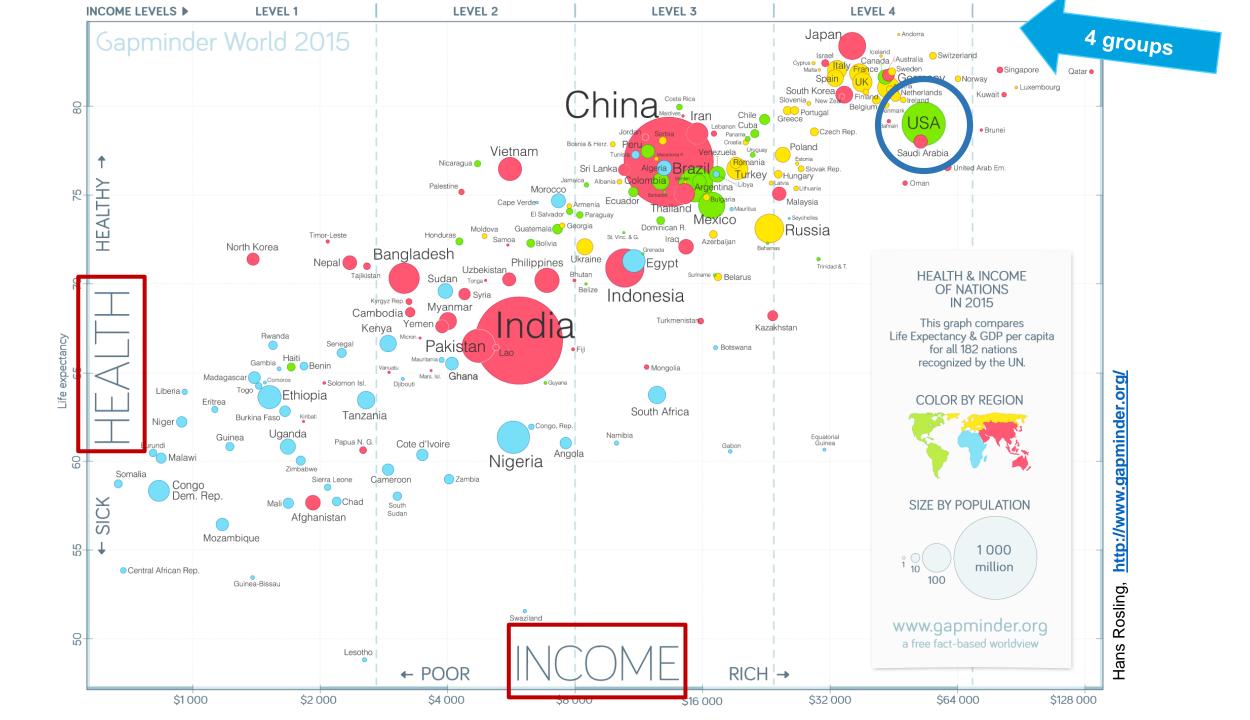




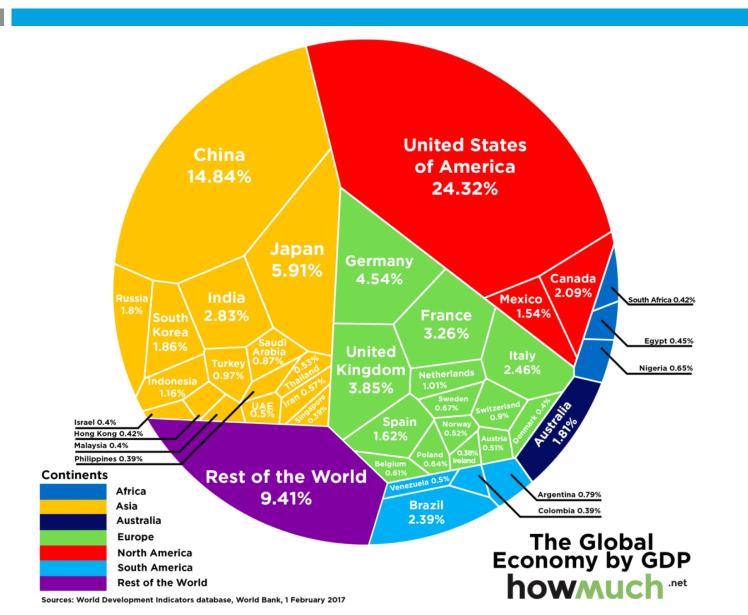
### **Global Burden of Disease**



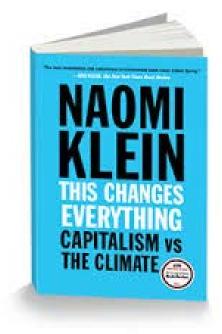
War & disaster Intentional injuries Unintentional injuries Transport injuries Other non-communicable Musculoskeletal disorders Diabetes/urogen/blood/endo Mental & behavioral disorders Neurological disorders Digestive diseases Cirrhosis Chronic respiratory diseases Cardio & circulatory diseases Cancer Other communicable Nutritional deficiencies Neonatal disorders Maternal disorders NTD & malaria Diarrhea/LRI/other infectious HIV/AIDS & tuberculosis



### **Unchecked Economic Growth - Unsustainable?**



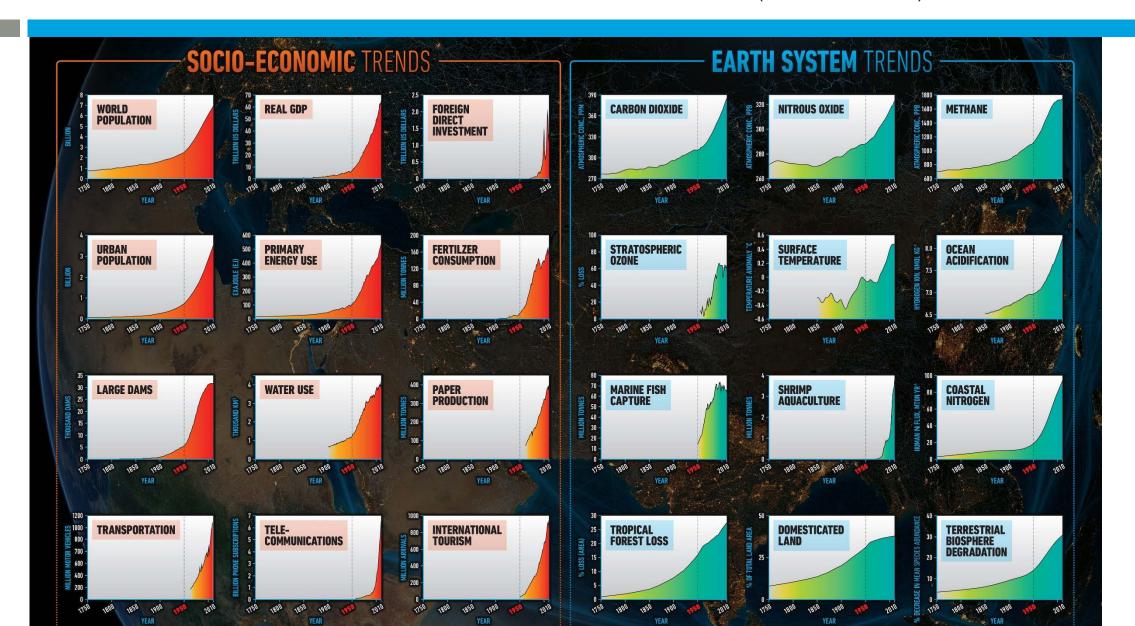




## **Health Trends Globally**

- Rising non-communicable diseases
- Aging populations
- Global urbanization
- Inequity
- Anthropocene era Climate change, ecosystem strain

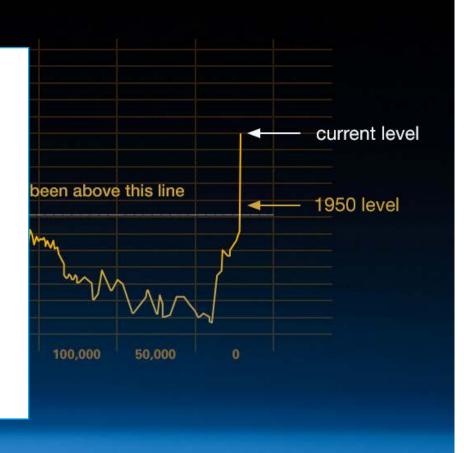
### The Great Acceleration (Steffan et al. '15)



