



Resources for Planetary Health

Websites + Online courses

- [Greener Practice](#) – A primary care climate and sustainability network with many resources inc. [webinars](#)
- [Green Impact for Health toolkit](#) – A resource to help GP surgeries become more environmentally friendly
- [Green Inhaler](#) – A website explaining the carbon footprint of inhalers
- [Introduction to net zero](#) – Free e-learning module aimed at healthcare professionals
- [SEE sustainability](#) – Lots of resources on carbon literacy and foot-printing
- [Centre for Sustainable Healthcare](#) – Courses + resources for net-zero healthcare
- [Greener NHS](#) – The NHS plan for a net-zero NHS
- [UK Health Alliance on Climate Change](#) – Advocates for actions on climate change that promote public health
- [Gold Standard](#) – Information and resources for how to create a safe climate and more sustainable world
- [The Planetary Health Alliance](#) - Lots of information and education resources on planetary health
- [The Planetary Health Academy](#) – A free on-line international lecture series on Planetary Health
- [Choosing Wisely](#) – helping clinicians and patients to choose care which is evidence based and truly necessary
- [Health Emergency of Climate Change](#) – A free webinar series by the Royal Society of Medicine
- [The Lancet Planetary Health journal](#) – Open access monthly journal

Articles + Reports

- [The Lancet Countdown on Health and Climate change: 2020 report](#)
- [The EAT-Lancet Commission summary report](#) – A look at sustainable food systems
- [Health Care without Harm report](#) – Global Road Map for Health Care Decarbonization
- [Co-benefits of climate change mitigation in the UK](#) – A report from the Grantham Institute
- [The WHO Global Strategy on Health, Environment and Climate Change](#) - A strategic view on how the world and its health community need to respond to environmental health risks and challenges until 2030
- [The Climate Coalition Health Report 2021](#)
- [What lies Beneath](#) – A report by the Breakthrough Centre, Australia
- [Sustainable and environmentally friendly general practice](#) – A BMA guide
- [6 steps to both greener and better primary care](#) – A BMJ article by Dr Aarti Bansal + Grant Blashki
- [50 simple ways to make your life greener](#) – A Guardian article
- [How to help patients transition to a healthy + sustainable plant-based diet](#) – BJGP article

Books – available from most libraries

- *There is no Planet B* by Mike Berners-Lee
- *How bad are bananas: the carbon footprint of everything* by Mike Berners-Lee
- *Six Weeks to Zero Waste* by Kate Arnell
- *The Sustainable(ish) Living Guide* by Jen Gale
- *The Uninhabitable earth* by David Wallace-Wells
- *Doughnut economics* by Kate Raworth
- [Emergency on Planet Earth](#) by Dr Emily Grossman (online book)
- *On Fire: The burning case for a Green New Deal* by Naomi Klein

Podcasts

- [How to Save the Planet](#) – Friends of the Earth
- [BBC Earth Podcast](#)
- [Four Thought](#) with Dr Tamsin Ellis
- [The Ecodoc podcast](#)
- [The Green Pill podcast](#)
- [The Sustainable\(ish\) podcast](#)
- [Irish doctors for the environment](#)

Videos

Films & Documentaries

- [Climate Change: The Facts](#) – BBC documentary with David Attenborough – a must watch
- [Our Planet](#) - Netflix series exploring Earth's habitats and the effect of climate change on them
- [Kiss the Ground](#) – Documentary exploring the importance of soil and its effects on the climate
- [Before the Flood](#) – A look at some possible solutions to climate change
- [Cowspiracy](#) – A closer look at the animal agricultural industry
- [Seaspiracy](#) – Documentary about the fishing industry
- [Chasing Coral](#) - Netflix documentary exploring the state of the World's reefs
- [An Inconvenient Truth & an Inconvenient Sequel](#) - Al Gore's films from 2006 + 2017

Short Clips & Animations

- [Climate change is a health issue](#)
- [The effects that climate change has on respiratory health](#)
- [Can healthy food save the planet?](#)
- [Green Prescribing](#)
- [How can taking action on climate change make all our lives better?](#)
- [Environmental justice, explained - YouTube](#)

Have you got a great resource to add to this list? All suggestions welcome.
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