

# Hospital Caterers Association Conference 2014

## The Ability to Sustain



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Barts Health NHS Trust



- Why be Sustainable?
- The Barts Health Approach
- The National Picture
- NHS Sustainability day
- Healthcare Food for Life Pathfinders
- 14:14
- You Can Do This



# The Barts Estate

**578,375m<sup>2</sup>** across 4 London boroughs:

- Largest NHS Trust footprint
- Micro version of the NHS – old & new
- 280+ buildings
- 2x PFIs = 44% footprint





ST BARTHOLOMEW'S  
HOSPITAL

THE ROYAL LONDON  
HOSPITAL

LONDON CHEST  
HOSPITAL

MILE END  
HOSPITAL

WHIPPS CROSS HOSPITAL

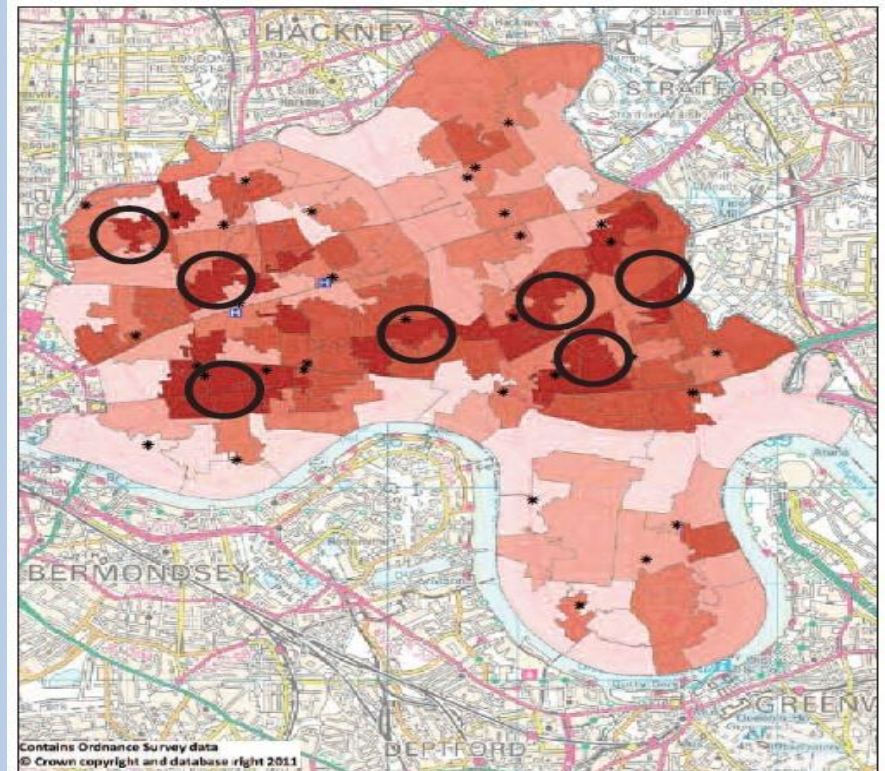
NEWHAM  
HOSPITAL



# Poor health and health inequalities in East London remain relatively persistent



Map shows historical poverty mapped by Charles Booth in **1898**



Map shows hot spots of areas with high risk of diabetes, known to be linked to deprivation, in **2011**