# Climate Change, Planet 'Vital Sign'

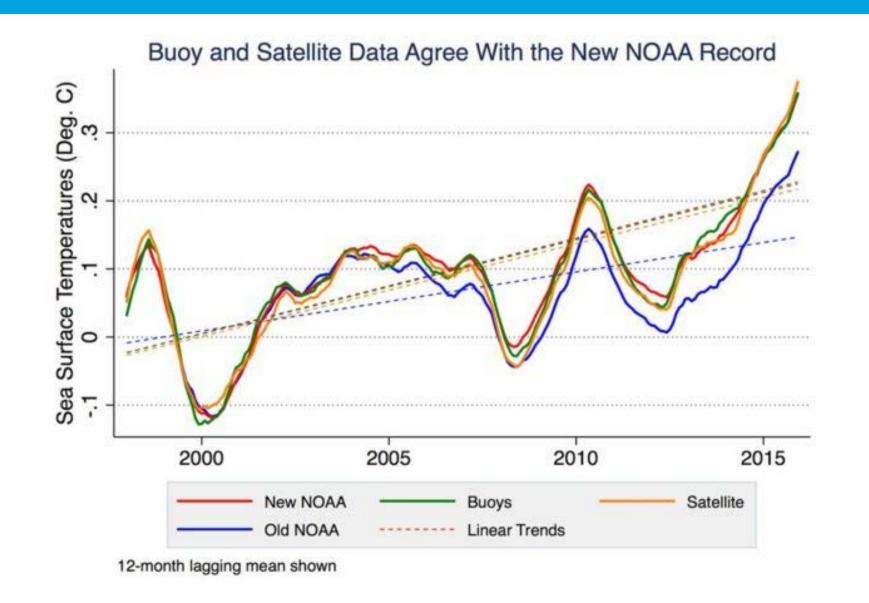
### **Scientific Consensus**

Ninety-seven percent of climate scientists agree that climate-warming trends over the past century are very likely due to human activities, and most of the leading scientific organizations worldwide have issued public statements endorsing this position.



https://climate.nasa.gov/scientific-consensus/

### Rise in Global Ocean Temperatures Is Not Slowing



## **IPCC: 5 Assessment Reports**

1990

1995

2001

2007

2014

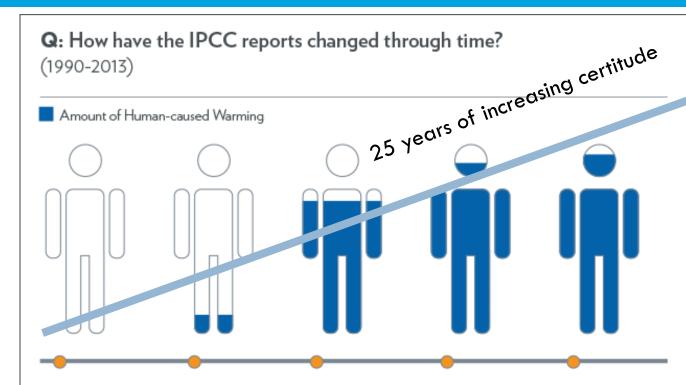
(2022)











### 1990

The report did not quantify the human contribution to global warming.

### 1995

"The balance of evidence suggests a **discernible** human influence on climate."

### 2001

Human-emitted greenhouse gases are likely (67-90% chance) responsible for more than half of Earth's temperature increase since 1951.

### 2007

Human-emitted greenhouse gases are very likely (at least 90% chance) responsible for more than half of Earth's temperature increase since 1951.

### 2013

Human-emitted greenhouse gases are extremely likely (at least 95% chance) responsible for more than half of Earth's temperature increase since 1951.

# BERLINER SERVICE REPORTER

US-Präsident will Klimaschutz-Abkommen von Paris kündigen



### DER SPIEGEL





# Climate Change, Rising Waters

- At present rate of climate change, IPCC projects by 2100:
  - Temperature increases of 2-11°F
  - Sea level rises of 7 to 23 inches
    - ~20 inches will displace100 million people
- Implications of rising sea levels
  - Population displacement
  - Agriculture, water, tourism disruption
  - Disappearance of small island nations

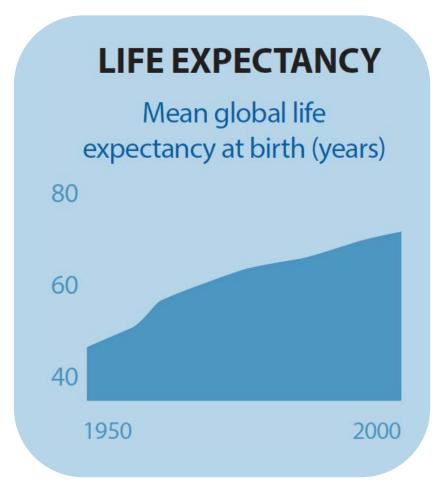


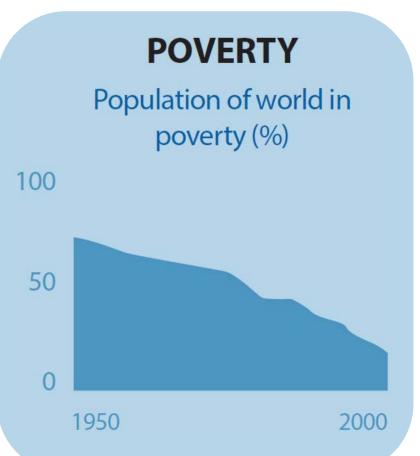


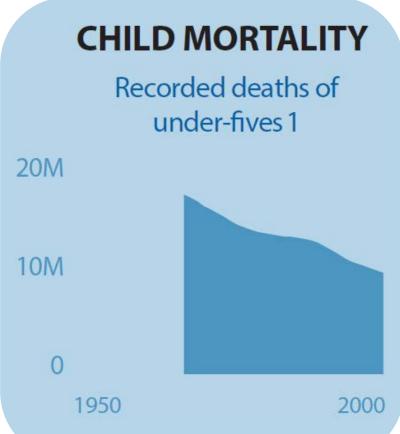
Safeguarding human health in the Anthropocene epoch: report of The Rockefeller Foundation–*Lancet* Commission on planetary health

"we have been mortgaging the health of future generations to realize economic and development gains in the present. By unsustainably exploiting nature's resources, human civilization has flourished but now risks substantial health effects from the degradation of nature's life support systems..."

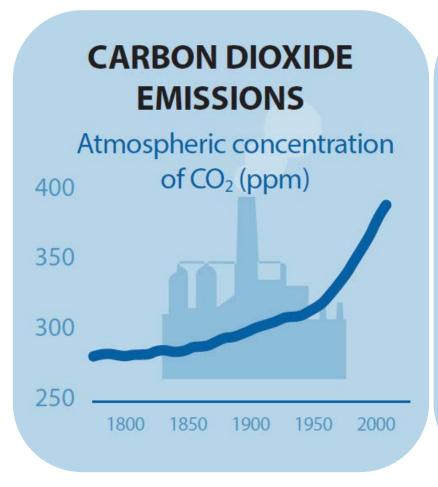
### Things Are Getting Better...



