

Learning to Treat the Climate Emergency Together: social tipping interventions by the health community

For High-res Slides and Images Please Go To:

<https://drcourtneyhoward.ca/lancet-ph-climate-emergency-social-tipping-feb23/>

Your Content Here: The Story of Self

Insert a picture that allows you to tell a story of why you care about the climate emergency as a member of the health community. It helps if it is specific—like a scene from a movie. Be able to recount it as though you were telling your friends about it around a table. Ideas:

- An experience that involves your family.

- A moment that involves a treasured place in nature that has meaning for you.

- A work-related experience (protecting patient confidentiality) that alarmed you to the extent that you decided to dedicate time and energy to treating the climate emergency.

ie:

The day wildfire-related smoke led multiple patients with asthma exacerbations to come to your ER .

A heat dome where you spent all night resuscitating elderly patients with heat-related illness.

The night severe weather took out the local electrical grid and patients on home oxygen came in because their oxygen systems weren't working and they were short of breath.


Slides for Figure 1: Climate change-related impacts on health and health systems

This becomes part of the Story of Us: a set of experiences that you and your audience share.

Suggest interspersing these images with photos and data related to climate-related events that have impacted your community.

Include any health system utilization or impact data available.

This slide has been broken up into very small increments—feel free to build it up in larger segments—whatever works.

A large, solid green shape that spans the width of the page at the bottom. It has a wavy, undulating top edge, with a slight dip in the center and a rise towards the right side. The shape is filled with a uniform green color.

Ecological
determinants
of health

Ecological
determinants
of health



Extreme weather

Ecological
determinants
of health



Extreme weather



Habitat and
biodiversity loss

Ecological
determinants
of health



Extreme weather



Habitat and
biodiversity loss



Soil loss

Ecological
determinants
of health



Extreme weather



Habitat and
biodiversity loss



Soil loss



Water shortage

Ecological
determinants
of health



Extreme weather



Habitat and
biodiversity loss



Soil loss



Water shortage



Global temperature
rise

Ecological
determinants
of health

Extreme weather

Habitat and
biodiversity loss

Soil loss

Water shortage

Global temperature
rise

Sea-level rise

Health

Heat-related
illness



Ecological
determinants
of health



Extreme weather



Habitat and
biodiversity loss



Soil loss



Water shortage



Global temperature
rise



Sea-level rise

Health

Heat-related
illness



Evacuation, trauma,
anxiety, PTSD



Ecological
determinants
of health



Extreme weather



Habitat and
biodiversity loss



Soil loss



Water shortage



Global temperature
rise



Sea-level rise

Health

Heat-related
illness



Evacuation, trauma,
anxiety, PTSD



Asthma and
chronic obstructive
pulmonary disease



Ecological
determinants
of health



Extreme weather



Habitat and
biodiversity loss



Soil loss



Water shortage



Global temperature
rise



Sea-level rise

Health

Heat-related
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Evacuation, trauma,
anxiety, PTSD



