



Green+Leaders

2022 Annual Report



Table of contents

Welcome	3
Green+Leaders base camp	4
What do Green+Leaders do all day?.....	5
Green+Leaders are breaking new trails in sustainability	6
Sustainability grants	12
Next on the horizon	17
Did we “peak” your interest?	19

**"Today is your day!
Your mountain is
waiting, so get
on your way!"**

– Dr. Seuss



Welcome! The mountain is high, but we're climbing together.

As the new Green+Leaders community lead for staff engagement and sustainability initiatives across the four health organizations the Energy and Environmental Sustainability (EES) team serves, I would like to first thank my predecessors for laying the foundation for the community over the years. I take pride in my role, and have some big shoes to fill.

Thankfully, mine aren't the only shoes on the ground. Building the Green+Leaders community is a team effort. At every opportunity, EES team members discuss the Green+Leaders community, and everyone is always excited to inform others about the work we're all doing together, empowering and encouraging all of you to join in and initiate sustainability efforts at your respective health organizations.

It has been such a privilege to be involved in this community. The wisdom and wealth of knowledge that you have shared with us allows us to learn and grow, find new synergies and points of alignment, and see the world from different perspectives — all of which enriches the community, our workplaces and our lives.

We know that change in the health-care system doesn't always come easy — the largest mountains cannot easily be climbed — but we train, and we build our skills in having the patience, persistence and perseverance to bring about lasting and effective systems change. Every action — big or small, in any capacity or role, on a small team or in leadership, at home or at work — counts, and they make a difference!

We are all climbing together.

This year's Green+Leaders Annual Report tracks this empowering journey through some of your stories, our collective progress, and a view to what the future holds.

Thank you all,



Nina Akhtar,
Green+Leaders Community Lead,
EES team



Green+Leaders: Our sustainability base camp.

So what's it all about?

Green+Leaders are a community of health-care and medical staff taking action for environmental sustainability, and transforming health care for people, place and planet.

Expressing interest to become a Green+Leader starts with filling out a quick and easy registration form. Next, there's an orientation session that allows new Green+Leaders to meet each other and the community lead, learn a bit about environmental sustainability and health care, and figure out roles to play in creating a more sustainable workplace and health system. Together, we'll take action!

By joining the community, new Green+Leaders will have the opportunity to meet others at their site who share their passions, and get started building a team or kick-starting a sustainability project. By connecting with other like-minded colleagues, they can even build a community of practice across different work sites and health organizations.

They'll also gain access to quarterly e-newsletters that share Green+Leaders stories, useful resources, sustainability tips and more. This past year, Green+Leaders received several sustainability grants, kick-started various initiatives and participated in several learning events.

And, like everything in the GreenCare network, they won't be doing it alone. The EES team is always here to help with questions, address concerns and provide support on projects.

Learn more about the Focus Areas that Green+Leaders make a difference in!



Kay McQueen, Dietitian

What do Green+Leaders do all day? A lot.



Green+Leaders are breaking new trails in sustainability.

"Sustainability is living with gratitude and service, acknowledging what we have, and offering what we have to others. Sustainability is sharing!"

– Jaafar Aghajanian, Quality Analyst

SUSTAINABILITY STORIES



Gigi Wong Dispenses Hope

Gigi Wong, a clinical pharmacy specialist for quality with Lower Mainland Pharmacy Services, has long understood how our workplaces impact the planet.

Over the years, Gigi has worked to change several pharmacy practices. Her work integrates planetary health and continued stewardship for pharmaceuticals in the environment.

"Once someone cares, they will find a way to move forward."

[READ MORE](#)


Eileen Wong Advocates for Food as Medicine

Food waste is an issue that is personal to Dr. Eileen Wong, as she grew up in a household where food was never wasted.

By increasing long-term care residents' satisfaction with their meals, Eileen is reducing waste at Holy Family Hospital, with the goal of decreasing residents' food-related complaints by 20%. And it's working!