**Community  
Health  
Centre**

**Specialist  
Hospital**

**Urgent  
Treatment  
Centre**

Barts Health **NHS**  
NHS Trust

EMERGENCY

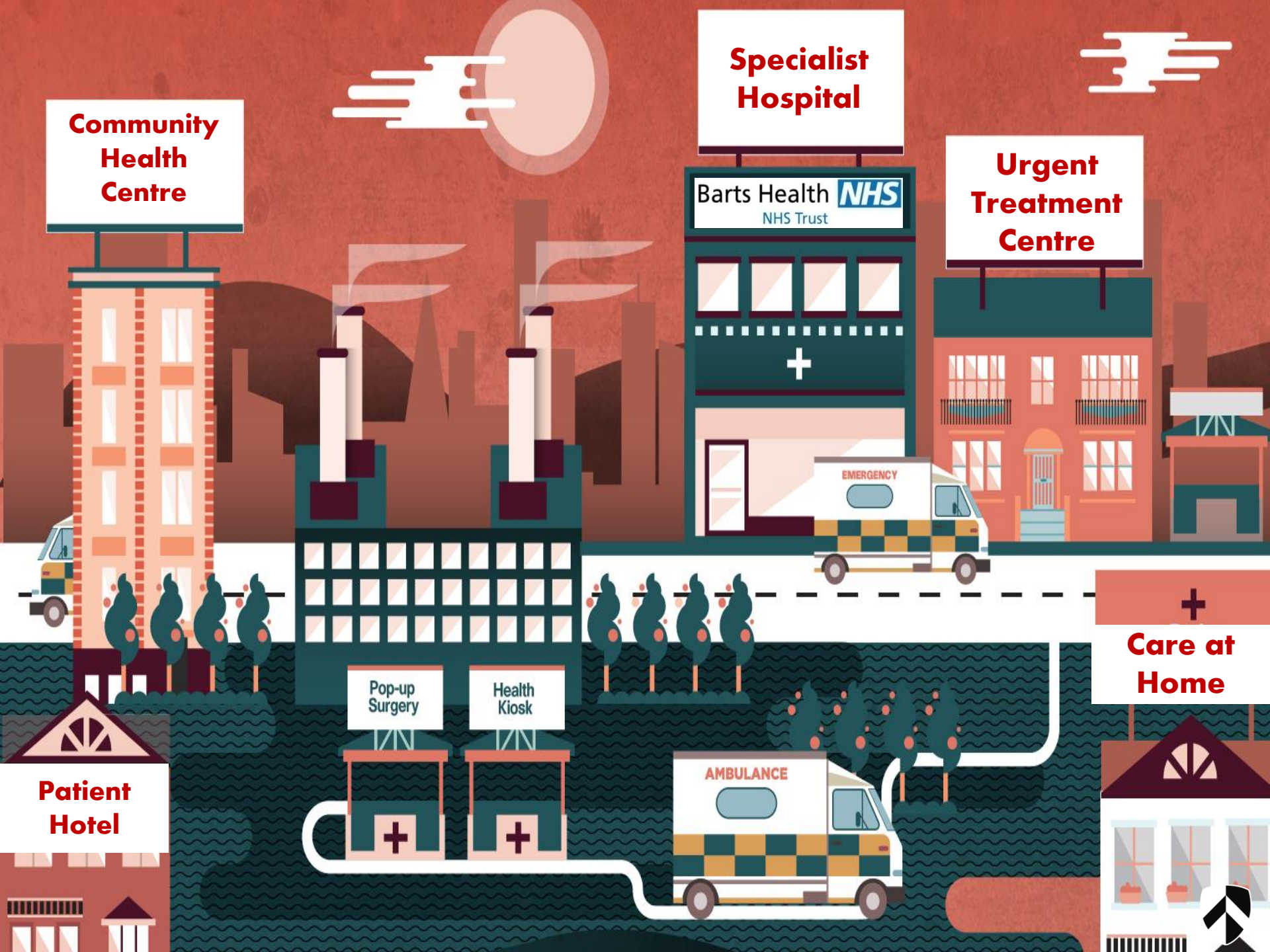
Pop-up  
Surgery

Health  
Kiosk

**Patient  
Hotel**

**Care at  
Home**

AMBULANCE



# Why Should We Become More Sustainable?

- **Scientific case** – the scientific evidence - ***We should do***  
*We are releasing 350m years of stored CO<sub>2</sub> VERY fast*
- **Legal case** – The Climate Change act 2008 – ***We have to (CRC)***
- **Health case** – A low carbon sustainable healthcare system will deliver immediate and longer term healthcare co- benefits – ***We must do***
- **Business case** – To realise efficiency and productivity savings. Good for reputation. ***We will do***
- **Leadership case** – According to the Lancet climate change is the ‘biggest global health threat of the 21<sup>st</sup> Century’. The values of the NHS to protect health and well being mean that we must take the lead. ***We ought to***

Pharmaceuticals



Food



Treatment



Waste



Transport







Image © 2012 TerraMetrics  
Data SIO, NOAA, U.S. Navy, NGA, GEBCO  
Image © 2012 Bluesky  
© 2012 Google

