



Module 8

Climate Change Toolkit for Health Professionals

Engaging in Climate Change Solutions as Health Professionals

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Preface

This toolkit consists of eight modules which have been prepared as stand-alone documents that can be read by themselves, but they have also been prepared to complement one another. It has been designed as a tool for health professionals and students in the health care and public health sectors who want to engage more directly on the issue of climate change as educators with their patients, peers and communities, and/or as advocates for the policies, programs and practices needed to mitigate climate change and/or prepare for climate change in their workplaces and communities.

Module 1 – Climate Change – Science, Drivers & Global Response provides an introduction to climate science and discusses the human activities that are contributing to climate change, the international commitments that have been made to address it, and where we are in terms of complying with those commitments.

Module 2 – Global Health Impacts of Climate Change summarizes the direct and indirect health impacts that are occurring, and are predicted to result from, climate change, on a global scale.

Module 3 – Climate Change Health Impacts across Canada summarizes the direct and indirect health impacts that are occurring, and that are predicted to occur, in the different regions of Canada.

Module 4 – Greenhouse Gas Emissions in Canada by Sector and Region discusses the volume of greenhouse gases emitted, and the trends in those emissions, from different sectors in Canada at a national, provincial and territorial scale.

Module 5 – Climate Change Solutions with Immediate Health Benefits discusses climate solutions that can produce fairly immediate health co-benefits for the jurisdictions that implement them.

Module 6 – Taking Action on Climate Change at Health Care Facilities discusses the climate mitigation and adaptation policies, programs and practices that can be adopted and implemented by health care institutions to reduce their greenhouse gas emissions and prepare for climate change.

Module 7 – Preparing for Climate Change in our Communities discusses the climate adaptation policies and programs that can be developed by public health units or municipalities to minimize the health impacts associated with climate change.

Module 8 – Engaging in Climate Change as Health Professionals discusses the different ways in which health professionals can educate and engage their patients, the public, their peers, and their communities on the health impacts of climate change, and the policies and programs needed to mitigate climate change and prepare for it.

Module 8 – Engaging in Climate Change Solutions as Health Professionals

Introduction

Health Professionals are Effective Messengers

As health professionals, we must respond clinically and within healthcare and public health systems to the threat that climate change poses to the health of our patients, clients and communities. However, as health professionals we can also have a powerful influence on the views and behaviour of the public and on the actions of policy-makers and decision-makers because Canadians care about their health and the health of their families, and because we are seen as credible and trusted messengers. Hence, we are also well situated to help our patients, the public, and decision-makers understand both, the impacts that climate change is having, and will have, on human health on a global scale (Module 2) and in Canada (Module 3), and the significant and fairly immediate health co-benefits and healthcare savings that can be realized by taking action on climate change (Modules 5 and 6). Awareness of current and future health risks will also help guide necessary adaptation measures that are needed to minimise the health impacts of climate change at a healthcare facility level (Module 6) and a community level (Module 7).

Focus on Climate Policies that Provide Health Co-Benefits

At CAPE, we believe that we are most effective when we focus on climate policies and practices that reduce greenhouse gas (GHG) emissions that provide fairly immediate health co-benefits and healthcare savings and climate adaptation programs that minimize the impacts of climate change on human health.



CAPE Board Members, Dr. Warren Bell and Dr. Larry Barzelai, and their peers in the BC CAPE Volunteer Committee, have been organizing workshops, preparing educational materials, writing op-eds, and meeting with government officials to increase awareness about the adverse health impacts associated with the extraction of natural gas using a process called hydraulic fracturing (fracking) (Barzelai, L. 2019).

From a climate mitigation perspective, CAPE has been focusing on policies and practices that move us toward healthy and sustainable energy systems, energy-efficient buildings, public transit, active modes of transportation, and diets rich in plant-based proteins because these policies produce fairly immediate and significant health benefits in the jurisdictions that take action, by reducing air pollution, increasing physical activity, and/or improving the diet of our patients/clients/communities, while reducing GHG emissions. The climate policies and programs that can reduce GHG emissions in our communities are discussed in Module 5, while those that can reduce GHG emissions from our healthcare institutions are discussed in Module 6.

From a climate adaptation perspective, CAPE supports and promotes programs and practices that help us to prepare for the climate change that is coming; reduce the health impacts associated with those changes; and identify the health co-benefits associated with them. These climate programs and practices can include public health programs that are needed to respond to extreme weather events (Module 7), designing our communities to reduce the impacts of climate change (Module 7), preparing emergency response plans for our health care institutions (Module 6), and fostering an appreciation for cycling, healthy eating, or nature and greenspace among the public (Module 8).