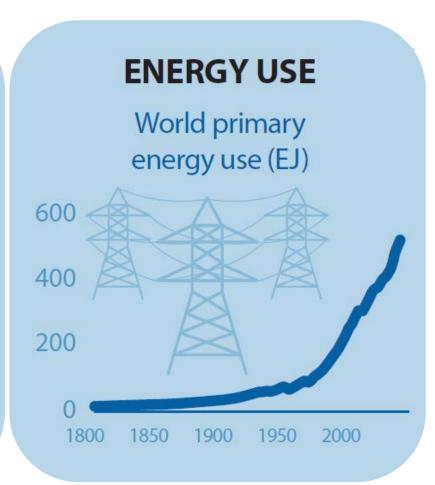


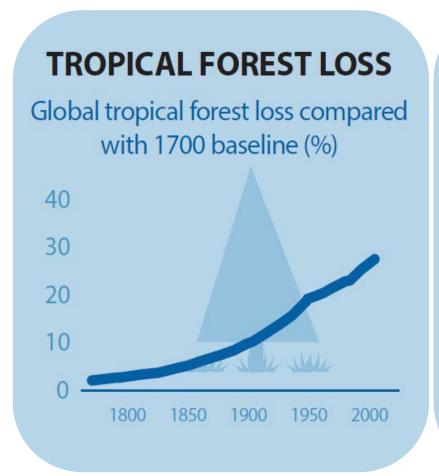


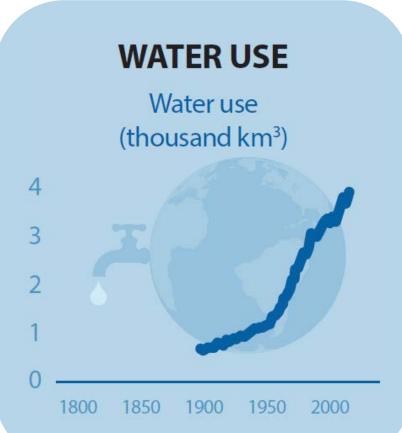
## **But Ecologic Cost/Damage**

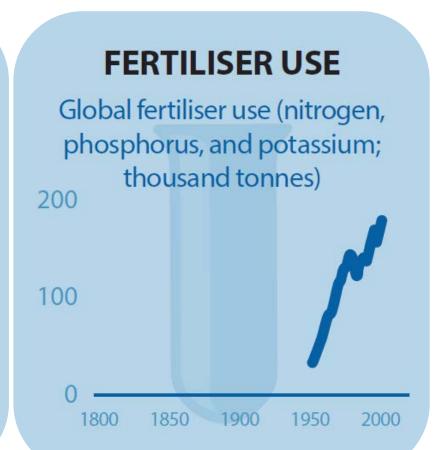


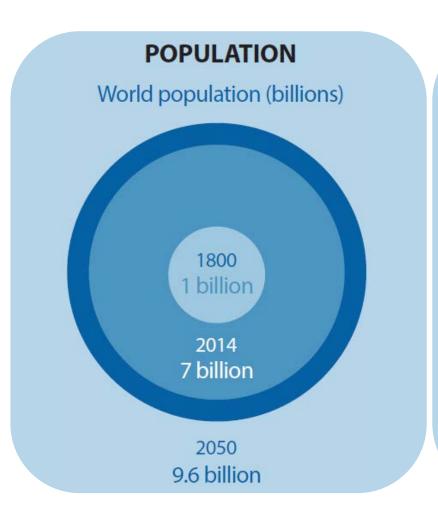
# **OCEAN ACIDIFICATION** Global ocean acidification (mean hydrogen ion concentration, nmol/kg) 1800 1850 2000



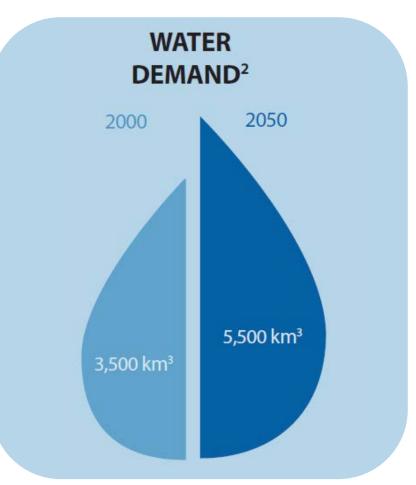














This leads to a loss of

1-2

million hectares of agricultural land per annum

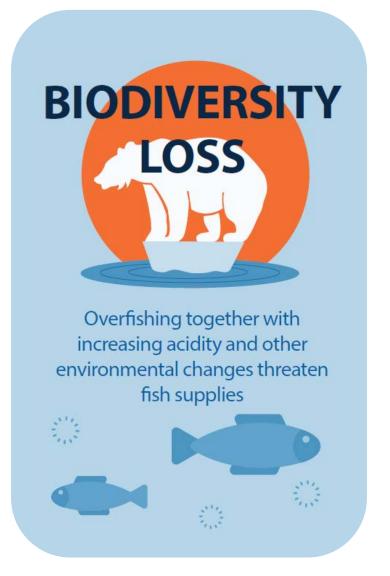


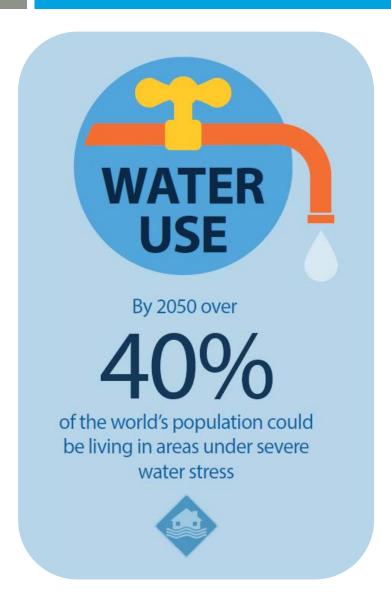
If unchecked climate change related impacts could cause an extra

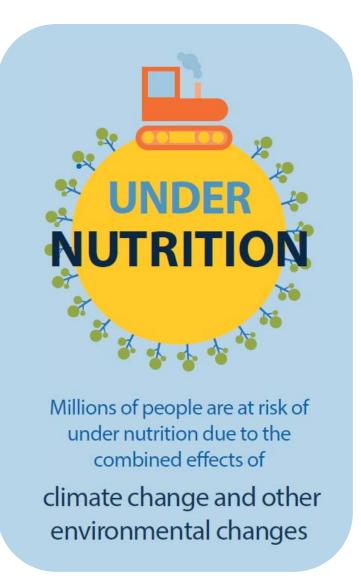
250,000

deaths per year

between 2030 and 2050<sup>3</sup>







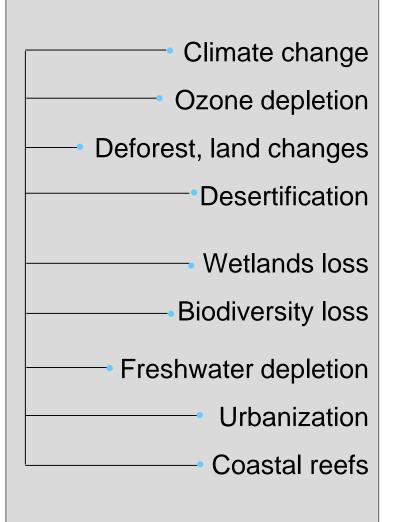
May see reversal of progress, government destabilization due to unsustainable resource consumption, inequities

# **Planetary Health Effects**

**Environmental changes and ecosystem** 

impairment

human pressure on global environment



### **Examples of health impacts**

**1. Direct health impacts**Floods, heatwaves, pollutants, etc.



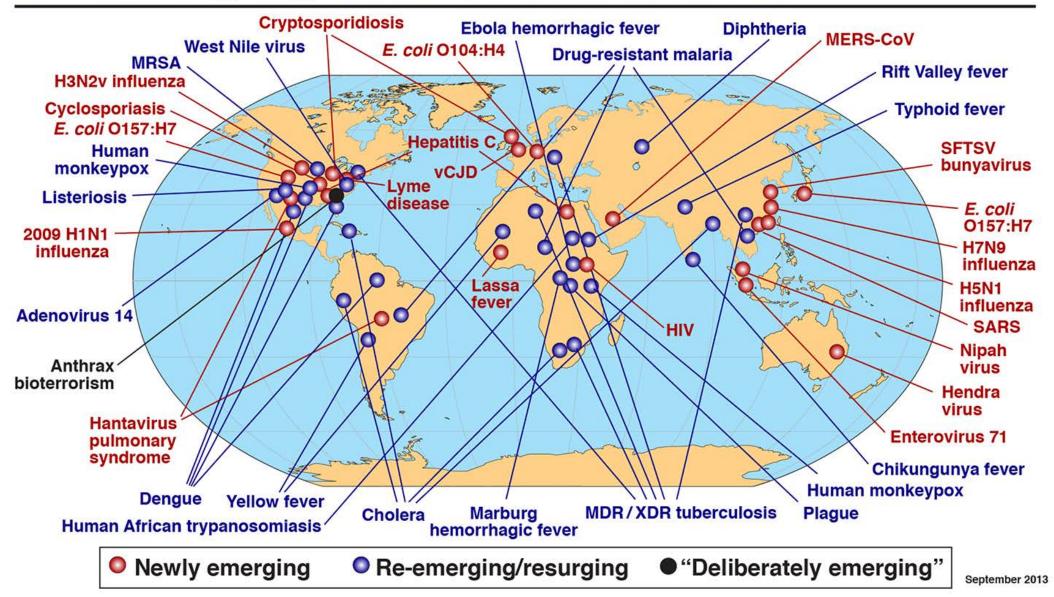
Infectious disease, undernutrition, etc.



