

Counties Manukau Health Sustainability at APAC 2015 (Asia Pacific Forum)

GGHH Agenda Goals

- Leadership
- Waste

Hospital Goal

- Raise awareness
- Reduce waste
- Reduce carbon dioxide emissions

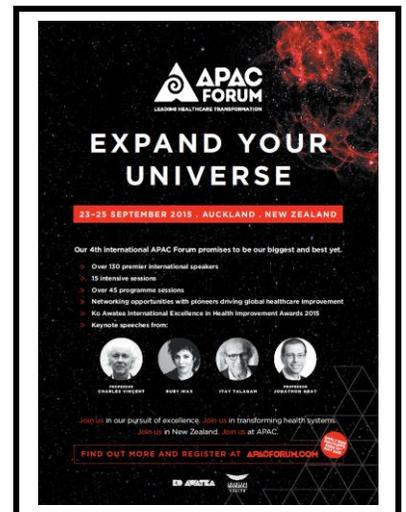
Progress Achieved

- Financial benefits accrued from using less paper resources and reduced waste going to landfill
- Environmental benefit as a result of achieving a 75% waste to landfill diversion rate
- Human health benefit by raising awareness that environmental sustainability in the health sector saves money and improves public health by cutting carbon emissions

The Issue

Counties Manukau Health and Ko Awharua are responsible for organising the APAC forum, and given Counties sustainability commitment, a sustainable event framework was utilised to support the event. A sustainable event is designed, organised and implemented in a way that minimises negative environmental and social impacts and leaves a positive legacy for the host community. Key points considered-

- Paper use- the amount of printed and sent material is minimised by using email. If it is necessary to print, make sure it is printed double sided and reduce the text and number of pages where possible.
- Online resources- all relevant resources should be made available on the event website.
- Gadgets- promotional material should be minimised, where possible. If delegate bags or other gifts are used, local suppliers should be sought out and they should be produced using sustainable materials.
- Re-use- some conference material can be reused with the same or different purpose.
- Food- preference for local, seasonal and or organic with vegetarian food options.
- Drinks- serving fresh juices and tap water or bulk water dispensers, avoiding plastic bottles.
- Waste reduction- help minimise waste generation and provide recycling and composting facilities for unavoidable waste.



- Compensating travel emissions- interested participants can offset their travel emissions and a link will be provided on the Sustainability platform.
- Lanyards- at the end of the conference place your lanyards in the recycle bin provided.
- Awareness and information- keep delegates informed of our commitment to sustainability and efforts at greening. Blue shirts will be a good source of sustainability information.
- Other green ideas- low emission transport means to and from venues as well as greener accommodation facilities can be made available on the website.

Sustainability Strategy Implemented

Information was provided to delegates and exhibitors around five key areas:

Waste Did you know that around **2.5 million tonnes** of waste is going to landfill each year in NZ!? Waste starts and ends up with us. Paper and cardboard is easy to recycle and means fewer trees are felled. Recycling glass, aluminium and steel means no new minerals are being mined. Some plastics are easier to recycle than others. 1, 2 and 4 are the easiest to recycle and 3, 5, 6 and 7 are a lot trickier. If any of the material is contaminated with food waste, then it is not readily recycled. Stray plastics are a huge problem, when thrown they never go away. Take ownership of your waste footprint! www.recycle.co.nz

Coffee Bring your own reusable **coffee cup**. NZ'ers get through about 200 million disposable coffee cups and lids each year. Australian reusable cup manufacturer 'Keep Cup' estimates someone with a five-coffee-a-week habit would save about 14 kilograms of waste going to landfill, produce half the carbon emissions, use half the energy and about one-third of the water in a year using their own cup rather than disposable cups. www.nzherald.co.nz

Water Around 8 billion **plastic bottles** are littered or thrown into landfill each year in Australia and NZ, with the average person spending \$500 on bottled water. Bottled water is 2000 times more expensive than tap water and it is estimated that one third of all bottled water comes from the tap! Single use plastic makes up a huge percentage of waste that makes its way into our oceans and landfills. Refilling your reusable water bottle is a simple action that will help save the planet, our oceans and save you money! www.nzscienceteacher.co.nz

Walking Take a **walk** to your hotel at the end of the day as walking is healthy, climate-friendly, and can be even better when done in groups. If you like to socialise, walk with your new friends from APAC, making it a great networking opportunity! Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help: reduce the risk of coronary heart disease, improve blood pressure and blood sugar levels and blood lipid profile. Walking also reduces transport-related carbon emissions. www.health.govt.nz

Offsetting flights OraTaiao: The New Zealand Climate and Health Council (www.orataiao.org.nz) established a 'Forests For Health' initiative in 2013 to allow health professionals to offset their **unavoidable emissions** from flying, driving and electricity use. Their carbon offset provider is EKOS (www.ekos.org.nz), a NZ-based charitable trust that supports and administers rainforest conservation projects in NZ and the Pacific. EKOS's carbon offsets are offered as internationally-certified Carbon Credits, the gold standard of carbon-offsetting in terms of assurance and perpetuity. www.orataiao.org.nz or www.forestsforhealthnz.org