CAPE Board Member, Dr. Melissa Lem, partnered with the BC Parks Foundation to launch the Healthy by Nature Initiative. Officially begun with “Outside & Unplugged” walks, nature walks were convened in over 30 different provincial parks across British Columbia on BC Parks Day in July 2018. Physicians and other health professionals who led the walks were provided with a two-page fact sheet from CAPE on the health benefits of green time. Healthy by Nature aims to be as inclusive as possible, enjoying a diverse range of participants from babies and grandparents to new immigrants in public events like the Outside & Unplugged walks and First Day Hikes. Dr. Lem continues to expand CAPE’s work on nature and health by helping to develop the “Parks Prescription Initiative” in BC which will encourage physicians to prescribe time in nature to their patients. This initiative will be launching in British Columbia in spring 2019 with plans to expand nationally by 2021. (Lem, M, 2019).

Turning Climate Angst into Climate Action

The fight to stop climate change will require many different actions, directed at many sources, in many different ways. Some of CAPE's members do educational work with their peers, students or the general public on the health impacts of climate change, others use government relations and strategic communications to effect policy changes at a provincial level, while others still work with community groups to bring about concrete changes in their local communities. All of this work is necessary. All of this work is valuable.

The challenge for each of us is to choose the ways in which we want to engage in climate change in our workplaces or



CAPE Executive Director Kim Perrotta and CAPE President Dr. Courtney Howard meeting with Minister of Environment and Climate Change Catherine McKenna.

communities, and to develop the skills required to do that work well. This module has been designed to start this conversation; to identify the ways in which we, as health professionals, can engage in climate change solutions; and to provide examples of health professionals who are actively and effectively doing so.

Engaging our Patients and the Public

Protecting Patients and the Public from Climate-Related Health Impacts

As health professionals, we are well situated to educate our patients and the public about the actions that can and should be taken by individuals to protect themselves and their families from climate-related health risks such as heat waves, insect- and mite-borne diseases like West Nile virus and Lyme's disease, smoke from wildfires, and power outages from extreme storms. Module 3 in this toolkit provides information about the adverse health impacts that are occurring and expected in different regions of the country. Modules 3 and 7 also identify resources that we can use to keep ourselves informed about climate-related risks in our communities, and our patients/clients can use to protect themselves and their families from those risks.

Encouraging Behavioural Changes among Patients and the Public

As health professionals, we are also well positioned to encourage our patients and the public to make behavioural changes that are healthy for them, their families, and the planet. We can, for example, encourage our patients to use active modes of transportation and public transit for their daily commutes to increase their levels of physical activity and reduce their risk of heart disease, which will also reduce their GHG emissions. We can encourage them to see hikes in nature as way of reducing stress and improving their mental and physical health, which will also build public support for greenspace which is needed to mitigate climate change and its impacts. We can also encourage them to increase their consumption of plant-based proteins to reduce their risk of chronic diseases, which will also reduce the GHG emissions associated with their diets. The health co-benefits of various climate solutions are discussed in detail in Module 5.

Use Motivational Interviewing

Motivational interviewing is an effective method for changing the behaviour of patients and clients. It uses a client-centered approach whereby the healthcare provider focuses on the patient's interests, val-

ues, and concerns as a way of increasing their motivation to change. This approach addresses and helps resolve the patient's ambivalence to change, as it is often ambivalence that stands in the way of action. Research has shown that if practitioners provide initial counselling, follow-up advice, and reinforcement, many patients will change their understanding and ultimately their behaviour (Bauman et al., 2009; Daniel K and Perrotta K, 2017).

Dr. Danielle Marentette, a family doctor based in rural British Columbia, is engaging her patients and her community around healthy, plant-based food choices. In her general practice, she tailors dietary advice to each patient. She uses the Plantrician Project Quick Start Guide as a starting point (Dice and Benigas, 2015). Working in partnership with a local holistic nutritionist and plant-based chef, Dr. Marentette convenes community workshops for everyone from pre-schoolers to physicians and runs a four-part series for people with chronic diseases.

