

Showcasing Sustainable Healthcare in Newcastle

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BDA Sustainability Study Day



Healthcare at its best
with people at our heart

Outline

- Introduction to Newcastle Hospitals
- Single use plastics projects – reduce and recycle
- Reducing embedded carbon in our food
- Promoting healthy eating
- Food waste treatment
- Recommendations for your projects



Introduction to Newcastle Hospitals



Seven main sites and community services serving a population of up to **3million** people



Recycled 49% of non-clinical waste



17,000
Staff



1st NHS Trust to declare a climate emergency



First UK baby born using **climate friendly** gas and air



New Trust Strategy commits to **Carbon Neutrality by 2040**



108 wards
1500 acute beds





NHS
The Newcastle upon Tyne Hospitals
NHS Foundation Trust

Climate Emergency Strategy 2020-2025

What We Want To Achieve

Our Vision

To be a global leader in sustainable healthcare delivery through collaboration and innovation, helping our patients and communities to thrive within the means of our planet

Our Goals

To achieve our vision we have set three long-term goals:

1. Zero Carbon Care

- By 2030 the emissions we control will be net zero – our 'Newcastle Hospitals Carbon Footprint'
- By 2040 the emissions we can influence will be net zero – our 'Newcastle Hospitals Carbon Footprint Plus'

2. Clean Air

- By 2030 our operational transport activities generate no harmful air pollution
- By 2040 our healthcare facilities are accessed by only zero emission travel

3. Zero Waste

- By 2030 we will reuse and repair everything that can be reused and repaired
- By 2040 we will produce no waste. We will manage resources within the circular economy, with items surplus to requirements becoming a resource in another part of the system



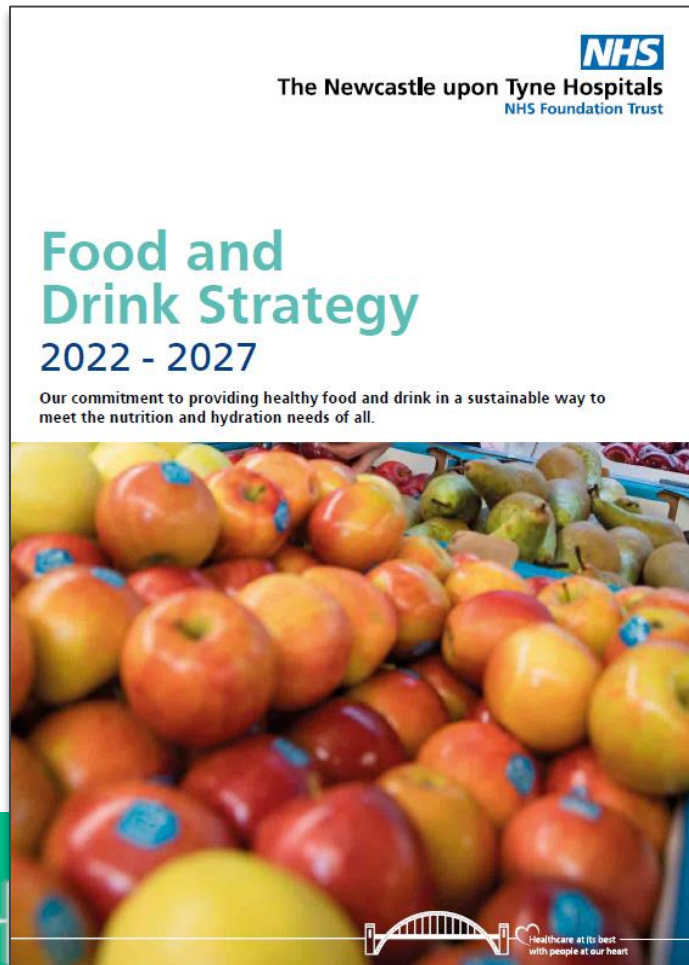
Food and Drink Strategy

Three Strategic Areas:

To meet the Nutrition and Hydration needs of patients

Healthier Eating for Staff and Visitors

Sustainable Procurement for Food and Catering Services



Single Use Plastic Projects



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Improving recycling of medical nutrition packaging

- Nearly 500,000 medical nutritional products are used across Newcastle every year
- Most are recyclable
- Survey showed most staff didn't know what they could recycle
- Partnered with Nutricia to increase recycling



Nutricia products — what can I recycle?



Please remove foil seal, rinse,
and replace cap on bottles

Recycling vs Recyclable

- Recyclable = technology exists to recycle the item
- Reality = what can be recycled depends on waste contracts, amount of the material, how recyclates are collected, facilities available, etc.