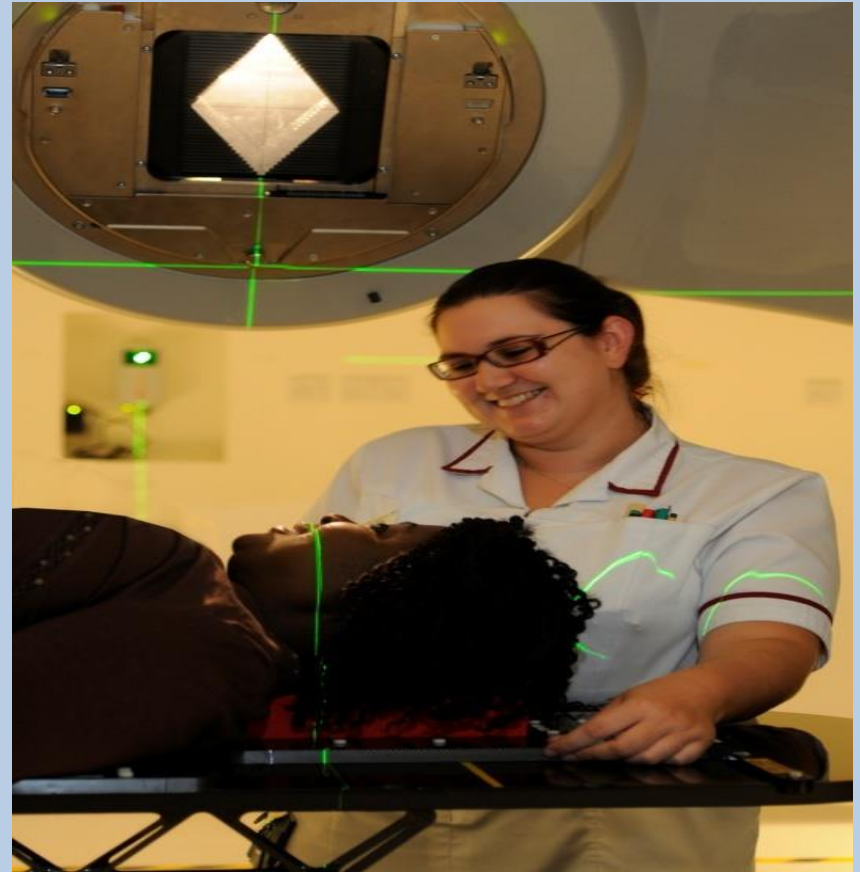
©2010 Google



# Sustainable Healthcare?



Life expectancy in 1948:  
Men 66      Women 70  
NHS spend 2.4% of GDP

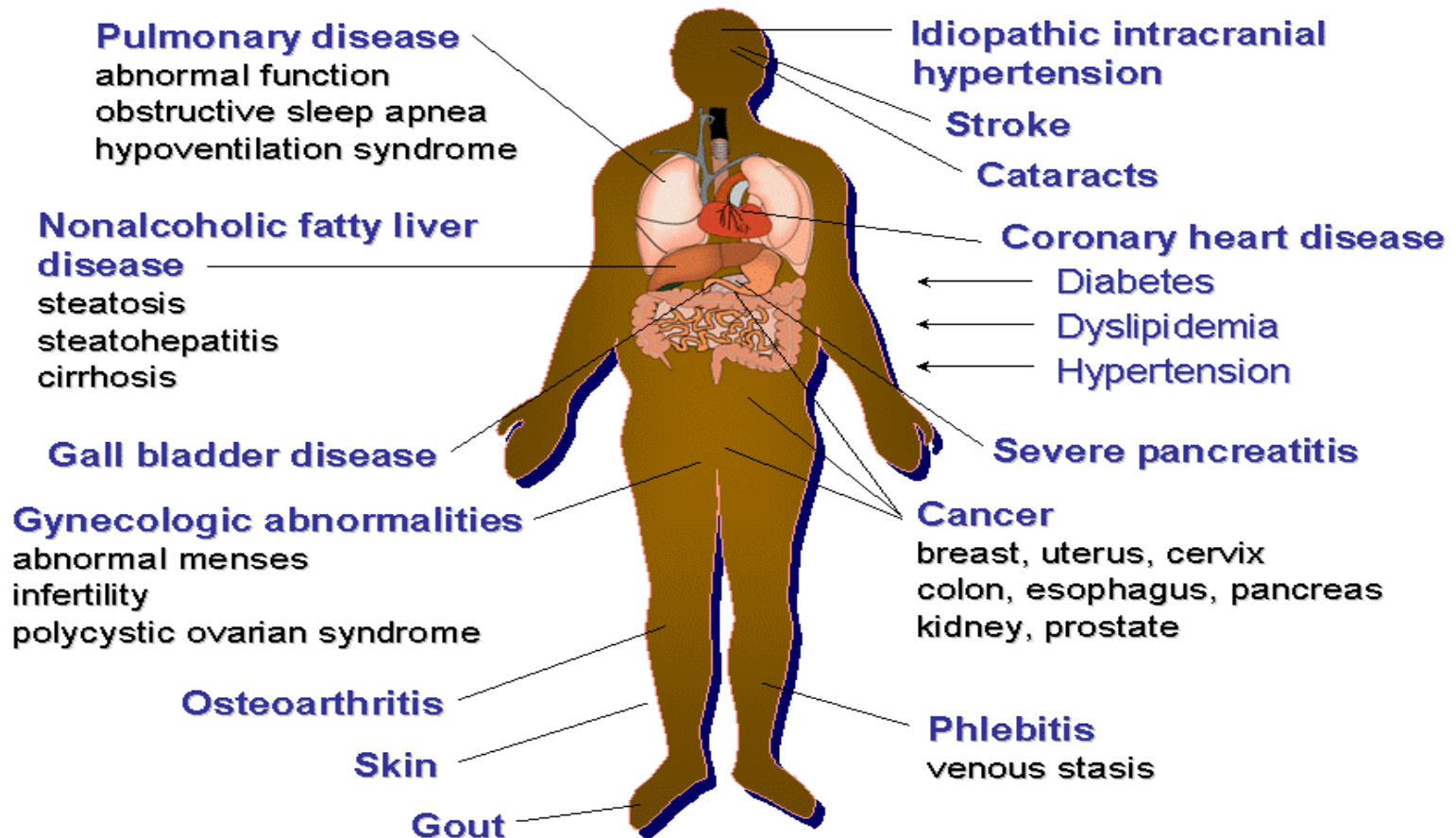


Life expectancy in 2012:  
Men 78      Women 83  
NHS spend 9.8% of GDP