Implementation process

Nine months before the conference the Sustainability Officer was invited to send the Steering group some information around sustainability and APAC. A draft policy explaining how to hold environmentally friendly meetings was distributed and the main target areas identified. Regular meetings were held leading up to the conference and plans were put in place detailing the requirements of the project with apportioned timeframes and milestones. A meeting was arranged with the conference organiser and the team representing the venue two months before the conference. During the time leading up to this, email conversations were taking place with all parties involved in order to identify opportunities. By identifying achievable targets early on in the planning phase and having adequate time to allow for exploration of the opportunities available, obstacles were identified in due time to ensure agreed objectives could be met. Communication material was collated and resources, such as recycle bins and associated processes were put in place.

Tracking Progress

Waste volumes have been calculated. A total of 1tonne of waste was generated over the three days.

The volumes are as follows:

- Mixed recycling 330kg
- Paper recycling 180kg
- Food waste for composting 250kg
- Landfill waste 240kg

25% of waste ended up in landfill and 75% of waste was recycled.

The impact of interventions around coffee, water, walking and offsetting were not measured in this instance.

Challenges and lessons learned

Starting the conversation early is essential, as is having a shared goal and a structure around what interventions can be put in place. The most challenging aspects were related to capturing food waste and setting up o



Debbie Wilson pictured here at the APAC Forum 2015, next to a poster designed to raise awareness around Climate Change

had to be given to the anticipated volumes of each waste stream, moreover, where to situate each bin, as proximity of bins to where the waste is generated is an important factor. The nearer the bins are to where the waste is generated, the better outcomes with regard to segregation.

Overall, on reflection, sustainability was quite low key once the conference was underway. The option to recycle lanyards was overlooked, and the water fountains were not that easy to locate. Making the water fountains more obvious may have encouraged delegates to refill their water bottles or glasses more regularly.

We will be tracking the number of coffee and water bottles ordered and or provided. A means of capturing the number and type of offsets will also be established prior to the APAC conference. Plans to track the number of offset flights with future conferences are already underway as we had technological issues when trying to address this.

Next Steps

The waste target achieved provides a benchmark for future conferences and by working with the conference organisers, improvements may be made in terms of reducing the landfill waste even further. Future work will include identifying what conference consumables can be reused, for example, using cotton napkins instead of paper. By raising the profile of sustainability at the onset, perhaps improved segregation rates would help achieve a higher target. Additionally, each attendee could also be provided with a water bottle or a Keep Cup as part of their registration pack. In doing so, APAC would be taking a positive environmental stance, sending a key and important message around preserving valuable resources and advocating for a cleaner and greener environment.

Demographic information

CM Health is a major provider of both community- based and secondary health care services to the estimated 520,130 people residing in the Counties Manukau district. Counties Manukau Health is New Zealand's fast growing multicultural area, and is also home to more new immigrants than any other region.

CM Health operated services are delivered at 7 in-patient facilities and a number of community outpatient sites and community health sites across the District. The Middlemore Hospital and Manukau Health Park (comprising the SuperClinic and Surgery Centre) contain the largest elective, ambulatory and inpatient facilities.

There are 1,000 beds across these facilities, and the services discharge in excess of 115,000 people per annum (across acute, surgical, mental health, maternity and health of older people/ rehab), with Emergency Care seeing over 100,000 people per annum. There are also over 80,000 outpatient first appointments, and 215,000 follow-up events each year.

The organisation is one of the largest of New Zealand's District Health Boards and a significantly large employer in the Counties Manukau district, providing jobs for over 7,000 people across the region, 5,700 FTE. Counties Manukau Health employs over 400 Senior Medical Officers and over 480 medical trainees covering most specialty areas working within our various sites. Counties Manukau employs over 2,500 Nursing staff (Registered and HCA), and over 1,000 Allied Health and Technical Staff.

More information can be found on the website: www.cmdhb.org.nz

Ko Awatea was created in 2011 with a mandate to lead an innovative approach to achieving sustainable, high-quality healthcare services at Counties Manukau Health (CMH) and across New Zealand and Asia-Pacific.

Transforming the health system to achieve excellent healthcare in the 21st century context of rising demand for health services and financial constraints requires new ways of thinking and working. Ko Awatea leads and supports healthcare transformation using a collaborative approach to encourage innovation, quality improvement and knowledge transfer. Ko Awatea is also a centre of education dedicated to meeting the needs of students, CMH staff and visitors through education, leadership and professional development. The APAC Forum is Asia Pacific's premier healthcare conference, managed by Ko Awatea, the centre for health system innovation and improvement at Auckland's Counties Manukau Health. Delegates attend APAC to meet and hear from some of the great minds in health improvement, share the work they have been doing, and learn from lead-edge initiatives taking place in healthcare organisations across the world.

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