Outcomes

- Increased amount of nutritional packaging recycled in hospital and in patients' homes
- Increased awareness of wider recycling across the hospital
- Ongoing instructions given to new patients
- Dieticians and ward staff more comfortable talking about recycling with patients



Resources for You to Use

- A step-by-step guide
- Example online survey questions
- Template ward posters
- Recycling information for patients
- Template presentation for healthcare professionals



nutricia.co.uk

Sterile Water

Project: no longer use sterile water for flushing enteral feeding tubes – using fresh tap water instead



Sterile Water

- Multi-disciplinary discussion
- Exceptions identified
- Trialled on one ward first – 97% reduction
- Updated clinical guidelines and patient information
- Communicated widely as new Trust standard



Outcomes

- Improved patient satisfaction
- Patients do not have to rely on stocks of sterile water or boil water before use
- Reduced cost
- Reduced single use plastics
- Reduced carbon from transport



RVI Patient Catering – Single Use Plastic Reduction Project

- Wards received reusable plates, bowls and cutlery for use at breakfast time
- Reusable bowls for soup and desserts
- The initial outlay = £12k; savings achieved = £80K annually
- Payback of just 2 months



Reducing the Carbon Embedded in our Food



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Cool Food Pledge

- The Coolfood Pledge helps members:
 - Pledge their support for a science-based reduction target for diet-related GHG emissions
 - Calculate the emissions from supplied food
 - Develop the best plan to bring about change
 - Promote their success



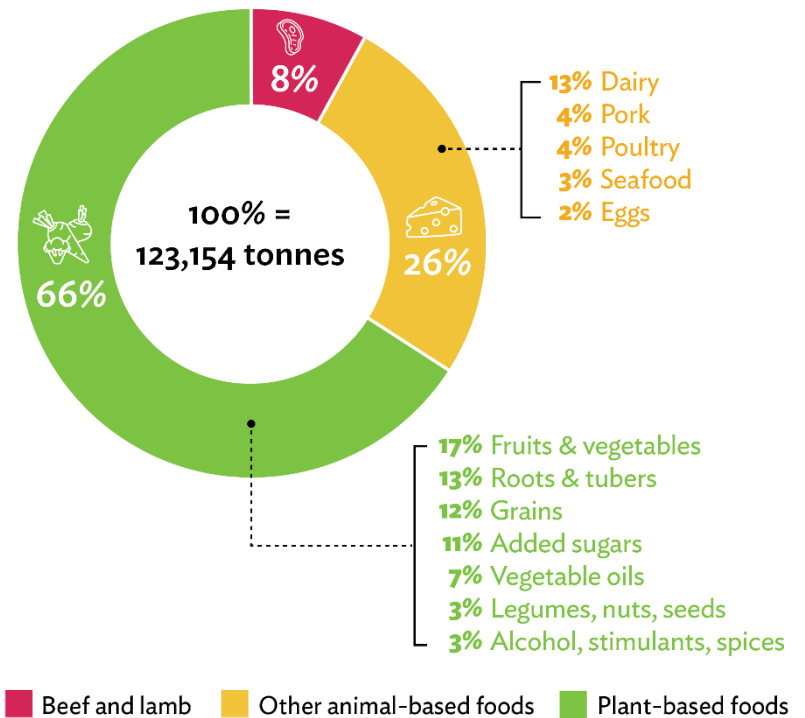
coolfood
FOR DELICIOUS CLIMATE ACTION



Cool Food Pledge



Food Purchases (2021)



Cool Food Pledge

- If your healthcare organisation is a member of Healthcare Without Harm, you can access this support for free
- Contact Gabriella Abruzzo:
gabruzzo@hcwh.org



Meat Free Monday

- Started as monthly ‘theme day’ in one restaurant
- Then 3-month trial of MFM
- Got feedback from customers and shaped menu over time
- Added vegan meal every day of the week



Outcomes

- Increased number of vegetarian and vegan meals sold each week
- Reduced carbon footprint of the food we buy
- No impact on £££ takings



Meat Free Monday - Learnings

- Make sure front of house staff are onboard
- Do taste tests of new menu items
- Use most popular dishes for ideas
- Have a mix of meal types
- Use descriptive/appealing language
- Listen and act on feedback
- Stick it out – people will get used to change



Healthy Eating



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Fruit and Veg Stalls

- Partnered with local greengrocers Passion 4 Fruits
- Easier for staff, patients and visitors to pick up healthy food

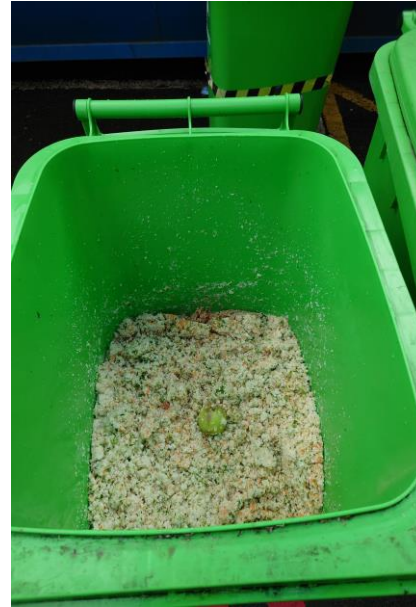


Food Waste Treatment



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Food Waste



Food Waste



**Food waste
de-packaging**



**Mechanical
Cow**



**Gas
Scrubber**



Recommendations



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Tips for Your Sustainability Projects

- You don't have to start from scratch
- Involve your sustainability/QI/innovation team
- Find out what matters to staff – great for engagement
- Can start small and prove feasibility
- Promote cost savings
- Don't assume staff/patient knowledge



By reducing carbon emissions and improving the sustainability of our supply chains, we will help to mitigate the impact the climate emergency has on the food we provide to staff, patients, and visitors.

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