

# 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

- The effect of improving the thermal quality of cold housing on blood pressure and general health: a research note. E L Lloyd, C McCormack, M McKeever and M Syme J. Epidemiol. Community Health 2008;62;793-797
- Effect of insulating existing houses on health inequality: cluster randomised study in the community. Howden-Chapman-P, BMJ 2007;334;460
- An epidemiological study of the relative importance of damp housing in relation to adult health. Evans-J, J Epidemiol Community Health 2000;54:677-686
- Effects of Walking on Coronary Heart Disease in Elderly Men The Honolulu Heart Program. Amy A. Hakim Circulation 1999;100;9-13
- Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study). Salim Yusuf et al The Lancet 2004; 364, 9438
- Effects of exercise training on older patients with major depression. Blumenthal-J et al (1999) Archives of Internal Medicine 159(19) p2349
- Energy and Transport, James Woodcock et al The Lancet 2007; Vol. 370 p1078
- Food, livestock production, energy, climate change, and health. Anthony J McMichael et al, The Lancet 2007. Vol. 370 p1253
- Meat, Fish, and Colorectal Cancer Risk: The European Prospective Investigation into Cancer and Nutrition. Norat-T et al, J Natl Cancer Inst 2005 97:906-16

**Never heard of Carbon Dependence Syndrome?  
Visit [www.carbonaddict.org](http://www.carbonaddict.org)**