Connecting Patients to Resources in the Community

In addition to one-on-one counselling, health professionals are also well positioned to refer their patients and the public to trusted resources in the community that may be able to provide social support to those interested in changing their behaviour. For example, one study found that workplace-based and school-based interventions have the potential to shift the

behaviour of individuals from automobiles to active transportation for commuting (Scheepers et al., 2012; Daniel K, 2017).

Engaging our Peers on Climate Change

Preparing Articles for Peer Reviewed Journals

Given that many health professionals want to be assured that they are getting their information from a credible source, it is helpful for them to see articles by other health professionals in peer reviewed journals. For example, Dr, Andy Haines and Kristie Ebi published a review article in the New England Journal of Medicine on “The Imperative for Climate Action to Protect Health” (Haines and Ebi, 2019) and Drs. Caren Solomon and Regina LaRocque wrote a response article declaring climate change “A Health Emergency” and calling for the health care system and health professionals to take action on climate change (Solomon and LaRocque, 2019).

Presentations and Workshops

Other educational opportunities are also at our fingertips. Hospitals hold grand rounds and teaching sessions for staff where we can offer lectures or run workshops on climate change. Universities and student groups provide great opportunities for evening lectures, panel sessions, seminars and workshops. Many of our profes-

“By far the best way to engage peers is to conduct a successful advocacy campaign and attract their attention via external media. It provides hope. It demonstrates leadership. They see you getting the job done and they want to help.”

sional associations and volunteer organizations convene annual meetings where we can offer presentations or workshops and provide us with opportunities to write articles for hard newsletters and blogs.

Combine Business with Pleasure

It doesn't all have to be serious! Students are particularly great at coming up with engaging ways to educate their peers about climate change. Some examples include: Trivia nights, Film nights, Tree planting, Bike rides, Hikes, Sustainable Living Workshops, Clothing Swaps, Carbon-neutral Parties, Amazing Race Challenges to learn about political processes, Institutional Divestment Role-plays, and Sustainability-teas (bringing your own cup for free tea). And when we organise a fun, informative, engaging activity, we should share photos on social media to encourage others to join in.

Build Climate Change into Medical Curriculum

A 2015 survey of Canadian medical schools conducted by the Canadian Federation of Medical Students (CFMS) found

Resources:

- [Public Health and Climate Change Factsheets](#)
- [Dr. Mike Evans' Videos](#): Dr. Mike Evans produced a video called "23 and 1/2 hours: What is the single best thing we can do for our health?" that presents the incredible value of 30 minutes of physical activity per day.
- [PACE Canada](#): PACE Canada is a comprehensive guide to counselling for healthy active living designed to assist health care providers in effectively increasing their patients' physical activity levels and improving their eating habits. The website provides research, information kits, and a step-by-step guide to assist healthcare professionals in their work with patients.
- [CAPE's Active Travel Toolkit for Health Professionals \(English\)](#): This toolkit includes backgrounders for community meetings and decision-makers and factsheets and pamphlets for patients in English & French
- [Healthy by Nature](#): This initiative aims to get more people active in nature
- [Canada's Food Guide](#): Canada's new food guide promotes a diet rich in plant-based proteins
- [Plantrician Project Resources Quick Start Guide](#): An evidence-based project that aims to educate, equip and empower health professionals with knowledge and resources to support patients in their adoption of plant-rich diets
- [EAT-Lancet Commission](#): Provides information on a diet that is healthy for people and the planet

that almost no medical schools in Canada reported dedicated topics on climate change and health, or its impacts on the future practice of medicine, in their curricula (Saraswat et al., no date). Medical curricula should not only provide evidence-based material on climate change, but also the skills needed to engage institutions on the changes in programs and practices that are needed to mitigate and prepare for climate change.

The CFMS formed the Health and Environment Adaptive Response Task Force (HEART) in 2017 to work on introducing climate change into the medical curricula nation-wide with the goal of having some element of climate change in every medical school curriculum by 2020. The Task Force

has developed national climate change and environmental health competencies, which are currently being reviewed by peers, experts in environmental health, and medical educators (CFMS, 2019).

At the same time, the Task Force is working on a bottom-up approach; advocating to educators, educational institutions, and environmental health leaders for the incorporation of climate change into the medical curriculum. The Task Force has developed a report card to track progress on these efforts with the first round of results for each medical school expected in April 2019. The International Federation of Medical Students' Associations (IFMSA) has endorsed HEART's efforts and committed itself to a vision of having



CAPE Board Member and Medical Student
Dr. Willow Thickson.

climate change covered in every medical school globally by 2020 (IFMSA, 2018).