"We all eat food, we all need food, [so let's] make it the best we can, especially for people who are vulnerable."

[READ MORE](#)

SUSTAINABILITY STORIES



Maura Brown Leads Climate Crisis Management

In the summer of 2017, Dr. Maura Brown found herself stranded on Highway 3, which was closed due to raging wildfires that displaced many British Columbians that year. She made it home safely, but the experience was harrowing.

Maura's awareness of and desire to do more about climate change has led her to become the co-founder of the BC Cancer Planetary Health Unit, where she finds that every win reduces her climate anxiety.

"If we can inspire the majority of people to see how simple changes will improve their health, [and] benefit their families and communities, we may start to see the system change that will lead to a cleaner, greener and more just world for all."

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Annie Lalande Explores Sustainable Food Relationships

Annie Lalande is bringing a whole new understanding to the adage "you are what you eat".

A fourth-year UBC general surgery resident and second-year PhD student at UBC's Institute for Resources, Environment and Sustainability, Annie is currently researching the implications of treating food as a therapeutic intervention on hospital food services.

"By considering food as a therapeutic intervention, we can change the way we make decisions about how we source food, what type of food we serve, and how we support patients' health through food, while helping to be better stewards for our planet."

[READ MORE](#)

SUSTAINABILITY STORIES



Greg McKone on the Road to Lowering Emissions

For years, Greg McKone's work commute involved a 100 km round-trip to his worksite in Abbotsford. When the COVID-19 pandemic hit, Greg and his team switched to working from home for the first time.

It's been two years since they first made this switch, and by Greg's estimates, his five-person team is saving CO₂ emissions equal to eight long-haul flights from Vancouver to London, UK, every year; this makes a great case to continue advocating for workplace flexibility for Fraser Health employees.

"I hope all of us can examine our life and work and consider how we each can do our part and collectively fight climate change."

[READ MORE](#)

Suzan Lee Advances Climate Leadership

Suzan Lee actively acts on her ambition and enthusiasm for an eco-friendly lifestyle. In 2022, she joined Providence's Environmental Stewardship team to coordinate sustainability and climate resilience initiatives.

As the lead for the team's Communications & Education working group, Suzan's goal is to amplify sustainability projects and share progress and knowledge.

"Environmental sustainability takes effort, but every small action towards being eco-friendly can be fulfilling."

[READ MORE](#)

SUSTAINABILITY STORIES



Emily Doyle Serves to Conserve

Emily Doyle, a public health nurse at the Gibsons Health Unit, has been talking to diverse people about their health for the past 12 years. Increasingly, climate change and sustainability are coming up in conversations, and she is taking action.

In addition to supporting families in adapting to weather-related impacts of climate change, she has initiated several projects at work. Emily's willingness to learn and bring new ideas to her community have led to positive changes.

"I hope all of us can examine our life and work, and consider how we each can do our part and collectively fight climate change."

[READ MORE](#)


BC Cancer Surrey Green+Leaders Team Champions Sustainability Opportunities

It's been 10 years since this team of Green+Leaders formed, and they're still going strong!

In 2022, they continued to promote more sustainable practices at work, and in 2023, they're making waste reduction a key focus.

"As health-care providers, it is our responsibility to take care of people and take care of the environment to ensure both people and nature remain healthy."

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SUSTAINABILITY STORIES



Aggie Black Leads the Way

Aggie Black, Providence Health Care's director of research and knowledge translation, has already made sustainable choices in her personal life, but she knows more can be done to address the ongoing climate emergency.

Leveraging her voice as a trusted clinician, Aggie has rallied to urge others to take meaningful action. As a core facilitator on the Environmental Stewardship team at Providence, she is working to coordinate sustainability and climate resilience initiatives.

"Large actions are what is needed if we are to truly address climate change."

[READ MORE](#)


Amanda Breitreutz Takes Action for a Healthier Future

Amanda Breitreutz champions sustainable transportation methods by biking, taking transit and using car-share for commuting and client visits. She made the switch back in 2020 and is continuing to further her commitment and environmental stewardship.