Asthma and
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Infection



Ecological
determinants
of health



Extreme weather



Habitat and
biodiversity loss



Soil loss



Water shortage



Global temperature
rise



Sea-level rise

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Heat-related
illness



Evacuation, trauma,
anxiety, PTSD



Asthma and
chronic obstructive
pulmonary disease



Infection



Malnutrition



Ecological
determinants
of health

Extreme weather



Habitat and
biodiversity loss



Soil loss



Water shortage



Global temperature
rise



Sea-level rise



Health

Heat-related illness



Evacuation, trauma, anxiety, PTSD



Asthma and chronic obstructive pulmonary disease



Infection



Malnutrition



Conflict and migration



Ecological determinants of health

Extreme weather



Habitat and biodiversity loss



Soil loss



Water shortage



Global temperature rise



Sea-level rise



Health

Heat-related illness



Evacuation, trauma, anxiety, PTSD



Asthma and chronic obstructive pulmonary disease



Infection



Malnutrition



Conflict and migration



Social & structural determinants of health



Housing damage

Ecological determinants of health



Extreme weather



Habitat and biodiversity loss



Soil loss



Water shortage



Global temperature rise

Sea-level rise

Health

Heat-related illness



Evacuation, trauma, anxiety, PTSD



Asthma and chronic obstructive pulmonary disease



Infection



Malnutrition



Conflict and migration



Social & structural determinants of health



Housing damage

Threats to livelihood

Ecological determinants of health



Extreme weather



Habitat and biodiversity loss



Soil loss



Water shortage



Global temperature rise

Sea-level rise

Health

Heat-related illness



Evacuation, trauma, anxiety, PTSD



Asthma and chronic obstructive pulmonary disease



Infection



Malnutrition



Conflict and migration



Social & structural determinants of health



Housing damage

Threats to livelihood

Reduced equity

Ecological determinants of health

Extreme weather

Habitat and biodiversity loss

Soil loss

Water shortage

Global temperature rise

Sea-level rise



Health

Heat-related illness



Evacuation, trauma, anxiety, PTSD



Asthma and chronic obstructive pulmonary disease



Infection



Malnutrition



Conflict and migration



Social & structural determinants of health



Housing damage

Threats to livelihood

Reduced equity

Education and training disruption

Ecological determinants of health

Extreme weather

Habitat and biodiversity loss

Soil loss

Water shortage

Global temperature rise

Sea-level rise



Health

Heat-related illness



Evacuation, trauma, anxiety, PTSD



Asthma and chronic obstructive pulmonary disease



Infection



Malnutrition



Conflict and migration



Social & structural determinants of health



Housing damage

Threats to livelihood

