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## facts about physiotherapy and climate change



### 1

#### Preventive health supports environmentally sustainable healthcare

Physiotherapists can play their part by:

- promoting physically active lifestyles
- helping to prevent the onset and progression of disease
- reducing the demand for resource-intensive healthcare.



### 2

#### Clinics can reduce their carbon footprint through evidence-based initiatives

Physiotherapy practices should focus on:

- reducing energy use
- waste reduction
- decarbonising the supply chain
- influencing positive behaviour change by educating and training staff in environmental sustainability.



### 3

#### Physiotherapists can advocate for sustainability in climate policy

Advocacy approaches can include:

- making submissions to government on environmental legislation and policy
- supporting planning and infrastructure that encourages green spaces, walking and cycling paths
- supporting improved public access to high-value evidence-based healthcare
- pressuring decision-makers to adopt science-based policies and funding mechanisms.



### 4

#### Road maps help physiotherapists develop sustainable practice

To drive the behavioural changes needed:

- use risk management strategies to highlight vulnerabilities and contributing factors to climate change
- measure climate footprint to set baselines
- evaluate green space activities and evidence-based, low carbon models of healthcare
- motivate staff to engage with and commit to shared climate goals through collaboration, upskilling, community involvement, education and strategies to manage risk.



### 5

#### Physiotherapists need to engage with the United Nations Sustainable Development Goals

Climate change reduces the world's collective ability to achieve the SDGs because it:

- affects the social and environmental determinants of health, including clean water and clean air, life on land, life below water and sustainable cities
- has an inequitable impact on both physical and mental health and far-reaching social, economic and environmental consequences.



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