3. Indirect, deferred, & displaced health impacts

Populations displaced, conflict, etc.

# Global Examples of Emerging and Re-Emerging Infectious Diseases



### Planetary Health - Direct Health Impacts

- Floods up to 250 million affected
- Drought climate refugees in and between countries
- Heatwaves affecting elderly, vulnerable
- Pollutants
  - 5.5 million excess deaths globally 2016
  - Coal emissions → major cause of deaths (heart disease, cancer, stroke, respiratory)

More deaths than due to HIV + malaria

## **Ecosystem-Mediated Health Impacts**

- Changes in disease dengue,
   Lyme endemic mid-latitudes, 100s millions more malaria exposure
- Mental health loss of social networks, trauma/PTSD, anxiety, depression
- Changes in food availability, cost malnutrition



### PH Effects - Indirect Health Impacts

- Displaced populations shifts to cities straining health services
- Conflict





### Conflicts



### Mental Health Impact

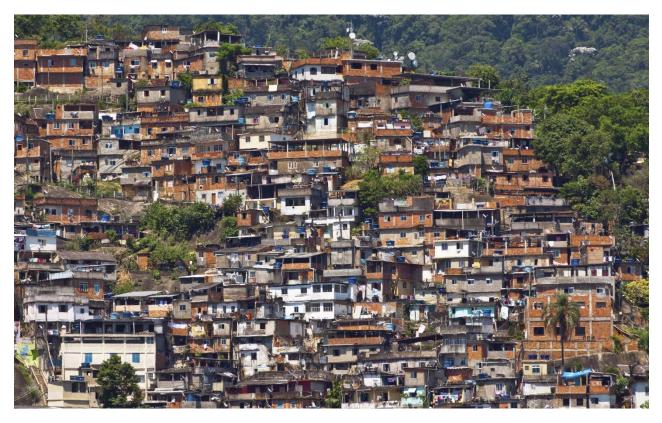
- Displaced populations
  - Loss of social networks
- Strife, competition
  - Trauma, IPV
  - Political & armed conflict
- PTSD, anxiety, depression





# **Planetary Health Ethics**

Disproportionate impact on poorest – health inequities







## All Major Faiths Have Addressed Climate



#### **IMMIGRATION**

- Rising sea levels are forcing communities in some coastal areas and on some small island nations to plan for mass relocation.
- Those dependent on dwindling tourism and fishing economies are beginning to seek work elsewhere.
- Desertification is pushing families into urban areas and, in some instances, into refugee camps.



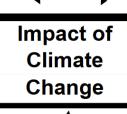
#### **RACISM**

- Low-income communities of color in urban areas often have less access to relief from excessive heat and freezing temperatures.
- Marginalized racial and ethnic groups already are disproportionately impacted by toxic dumping and the siting of landfills and polluting industries.

Adapted from Impact of Climate Change Reflection Guide from the Sisters of Mercy Mid-Atlantic Community Critical Concerns Committee, April 2015



- Key systems, such as the ocean (acidification, temperature), the North and South poles and the jet stream are being modified by CO2 and warming.
- Seasons shift, temperatures climb and sea levels rise leaving people, wildlife, agriculture, water supplies, forests and ecosystems vulnerable.



#### **WOMEN**

- In rural and developing countries women are primary caregivers and small-scale farmers. Climate change challenges access to water and affects crop yield, increasing pressure to feed their families.
- Limited access to resources hinders women's ability to clothe and care for their families, sometimes increasing hunger and inability to continue schooling.

#### **NONVIOLENCE**

- Migration contributes to ethnic conflicts and wars.
- Drought and high temperatures have been linked to increases in domestic violence and assault.
- Reduced food production contributes to land disputes and struggles over diminishing resources.

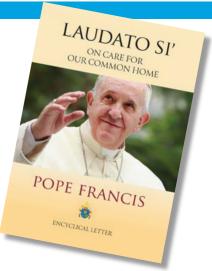






#### **Common Ground – Leadership Examples**





"Environmental impact assessment should...be linked to a study of working conditions and possible effects on people's physical and mental health, on the local economy and on public safety."



#### **How Does This Relate to Where I Live?**

#### **Climate impacts in the Great Plains**

Warmer winters = crop changes, drought/stress on aquifer



Search EPA.gov



th United States
Environmental Protection
Agency

Decl

**Environmental Topics** 

Laws & Regulations

**About EPA** 

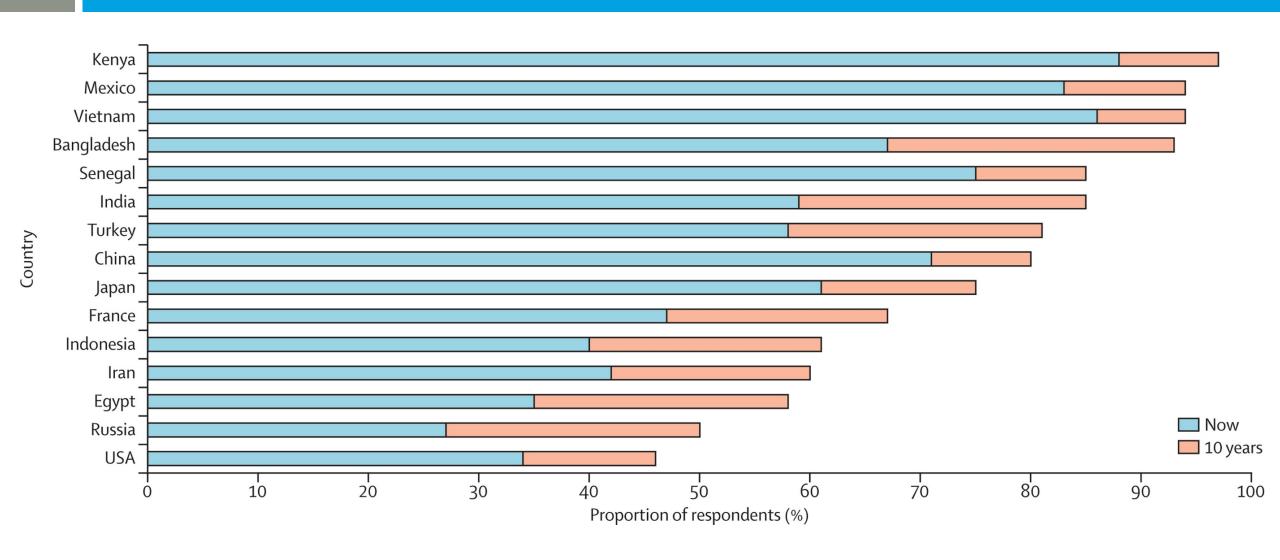
Vuln

#### This page is being updated.

Alon weat

Thank you for your interest in this topic. We are currently updating our website to reflect EPA's priorities under the leadership of President Trump and Administrator Pruitt. If you're looking for an archived version of this page, you can find it on the <u>January 19</u> snapshot.

#### **Awareness of Climate Harm**



# Talking about Planetary Health

#### 1. Keep emotions even-keeled

#### 2. Avoid apocalyptic focus

Addressing it now <u>improves economies</u>, <u>jobs</u>, <u>social justice</u>, <u>& population health</u>
 GAIN FRAME!

#### 3. Seek common ground

Leverage beliefs (religious leaders; business green economy; military security)

#### 4. Tell personal stories

#### 5. Emphasize facts

97% scientists agree climate change is happening & due to humans Parry 2016

# Talking about Planetary Health

Psychological Lesson	Policy Guideline
<ul> <li>Brain prefers experience over analysis</li> </ul>	<ul> <li>Tell stories</li> </ul>
<ul> <li>Social beings</li> </ul>	<ul> <li>Activate group norms for collective action</li> </ul>
<ul> <li>Out of sight out of mind</li> </ul>	<ul> <li>Emphasize present impacts &amp; local solutions</li> </ul>
<ul> <li>Nobody likes losing</li> </ul>	<ul> <li>Frame policy around what's gained (not lost)</li> </ul>
<ul><li>Tap potential</li></ul>	<ul> <li>Leverage intrinsic motivation for environment goals</li> </ul>

# Communicating with a Continuum



# Communicating with a Continuum

#### Global Warming's Six Americas: Communicating the Health Implications of Climate Change

"If you could ask an expert on global warming one question, which question would you ask?"

