10 Ways to Act on Climate

Here is a short guide to acting on climate change as a health professional, in your community and as an individual.

As a health professional

1 **Speak to your patients and clients**
You are uniquely powerful in communicating the health impacts of climate change to your patients. When speaking to your patients and clients, you can outline how that particular person, or their family, may be affected by climate impacts. For instance, you could explain to older patients the risks during intensified heatwaves, or the risks to those with respiratory illness from bushfire smoke. For ideas on how to discuss climate change with patients and clients, head to caha.org.au/act

2 **Speak to the media**
Health professionals are the most trusted source of information on the health impacts of climate change. By participating in interviews, writing op eds and more, you can get this important issue on the public agenda. Join CAHA's national register of media spokespeople. We run monthly media training sessions and offer ongoing support.

3 **Join your green team at work**
If you care about climate change, chances are that others in your workplace do too. Find out if your workplace has a sustainability team and/or someone in a sustainability role. Take part and offer your support. If no such group exists, start one.

4 **Sign up to a sustainable healthcare program**
Lobby your workplace to join the Global Green and Healthy Hospital network — a free collaborative network of health organisations who are reducing their environmental impacts for a healthy future for people and the planet. Find out how your workplace can become a member here.

Email gghh@caha.org.au for more information.

In your community

5 **Engage with your local MP**
Build a meaningful relationship with your local MP to lobby for climate action and sustainability in your area – call, email, write, and meet with your local MP online or in person to have your voice heard and hold them accountable on their climate action strategies.

6 **Volunteer your time**
Become a member of a local environmental sustainability group at your local council, school, university or workplace. Volunteer jobs are advertised on EthicalJobs, Seek Volunteer and Pro Bono.

7 **Talk to your friends and family**
Most Australians care about climate change, but they can feel isolated in their concern because we tend not to talk about it. Personal conversations can bring family and friends a long way in thinking and acting on climate. This evidence-based guide provides advice for starting these conversations with the people you know. Once you've found people in your life who are concerned, plan to take action with them.

As an individual

8 **Learn how climate change impacts health**
There is no end to excellent resources for learning about climate change and its health impacts. Try:

→ Climate Change is a Health Issue briefing paper by CAHA

→ Climate Change and the Implications for Human Health, six-minute podcast by WHO

→ The 2020 special report of the MJA–Lancet Countdown on health and climate change

And join our Climate Health Champions Facebook group to keep up-to-date on the latest resources!

9 **Reduce your carbon footprint**
Five ways to start:

→ Eat less meat
→ Use more active and public transport
→ Rather than buying new – reduce, reuse and recycle
→ Reduce your energy use at home
→ Buy GreenPower from your energy provider, or install solar panels if you can

10 **Divest your money**
Many Australian banks and superfunds invest in fossil fuel projects. So take your money away from them!

Find out if your bank invests in fossil fuels. If they do, follow this step-by-step guide to change banks.

Find out if your super fund invests in fossil fuels. If they do, change to one of the super funds marked 'Comprehensive' – these have no exposure to any fossil fuel projects.

For all the resources in this action guide, head to caha.org.au/act ↗

CLIMATE AND HEALTH ALLIANCE

Now it's time for you to take action

Pick three actions which you would like to do, and fill out this plan to get started!

What action am I taking?	When will I do it?	How will I do it?
Action 1		
Action 2		
Action 3		

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