Reduced equity

Education and training disruption

Supply chain disruption

Ecological determinants of health

Extreme weather

Habitat and biodiversity loss

Soil loss

Water shortage

Global temperature rise

Sea-level rise



Health

Heat-related illness



Evacuation, trauma, anxiety, PTSD



Asthma and chronic obstructive pulmonary disease



Infection



Malnutrition



Conflict and migration



Social & structural determinants of health



Housing damage

Threats to livelihood

Reduced equity

Education and training disruption

Supply chain disruption

Destabilised government

Ecological determinants of health

Extreme weather

Habitat and biodiversity loss

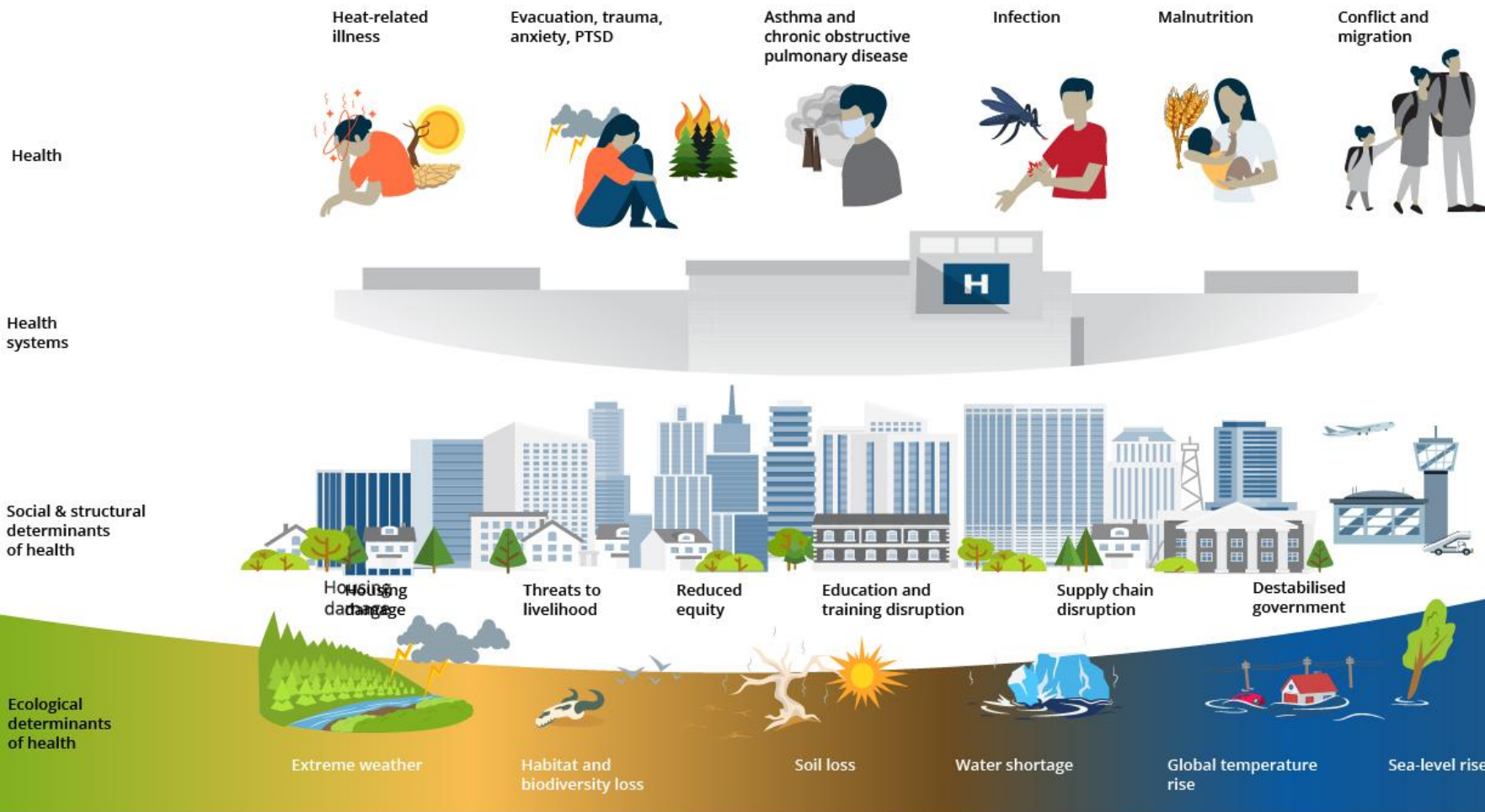
Soil loss

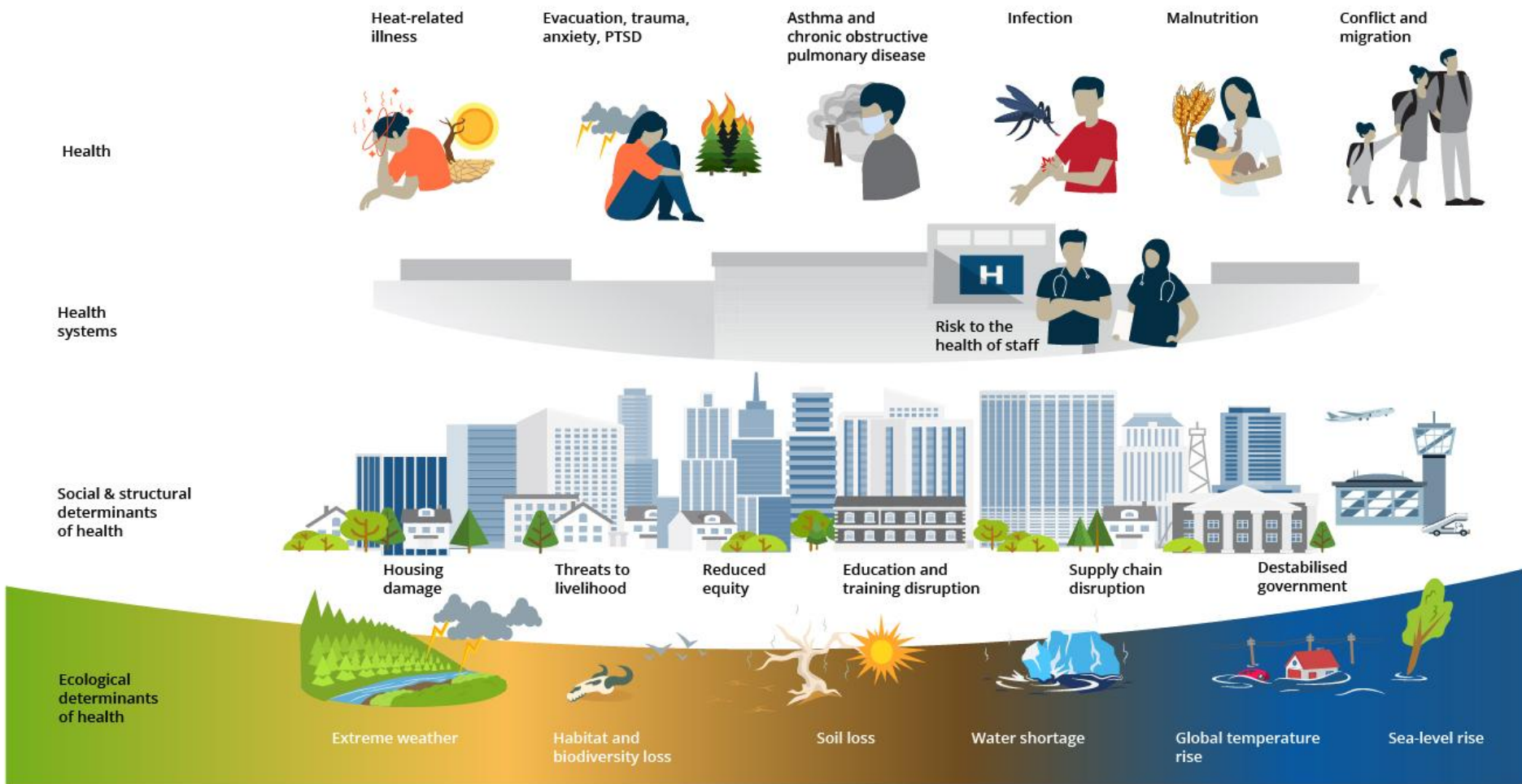
Water shortage

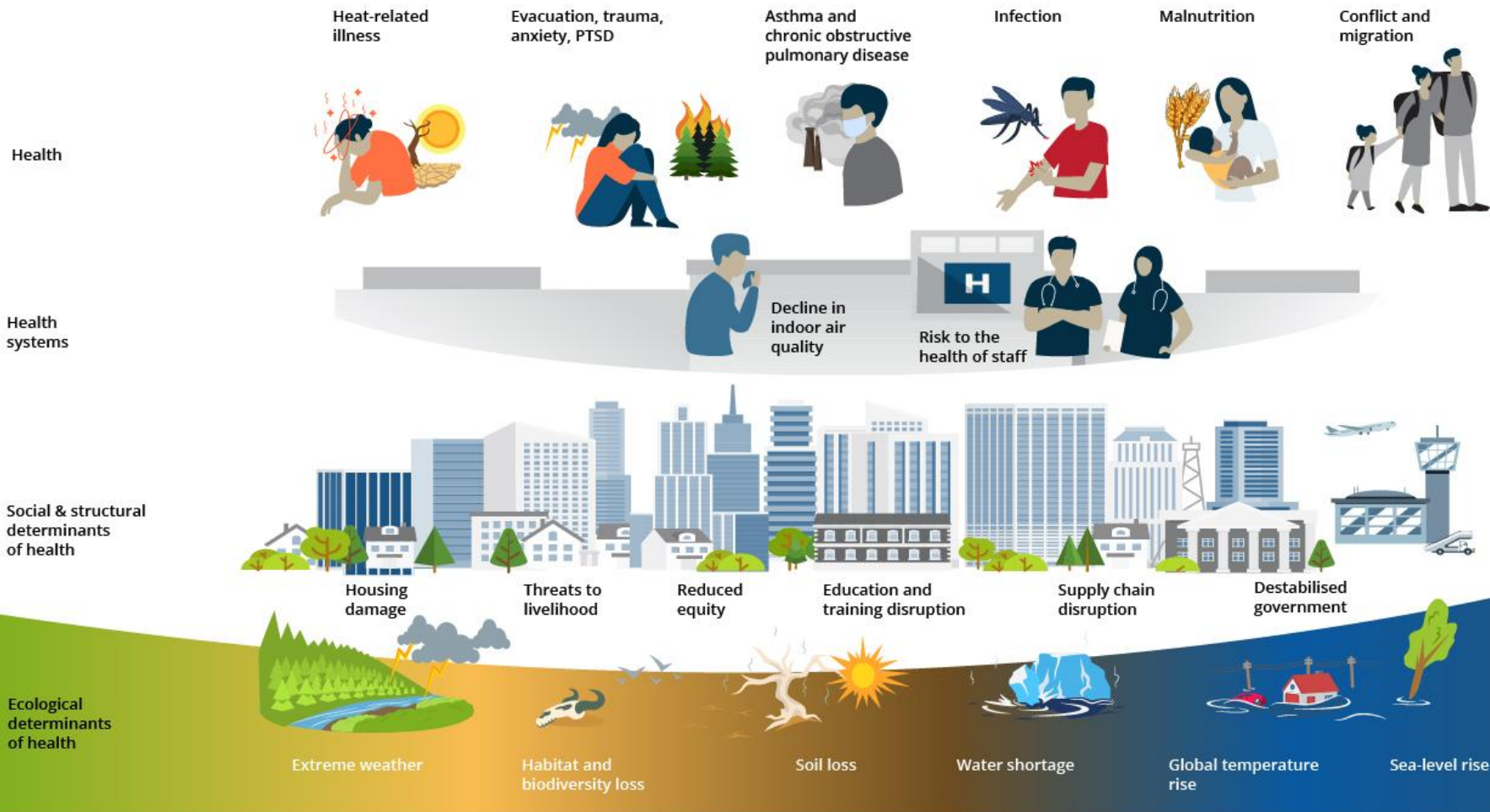
Global temperature rise

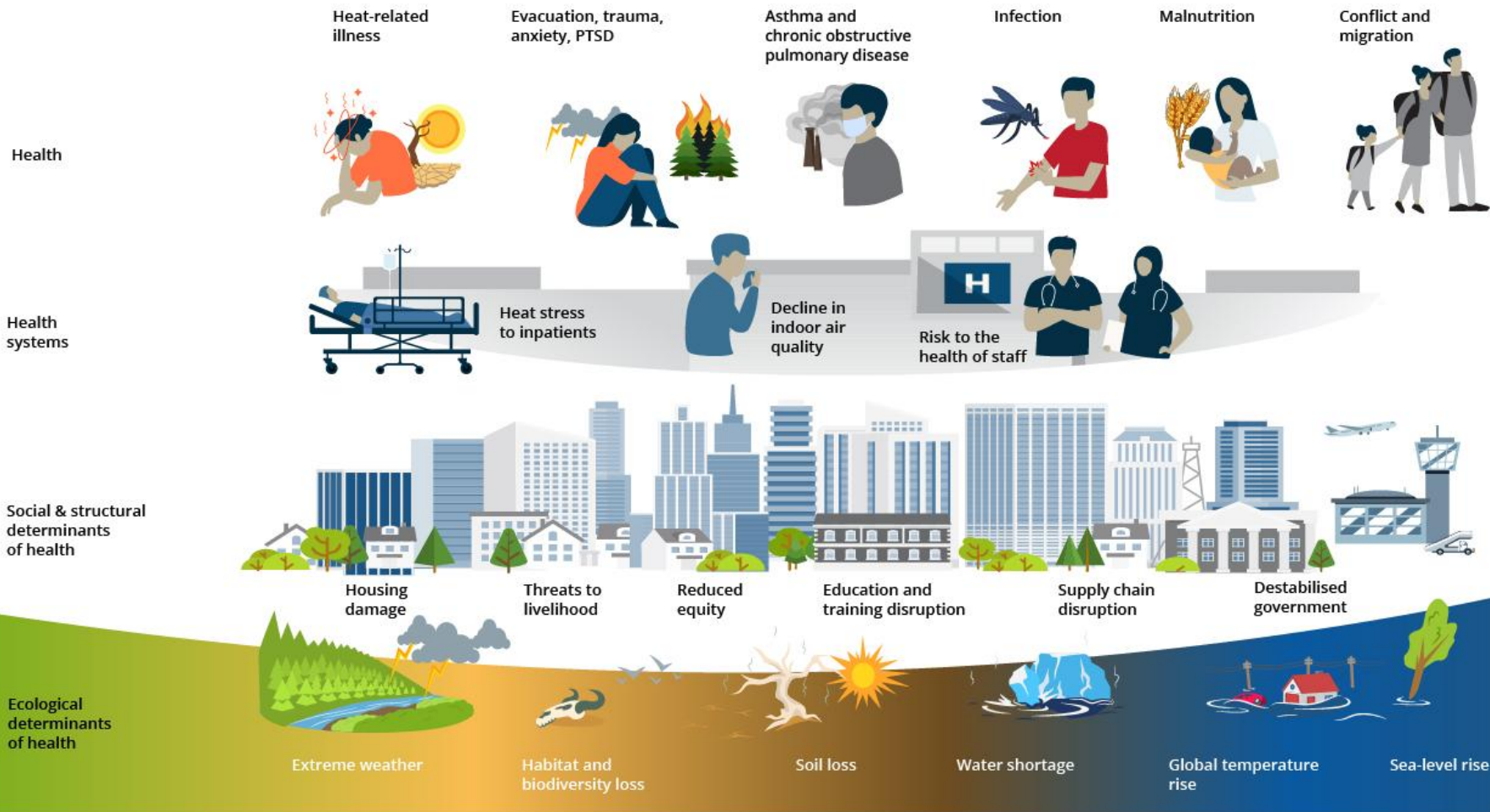
Sea-level rise

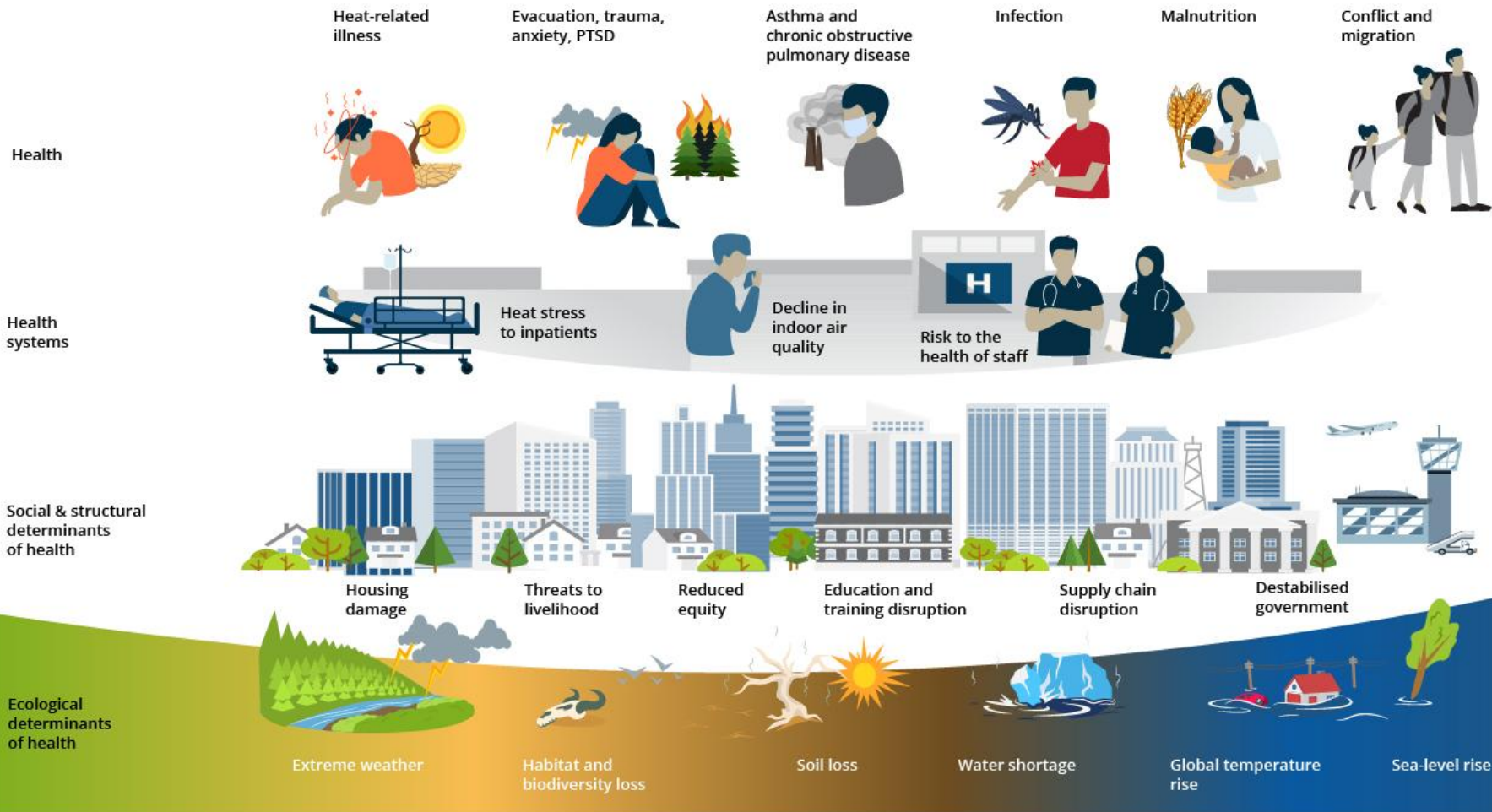












Climate change-related impacts to health and health systems

Health

Heat-related illness



Evacuation, trauma, anxiety, PTSD



Asthma and chronic obstructive pulmonary disease



Infection



Malnutrition



Conflict and migration



Health systems



Heat stress to inpatients



Decline in indoor air quality



Risk to the health of staff



Damage to health infrastructure and supply chain disruption

Social & structural determinants of health



Housing damage

Threats to livelihood

Reduced equity

Education and training disruption

Supply chain disruption

Destabilised government

Ecological determinants of health



Extreme weather



Habitat and biodiversity loss



Soil loss



Water shortage



Global temperature rise



Sea-level rise

Acknowledge the Emotional and Mental Health Impacts of Learning About the Climate Emergency

Audiences have a finite ability to cope with distressing information. We are essentially relaying a diagnosis that affects them, their family, all of their patients, and everyone they care about.

Keep an eye on your listeners—ask people to turn on their videos if you are presenting remotely. If your mental status exam reveals a room full of people slumped over their chairs or in tears you've reached their limit. It's time to acknowledge that it is normal to find the information upsetting, and that reactions such as anxiety, sadness, anger, and guilt are all normal. If people are really upset or their eyes have glazed over, next time try to switch it up a little so you don't generate quite this level of distress. Just as in a clinical emergency, part of your job is to help people cope so they can think well and work together effectively.

A good place to start in terms of time allocation is to aim for a ratio of 30% impact-related information, 10% acknowledgement of the emotional and mental health effects of the climate emergency, and 60% solutions-related information.