What can the US do to reduce global warming?

What harm will global warming cause?

How do you know that global warming is occuring?











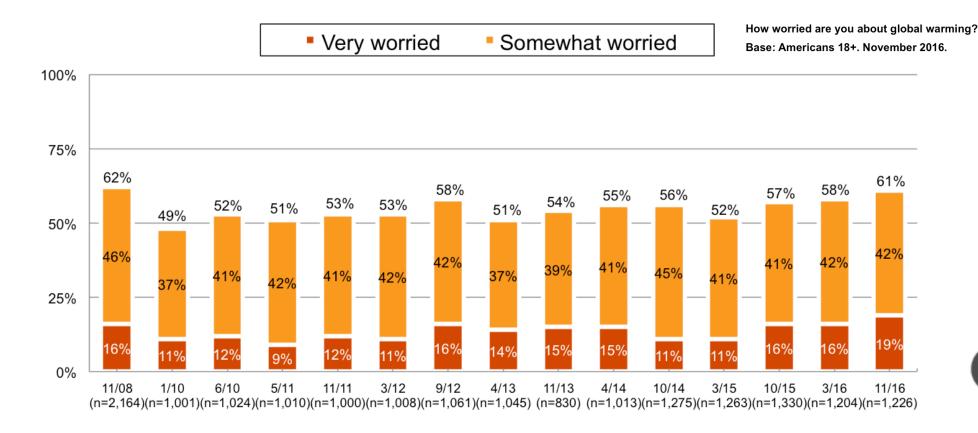


Source: Yale & George Mason, June 2010

# **Survey Data**

# Six in Ten Americans Are Worried About Global Warming; About One in Five Are "Very" Worried

- Highest level of worry since November 2008 -





# **Post-Election Survey Data**



Highest Belief in Global Warming Most Concerned Most Motivated

Proportion represented by area

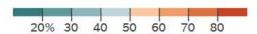
Source: Yale / George Mason University

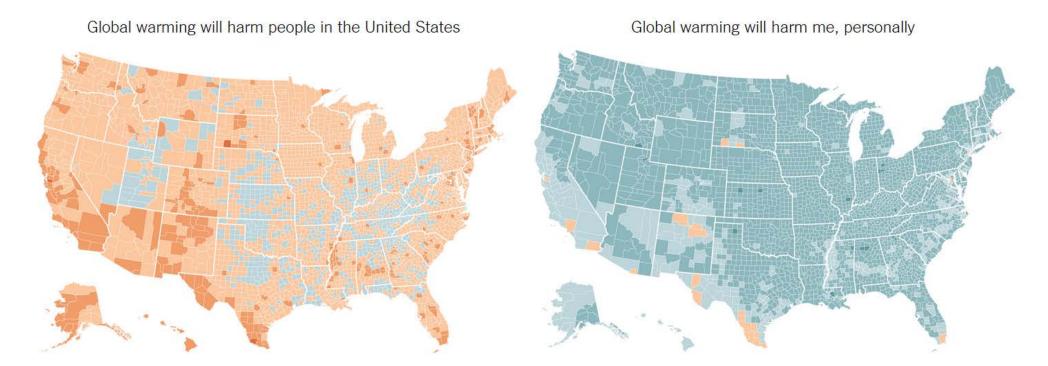
Lowest Belief in Global Warming Least Concerned Least Motivated

#### Survey Data, Yale Program on Climate Change Communication

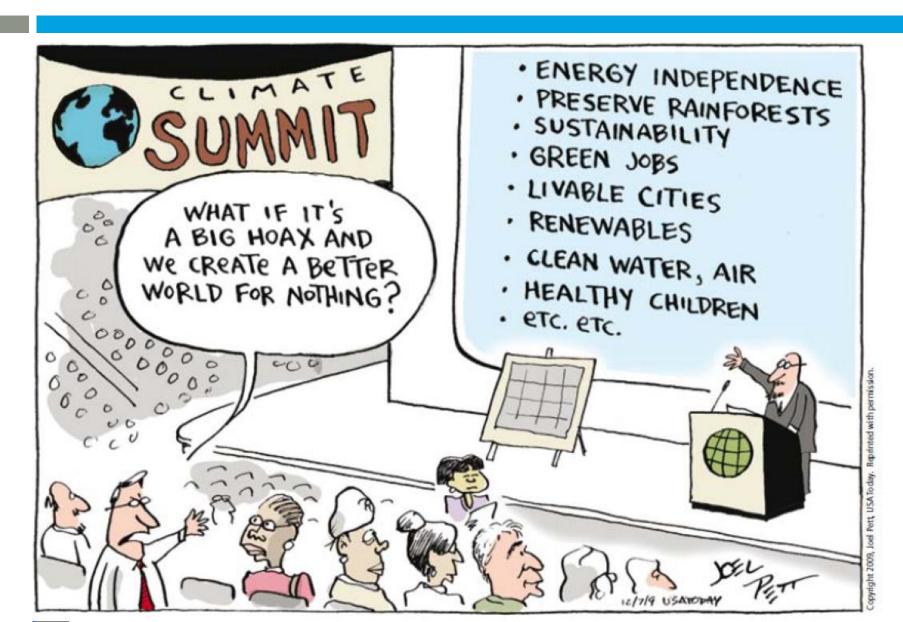
Most people think that climate change will harm Americans, but they don't think it will happen to them.

Percentage of adults per county who think ...





#### **A Path Forward**



## **Emphasize SOLUTIONS**





Mad Max: Fury Road, 2015

"Climate change solutions benefit mental health."

- APA 2017

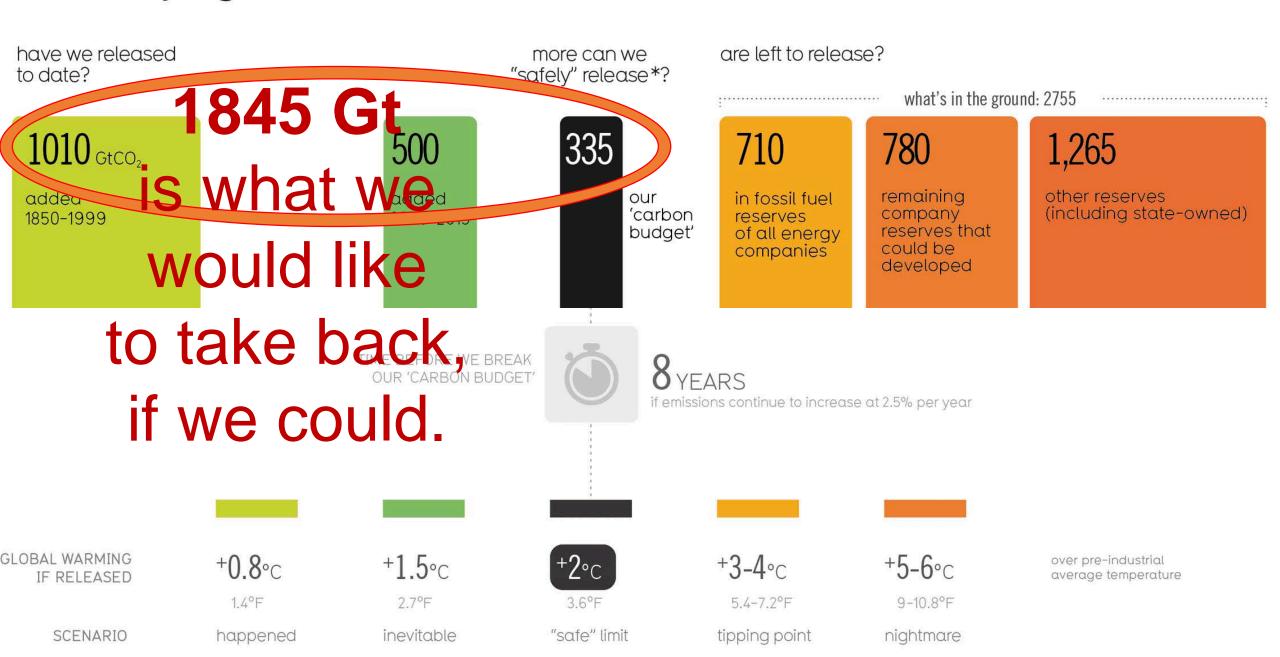


# Remember the opportunity in crisis...

Mitigation & adaptation efforts now will have benefits

A green economy (and health system) is strong

#### How Many Gigatons of Carbon Dioxide...?



### Best ideas, in various categories (Kahr, '16)

- Energy
- Food
- Women and Girls
- Cities and Buildings
- Land Use
- Transportation
- Materials

