From a meat-based to a plant-based diet: Driving change in a children’s hospital for chronic diseases in Bavaria

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- Meat: 300-500 g/week (National German recommendation): 15.6 kg/year
- Current consumption: 59.5 kg/year
- 4 fold higher than recommended
- Calculated avoided deaths: 188 per 100,000
- Eating meat 'raises risk of heart disease, diabetes and pneumonia'
Global climate change tipping points
from The Critical Decade, Australia Climate Council, 2013

Most tipping points are Arctic, which are amplifying self & inter reinforcing feedbacks

CH4hydrate N. American ocean floor methane hydrate added

Permafrost
Boreal Forest

Southwest North America Drought
Past committed tipping point?

El Niño - Southern Oscillation
Amazon Rainforest

Atlantic Thermohaline Circulation

Greenland Ice Sheet

Cold Water Coral Reefs?

Indian Summer Monsoon

Himalayan Glaciers?

Tropical Coral Reefs

Ocean Methane Hydrates?

Past committed tipping point?

West Antarctic Ice Sheet

Marine Biological Carbon Pump?

Dust Source Shut Down?

Tipped

Positive global warming amplifying feedback

Biome loss
Circulation Change
Melting
Greenpeace Magazine

We need forests to breathe - not for meat production
‘Climate Change is the biggest global health threat of the 21st century’

Impact of Climate Change on Human Health

- Injuries, fatalities, mental health impacts
- Asthma, cardiovascular disease
- Heat-related illness and death, cardiovascular failure
- Malaria, dengue, encephalitis, hantavirus, Rift Valley fever, Lyme disease, chikungunya, West Nile virus
- Forced migration, civil conflict, mental health impacts
- Respiratory allergies, asthma
- Extreme heat
- Air pollution
- Increasing allergens
- Changes in vector ecology
- Water and food supply impacts
- Water quality impacts
- Malnutrition, diarrheal disease
- Cholera, cryptosporidiosis, campylobacter, leptospirosis, harmful algal blooms
- Severe weather
- Rising temperatures
- More extreme weather
- Increasing sea levels
- Rising CO2 levels
Facts

Thy food be your medicine

Average 3,50 Euro per day spent on food and nutrition in German hospitals

FKG 4,10 Euro per day

Organic food 5,50 Euro/day
Penguin Change Management

1. Establish Urgency
2. Create the Guiding Team
3. Develop a Vision and Strategy
4. Communicate for Understanding & Buy-in
5. Empower Others to Act
6. Produce Short-term Wins
7. Consolidate Gains & Produce More Change
8. Create a New Culture

Assessment:
- Compile Data
- Develop Change
- Communications & Learning Campaign
PCDA Cycle

01 PLAN
IDENTIFY the problem
DISCOVER where and why it started

02 DO
INVOLVE everyone and EXECUTE the plan

03 CHECK
ANALYZE to see if everything went as planned and if the expected result occurred

04 ACT
REFLECT on what can be changed

TURNING THE PDCA
PLAN • DO • CHECK • ACT
Team FKG

Thank you!
Veggie Day
BIO
nach
EG-Öko-Verordnung
Current organic food items

• Organic spices

• Regional organic vegetables and fruits
Current organic food items

- Organic wheat
- Regional bread
- Organic regional meat
Reduction of food waste

Less methan

Food waste

- 2016: 0.38 kg/person/day
- 2020: 0.26 kg/person/day

minus 32%
Canteen
Food presentation
Cooking classes
BR
National TV – Climate champion

Fachklinik Gaißbach als "Klima-Champion"
21.01.2021 · Abendschau - Der Süden · BR Fernsehen

Der Gesundheitssektor produziert ziemlich viele Treibhausgase – ein Problem, dem man an der Fachklinik Gaißbach nicht

https://www.ardmediathek.de/br/video/abendschau-der-sueden/
fachklinik-gaissach-als-klima-champion/br-fernsehen/
Y3JpZDovL2JyLmRL3ZpZGVVLzg2MDE3MTAxLWVmMmltNDUwMC1iM2U2LThhNDI0MDg1MmE2Yg/
The way forward

<table>
<thead>
<tr>
<th>Awareness and information</th>
<th>Vision: From meat-based to plant-based</th>
<th>Introducing one Veggy day to two veggy days per week</th>
<th>Expanding Organic Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Remove environmental questionable food such as Tuna (endangered, high toxic substances)</td>
<td>Intensifying nature related experiences with children and parents (gardening, active cooking)</td>
<td>Reduction of food waste</td>
<td></td>
</tr>
</tbody>
</table>
Transformation

- Active gardening
- Green procurement
- Plant based diet
- Food waste
- Locally produced food
- Organic food
- Awareness and information
- Cooking classes
- Hospital food
ISSUES IN PUBLIC HEALTH

Tackling the climate targets set by the Paris agreement (COP 21): Green leadership empowers public hospitals to overcome obstacles and challenges in a resource-constrained environment

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The healthcare sector itself contributes to climate change, the creation of hazardous waste, and water and air pollution. To mitigate the effect of healthcare provision on the deteriorating environment and avoid creating further challenges for already burdened health systems,
Klimaschutz im Krankenhaus

- Deutsches Ärzteblatt 13. März 2020
Golden Leadership Award 2020
The bigger picture...
Thank you!

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