See information here:

<https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196%2820%2930144-3/fulltext>

Feel free to play this ecoanxiety dance video filmed in a melting snow castle if you want to give people time to process their emotions. It was an official selection of the 2022 World Health Organization film festival and has messaging drawn from the above commentary and from Nicole Redvers' piece: [https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196\(21\)00008-5/fulltext](https://www.thelancet.com/journals/lanplh/article/PIIS2542-5196(21)00008-5/fulltext)

Twitter-length version: <https://youtu.be/RVlb2wjl7G8>

Full-length version: <https://youtu.be/JDOA3QFVQvk>

Slides for Figure 2: Health co-benefits of measures that decrease greenhouse gas emissions.

Suggest having either local success stories in mind as you present this, or projects in development for which you would like to obtain the support of your audience.

Use this to start to build the Story of Now 1e: select a target before you start and weave information about it into your presentation.

Consider which health co-benefits will be involved in those projects and be sure to explain these elements in detail.

Build this image up in smaller or larger increments as best fits your presentation.

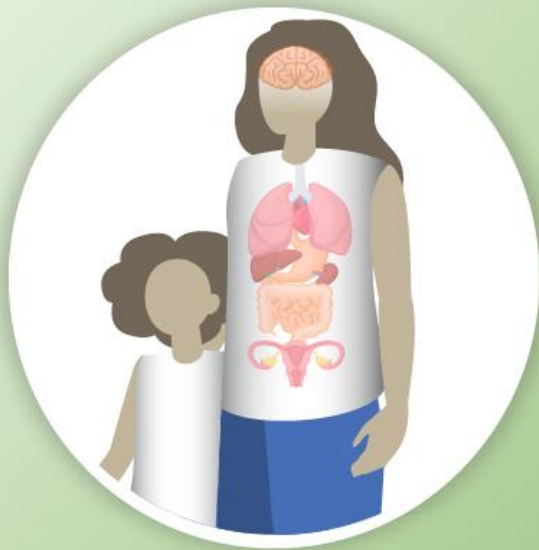
Healthy planet. Healthy people.



Health



Greenhouse gases



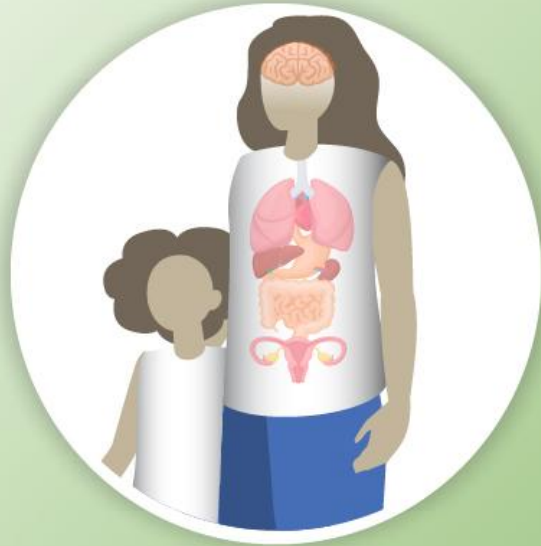
Healthy planet. Healthy people.



Health



Greenhouse gases



Zero-carbon electricity



Microgrid health system resilience



Healthy planet. Healthy people.



Health



Greenhouse gases



Fossil-fuelled
electricity

Zero-
carbon
electricity



Low-
carbon
transport

Cycling and
walking

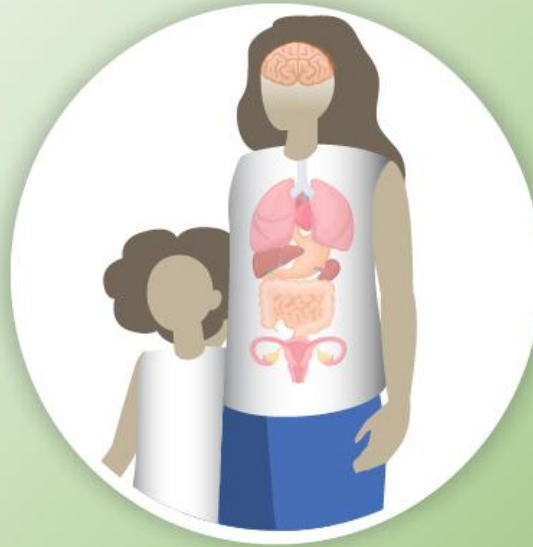


Microgrid health
system resilience



Healthy planet. Healthy people.

- ↑ Health
- ↓ Greenhouse gases



↓ Outdoor air pollution

↓ Fossil-fuelled electricity

Zero-carbon electricity

↑ Microgrid health system resilience

Low-carbon transport

Cycling and walking



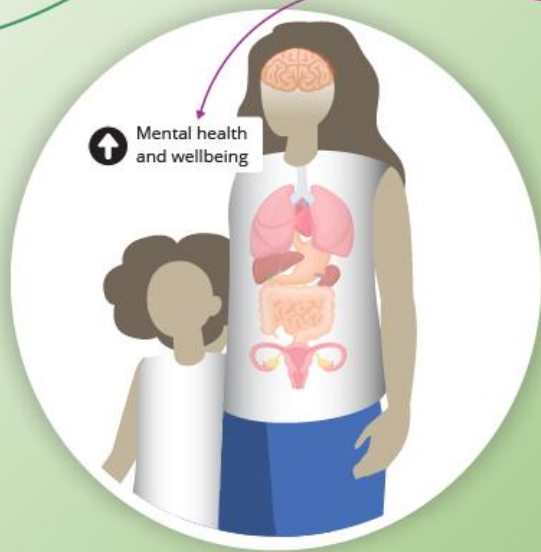
Healthy planet. Healthy people.

- ↑ Health
- ↓ Greenhouse gases



Planting trees

Reduced de-forestation



↑ Mental health and wellbeing

↓ Outdoor air pollution

↓ Fossil-fuelled electricity

Zero-carbon electricity

↑ Microgrid health system resilience

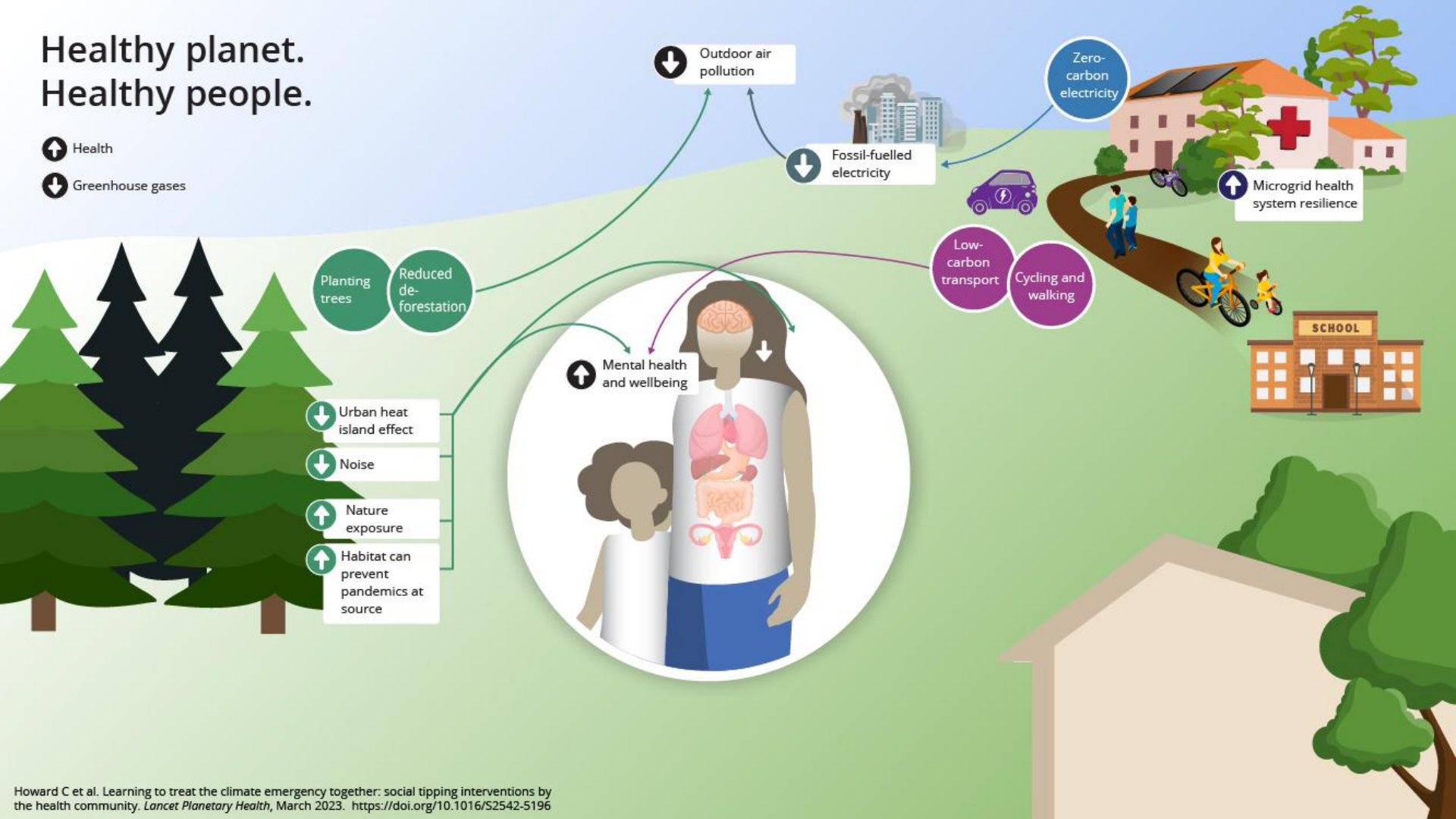
Low-carbon transport

Cycling and walking



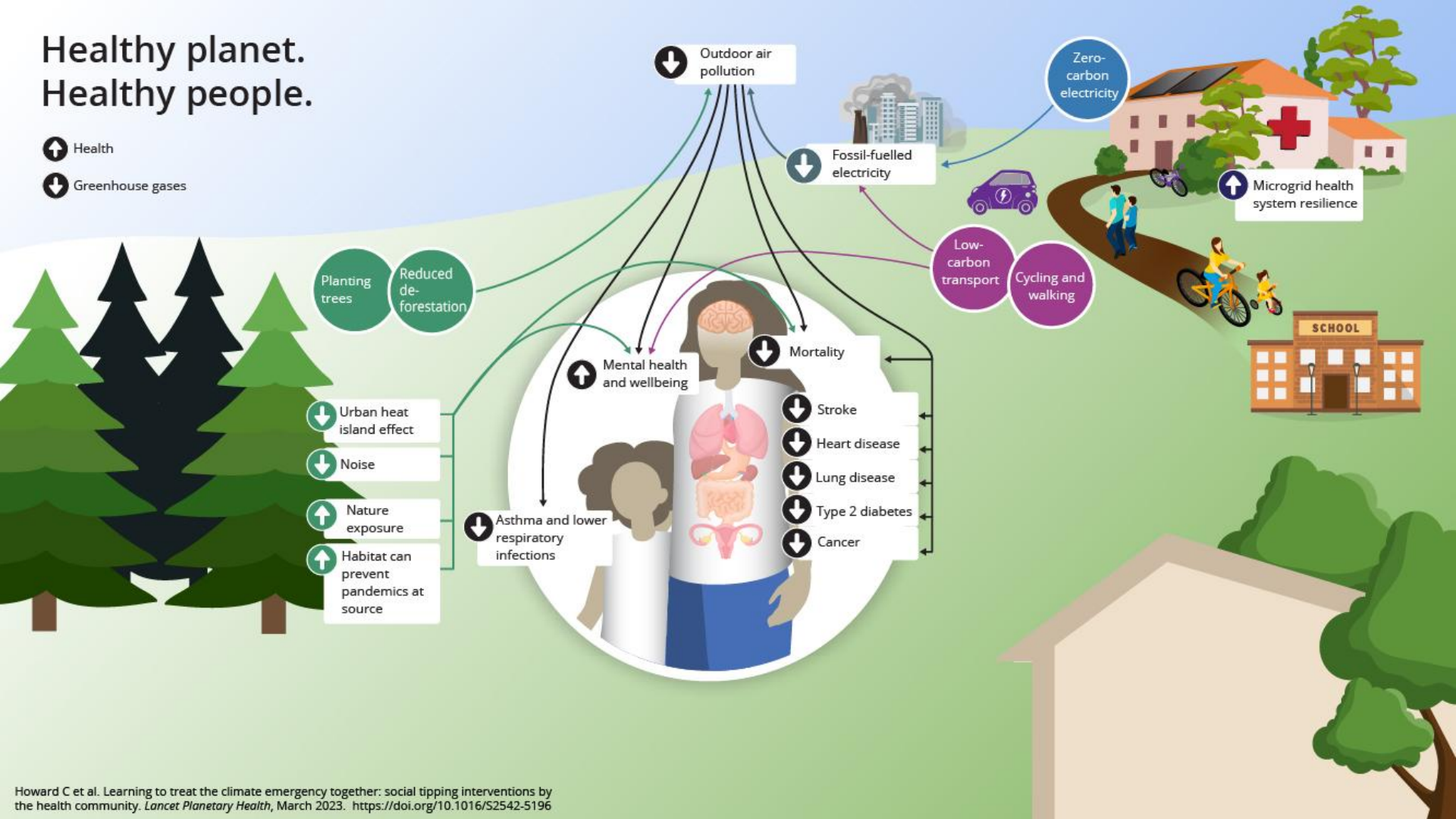
Healthy planet. Healthy people.