# Future health pressure – Obesity

## Medical Complications of Obesity



Technology will not fix this – healthy lifestyles

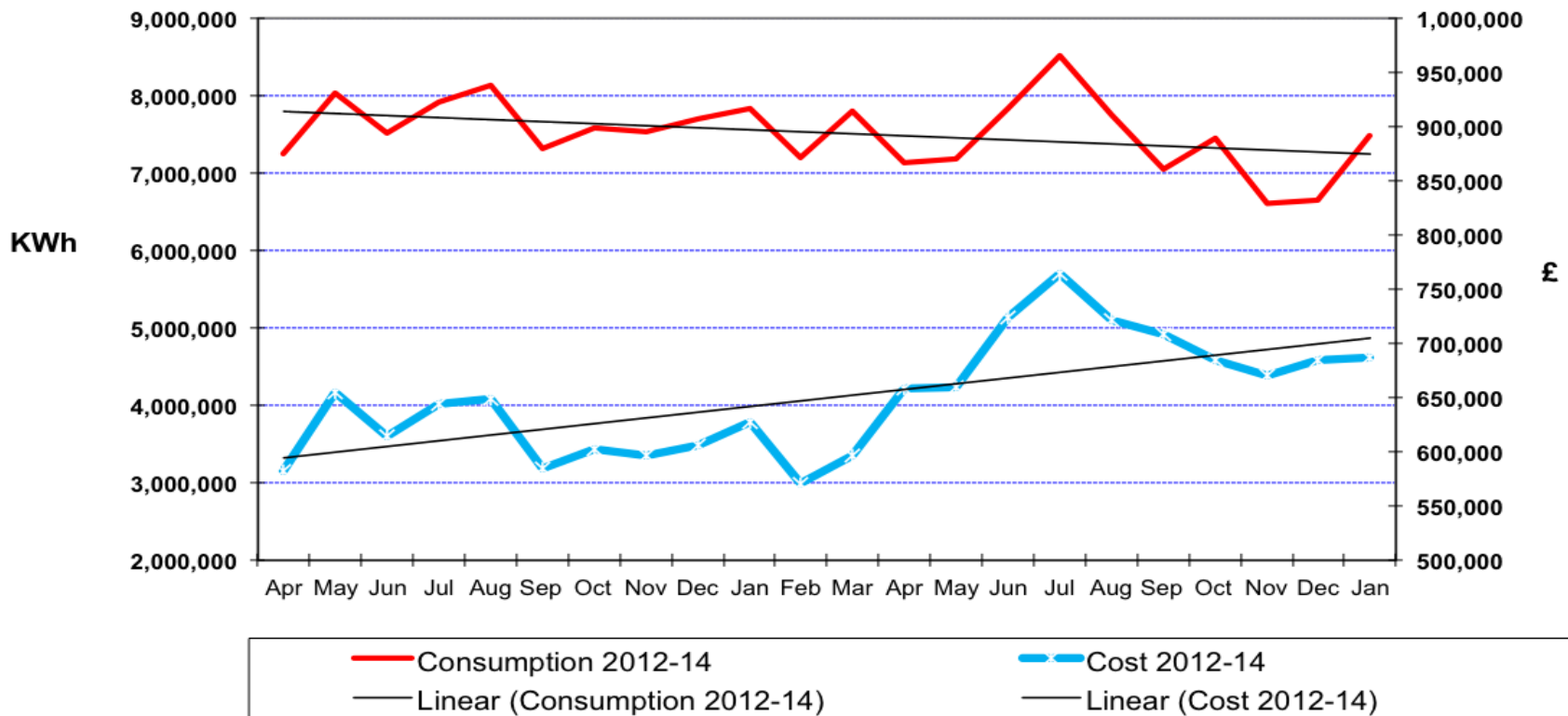




# The Price of Energy

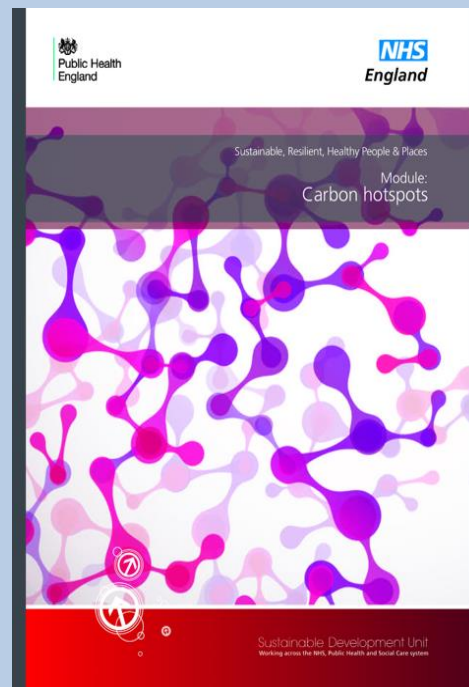
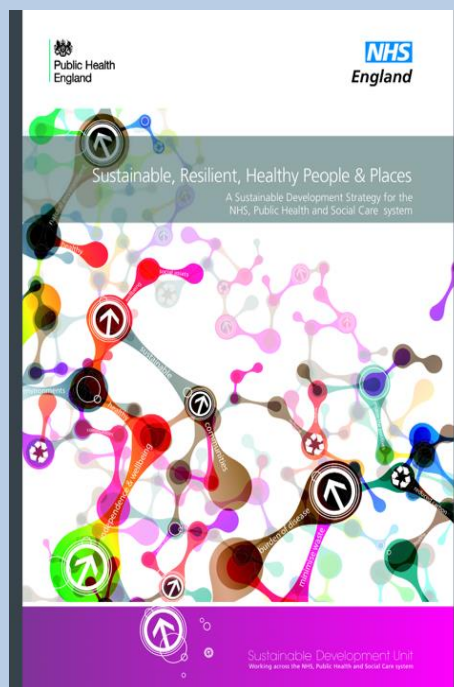
Set to rise 50% by 2020

## Barts NHS Trust Electricity Cost Consumption



Use less/Buy smarter/Generate your own





National  
guidance

Local  
Strategy





# Operation TLC

Turn Off – Lights Out – Close Doors

Here are some of the benefits from Operation TLC so far:



