

Sustainability in Dietetics

KEY TAKEAWAY POINTS

Sustainability is measured by 3 key pillars

- Social
- Environmental
- Economic



Prioritisation is key

Developing a hierarchy of sustainability actions will help to establish priorities



Packaging considerations

Social

Is the product easy to use / administer for any patient demographic?

Environmental

Is it recyclable, lightweight and efficient to store / transport?

Economic

Does the packaging best aid the products longevity - reducing the possibility of waste product?

Reduce waste

- Use product samples and sample services prior to prescribing
- Consider utilising products that mitigate the need for additional ancillaries to administer



Recycle

If you do not currently have recycling facilities in wards, consider contacting your local waste management team

Resin Identification Codes

The three most frequently used plastics used in healthcare are:



Widely recycled
Can be recycled 1-2 times



Widely recycled
Can be recycled 7-10 times



Widely Recycled
Can be recycled 5-7 times



Transport

How a product is transported will have far greater influence on its environmental impact than how far it has travelled



Flight: USA to UK
6,121kg CO₂e per tonne



Container ship: USA to UK
19kg CO₂e per tonne



HGV: Manchester to London
24kg CO₂e per tonne



Avoid recycling contamination

Non recyclables:

- Clinical waste
- Items contaminated by food
- Small items with a diameter of <50mm
e.g. small bottles



Recycling Locator

recyclenow.com/recycling-locator