

Waterloo Region Nurse Practitioner Led Clinic



Spring 2023 Newsletter: Presented by WRNPLC's Climate Crew

The Climate Crew was formed with the goal of promoting sustainable, eco-friendly practices in our clinics and at home. The Lancet Commission on Climate Change has identified climate change as both the greatest global health threat and opportunity of the 21st century. By reducing carbon emissions and promoting the following initiatives, WRNPLC is contributing to a greener, healthier future for our patients and our community.

Prescribing Nature

- Studies have shown that time in nature provides benefits for many health issues, such as hypertension, anxiety, depression, fatigue & stress. Check out parkprescriptions.ca for more information about these benefits
- The recommended 'dose' is 2 hours per week/20 minutes at a time
- Look for trails or parks in your neighbourhood. Any meaningful contact with nature counts—even sitting on a park bench or in your garden
- Consider joining our spring Walk and Talk program starting May 23rd. Speak to reception or email patient@wrnplc.ca to register



Plant-Rich Eating



- Animal agriculture is responsible for 70% of the global surface water & groundwater use¹
- Adding more plants to your diet can benefit both you and the environment. Health-based benefits include decreased cardiovascular risks, lower LDL cholesterol, and decreased risk of stroke. Try adding one meatless meal to your menu each week. Check our spring bulletin boards for some recipe inspiration!
- <https://food-guide.canada.ca/en/kitchen/> has tips for healthy eating on a budget and collections of recipes that are kid-friendly, quick, and some that don't require cooking

Medication Practices

Medication production, distribution, and waste are major contributors to health care greenhouse gas emissions. Here are some things you can do to ensure you are using medications wisely:

- Avoid antibiotics for viral infections such as colds or flu
- Purchase only the quantity of over-the-counter medications that you will use to avoid waste
- Return unused medications to the pharmacy or to WRNPLC for proper disposal
- Ensure you use correct inhaler technique and ask your provider about switching to a non-HFA inhaler

Recycling and Composting

Did you know that the Region of Waterloo has a Waste Whiz app to help you sort your waste into blue bins, compost, and garbage? It's free and easy to use.

Some materials that you may not realize are recyclable: takeout coffee cups (separate the cup and lid before placing both in the Containers Blue Bin) and some types of plastic bags (stuff inside one bag and tie shut; place in Paper Products Blue Bin).



Reference

1. Doreau, M., Corson, M. S., & Wiedemann, S. G. (2012). Water use by livestock: A global perspective for a regional issue? *Animal Frontiers*, 2(2), 9-16.