- ↑ Health
- ↓ Greenhouse gases



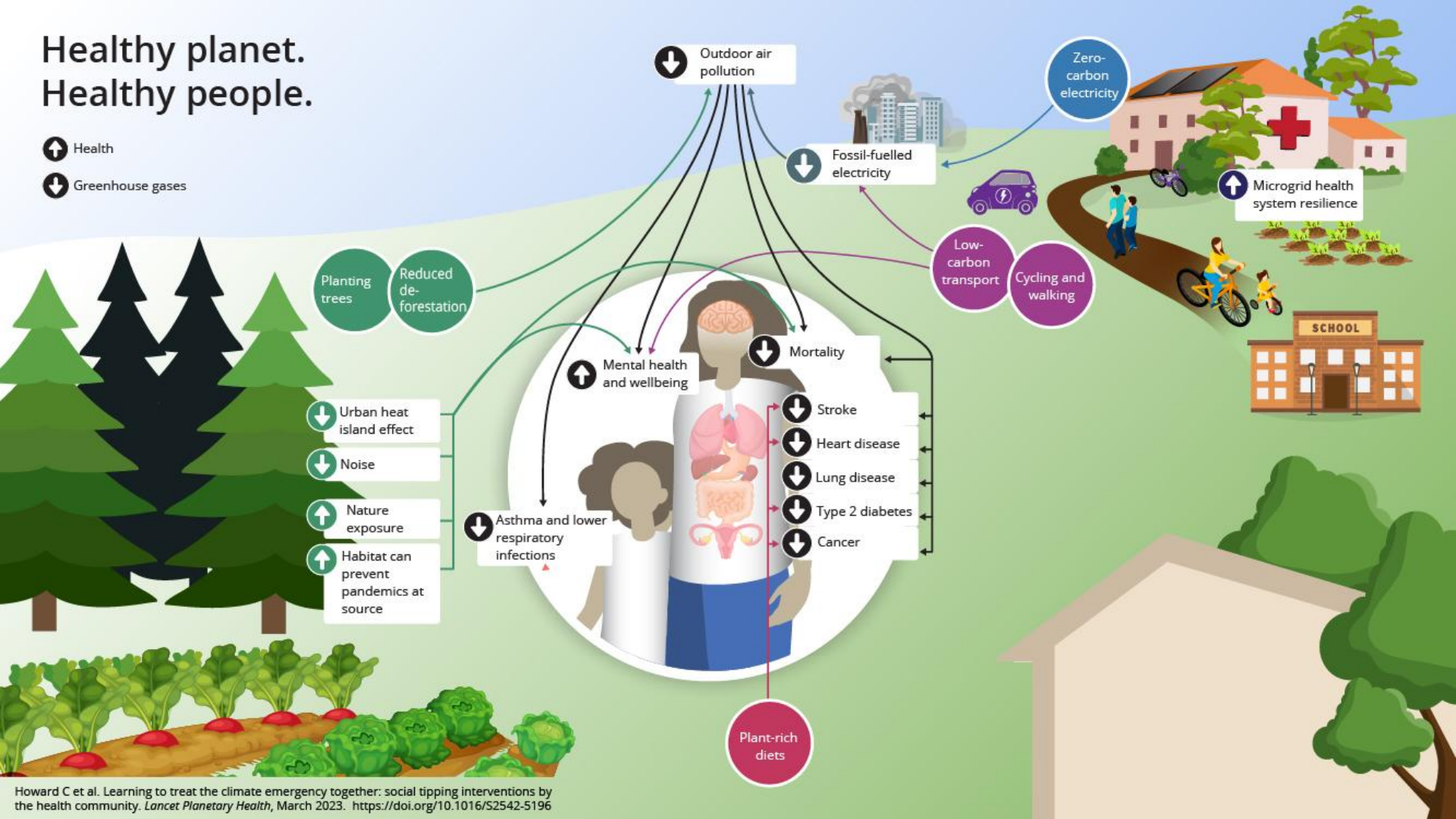
Healthy planet. Healthy people.

- ↑ Health
- ↓ Greenhouse gases



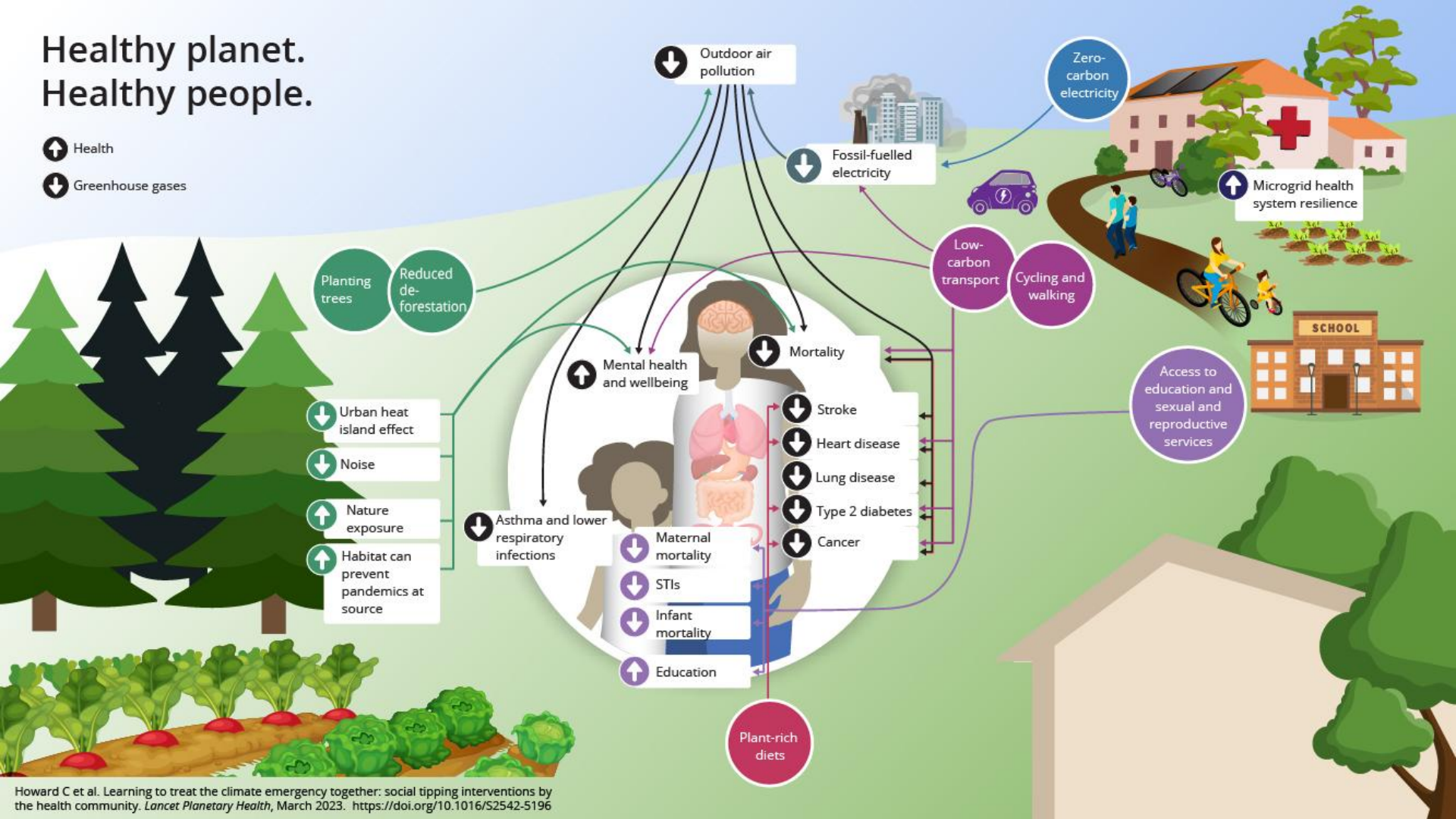
Healthy planet. Healthy people.

- ↑ Health
- ↓ Greenhouse gases



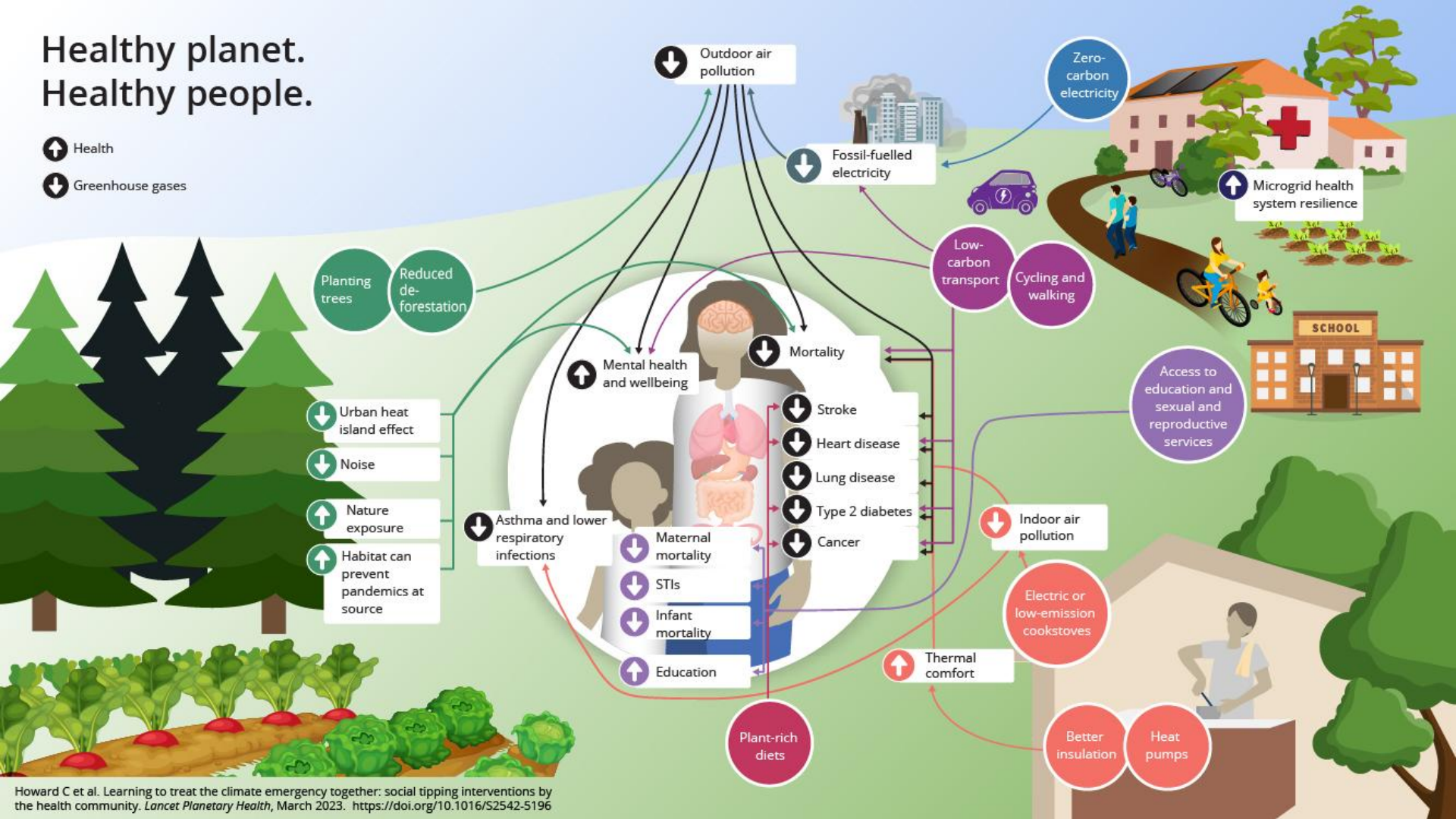
Healthy planet. Healthy people.

- ↑ Health
- ↓ Greenhouse gases



Healthy planet. Healthy people.

- ↑ Health
- ↓ Greenhouse gases



Slides for Figure 3: Leading change together through target-based change making.

Many members of the health community have an unconscious information-deficit model of change-making. I.e: I will tell them the information and they will change their behaviour.

This doesn't work very well.

This set of images lays out an evidence-aligned model of change making that can be used across disciplines and situations to help build a movement.

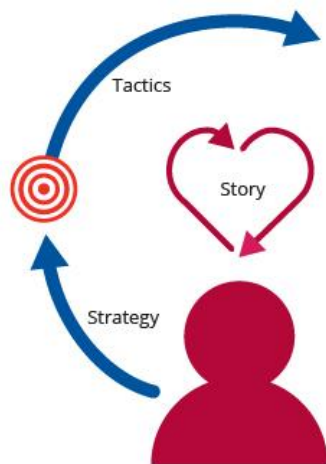
It is Marshall Ganz-approved.





