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# Planetary Health Report

2022-2023



Mona Vale Hospital



Northern Sydney  
Local Health District

An aerial photograph of a large, modern hospital building. The roof is covered with a dense array of solar panels. The building has a mix of grey, orange, and blue facade. In the foreground, there is a parking lot with several cars and a green lawn area. The background shows other buildings and a street with trees.

## Acknowledgment of Country

We would like to acknowledge the traditional custodians of the Northern Sydney region, the Darug and Guringai peoples.

Their spirit can be found across the region and we honour the memory of their ancestors and Elders, past and present.

As we endeavour to serve the health needs within the community, we recognise the importance of the land and the waterways, as an integral part of people's health and wellbeing.



# Message from the Interim Chief Executive and Board Chair

Our tireless groundwork over the last few years has resulted in the commencement of many important initiatives that have positioned our local health district as one of the planetary health leaders within NSW Health.

We are pleased to see progress of the strategies outlined in the NSLHD Planetary Health Framework 2021-2023, which is due to be evaluated and updated in 2024.

Our board-approved 'net zero by 2035 target', with 70-80% emissions reduction to be achieved by 2030, is becoming more and more visible thanks to the recent efforts to carbon footprint our district and services. In 2023, we will work to map out our pathway to net zero and identify opportunities to reduce our emissions hotspots across the district.

Our Australian-first 'Net Zero Leads Program' commenced in November last year with 12 of our clinicians being supported by The NORTH Foundation to lead projects to reduce emissions in clinical care. The Ryde Hospital Redevelopment is on track to being the first all-electric public hospital in NSW, and new solar panels and battery storage are planned for Mona Vale Hospital.

Finally, thanks to all our staff that contribute to this important work for our local health district. In particular, the Sustainability Committees at Royal North Shore, Hornsby Kur-ring-gai, Mona Vale, and Ryde Hospitals and Primary & Community Health (PACH), as well as the Net Zero Clinical Group, have led some fantastic planetary health initiatives locally and provided significant environmental, health, and financial benefits for our organisation.



**Lee Gregory**  
Interim Chief Executive



**Trevor Danos AM**  
Board Chair

# NSLHD Planetary Health Framework 2021-23

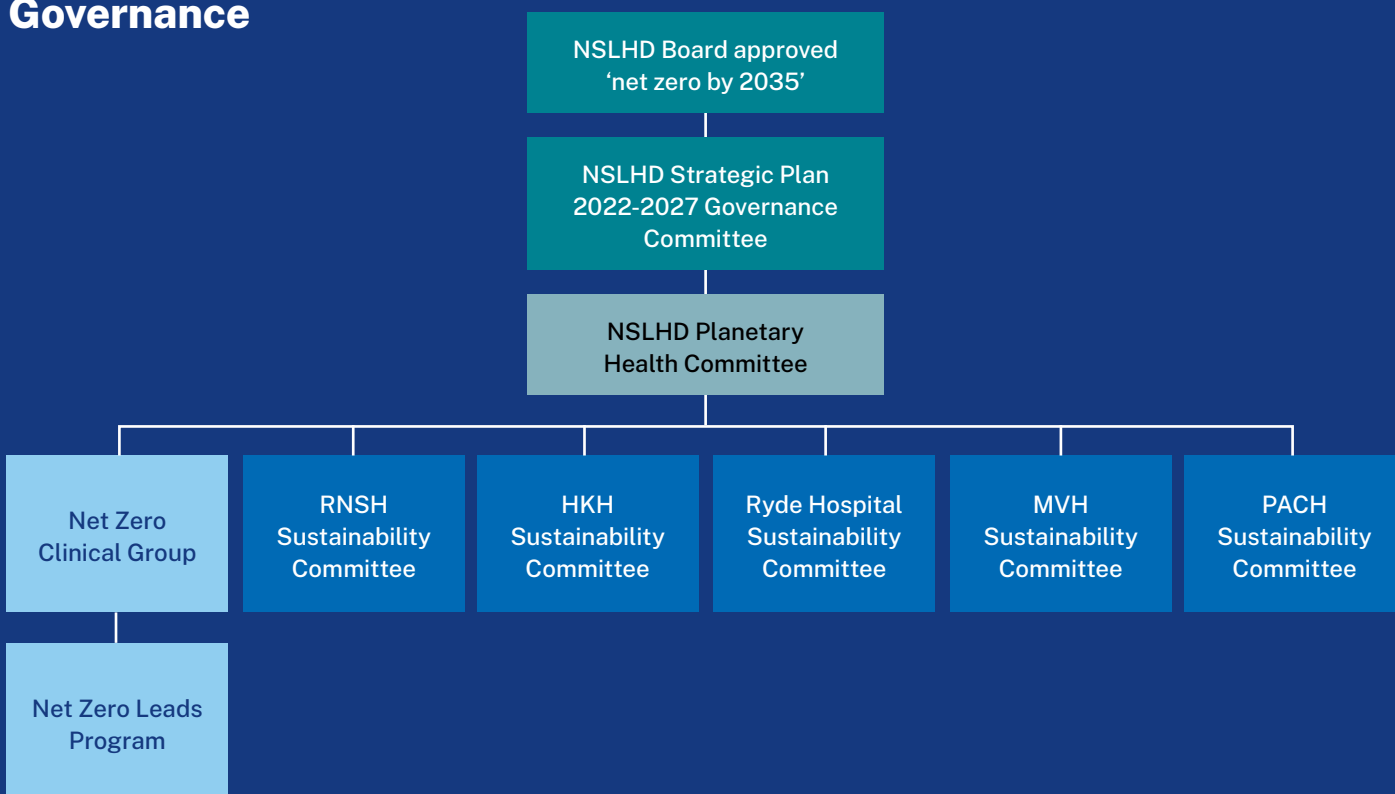
The NSLHD Planetary Health Framework 2021-2023 sets out NSLHD’s commitment to continually improving and reducing our environmental footprint.