1/3 fewer sleep  
disruptions



1/4 fewer privacy  
intrusions



Calmer working  
environment



Improved  
security



Better working  
temperatures



Saves  
CO<sub>2</sub>



Saves the Trust  
money



# Operation TLC

Barts Health  
NHS Trust



In the press

London  
**Evening  
Standard**



**BMJ**

the **guardian**  
**Health Estate**  
JOURNAL OF THE INSTITUTE OF HEALTHCARE ENGINEERING AND ESTATE MANAGEMENT

**FMWorld**

edie.net



#### Engaging staff to reduce energy

Barts Health NHS Trust ran an engagement programme with staff to develop ways of reducing energy costs at the Trust. The programme showed the housing only on energy-related issues and not related to a patient's care, combined engaging patient experience with energy saving. As a result, a pilot scheme was developed for staff and to do three things: each with a patient benefit.

1. Turn off equipment when not in use, reducing excessive heat and noise.
2. Switch off lights to help promote sleep and reduce light pollution.
3. Close doors to improve patient safety and privacy and help regulate room temperatures.

Staff responded, and patient experience was improved with better reports of noise disturbance or poor privacy to address these issues within a period of up to £10,000 and resources for reduced savings of up to £80,000.

Tutoring to patients, we know that sustainability is a part of care as well as caring for patients and the environment and social value that can be added aligned with and can enhance the experience of a health and care should do everything they can to sustainable and deliver care in a way that maximises

Sustainable Healthier - Clinical Excellence  
The Patients' Perspective

#### 3. Developing a workforce fit for the future

Over 3 million people work in the health and social care sector in England. This is over 10% of the working population. Over half of the current workforce will be over 50 years old by 2020. People joining the workforce today may well be part of it by 2020, or even 2025.

A sustainable health, public health and social care system in 25 years time may require a workforce with very different skills and values. The recruitment of long-term, sustainable practices and commitment of the staff to the effective implementation of a vision

energy management system and been certified to the ISO50001 standard.

A 16. Article 5 of the EU Energy Efficiency Directive requires Member States to ensure that domestic buildings are in energy compliance by renovating 10% of the total floor area of

Chapter 6: Supporting business and the public sector 38

#### Case Study 7: Bartholomew's (Barts) Health NHS Trust - creating an energy efficient hospital

Faced with the question of how to make the 16th most sustainable and help staff reduce their environmental impact, Barts Health NHS Trust entered the field of Global Action Plan, GE and Siemens. After working closely with staff at St. Barts Hospital and the Royal London Hospital, they found that the best way to encourage more sustainable action was to be

probable to staff's immediate priorities, control on patient care.

As a result, Global Action Plan, GE, and Siemens focused their energy-saving recommendations on actions that also improved patient outcomes.

#### The staff was asked to:

- Turn off equipment when not in use, reducing excessive heat and noise.
- Switch off lights to help promote sleep and reduce light pollution.
- Close doors to improve patient safety and privacy, and help regulate room temperatures.

#### The results:

- Improved energy efficiency and patient experience.
- A 40% increase in lights out and 15% fewer open doors, after four months.
- Patients in wards where the pilot took place reported better sleep, including around a third fewer incidences of sleep disruption and 25% fewer privacy disruptions.

• Estimated savings of £105,000 through reduced energy costs, representing a payback of investment over 12-18 months.

© European Commission, Energy Efficiency Directive (October 2010).  
© 1970 Green with a blue background from Barts Health NHS Trust (2013) Barts\_report\_summary\_NLCS\_Apr\_2013.pdf

FOR HEALTHCARE LEADERS | **HSJ** | EFFICIENCY  
**AWARDS**  
**WINNER**

FOR HEALTHCARE LEADERS | **HSJ** | **2013**  
**AWARDS**  
**WINNER**





# Reducing Fuel Poverty

## Live Warm, Live Well



- Cold homes cause >25K excess winter deaths in UK each year
- 330 people died from cold homes in Tower Hamlets in 2012
- Every £1 spent heating home saves NHS £0.42
- Created Partnership reduce fuel poverty and health and social inequalities to 250 homes
- Drive change through clinical practices