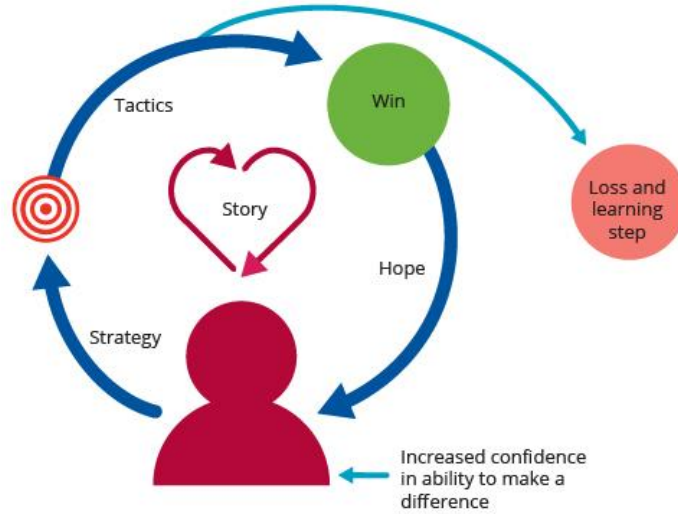


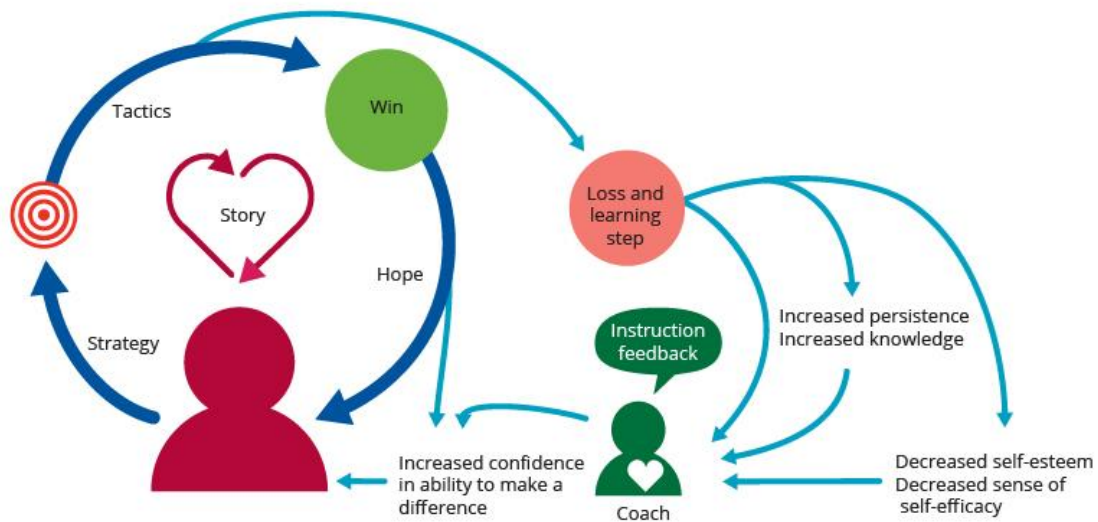


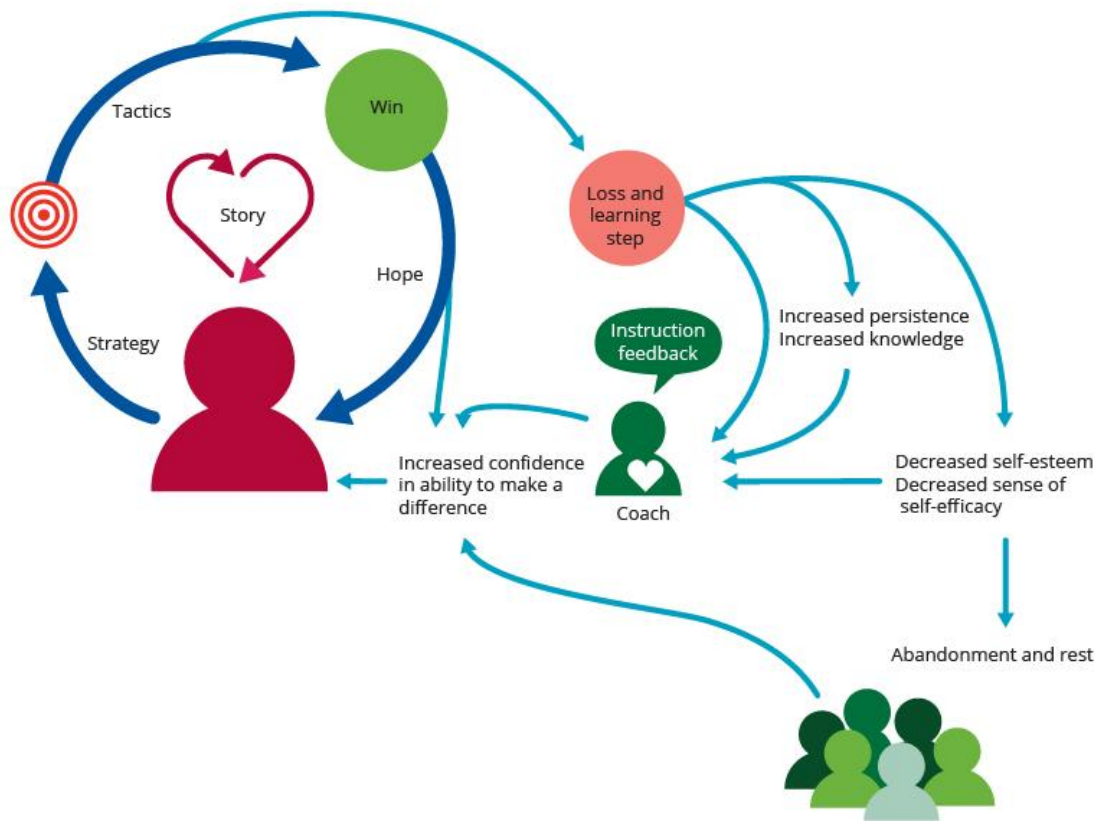


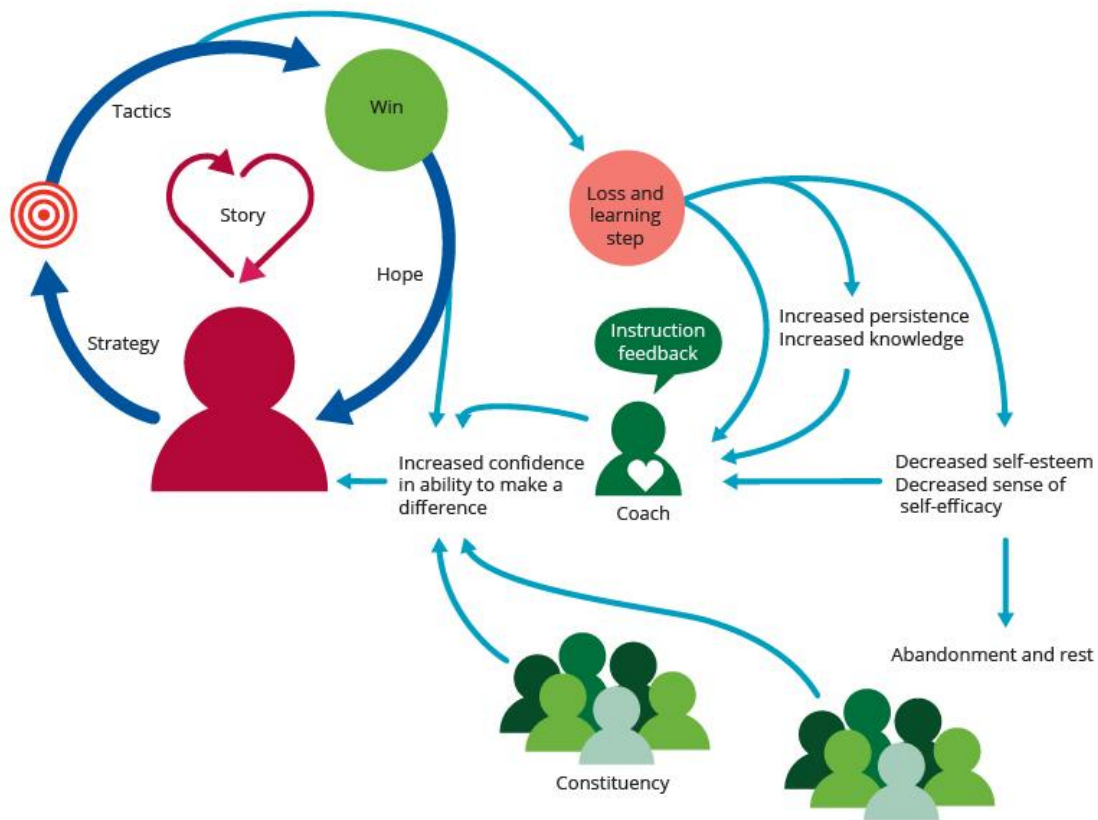


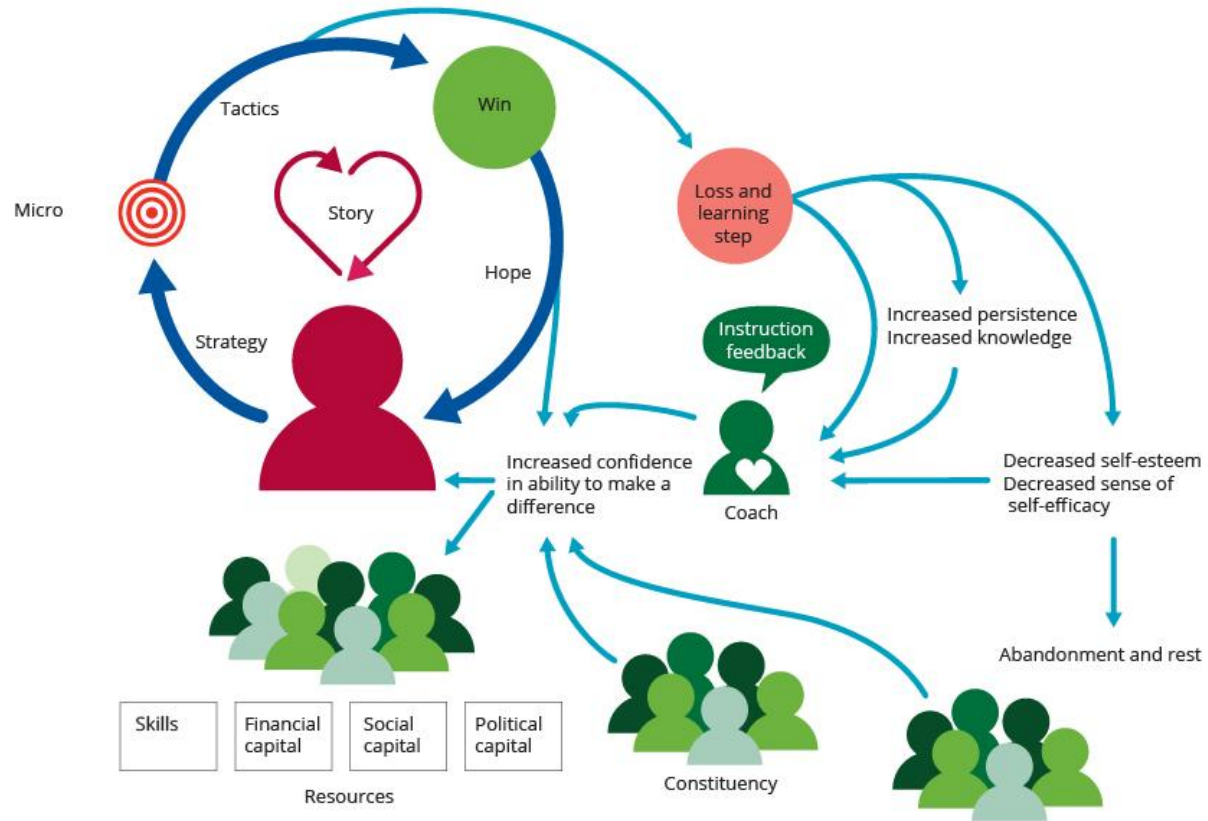


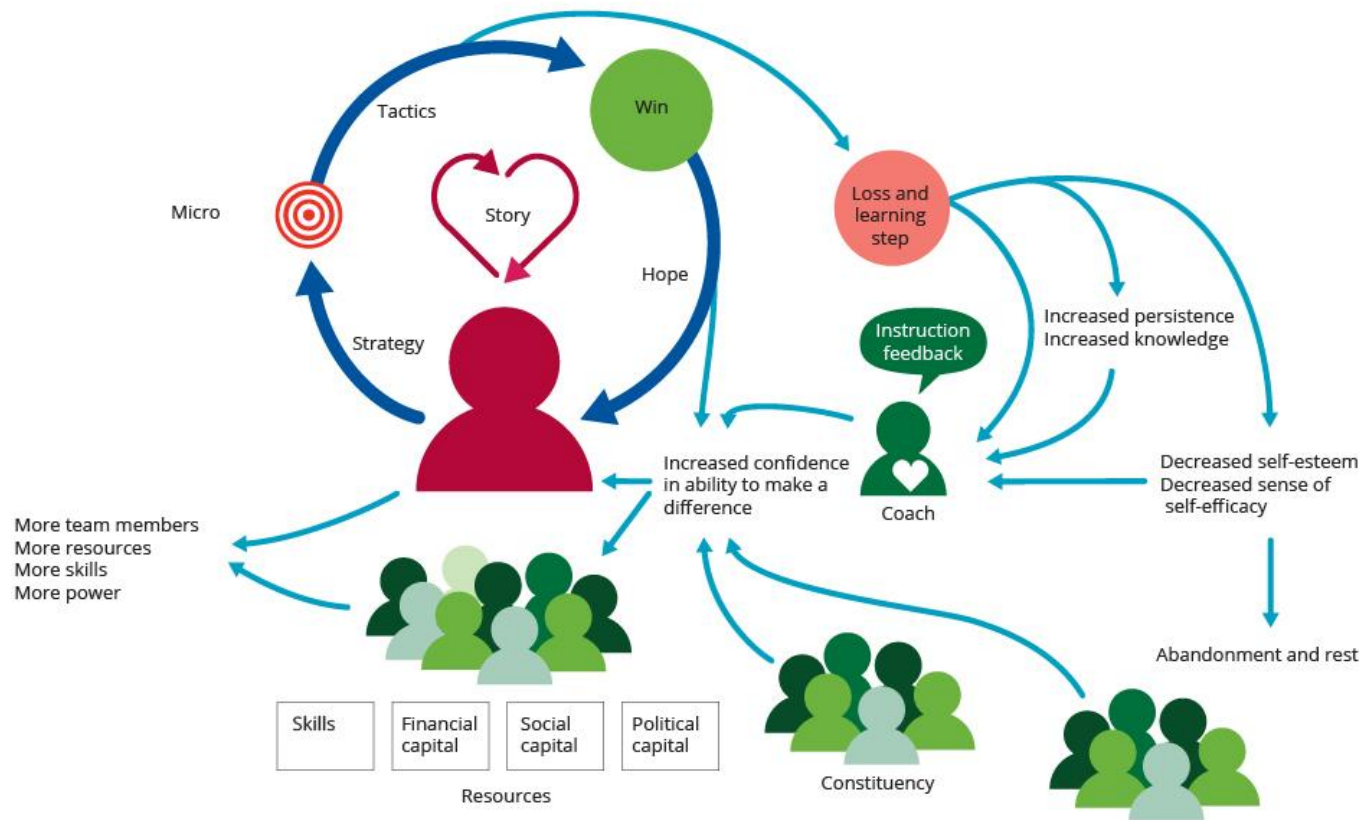


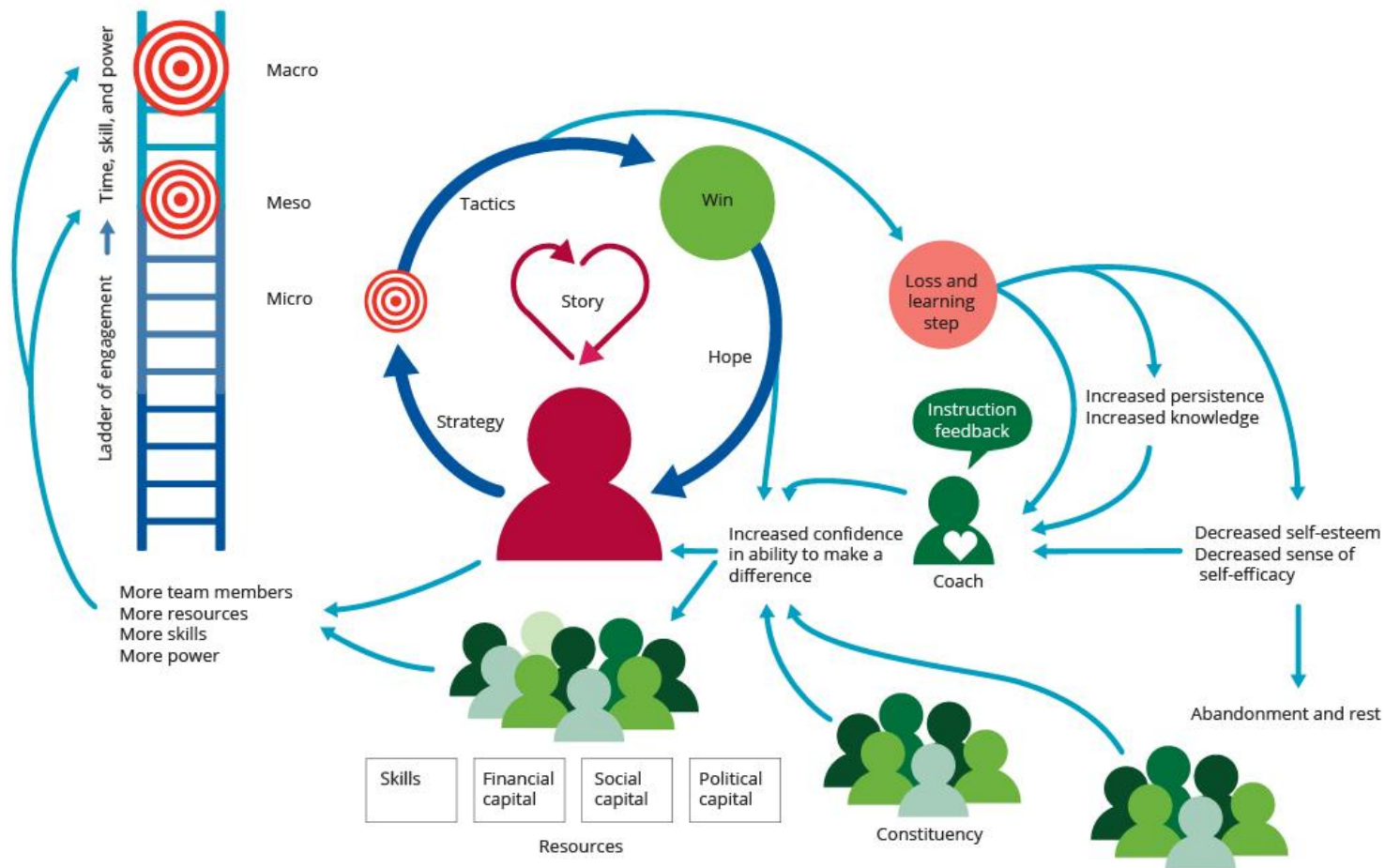












Slides for Figure 4: Social tipping interventions by the health community to stabilise Earth's climate

People can feel that their efforts are too small to make a difference—but when we see that our work influences others and is part of a strategic, evidence-aligned and networked global effort, it generates a feeling of group-based efficacy that motivates participation.

Point out where your current target sits within this schema: this continues the Story of Now.

Add any photos or details required to finish your pitch to this audience.

You and your team are not alone: the health sector's 45+ million trusted messengers control the allocation of 10% of Global World Product and have influence in all corners of the globe.

To quote the paper:

“A coordinated approach has the potential to shift practice, finance and power to transform the public narrative and influence investment, activating socioeconomic tipping points and catalysing the rapid decarbonisation needed to protect health and health systems.”

Together, we can make a healthy, low-carbon transition inevitable.





Shift practice

Micro level
Planetary Health Hippocratic
Oath for the Anthropocene
Food
Transport
Energy
Divest and invest
Fossil Fuel Non-Proliferation
Treaty
Personal practice