Amanda is continually working to increase her colleagues' environmental awareness and find better ways to engage and improve her workplace culture.

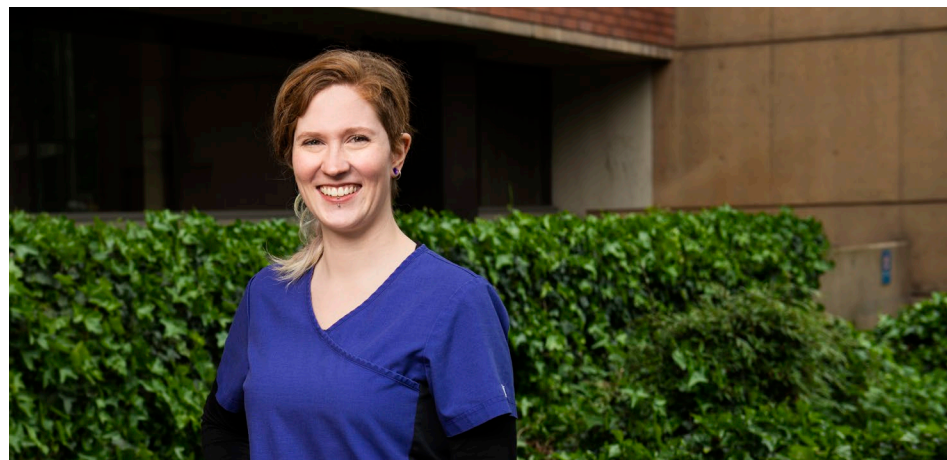
[READ MORE](#)

Green+Leaders take the lead with workplace sustainability grants.

**"Sustainability means
thinking about how our
choices and actions impact
seven generations to come."**

– Mitchel Vedder, Medical Laboratory Technologist

Pictured from top to bottom:
Lexy Wishlow, Medical Laboratory Technologist;
Corrinne Thompson, Radiation Therapist;
Nicky Calvert, Senior Development Coordinator





SUSTAINABILITY GRANTS

Each year the EES team partners with the Innovation Grants team to provide an opportunity for Fraser Health's Green+Leaders to make their ideas a reality. For the environment and sustainability grants, project proposals had to demonstrate how their project would reduce the impacts of climate change, including new solutions that could help save energy or water, reduce carbon emissions, and/or reduce unnecessary waste and toxic chemicals.

Five project proposals were received in 2022, and three projects were awarded funding.



Gigi Wong, Clinical Pharmacist, Quality

Elaine, you really put sustainability on the menu and added some zing to it!



Taking Climate Action — One Meal at a Time; House-Made Salad Dressing

Royal Columbian Hospital

PROJECT LEAD:

Elaine Chu, Regional Manager of Food Operations at Royal Columbian Hospital and Eagle Ridge Hospital

ACTION 1:

Hosted the first-ever Eat for Our Future event at Royal Columbian Hospital with more than 750 attendees

ACTION 2:

Replaced commercial salad dressing packets with house-made vinaigrette made with house-grown herbs

[LEARN MORE](#)

Florrie, you planted the seed and got things growing!



Celebrating Growth: A New Food Garden Nourishes the Burnaby Hospital Redevelopment Team

Burnaby Hospital

PROJECT LEAD:

Florrie Levine, Senior Leader, Design and Construction, Burnaby Hospital Redevelopment Project

ACTION:

Establishing a garden working group and planting a food garden at the new office

[LEARN MORE](#)

SUSTAINABILITY GRANTS

Each year the EES team partners with the Health Promotion Initiatives Fund (HPIF) team to sponsor a sustainability stream within PHSA. Green+Leaders across PHSA from all over B.C. and from various departments, sites and groups apply for funding to coordinate and implement innovative workplace projects that take a holistic approach to supporting employee health as well as sustainability.