To achieve this vision, five priority domains have been identified. These domains will underpin decisions made in relation to the implementation and endorsement of new planetary health related initiatives.

These priority domains align seamlessly with our vision; ‘leaders in healthcare, partners in wellbeing’.



## Governance



# Leadership Updates



**These key positions are will leading the implementation of our Framework and pathway to net zero by 2035, working closely with NSLHD Finance & Corporate Services. Options for expanding the team are being considered to support more of this work.**

**Midway through 2022, Paul Klarenaar was appointed as Director of Population & Planetary Health, and Nicola Groskops was appointed as Manager of Planetary Health.**

**The NSLHD Planetary Health Committee, chaired by the Interim Chief Executive, met quarterly throughout 2022 and will continue to do so in 2023.**

**NSLHD farewelled Senior Medical Consultant of Planetary Health Dr Kate Charlesworth in 2023. Kate engaged with frontline clinicians and all levels of staff across NSLHD Hospitals and Services and has played a vital role in NSLHDs planetary health efforts.**

# 2022-23 Planetary Health Achievements



## SUSTAINABLE ORGANISATION

### Carbon footprint and net zero pathway

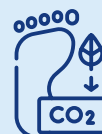
NSLHD has been funded by NSW Treasury, Office of Energy and Climate Change, to calculate the district's baseline carbon footprint. Working with a global sustainability consultant, ARUP, data and information from our hospitals and facilities has been rigorously collected over the past five months to reveal 10 emissions hotspots.

Those involved will continue to work with ARUP over the next few months to identify emission reduction opportunities and model a pathway to net zero by 2035.

We will be working to reduce our carbon footprint year by year on our way to net zero emissions by 2035.

### SUSTAINABILITY FACT

NSLHDs carbon footprint is equal to



## 173.1 kilotons

of CO<sub>2</sub>e per year. This figure is our total greenhouse gas emissions expressed in terms of CO<sub>2</sub> and is equivalent to

## 25,000

round the world flights.

## CAPITAL WORKS AND PROCUREMENT



- The **Ryde Hospital Redevelopment** is on track to be the first 'net zero ready' public hospital in NSW, with full electrification (no gas), fleet electric vehicle capability, green roofs, and solar powered renewable energy.
- The NSLHD Procurement and Contracts Management Office introduced a new **supplier code of conduct** as well as a new set of clinical products forms. These forms encourage staff to consider sustainable alternatives when looking to purchase new products or services.
- The Capital Works team and Rado Nikic won a **2022 Exceptional People Award** for their contribution to Planetary Health.

### ENERGY SAVINGS

Over the past year, **5,000 lights** were replaced across the district with LED alternatives, **saving \$325,700** in electricity. The use of solar has reduced energy consumption from the grid and provided a cost savings of **\$317,240**. Thanks to the Capital Works team, more solar is planned for Mona Vale Hospital this year, including NSLHD's first battery storage.





## MODELS OF CARE

**Net Zero Leads Program** - supported by the NORTH Foundation, 12 clinicians from nursing, medicine, allied health, and pharmacy are leading net zero projects to reduce emissions in their service or specialty.

The Net Zero Leads and their projects of interest include:

- Reducing waste in theatres – Erin Foulsham
- Respiratory inhalers and opportunities for planetary health – Mellissa Batger, Dr Katrina Tonga and Dr Sophie Timmins
- Reducing nitrous oxide – Dr Penny Hodges and Dr Andrew Lindberg
- Study of single use insulin pens – Dr Lyndal Tacon
- Avoiding general anaesthetic for paediatric imaging – Dr Carola Wittekind

- Reducing calf compressor use in ICU – Louise Hansell
- Establishing a satellite spinal clinic – Patricia Schlotfeldt
- Reducing pharmaceutical waste – Sally Nicholson and Debbie Barry

Dr Ben Olesnick, Dr Andrew Lindberg, and Dr Carl D’Souza’s **anaesthetic gas scavenger project** with The University of New South Wales was selected as one of 17 initiatives to be funded as part of the NSW Health Sustainable Futures Innovations Fund.

The **RNSH Surgery & Anaesthetics department** has also led a project to promote the clinical guidelines for calf compressor use, which is a single-use item that may not be necessary for every patient.



## PEOPLE AND PLACES



NSLHD’s **Healthy Built Environments team** have been exploring the feasibility of greening and activating the Kolling Forecourt to improve campus amenity and support health and wellbeing for staff and patients.

‘**NatureFix**’, an outdoor digital wellbeing program, is soon to be delivered for staff and visitors at Mona Vale Hospital, HNK, RNSH, Macquarie Hospital and the Manly Adolescent and Young Adult Hospice. The smart phone application will connect users with greenspace on campus and facilitate meaningful moments in nature which has shown to reduce stress and anxiety.

## WASTE AND RESOURCE RECOVERY



Implementation of a ‘food muncher’ at Ryde has seen **83%** of food waste converted to compost for the gardens. This equates to **6.2 tonnes** of organic waste diverted from landfill per year and fewer trucks required to transport waste, resulting in **\$2,500** yearly savings and reduced emissions.

The **RNSH Sustainability Committee** introduced patient clothing bags made from paper instead of single-use plastic bags.





Northern Sydney  
Local Health District

Proudly supported by the NORTH Foundation  
the official charity partner of NSLHD

