



**Stanford** | Health Care  
MEDICINE | SUSTAINABILITY

# Healthcare Sustainability Action Plan

2023 Action Plan



TOPIC	ACTION ITEMS	BENEFITS (GENERAL)
Transportation	Use alternative transportation (public transport, walk, bike, or carpool) instead of single-occupancy vehicle travel to campus. Learn about Stanford Medicine’s sustainable transport options <a href="#">here</a> .	Taking alternative transportation reduces carbon emissions and decreases pollutants in the atmosphere, improving air quality in the community and on campus.
Transportation	Consider providing patients with telehealth options for appointments when possible.	Telehealth appointments can improve access to care and decrease stress by decreasing patient travel needs, and can improve air quality by directly avoiding vehicle related carbon and air particle emissions.
Buildings	Learn about the sustainability features of clinical buildings. Advocate for green features and certifications such as LEED certification.	LEED-certified buildings involve less construction waste, fewer harmful chemicals in building products, improved indoor air quality, increased natural lighting and are more energy efficient.
Energy / Water	Be energy and water smart. Evaluate how energy and water are used in your workspace and look for opportunities to conserve.	Small, timely improvements to water and energy efficiency can make a big difference over the course of a year. Opting for resource-efficient equipment, finding and using the sleep mode on electronics, or reporting a leaky faucet to the facilities team all save resources and contribute to quality, climate-smart healthcare.
Air Quality	Prevent the unnecessary waste of anesthetics. Learn about evidence-based fresh gas flow rates during anesthesia delivery, and evaluate opportunities to prevent the waste of unused Nitrous Oxide gas through system losses. In 2022, only ~10% of purchased Nitrous Oxide was delivered to patients.	Inhaled anesthetics are potent greenhouse gasses. Avoiding waste of these gasses directly reduces the carbon footprint of healthcare and supports workplace safety and air quality around the hospital.



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Waste	Replace single-use disposable isolation gowns with those that can be laundered and reused.	Opting for reusable products reduces the amount of waste sent to landfill, supports the local economy, and reduces the carbon footprint of healthcare.
Waste	Properly sort waste and discards after use.	Properly sorting used and waste materials reduces contamination risks, ensures safety and quality, and ensures the success of our waste reduction programs such as recycling and compost.
Supply Chain	Evaluate surgical supply preference cards or OR kit make-up for commonly performed procedures to determine if some items may be safely eliminated from the roster.	Preventing clinical waste through better resource planning avoids waste, reduces the carbon footprint of care related to the unnecessary products, and conserves healthcare resources - both material and financial.
Supply Chain	Evaluate and opt for sustainable product options when available each day, including green cleaning supplies, PVC-free clinical products, and high recycled-content copy paper.	Sustainable procurement supports a healthy environment and a healthy workplace by conserving resources and avoiding exposures to harmful chemicals.
Food	Opt for plant-based meals to support local farmers and promote optimal health.	Plant based meals require less energy and water than meat, and incur a lower carbon footprint, while providing a healthier meal option.