In 2022, 24 project ideas were received, and 10 have been selected to move forward for funding amounts up to \$1,000 per project

Featured Project Name	Project Leads	Location
Patient Garment Bag Reduction Program	Adrian White, Clinical Services Manager and Nisha Mattu, Clinical Nurse Educator	BC Cancer Surrey
Reducing Carbon Footprints Using a Multi-Activity Approach	Tanis Wong and Justine Sanders, Project Managers, Clinical Informatics & Digital Health	BC Cancer

Adrian and Nisha, sounds like you've got this one in the bag!

Tanis and Justine, you really levelled up with this project!



Adrian White, Clinical Services Manager

Project Name	Project Leads	Location	
Improving the Rooftop Wellness Centre	Catherine Malette and Ryo Iwauchi-Paradis, ITT Paramedics	BC Ambulance Service Station 283, Vancouver	Catherine and Ryo, you've sowed a great idea that's sure to keep blossoming!
Radiation Therapy Nitrile Glove Recycling Pilot	Adrian White, Clinical Services Manager and Cara- Lee Claydon, Radiation Therapist	BC Cancer Surrey	Adrian and Cara-Lee, you and sustainability fit hand in glove!
Decrease Bottled Water Usage and Plastic Use	Scott Lequesne, Unit Chief and Dan Zawyrucha, Interior Manager	BC Emergency Health Services Station 337, Vernon	Scott and Dan, what a refreshing move!
Green Kitchen and Healthy Lunches	Jennifer Mauritz, Occupational Therapist and Anita Wetzter, Registered Dietitian	Women's Health Centre at B.C. Women's Hospital & Health Centre Vancouver	Jennifer and Anita, you've really put sustainability on the front burner!
Nitrile Gloves Recycling	William Ebong, Projects Coordinator	Michael Smith's Genome Sciences Centre, Vancouver	William, we've got to hand it to you: that's a sustainability win!
Resilience in Bloom: A Collaborative Garden Project	Katherine O'Donnell, Psychologist and Amanda Lamarche, Medical Support Clerk	Child and Family Clinic at BC Children's Hospital, Vancouver	Katherine and Amanda, you're a breath of fresh air!
Reduce, Reuse, Recycle	Jessica Chilton, Unit Chief	Emergency Health Services Paramedic Station 341, Kelowna	Jessica, you're making room for sustainability!
Station Garden	Jason Grindler, Unit Chief and Michael Zwick, Paramedic	BC Emergency Health Services Paramedic Station 103, Salt Spring Island	Jason and Michael, this is sure to be a fruitful project!

What's on the horizon?

In 2023, we will continue to raise awareness among staff and leadership on low-carbon, climate-resilient and environmentally sustainable health care. The Green+Leaders community will play a key role, along with others in the health system.

We will also continue to empower and motivate all staff to make meaningful contributions to reduce health care's environmental impacts, as well as provide and seek out new engagement opportunities for staff. This year, we hope to motivate more health-care staff to join the Green+Leaders community as sustainable changemakers.

In order to better support Green+Leaders in this journey, we are working on multiple strategies.

Together, we are continually unearthing and re-evaluating what Green+Leaders need, and what it means for Green+Leaders to feel empowered, recognized and connected.

"The best view comes after the hardest climb."

– Anonymous

We're reaching new heights together. Thank you!

When we work together, we climb higher.

In everything we do, from delivering high-quality health care to supporting our colleagues to achieving sustainability in the workplace, we benefit from knowledge-sharing and collaboration.

As Green+Leaders, each one of us has personal values, key skills and unique traits that inform and shape our actions to advance planetary health and contribute to better patient care, health organizations and communities.

Thank you all for joining us on this sustainability journey.



Did we “peak” your interest?

Thank you for reading this year’s report. We appreciate your interest in and commitment to environmental sustainability, leadership in your workplace and planetary health.