#### **Green Investments**

- x2 the investment in renewables versus fossil fuel capacity... fifth year in a row
- World now adds more renewable capacity annually than from all fossil fuels combined





# Decoupling economic progress and CO<sub>2</sub>

201620152014

Global energy-related CO<sub>2</sub> emissions remained stable last 3 years – even during 3% growth in economy and increased demand for energy



#### **Green Investments, China**



#### Annual Investment / Net Capacity Additions / Production in 2016

	1	2	3	4	5
Investment in renewable power and fuels (not including hydro > 50 MW)	China	United States	United Kingdom	Japan	Germany
Investment in renewable power and fuels per unit GDP <sup>1</sup>	Bolivia	Senegal	Jordan	Honduras	Iceland
Geothermal power capacity	Indonesia	Turkey	Kenya	Mexico	Japan
Hydropower capacity	China	Brazil	Ecuador	Ethopia	Vietnam
Solar PV capacity	China	United States	Japan	India	United Kingdom
Concentrating solar thermal power (CSP) capacity <sup>2</sup>	South Africa	China	-	_	-
Wind power capacity	China	United States	Germany	India	Brazil
Solar water heating capacity	China	Turkey	Brazil	India	United States
☑ Biodiesel production	<b>United States</b>	Brazil	Argentina/Germany/Indonesia		
Fuel ethanol production	United States	Brazil	China	Canada	Thailand

#### **Green Jobs**

 Wind turbine technician is fastest growing job in US: 108% growth through 2024... (in same period, nurse practitioners 35% growth rate)





"We have 1,200 people in Grand Forks North Dakota that make wind turbine blades. They're making close to \$30 an hour. Their parents worked in mines. They worked on farms."

> Jeff Immelt, Chair of General Electric Yale Climate Conference, September 2017

#### **Green Jobs**





#### JOBS 2016

#### Jobs in Renewable Energy

Bioenergy biomass, biofuels,

Geothermal

heating/cooling

Solar energy solar PV, CSP, solar

Wind power

Hydropower

Hydropower (large-scale)



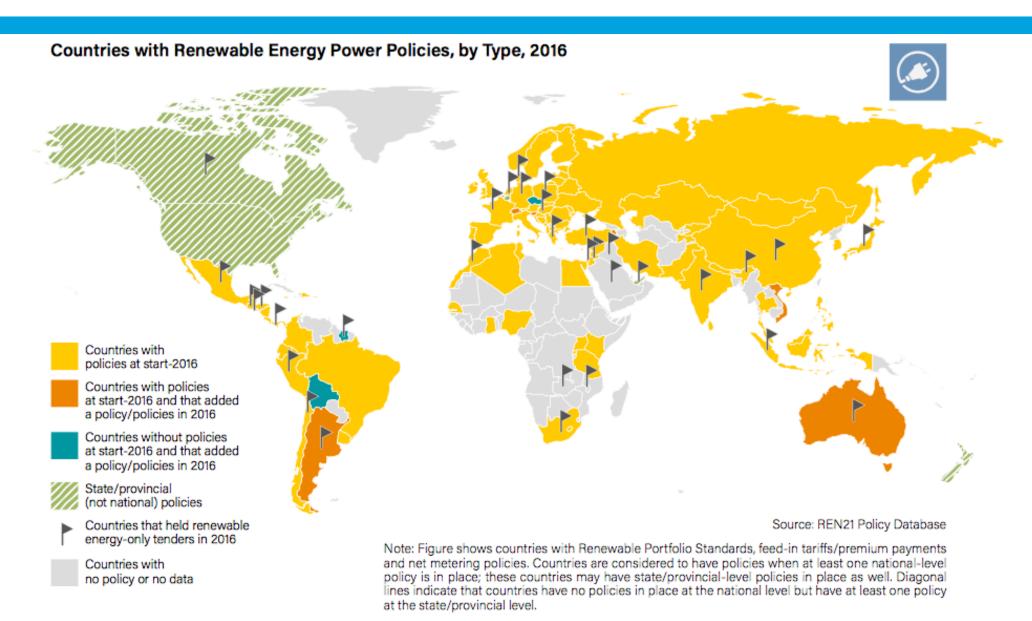


world total

9.8

million jobs

# **Green Regulation: Energy Efficiency**



# **Energy Efficiency**



**India** will not sell internal combustion engines by 2030

China has similar plan in the works

France and Britain will end internal combustion engine sales by 2040

**VW** will release pure electric vehicles for all of its car models



# How to Act on Planetary Health

To safeguard human health we need to maintain the health of the planet on which we depend



# How to Act on Planetary Health



Use More Water Efficiently



Family Planning



End Deforestation



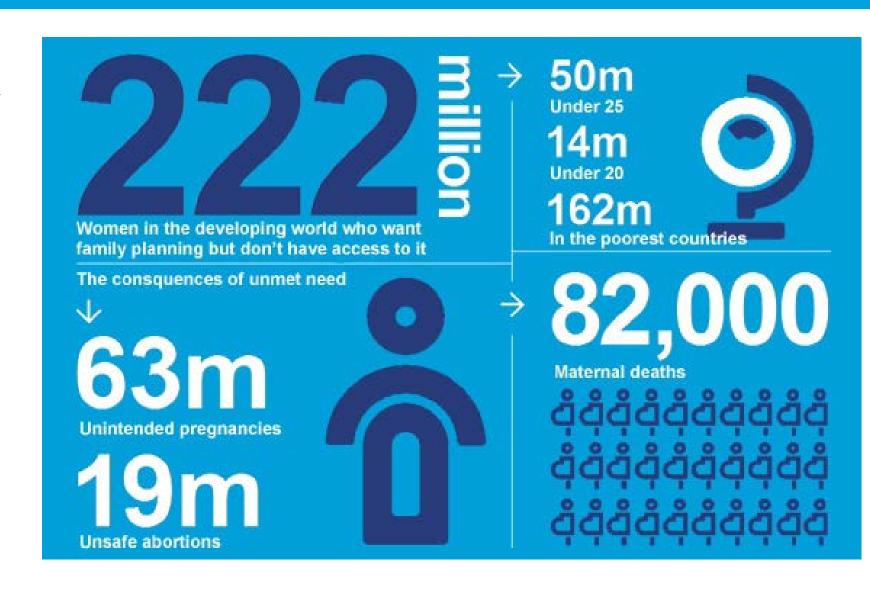
City Planning

## Population - Gender Equity Issue

Education (girls/women) ->

family planning (improved maternal/child survival) →

Sustainable economic empowerment





## How to Act on Planetary Health



Learn about Planetary Health



Healthy Diets
With Low
Environmental
Impact



Reduce Food Waste



Better Governance

#### Policy/Action to Stabilize CO<sub>2</sub> Atmospheric Levels

- Efficient transportation
- Energy conservation
- Sustainable energy sources
- Sustainable land use
- Population stabilization
- Economic incentives (cap and trade; carbon credits)
- Political change and commitment
  - Moratorium on fossil fuel exploration
  - Massive shift to alternative energy sources
  - Commitment to conservation, e.g., mass transit, LEED buildings, policy shifts (68°F. in winter, 72°F. in summer) (Vermund '16)

