



**ROUTE MAP FOR
SUSTAINABLE HEALTH**

A sustainable health, public health and social care system

The health and care system is committed to meeting the carbon reduction targets set out in the Climate Change Act 2008. From the benchmark set in 1990 we need to have reduced carbon emissions by 34% by 2020, 64% by 2030 and 80% by 2050.

The health impacts of climate change, increased demand on services and financial pressures means the health system faces many challenges in meeting patient needs in a sustainable manner.

“What should I do?” and “where do I start?” are often the first questions asked. The Route Map can help answer these questions and set organisations on the journey to a more sustainable health system.

Creating a sustainable health and care system will require transformation and a new way of thinking. It envisages many shifts such as in the table below.

What is the Route Map?

The Route Map is built on extensive work carried out over the last 5 years by the SDU and a number of organisations.

The Route Map is a framework for action to develop a sustainable health system. It identifies areas that require progress in order to save money and resources, improve health and make changes future proof. It describes the roles we need to play and where we can continue to make a difference.

Above all, it forms the basis for highlighting opportunities and coordinating action so sustainable healthcare can be implemented at a local, regional, national and international level. It requires an integrated approach by organisations across the health and care system collaborating to create opportunities by maximising resources and minimising duplication.

How to use the Route Map

The Route Map covers six themes and runs over three time periods.

The time periods are:

- 1. Getting started** – where understanding the context and what needs to be done is vital, and where action needs to begin;
- 2. Transition phase** – where there is an expectation that sustainability is becoming the norm and we are definitely on the way to a sustainable health system;
- 3. Transformation occurs** – where sustainability has become totally routine, culturally embedded, and self regulating.

These three phases are designed as a journey from where we are now, to where we need to be. It is important to note that despite some of the phases being set in the future, work needs to begin on all of them today.

The six themes are divided between the three headings of Behaviours, Standards and Innovation

Examples of immediate action you can take now.

Start now on some of the work streams below and tell us what you are doing:

Behaviours:	Standards:	Innovation:
Society Work with patients, staff and the public on key sustainability issues and the future of health and social care e.g. recycling/transport/re-use of medicines. <i>Leads to:</i> Organisations describe services based on sustainability criteria, taking into account full life cycle costs. This is explained to public and patients.	System governance Organisations embed sustainability into mandatory board business, annual reports, regulatory frameworks, & training. Adaptation plans are developed and integrated. <i>Leads to:</i> Full life cycle costing methodology is developed and can be easily used for all board & business decisions.	Models of Care Commission services so sustainability is part of the core criteria and invest in health and prevention. Evaluate Models of care based on environmental criteria. <i>Leads to:</i> Develop cross system joint sustainable service plans. Integrate with a benefits realisation process and risk assessment process.
Individual Work with individuals to choose sustainable lifestyles and products. E.g. transport, food. <i>Leads to:</i> People asking questions of services and providers to know how decisions are made and then make choices accordingly.	Use of resources Use food, water, waste, energy and human resources efficiently by improving measurements and procedures and installing smart meters. Build on the research needs identified. <i>Leads to:</i> Development of full carbon analysis for all resources and services. Health business decisions take full impact analysis into account.	Technology Encourage innovation boards, procurement processes and business cases to promote sustainable technologies. <i>Leads to:</i> Ensure technology developments support wellbeing and reduce inequalities.

From health and social care as institution led services based on needs	To community focussed health and social care based on needs and assets
From a predominantly medicalised approach	To a more holistic approach that empowers individuals and communities
From a focus on sickness	To a focus on being well
From professional centred	To person centred
From isolated and segregated	To integrated and in partnership
From buildings	To healing environments
From decision making based on today's finances alone	To decision making that also accounts for current and future impacts on society and nature
From single indicators and historical measurements	To multiple balanced scorecard information in real time
From sustainability as an add on	To integration in culture, practice and training
From waste and overuse of all resources	To a balanced use of resources where waste becomes a resource
From nobody's business	To everyone's business



What you can do next

Use the Route Map to plan your journey to a more environmentally friendly and sustainable future.

Become an active member of the Route Map community sharing your thoughts and any examples of good practice. Every person, every organisation and every network has a role to play in helping the health system become fit for the future.

**Join the route map community at
www.sduhealth.org.uk/routemap**

This folder contains a Route Map template for you to fill in. Additional copies can be downloaded from the website.

Working across the NHS, Public Health and Social Care system.



Sustainable Development Unit (SDU)

Victoria House, Capital Park, Fulbourn,
Cambridge, CB21 5XB

E: england.sdu@nhs.net
W: www.sduhealth.org.uk

Follow us on Twitter @sduhealth

This publication is printed on 100% recycled paper and is printed using vegetable-based inks and a water-based sealant.

Published September 2013

© Sustainable Development Unit, 2013. All rights reserved
Designed and produced by: MJWebb Associates Ltd