HEALTHY PEOPLE, HEALTHY PLANET

The role of health systems in promoting healthier lifestyles and a greener future

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Economic cost of premature deaths due to ambient air pollution as a proportion of GDP in G7 countries

Ministries of Health can promote both better health and healthier environment

- Promote **healthier diets** for a greener environment
- Support **sustainable urban living** policies
- Encourage **active travel** to decrease motorised vehicle emissions
Unhealthy diets and unsustainable agriculture are environmentally damaging

Pollution; environmental degradation; climate change

Diet-related NCDs; respiratory diseases

Soil erosion and decarbonisation

Deforestation, desertification

Overfishing

Methane gas emissions

Excessive use of antibiotics in farming
Ministries of Health can promote healthier diets and sustainable food production

<table>
<thead>
<tr>
<th>Encourage healthier diets in primary care</th>
<th>Physician-dietician counselling found to be cost-effective in Canada (18,000 USD/DALY gained); England (7,000), Italy (14,000) and Japan (9,900) after 15 years of implementation</th>
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<tbody>
<tr>
<td>Provide healthy food and reduce food waste in hospitals</td>
<td>A third of hospital food is wasted – inappropriate portion size, poor quality, wrong time</td>
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<tr>
<td>Ensure healthy diets lead to sustainable agriculture</td>
<td>Eating healthier, plant-based diets can reduce food-related greenhouse gas emissions by 29%-70% by 2050</td>
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Environmentally unsustainable urban design can also damage health

- Lack of trees and green space
- Excessive reliance on fossil fuels
- Too much car use due to urban sprawl
- Inefficient energy use in hospitals

Air pollution; climate change; urban heat islands; Respiratory diseases; heat strokes; physical inactivity-related NCDs
# Making city living more sustainable: what Ministries of Health can do

<table>
<thead>
<tr>
<th>Suggestion</th>
<th>Description</th>
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<tr>
<td><strong>Try to include health and environmental considerations in urban planning schemes</strong></td>
<td>Planting cities with trees to the extent possible can reduce particulate matter-related mortality by 2.7% to 8.7%</td>
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<td><strong>Reduce carbon footprint in healthcare sector</strong></td>
<td>In the US, healthcare sector responsible for up to 10% of total greenhouse gas emissions</td>
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<td><strong>Reduce reliance on fossil fuels in electricity generation as they emit SO2, NOx and mercury as well as carbon</strong></td>
<td>In the US, fossil fuels are burned to create 35% of US carbon emissions</td>
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Overreliance on car use is bad for health and for the environment.

- Lack of physical activity
- Urban heat islands
- CO$_2$ emissions
- Urban smog

**Air pollution; climate change**

- Physical inactivity-related NCDs
- Respiratory diseases
<table>
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<th>Activity</th>
<th>Outcome</th>
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<td>Implement mass media campaigns to encourage physical activity</td>
<td>These campaigns estimated to increase physical activity levels by about 36%</td>
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<tr>
<td>Create partnerships with local authorities to increase active transportation options</td>
<td>New intermodal transportation options can increase moderate physical activity by about 32 min/week</td>
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<tr>
<td>Partner with local transportation authorities to enact low-emission zones</td>
<td>In Munich, implementation of LEZ was found to reduce elementary carbon by 60%</td>
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</table>
OECD can help G7 countries

- **Evaluate** additional environmental benefits of public health actions addressing non-communicable diseases;

- **Facilitate** the sharing of country experiences;

- **Identify** suitable policy actions;

- **Support** countries in the implementation of policies that present co-benefits by being simultaneously environmentally friendly and health-promoting.