#### Policy/Action to Address Climate & Health

# **Economics of Planetary Health**

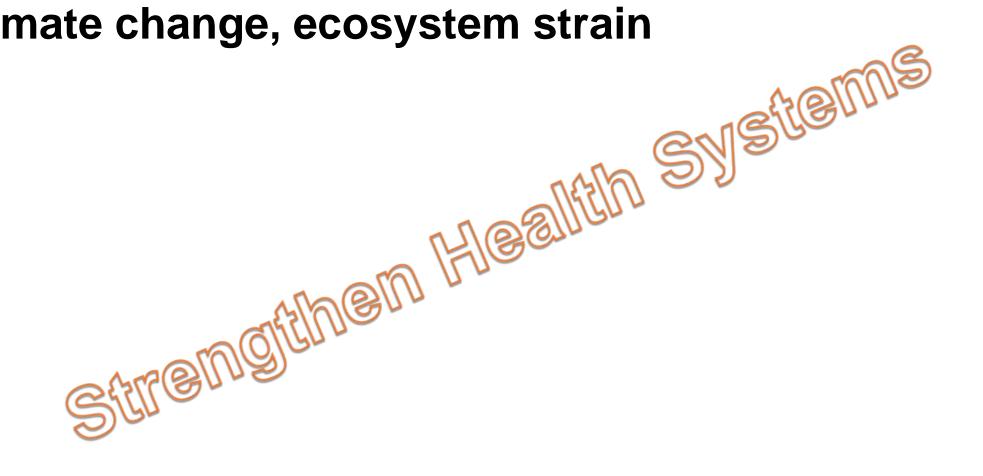
"...when we compromise the environment, we compromise human health...We need to turn this around, and we can...prosperity and good health should go hand-in-hand... mindful that we have only one earth."

- Ernesto Zedillo, chair of Rockefeller Foundation Economic Council on Planetary Health

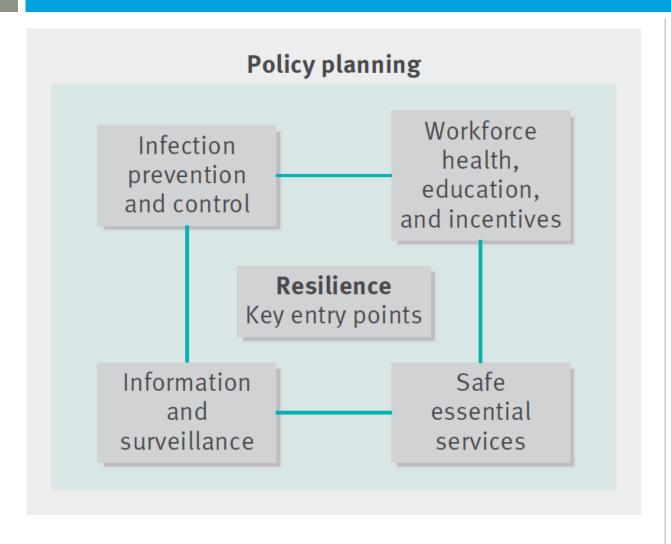
# Resilient Health Systems

# **Health Trends Globally**

Climate change, ecosystem strain



# Health System Resilience



capacity to respond, adapt, and strengthen when exposed to a shock...

Entry points to health system resilience

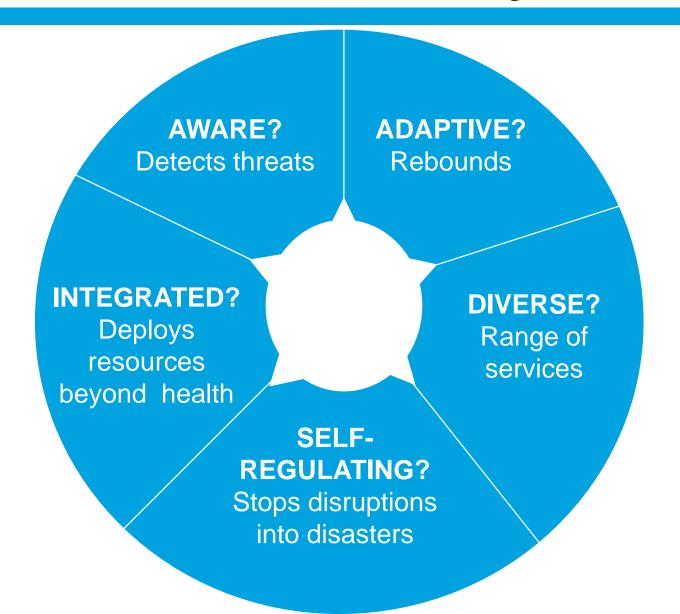
# Health System Resilience



capacity to respond, adapt, and strengthen when exposed to a shock...

# Planetary Health & Health Systems

Is Your
Health System
Resilient?

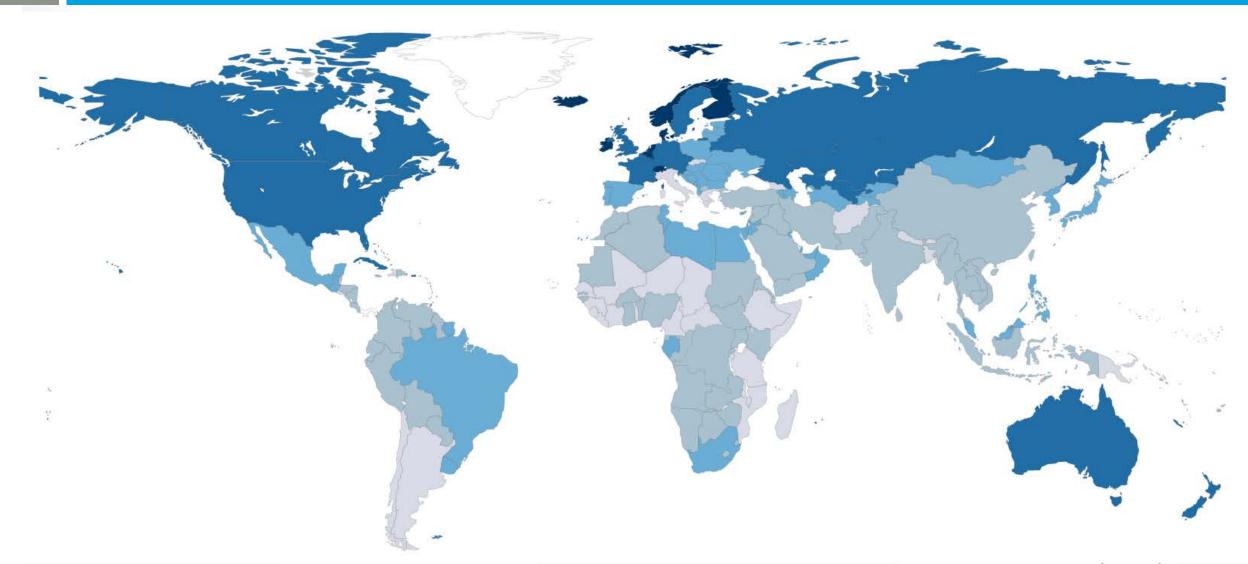


# Health System Strengthening

key components of strong health systems:



### Health Workforce - Nurses & Midwives



### Health System & Worker Resilience

#### Resilient health systems

- Organizational structure, leadership, stakeholders, networks
- Positive practice environment
- Risk management, communications

#### Resilient nurses ICN 2016

 Adaptability, confidence, purposefulness, social support (Cooper model)

### Climate Change Impact on Health in US Crimmins 2016

#### **How Will My Health System** Respond

Connection with VNS, health dept. assess geri pts needs for group cooling shelter

Warning and communication systems, expect asthma visits ED

Temporary or permanent population movements. Coordinate intersectorally

Ambulatory, community-based, and in-pt impact as disease burden shifts

#### **How Will My Health System Respond**

Health dept. surveillance & health service impact planning

Health dept. surveillance & health service impact planning

Acute visits as well as outpatient needs; consider group and telemental health delivery

### Resilience for the Health Industry

- Some global warming will continue (2.5 7.7∘F rise inevitable, this century)
- Nurses can lead local, regional adaptation efforts
  - Partner with local decision makers
    - Identify at-risk populations, emergency plans, monitoring
  - Provide guidance to patients & families
    - Posters, brochures
  - Health facility preparation
    - Anticipate demand surges (ED, out-pt), generators, emergency transport

### Resilience for the Health Industry

- Health is 1/7<sup>th</sup> of US economy
  - Medical centers spend \$5.3 billion on energy alone (Sayre 2010)
  - Cost savings as driver (KPMG 2011)
  - Business & Sustainable Development 2017 report
    - Achieving SDGs good: gender equity alone add \$28 trillion to global GDP, 2025
- WHO hospitals guide (2015)



- Healthier Hospitals Initiative
  - >1000 US hospitals
- Global Green & Healthy Hospitals
  - >750 members on 6 continents,
     >20,0000 hospitals
- Green teams on units

#### Seven elements of a climate-friendly hospital

#### **Energy efficiency**

Reduce hospital energy consumption and costs through efficiency and conservation measures.

