

# 10:10 Decarbonising Care

Preventative (low carbon!) care is the best sort - it makes people healthier and reduces carbon emissions at the same time

## Did you know...

- Improving energy efficiency and warmth at home can significantly improve blood pressure, reduce hospital admissions for respiratory and cardiovascular disease, and cut CO<sub>2</sub> emissions.
- As well as reducing risk of strokes and heart attacks, exercise is also an effective treatment for depression. Less driving also means cleaner air, fewer accidents, less obesity - and less CO<sub>2</sub>.
- People who eat less red meat don't just reduce their carbon footprint, they lower their risk of bowel cancer and vascular disease at the same time.

## Why not...

- Screen your patients for cold homes, and referring them to local housing services? (check what's on offer in your area, and have a look at [www.est.org.uk](http://www.est.org.uk)) Could you make this part of the routine for admission or discharge?
- Encourage your patients to walk, cycle and generally get active? Let them know how it could benefit their condition. Maybe you could refer them to a Green Gym? [www2.btcv.org.uk/display/greengym](http://www2.btcv.org.uk/display/greengym)
- Talk to patients about how they could reduce their meat intake? Speak to your dieticians about vegetarian recipes to recommend.



## References

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