# Cleaner Air for East London

## Tackling Air Pollution



- Poor Air Quality kills 29,000 each year
- 4,000 Londoner die prematurely
- Cost to NHS £20bn a year – twice as much as obesity
- Barts Health leading partnership project to tackle air quality in east London





# EPC

## Improving our performance



**£1.8m**  
Guaranteed  
Savings

**£12m**  
Private  
Sector  
Investment

**£1.32m**  
Social  
Investment

**43%**  
Carbon  
Reduction

- 11 Year Partnership Project
- Achieve 2020 legislative targets
- Allows Investment in Infrastructure, reducing backlog maintenance risk
- Increases resilience
- Reduces consumption, improves engagement
- Flexibility to support emerging clinical strategies
- Remain a leader



# Innovation

## A recycling revolution

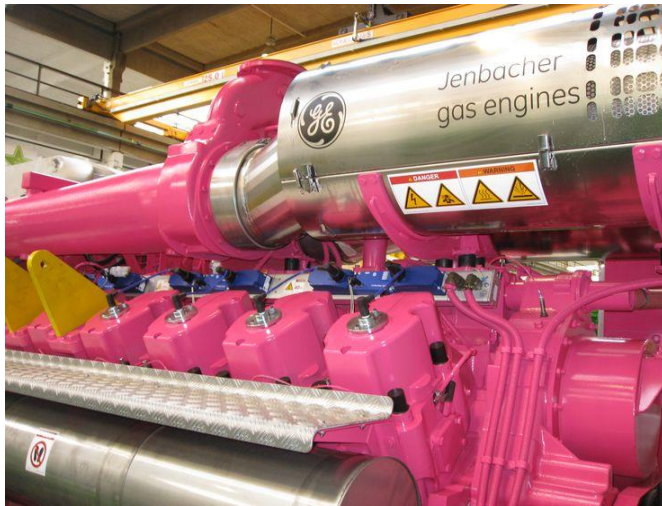


- Solar charged compacting bins
- Vending machines for waste
- Recycling pharmaceuticals
- Reusing our cooking oils
- Commodotising our waste
- Composting our food



# Powering Health

## With onsite generation



- First Project of it's kind
- Partnership backing – GE, NHS Confederation and IHEEM
- Delivered through PFI variation
- Save £700K in energy costs
- 2,500 tonnes CO<sub>2</sub> saved
- Fully funded solution
- Improved resilience





# Food for Life Partnership

## Health, Education and Sustainability



- 1 of 3 pilot trusts for the FFLP pathfinder project
- 3 core themes; Health, Sustainability, Education
  - Food Education Skills
  - Catering Quality Standards and Certification
  - A Health Promoting Setting
  - Patient Dining Experience
  - Community and Partners
- Supports public health and health and wellbeing agenda
- Engages patients



# Hospital Pathfinder Pilots: provisional framework diagram

**HEALTH**

**SUSTAINABILITY**

**EDUCATION**

**FOOD EDUCATION  
AND SKILLS**

e.g. support cooking  
and growing skills  
development

**CATERING QUALITY  
STANDARDS AND  
CERTIFICATION**

e.g. improve food  
quality through FFL  
Catering Mark:  
patients, staff and  
visitors

**A HEALTH  
PROMOTING  
SETTING**

e.g. leadership on  
developing a good  
food culture  
throughout the  
hospital

**PATIENT DINING  
EXPERIENCE**

e.g. dining  
experience tailored  
to maximise positive  
experience for  
different patient  
groups

**COMMUNITY  
AND PARTNERS**

e.g. Connect  
hospital and  
relevant social care  
settings in the  
nutritional support  
of patients into post  
discharge life

# 14:14

## Planting the seeds of change



- Getting the NHS to grow their own
- Reducing the carbon footprint of patient meals
- Delivering a sustainable legacy for local grown produce
- Engaging communities to support their NHS
- Evidence – Therapeutic Benefits
- Fitness/Well Being/Recovery
- Integrating Health and Sustainability
- @dayforaction Guidance
- [www.14:14campaign.com](http://www.14:14campaign.com)





# Lambeth Food Co-op

Supporting the community, supporting the NHS



# Lancashire Care

## Growing their own

Lancashire Care **NHS**  
NHS Foundation Trust



The Estates and Facilities Department are proud and excited to announce

### The Grow Your Own Project

Working in Partnership with the SDU (Step Down Unit) in Secure Services.