#### Green building design

Build hospitals that are responsive to local climate conditions and optimized for reduced energy and resource demands.

#### Alternative energy generation

Produce and/or consume clean, renewable energy onsite to ensure reliable and resilient operation.

#### Transportation

Use alternative fuels for hospital vehicle fleets; encourage walking and cycling to the facility; promote staff, patient and community use of public transport; site health-care buildings to minimize the need for staff and patient transportation.

#### Food

Provide sustainably grown local food for staff and patients.

#### Waste

Reduce, re-use, recycle, compost; employ alternatives to waste incineration.

#### Water

Conserve water; avoid bottled water when safe alternatives exist.

Combat barriers to 'greening' your clinical site:

- Competing investment/
- Inadequate staffing
- Underfunded operation
- Perceived higher costs
- Time limitations (AHE, '13)

### BENEFITS ACHIEVED BY GREEN HOSPITALS

- o Better Indoor air quality.
- o 20-40% energy savings.
- 35-40% water savings.
- Good day lighting.
- No sick building syndrome.
- Faster patient recovery.



- Transportation avoid unnecessary trips, public transport, local suppliers
- Energy EPA says 30% reduction just though efficiency/renewables
- Alternative energy solar, biomass, on-site heat/power plant
- Green buildings carbon-neutral hospital design but also ORs, supply chain
- Waste management reduce/reuse/recycle, incineration alternatives
- Food service less meat, local
- Water conservation low-flow, drought-resistant plants, fix leaks (Sayre 2010)

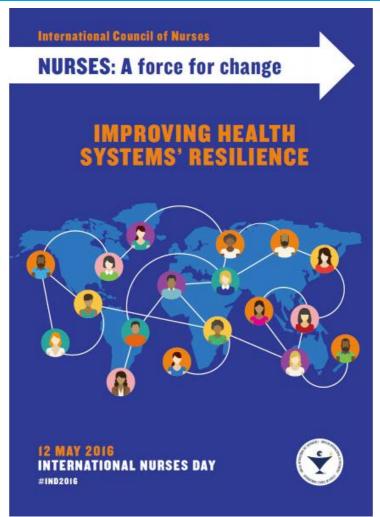
- NHS (UK) 5 steps for low-carbon healthcare system
  - 1. Support people in taking responsibility for their own health
  - 2. Build greater acceptance of ICT in health provision
  - 3. Find low-carbon, high QOL sweetspot
  - 4. Allocate resources to promote health not tx illness
  - 5. Ensure health system takes leadership in radical change needed to face climate change



### Nursing Has Taken a Stand

Policy statements on environment, resilience

- Int'l Council of Nurses
  - 2016 position nat'l nurse associations, nurses
  - 2008 statement nurses/climate change/health:
    - "[nat'l nurse associations and nurses must be involved in developing national action plans and policies and be part of disaster preparedness teams to mitigate the impact of climate change on health"
  - 1999, '07, '11 statements environmental hazards



### Nursing Has Taken a Stand

#### Policy statements on environment, resilience

- Canadian Nurses Association (2008)
- <u>AACN</u> environmental sustainability task force
- Alliance of Nurses for Healthy Environments (2009)
  - 'Human health connected with every aspect of natural, built environment'
- ANA (2008)
  - Global climate change as a threat to human health, mandates and obligates action, advocacy and a "united" nursing voice
- Nurses as force for resilient health systems



# Nursing Has Taken a Stand

"The registered nurse practices in an environmentally safe and healthy manner."

Standard 17 of the Standards of Professional Nursing Practice found in Nursing: Scope and Standards of Practice, 3rd Edition

### **Planetary Health Summary**

- Health progress has been made but an ecological price has been paid
- Need action now, including strengthening health systems
  - Nursing is key frontline responder, trusted voices
  - Nursing role in mitigation, adaptation, policy, leadership
  - As HIV nurses, we KNOW HOW TO ADVOCATE & DELIVER

CALL TO ACTION

Nurses for Planetary Health



# CALL TO ACTION – Nurses for Planetary Health

- Educate ourselves
- Communicate with our patients
- Take action at local level university, hospital, health system sustainability & readiness
- Engage in political/policy process







#### **Nursing Education - Curriculum Thread**

#### 5: Political and broader engagement (Lancet PH, 2015)

- 5.1 Public engagement with health and climate change
- 5.2 Academic publications on health and climate change
- 5.3 Inclusion of health and climate change within...health curricula

# Global Consortium on Climate and Health Education

https://www.mailman.columbia.edu/research/global-consortium-climate-and-health-education/mission



The GCCHE is a global network of Schools of Public Health, Medicine and Nursing that aims to

# Tell the Right Story

"If we don't transition quickly to a sustainable way of life humanity is doomed?" OR "We are transitioning to a more sustainable and resilient way of life that will offer tremendous benefits to humanity."

# Why are we talking about this at an ANAC conference?

#### HIV nurses have unique skills needed to address this crisis

- Optimism in the face of despair
- Righteous anger and advocacy skills to address injustice, inequity
- Leadership to organize, for research and for health care delivery
- Innate proclivity to work with and for people
- Alliance with communities, building on strengths
- Belief that life of each is worth fighting for, and that we are stronger when working together

# This is the Challenge of Our Time

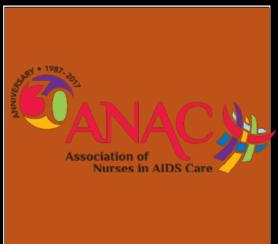


"If you look at the science about what is happening and aren't pessimistic, you don't understand data.

But if you meet the people who are working to restore this earth and the lives of the poor, and you aren't optimistic, you haven't got a pulse."

# We Have Only One Home...











#### Resources

- Whitmee S, Haines A, Beyrer C, et al. Safeguarding human health in the Anthropocene epoch: report of the Rockefeller Foundation— Lancet Commission on planetary health. Lancet 2015; <a href="http://dx.doi.org/10.1016/S0140-6736(15)60901-1">http://dx.doi.org/10.1016/S0140-6736(15)60901-1</a>
- Sayre L, Rhazi N, Carpenter H, Hughes NL. Climate change and human health: the role of nurses. Nurs Adm Q. 2010; 34(4):334-42.
- Squarzoni P. Climate changed: a personal journey through the science. Abrams, NY, 2014.
- Metadata Access Tool for Climate and Health <a href="https://match.globalchange.gov/geoportal/catalog/main/home.page">https://match.globalchange.gov/geoportal/catalog/main/home.page</a>
- Alliance of Nurses for Healthy Environments <a href="http://envirn.org/pg/groups/7007/climate-change-and-health/">http://envirn.org/pg/groups/7007/climate-change-and-health/</a>
- Climate Change Nursing Toolkit
   <a href="https://noharm-uscanada.org/content/us-canada/nurses-climate-change-toolkit">https://noharm-uscanada.org/content/us-canada/nurses-climate-change-toolkit</a>
- http://www.climatechangeandnursing.org/
- Healthcare Without Harm <a href="https://noharm.org/">https://noharm.org/</a>
- Green Hospitals

https://practicegreenhealth.org/initiatives/healthier-hospitals-initiative https://noharm-global.org/issues/global/global-green-and-healthy-hospitals http://www.who.int/globalchange/publications/healthcare\_settings/en/ http://www.who.int/globalchange/publications/climatefootprint\_report.pdf?ua=1



http://planetaryhealthalliance.o



# PLANETARY HEALTH N W!

...advocacy & action to build resilient health systems

### Discussion – How are/can you be a leader ...

Engaged to 'green' your org, SoN, clinical sites?

- 1. \_\_\_\_\_
- Develop curricular concepts?
- 1. \_\_\_\_\_
- Develop interdisciplinary collaborations?
- 1. \_\_\_\_\_
- Top opportunities & strategies, lessons learned?
- 1. \_\_\_\_\_