Folding Environmental Health into Nursing

In 2008, a group of nurses involved with the Canadian Nurses Association (CNA) released three modules on the environment and health that included a workbook on the role of nurses in addressing climate change (CNA, 2008). From there, the separate but affiliated organization, Canadian Nurses for Health and the Environment (CNHE), was formed to improve environmental health across all domains of nursing practice, policy, research and education (CNHE/IISE, 2019). Other teaching tools tailored specifically for the nursing context include lectures and webinars (Hanley, 2012; Hanley 2016) and modules devel-

oped by the National Institute of Public Health Quebec (INSPQ, 2012, 2019b)

Folding the Ecological Determinants of Health into Public Health

A multi-disciplinary steering committee of the Canadian Public Health Association (CPHA), called the Ecological Determinants Group on Education (EDGE), includes representatives from a number of public health organizations, Indigenous health groups, and environmental health groups. It has been working to integrate the ecological determinants of health – which includes climate change – into public health education, training and professional development. EDGE’s website also provides links to courses, summer schools, webinars and podcasts on the topic (EDGE, 2019).

Training Public Health on Climate Change in Quebec

The National Institute of Public Health Quebec (INPHQ) is offering online training programs on climate change and its impacts on human health for franco-phone health professionals. The training includes six modules on different health impacts related to climate change offered over six weeks (INPHQ, 2019a).

Working for Change in our Communities

Policy Change starts with Public Support

Winning policy changes in our communities requires support and understanding from policy-makers (e.g., civil servants,

city staff, healthcare facility administrators, public health officials) and decision-makers (e.g., city councillors, members of parliament, members of legislative assembly, senior administrators) but the support of decision-makers also requires strong support from the public.

With climate change, as with many issues we work on, there are often powerful organizations or large groups of people who do not want policies to change including corporations that will lose business from the policy change, farmers who may lose income, coal plant workers who may lose their jobs, or automobile commuters who fear their commutes may become longer or more expensive. There can also be resistance within government by civil servants who have to implement the changes or senior civil servants who fear that new policies may cut into budgets that are too tight already.

The Public Cares about Health

As health professionals, we can play a powerful role influencing public policy by educating the public, policy-makers and decision-makers about the many health benefits that can result from a public policy that addresses climate change. Opinion polls have demonstrated that Canadians are more likely to change their behaviour to address climate change if they believe that it may have benefits for their health (Comeau L and Lachapelle E, 2018). They

Train-the-Trainer Program: Air Quality, Climate Change & Radon

A joint initiative of Health Canada and the College of Family Physicians of Canada (CFPC), this program was designed to increase awareness among health professionals about the links between human health and the environment with the goal of reducing the adverse impacts of air pollution, extreme heat and radon on the health of Canadians.

The program, which is free and open to all Canadian health professionals and health students, involves online courses hosted by McMaster University and the University of British Columbia, reading materials, and a webinar hosted by Health Canada. The program is designed to educate participants and train them how to deliver messages tailored for various populations, including other health professionals, the general population and at-risk groups.

In its first year of operation, new trainers undertook 104 outreach activities, achieving a direct reach of over 2,400 people through lectures, conferences, grand rounds, journal clubs and presentations to school students, and an indirect reach of over 16,100 people through journal articles, magazines and newsletters, displaying educational materials and social media posts (CFPC, 2017)

also found that health professionals – particularly nurses and doctors – are the messengers who are most trusted by the public. Policy-makers and decision-makers are more likely to listen to health professionals when they feel that we can help move public opinion on an issue.

Often the public, policy-makers and decision-makers do not understand the health impacts associated with climate change or the health co-benefits and healthcare savings that can result from the policies needed to fight climate change. As health professionals, our role is to bring health arguments forward so that people understand the adverse impacts that can result from climate change, and the positive health benefits that can be realized with the many actions needed to fight climate change.

Our role is also to support the policies needed to address the legitimate concerns raised by those who oppose climate policies being proposed. For example, it is important that we support just transition policies and programs that would help workers from coal plants to retrain for other jobs and help their communities to transform their economies.

Using Media to Build Public Support

We can influence the views of the public with op-eds in our local newspapers, letters to the editor, blogs disseminat-

ed through social media, TV interviews, radio phone-in shows, and by speaking out at public meetings. We can also buy ads in newspapers, on transit systems, and on Facebook. This means we may have to learn how to write an op-ed, do media interviews, and use Facebook. Learning new skills #ForTheClimate, though it can be intimidating, is also one of the most satisfying parts of this work.