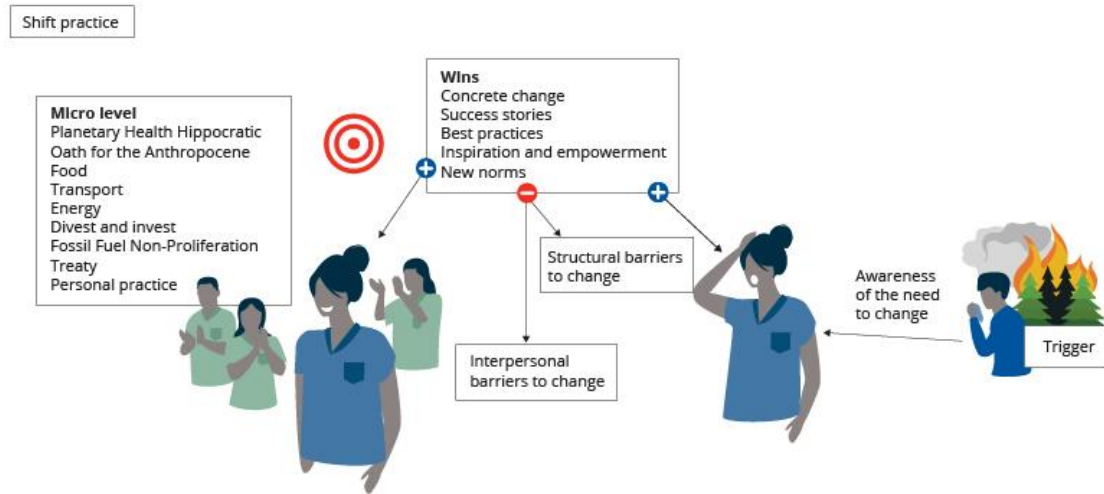
Structural barriers
to change

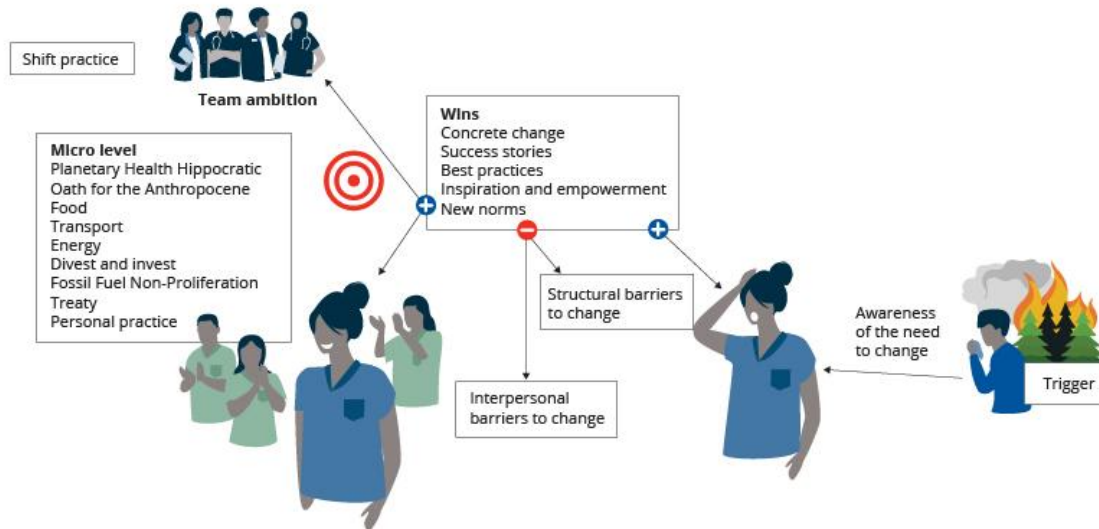
Interpersonal
barriers to change

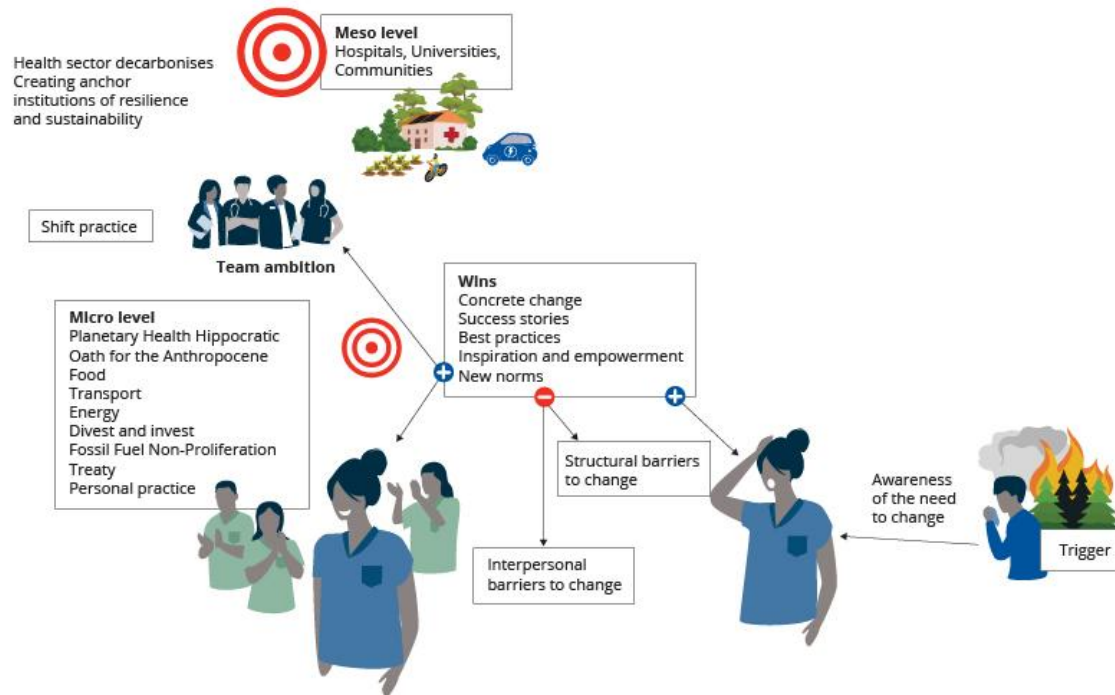
Awareness
of the need
to change

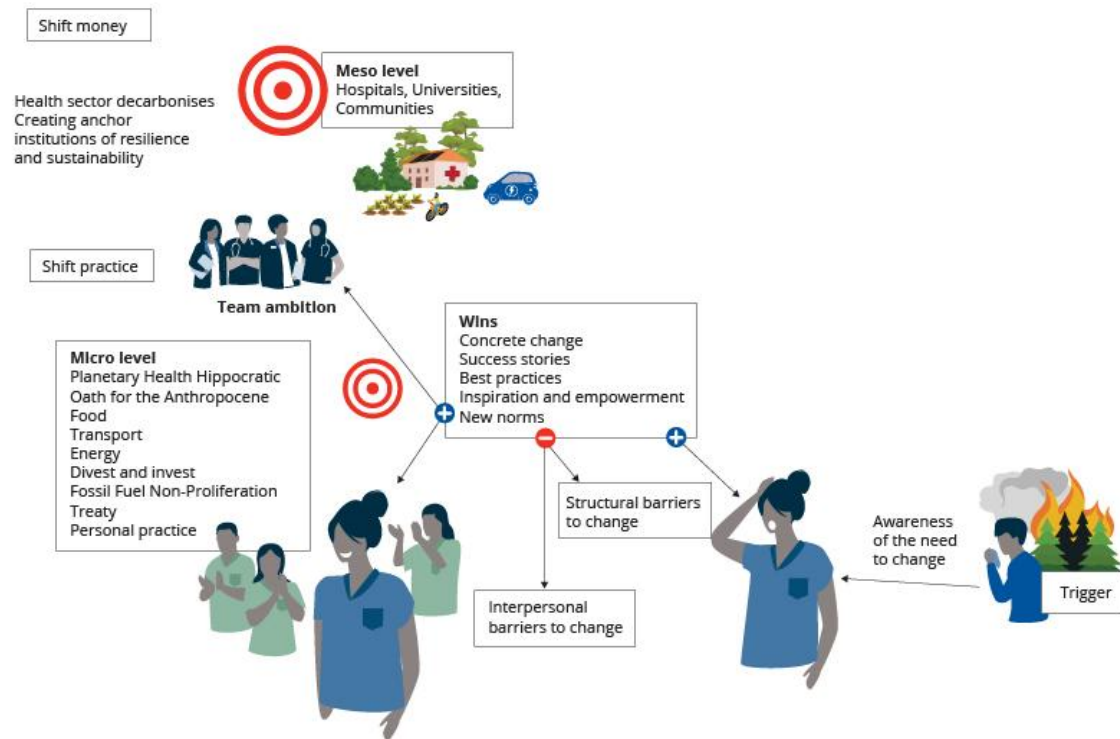
Trigger

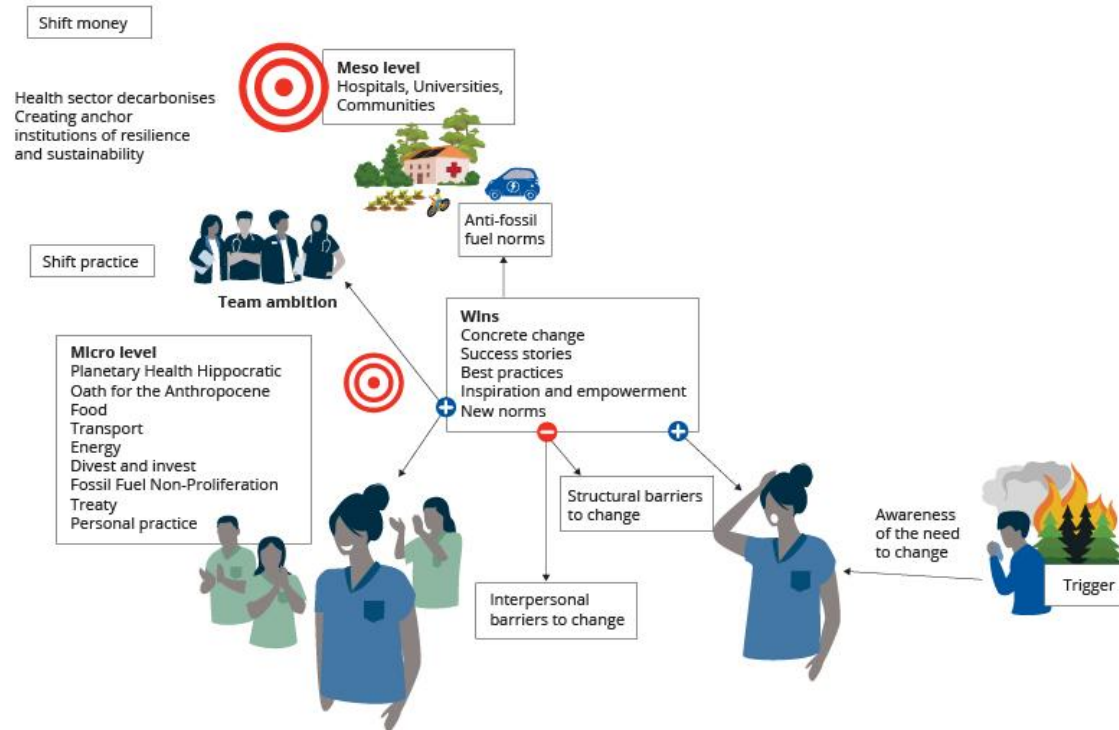


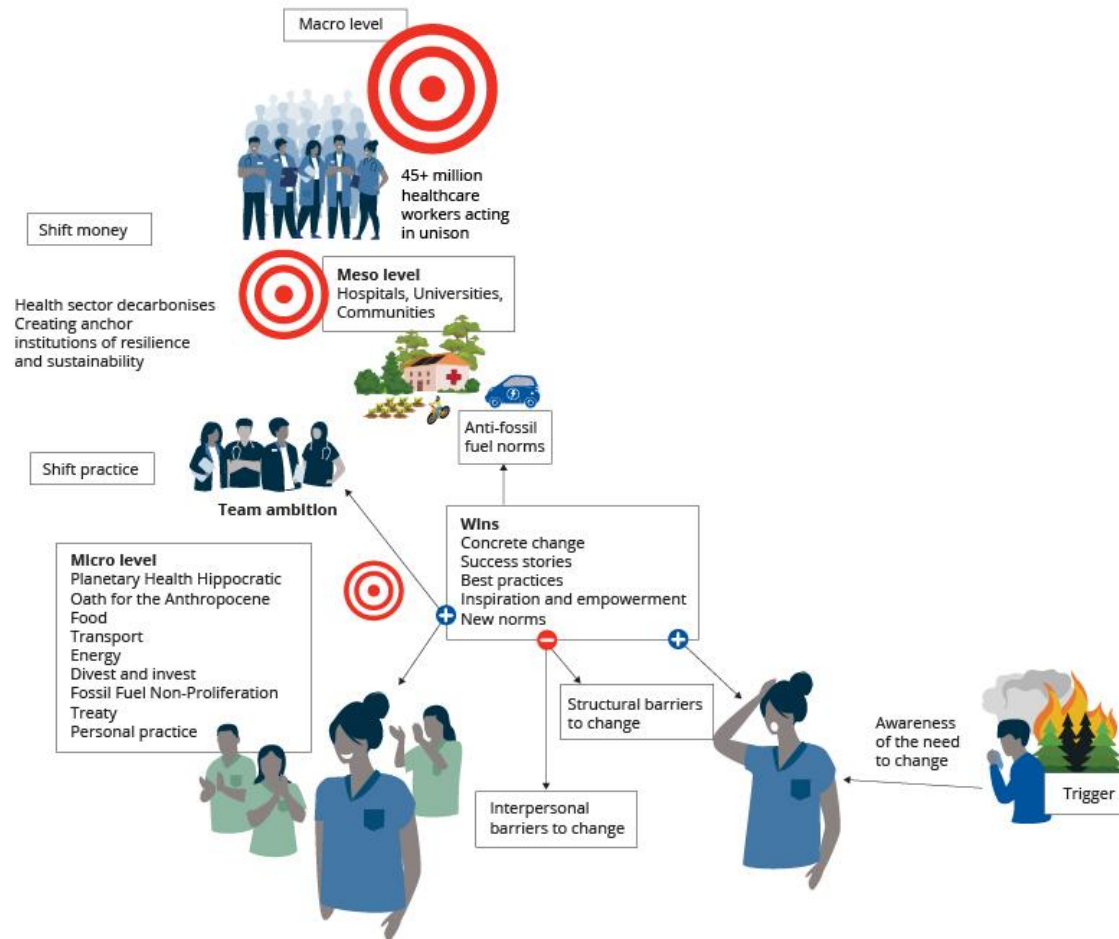


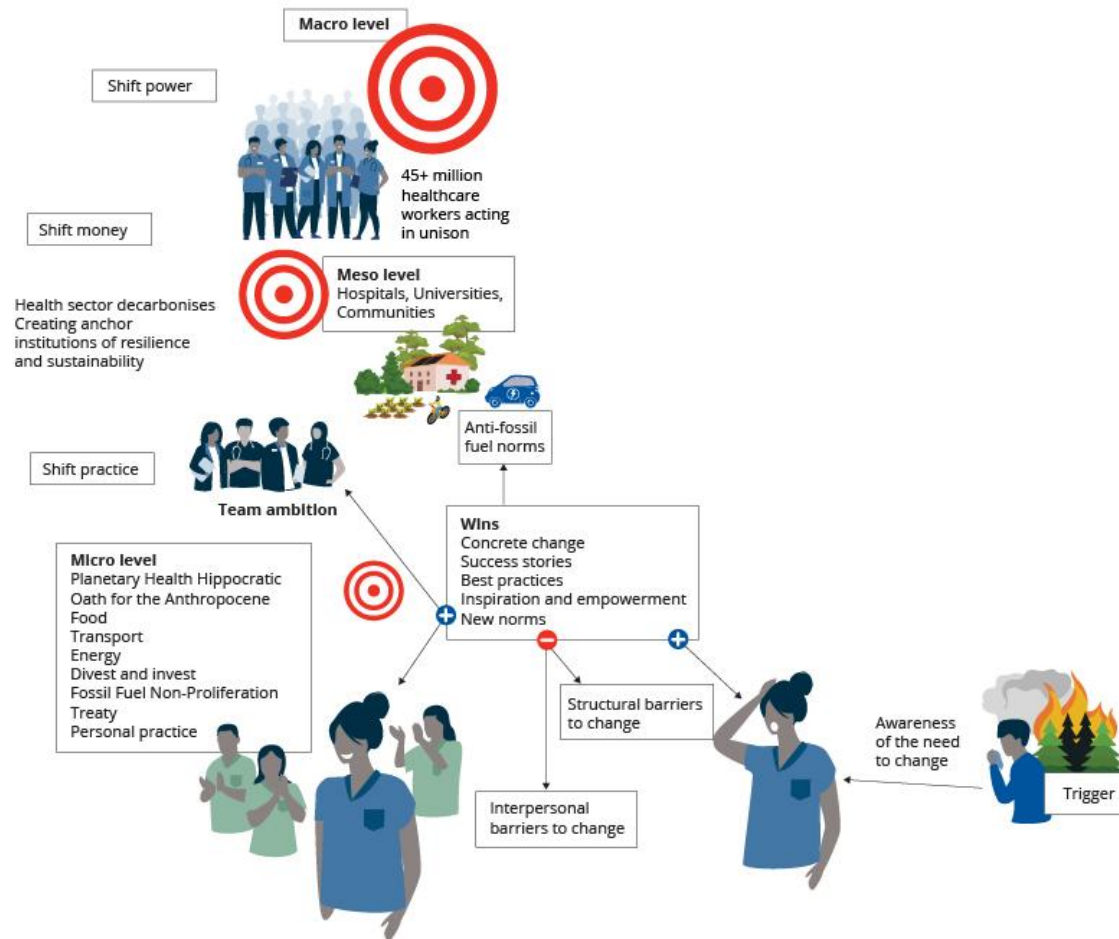


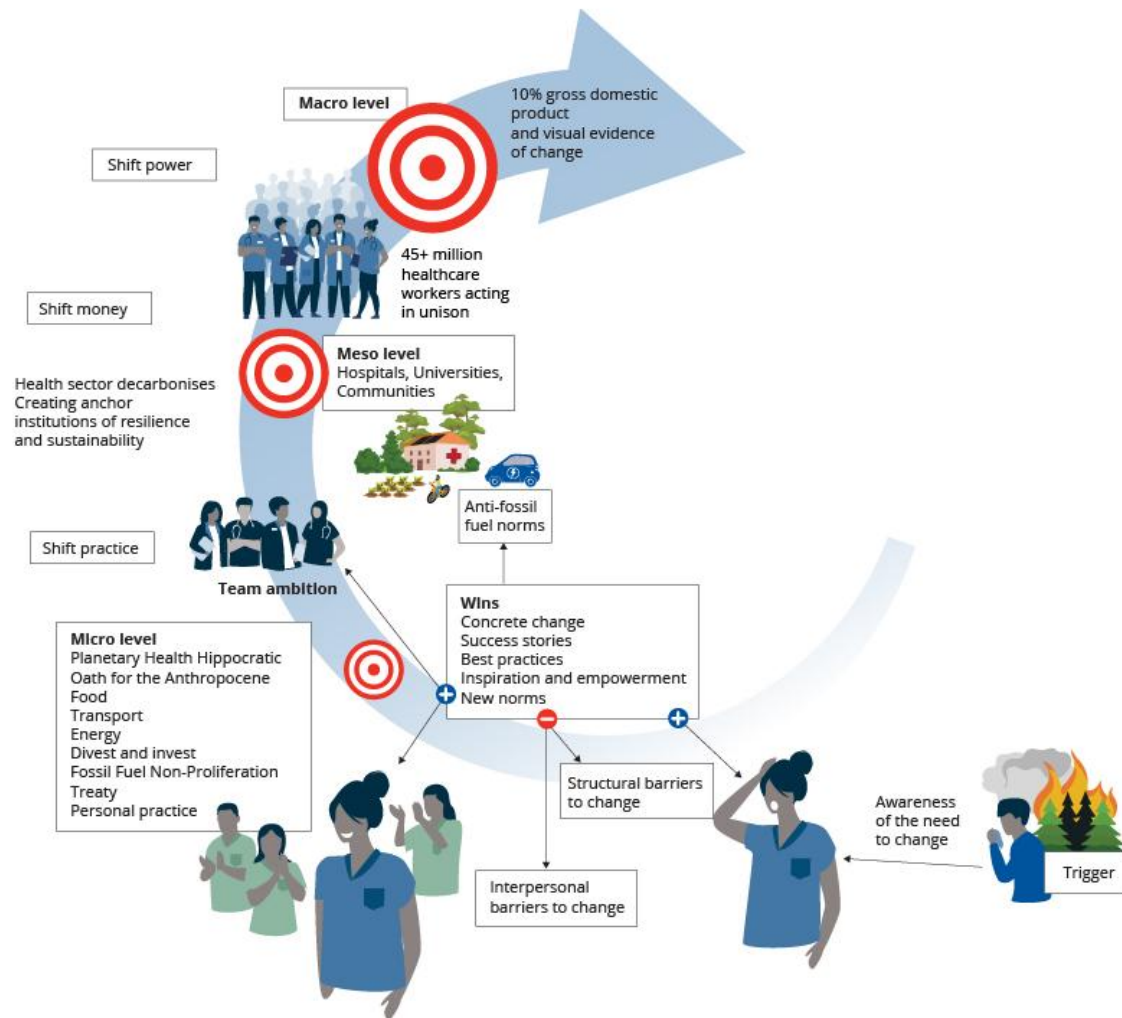