The project will bring people together and promote an active and engaging lifestyle as well as benefiting local wildlife and the environment

Together we are dedicated to provide a sustainable project with the purpose to grow our own produce and harness the mood-boosting power of gardening

The project will also provide fresh produce that will be prepared and served in the Guild Lodge kitchen promoting healthy eating and living



# This is all 'NHSable'





# NHS Sustainability Day



Barts Health  
NHS Trust



- National day of action and engagement across NHS on Climate Change
- 75% of NHS took part 300 participating in 2014
- 50,000 website hits, 700 twitter followers, 1,000 newsletter subscribers
- Creating a legacy for our communities
- Amazing support and endorsement – NHS England, Public Health England, Royal Colleges, associations, Institutes, politicians and celebrities
- Internationally showcasing NHS
- IPCC report on Climate Change

[www.nhssustainabilityday.co.uk](http://www.nhssustainabilityday.co.uk)

 @dayforaction



# NHS Sustainability Day Awards

Blazing a trail – Celebrating Success

## Award Categories



Waste

Sponsored by Big Belly Solar



Energy

Sponsored by Carillion



Behaviour Change

Sponsored by Low Carbon



Europe  
Transport

Sponsored by Skanska



Food

Sponsored by ISS Facility



Services  
Procurement

Sponsored by SRCL



Carbon

Sponsored by British Gas



Water

Sponsored by ADSM



Clinical

Sponsored by PHS Group



Community

Sponsored by Medirest



Overall winner

Sponsored by Carillion

**65 Entries**

**11 Categories**

**11 Winners**

**7 Highly  
Commended**



# David Cameron plants one of 500 trees on NHS Sustainability Day 2014







**Next year...**  
**Working towards**  
**a zero carbon NHS**



# In the news last week...

**THE LANCET**  
**Letters to the Editor**

News | **Opinion** | Business | Money | Sport | Life | Arts | Puzzles | Papers

## Global warming threat to health

Published at 12:01AM, March 29 2014

**More than 60 leading physicians and medical scientists call for an urgent response to climate change**

Sir, On Monday the Intergovernmental Panel on Climate Change (IPCC) publishes its latest report on the current and projected impact of global warming and climate change. The report will add substantially to the existing evidence that climate change represents, as *The Lancet* put it, "the greatest threat to human health in the 21st century".

Leaked drafts of the report describe how human health and social stability will suffer. Altered patterns of disease, extreme weather events, food and water scarcity, human migration and violent conflict will affect hundreds of millions of people within our lifetimes and those of our children. These impacts are already affecting populations worldwide.

The IPCC is not alone in its conclusions. The American Association for the Advancement of Science confirms that "the wellbeing of people of all nations [is] at risk" and that there is now a "real chance of abrupt, unpredictable and potentially irreversible changes with highly damaging impacts" on people around the globe.

As medical professionals, we call for immediate preventative action through a drastic reduction of greenhouse gas emissions and rapid transition to a zero-carbon world, at a pace far beyond that which is already planned. This will require transformative and radical change to energy policies, patterns of consumption, and transport systems, among other things. Such change may be considered disruptive and difficult, but such actions are necessary and can bring enormous benefits to human health and wellbeing both in the short term and in the years and decades to come.

Never before have we known so much and done so little. Failing to act decisively and quickly will inevitably cause great suffering and have potentially catastrophic consequences.

Sir Richard Thompson  
Royal College of Physicians  
Sir Sabaratnam Arulkumaran

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## IPCC report: 'No one will be untouched by climate change'

Flooding, storm surges, droughts and heatwaves are among key risks of global warming that will pose growing threats to humans



By Danielle Demetrescu in Yokohama  
3:11AM BST 31 Mar 2014

Comments

No one on the planet will be untouched by the damaging effects of global warming in coming decades, the chairman of the organisation behind the world's most comprehensive climate change study to date warned on Monday.

Flooding, storm surges, droughts and heatwaves are among key risks of global warming that will pose growing threats to humans in the future due to rising temperatures.

Climate Change





**Together we achieve more...**





**Video**  
**NHS Sustainability Day 2014**



Imagine knowing that we've done our best to improve health and minimise our impact on the environment.