Audience: In both our written and verbal communications, we want to make sure that we are clear about whom we are trying to reach. Are we trying to reach local or provincial elected officials? Are we trying to reach the public or the media? When we deliver our arguments, we want to tailor the messages and our language to our audience.

Story: In addition to explaining the facts and health arguments, it can be powerful to include a personal story from our lives or the lives of our patients or clients. Facts provide the foundation for our position, but stories that make the implications of the policy real for people can help move public opinion.

Three Points: Scientifically-trained people have a tendency to rely on too many facts, which overwhelms the audience. Simple messages are best. For any piece of media, choose three main points and three statistics. That's it. Then stop talking. (We mean it).

Engaging Policy-Makers and Decision-Makers

In Modules 5, 6 and 7, we discuss the public policies, programs and practices that can be put into place to mitigate



In 2017, Health Canada proposed a new Food Guide which emphasized the value of plant-based protein. This proposal was receiving a lot of push-back from the cattle and dairy industry. Canadian health professionals acted as a counter-weight by providing strong and vocal support for the new Food Guide. CAPE President, Dr. Courtney Howard, working in collaboration with other CAPE members and the Canadian Public Health Association (CPHA), prepared several op-eds and letters to the Minister that emphasized the strong health evidence which supports the proposal, along with the co-benefits for Canada's climate commitments. In fact, 92 provincial and local organisations joined Food Secure Canada in asking the Prime Minister to exercise his personal leadership to ensure that Canada's new Food Guide would support a more just, healthy and sustainable food system (Food Secure Canada, 2018). The new Food Guide, which promotes plant-based protein, is now in place.

climate change (i.e. reduce emissions of GHGs) or prepare for it (i.e. minimize the harm that climate change has on human health) within our healthcare institutions and at a local, regional or national level.

We can engage policy-makers and decision-makers with formal submissions, letters, e-mail messages, phone calls and meetings. We can also speak at local council or board of health meetings. When working with policy-makers and decision-makers, the emphasis should be on working with them to develop and implement the policies. They will want to know that we are going to help get the public on side for a potentially controversial policy and help keep the public onside during the various stages of implementation.

Collaborating with Others

At CAPE, we have found that it can be beneficial to work with organizations that have different audiences or expertise who share our policy interests. The promotion of public policies requires different types of skills – strategic thinking, media skills, public speaking, creative writing, and researching – and different types of expertise. By collaborating with other types of professionals and organizations that have complementary expertise and/or skills, we can be more effective as advocates. In addition, organizations that focus on health, the environment, or social issues are likely to approach



For much of 2015, CAPE Board Member, Dr. Joe Vipond, was the face of the coal phase-out campaign in Alberta. Working in close collaboration with the Pembina Institute, which has strong expertise modelling the air pollution-related health benefits associated with public policies, CAPE became the messenger for the significant health co-benefits that would result from the accelerated closure of coal plants in Alberta. We prepared op-eds, issued press releases, prepared submissions, and collaborated on newspaper ads, all of which articulated again and again, the significant air pollution-related health benefits and healthcare savings that Albertans would enjoy with the closure of coal plants in that province.

When the Alberta Government announced its decision to phase-out coal plants by 2030, Dr. Vipond was of the people who stood behind the Ministers who made the announcement. But CAPE's work on coal plants did not stop there. With each announcement related to the implementation of the coal phase-out in Alberta in the three years since, CAPE staff and members have been there with press releases or op-eds to remind the public about the health benefits that will result from the action that is being taken by the Alberta Government (Perrotta K., 2019).

a campaign using different messages that will appeal to different audiences. It is much harder for governments to ignore messages that are coming from a wide range of organizations and individuals (Daniel K and Perrotta K, 2017).

Working within our Institutions and Associations

We can work for climate policies and practices in many different ways. We can work to change the policies inside our workplaces. For those in healthcare facilities, this can mean setting up an Environmental Committee, initiating a waste reduction program, or promoting the use of anesthetics that are less damaging to the climate (See Module 6). For those in public health, it can mean promoting policies that reduce the heat-related impacts on low income neighbourhoods, developing Cold Alert and Response Programs that protect the homeless, or collaborating across departments to increase community resilience (see Module 7).

