Opportunities to advocate for surgical sustainability locally

**Opportunities at home**
1. Recycle and compost at home
2. Source home energy from non-fossil fuel sources (individual vs community solar, wind power, hydropower, nuclear energy)

**Hospital-level engagement**
1. Found or join OR green team (see ACS OR Green Team guide).
2. Petition hospital administration to hire a clinical sustainability leader
3. Encourage hospital leadership to fund a carbon emissions audit

**Personal Finance opportunities**
1. Consider investing in an environmentally sustainable portfolio
2. Request environmentally sustainable 401K fund options through employer
3. Prioritize verified environmentally sustainable brands/products

**Local and specialty-wide policy**
1. Join state-wide advocacy groups (consider cross-specialty options)
2. Follow local environmental bills, provide clinician testimony
3. Encourage virtual options for professional events

**Travel opportunities**
1. If commuting with a fossil-fuel burning personal vehicle, consider alternatives: walking, biking, public transit, EV
2. Reduce frequency of personal airplane travel

**Surgical and clinical practice**
1. Streamline instrument preference card to limit unused items
2. Provide OR sustainability education for trainees
3. Offer virtual clinic appointments, when clinically appropriate

**Nutrition Options**
1. Reduce red meat intake and increase reliance on plant-based diet
2. Purchase locally sourced produce, where available
3. Improve meal planning and leftover intake to reduce food waste

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### RESOURCES FOR CLINICIANS

- *The Medical Society Awards for Climate & Health*
- *Climate and Health Education*
- *Footprint Calculator*
- *GreenHealth*
- *UN Climate Change Courses*
- *Intervening Without Harm*
- *Medical Students for a Sustainable Future*
- *TRASH-CAN Trainee-led Sustainability Projects*
- *Univ of Colorado Climate & Health Fellowship*
- *Healthcare Without Harm Physician Leaders*
- *COAST: Trainee & Student-Led Climate & Health Research*

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### RESOURCES FOR RESIDENTS & MEDICAL STUDENTS

- *UN Climate Change Courses*
- *Intervening Without Harm*
- *Medical Students for a Sustainable Future*
- *TRASH-CAN Trainee-led Sustainability Projects*
- *Univ of Colorado Climate & Health Fellowship*
- *Healthcare Without Harm Physician Leaders*
- *COAST: Trainee & Student-Led Climate & Health Research*

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### RESOURCES FOR INDIVIDUALS

- *Univ of Michigan Center for Sustainable Systems*
- *Best way to reduce your carbon footprint (Science)*
- *MIT Climate Change Podcast*
- *Probable Futures*
- *EPA Household Carbon Footprint Calculator*
- *US Eco Label Index*
- *HBS Intro to Sustainable Investing*

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The impact of your individual effort is amplified when others follow suit! Find a way to share your success stories with your social networks, either informally on social media or more formally through written documentation.