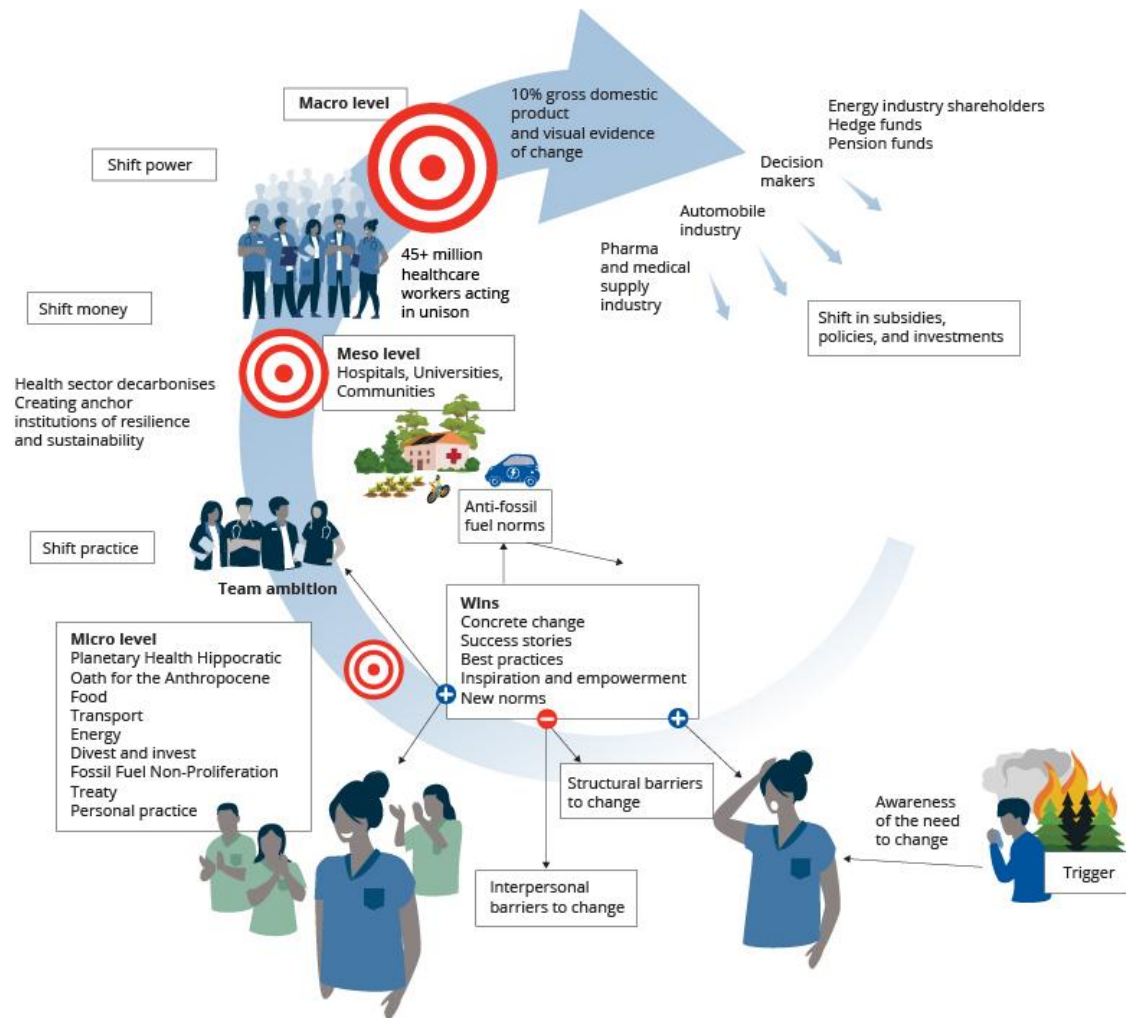


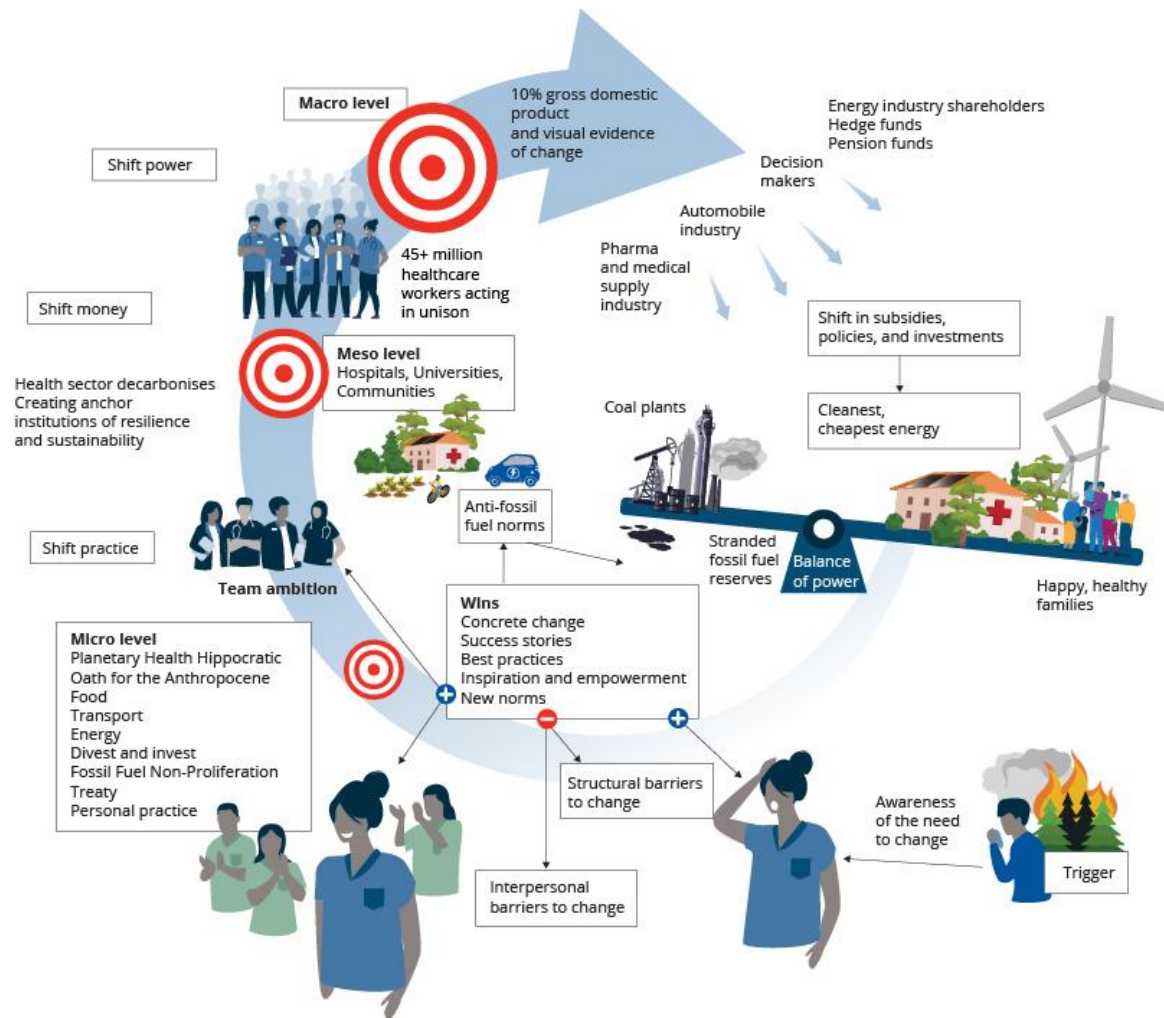




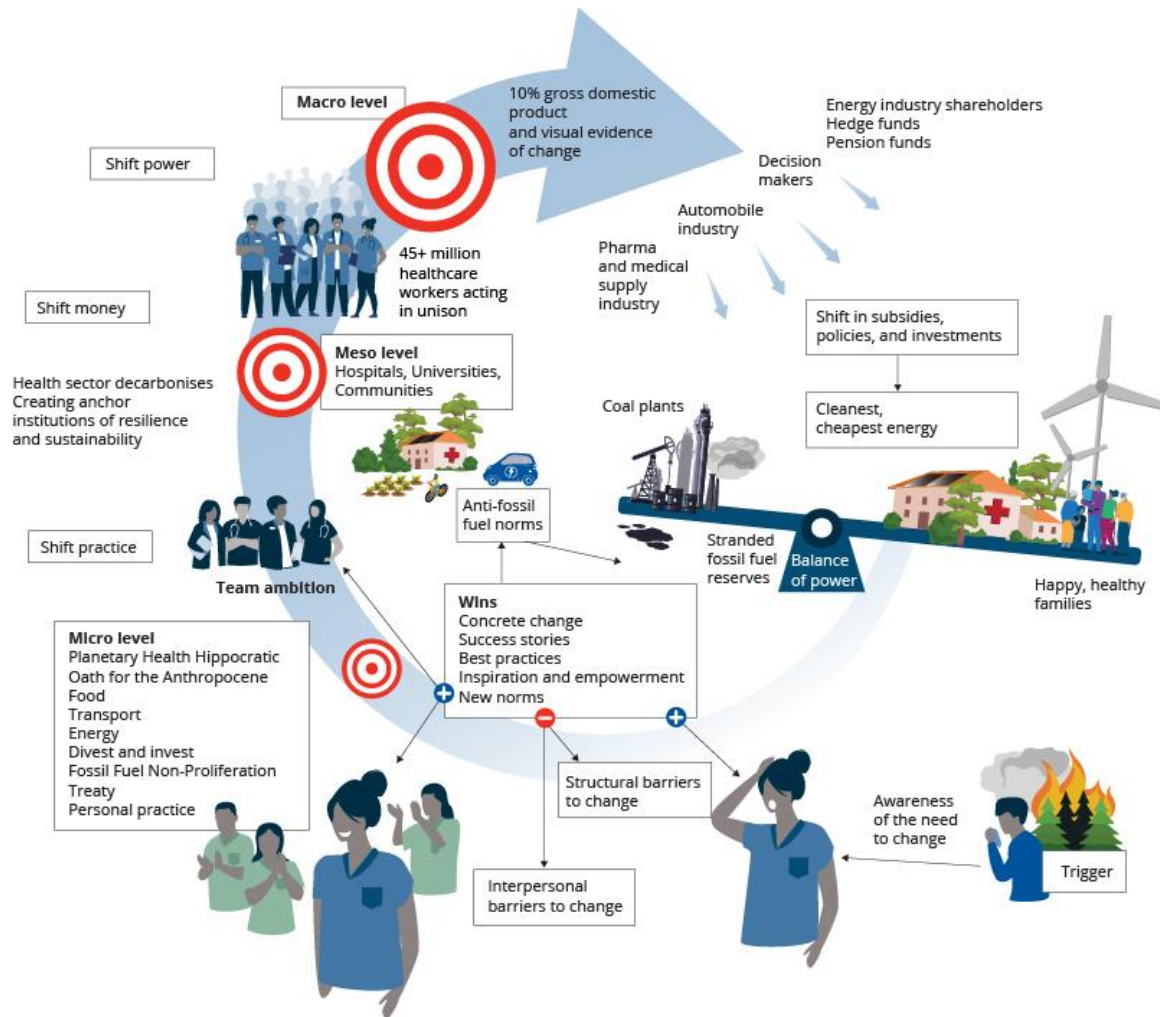








Message: A rapid, healthy, low-carbon transition is inevitable



Bon courage, les amis!

We are happy to be treating the climate emergency as part of such an incredible team.

Please reach out if we can support you:

<https://climateandhealthalliance.org/contact/>

doctorswithinborderscanada@gmail.com