For medical and public health students, it can mean working to weave climate change into course curriculum or pressing universities to adopt divestment policies that move their investments away from fossil fuels. For example, medical students at Queen's University are currently running a campaign to get their university to divest from fossil fuel companies (Létourneau, S. 2019). Health



For three decades, CAPE Board Member, Dr. Éric Notebaert, has worked to promote safe cycling infrastructure in the City of Montreal: "Wearing my CAPE hat, I participated in a coalition with many groups in Montreal. For many years, we organized around the goal of getting Montreal to commit to building at least 700 km of bike lanes, then in 2016, we shifted our goal to reach a minimum of 1500 km of safe bike lanes within 3 or 4 years. During these years, my role as a doctor was often to make presentations or deputations at meetings where I spoke about the many health benefits associated with active transportation and how the absence of bike lanes was affecting the health of patients, I saw in the emergency room. I counted on members from other organizations, such as le Conseil Régional de l'Environnement and Vélo-Québec, to identify opportunities to influence policy and for policy advice. In 2016, our Coalition was thrilled when the City of Montreal announced that it would accept all of our recommendations." (Notebaert, 2017).

professionals can also work through their professional and volunteer associations to develop resolutions that would have

their associations divest from fossil fuel companies, press for policies on coal-fired power plants, or national targets for climate change programs. For example, in 2015, CAPE members worked with many others to win a resolution at the Canadian Medical Association (CMA) Annual General Meeting that required CMA's financial management firm, MD Management, to divest from fossil fuels (Lough, 2015). (See Module 5)

How CAPE Can Help

Many health professionals who are members of CAPE find it helpful to engage with local community groups in their role as a CAPE member. They find that it can add weight to their comments by demonstrating that their views are shared by others who belong to this national organization that is run by physicians and other health professionals.

Over the last three years, CAPE has established four regional volunteer committees – one in BC, one in Alberta, one in Quebec, and more recently, one in Ontario. These committees, which are chaired by a volunteer member of CAPE, are accountable to CAPE's board through the committee chair and CAPE's Executive Director. The committees provide health professionals and students, who want to engage more actively in climate change and other environmental health issues, with peers who can support and mentor one another. The work of the

Tips for Meeting with Decision-Makers

1. Be prepared. These people are generally busy, so be prepared to be flexible in terms of the time you have to meet and what you want to say. Have a clear and concise message ready.

2. Know who you're meeting. Do your research before the meeting. What are the politician's allegiances? What is the position of their party? Have they spoken about this issue in parliament? Do their speeches and press releases give you an indication of the kind of audience they are likely to give you? Answering these questions will help you frame your message to where this person is coming from.

3. Talk to everyone. Even if you are speaking to someone who doesn't recognize that climate change exists, it is still worthwhile to talk to these people. It helps us understand the psychology of people who can't acknowledge the threat and it helps us sharpen our arguments for other people who are skeptical.

4. Have clear asks and goals. Do you have a clear set of asks and objectives or one thing you want the politician to do as a result of this meeting? This gives the politician a clear understanding of the expectations you are placing on them and gives you something to follow up on.

5. Follow-up your meeting. Make a follow-up call a week or two following the meeting to find out if the representative did what they committed to doing.

6. Your meeting is powerful! Don't underestimate the power of meeting face-to-face. Representatives are bombarded with emails, people signing petitions. There is no substitute for sitting opposite a politician and making your views clear. Politicians know that for every person who makes the effort to do this, there are hundreds, potentially thousands, of people who feel the same way.

From former Deputy Leader of the Australian Greens, Senator Scott Ludlam

committees is supported by CAPE staff with website and social media support.

Conclusion

This module has covered a lot of territory. It has touched on our relationships with our patients, the need to weave climate change into the educational curricular for health professionals, the ways to engage our peers and our communities on climate change. It has also addressed the

power that we, as health professionals, can have to influence public policy by using health arguments in an effective way and working strategically in collaboration with our allies. If this isn't enough to get your creative advocate mind buzzing, we've given you targets for action in the accompanying factsheet to focus on areas of climate-health in areas that both help with action on climate change and result in immediate health benefits and

healthcare systems savings for actions.

But the key take-home message is our voices and our actions are powerful. Health professionals are among the most trusted members of society and we have a duty to ensure our communities attain the best possible health outcomes. We have the capability to shift the conversation around health and climate change and to seize the opportunities that we can achieve through strong action on climate change. Go forth and help the health of our planet.

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