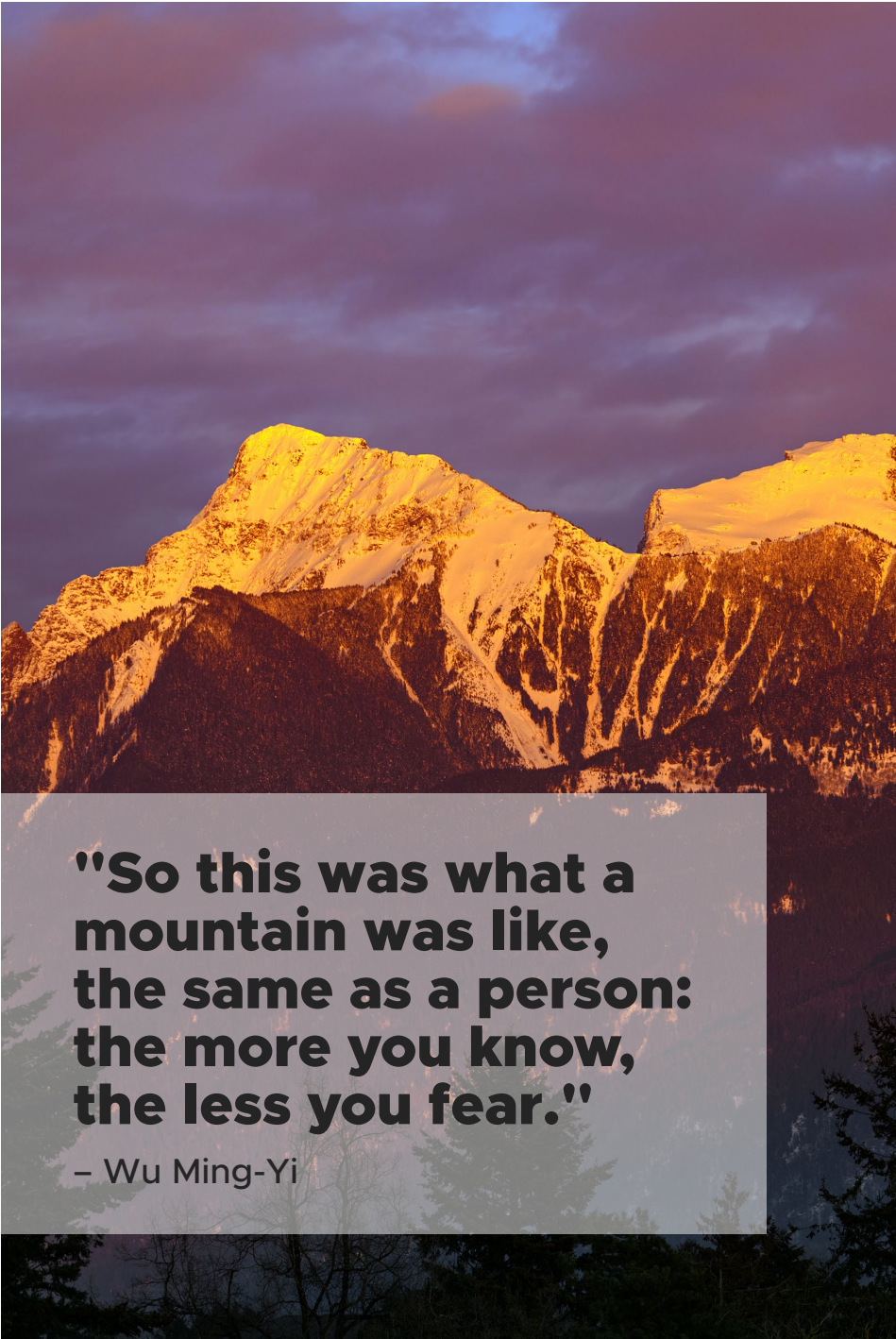
BECOME A GREEN+LEADER

If you aren’t already a Green+Leader, we encourage you to join. It’s a great way to make a difference and create the world you seek for yourself, your family and friends, and your community.

[JOIN NOW](#)

TELL US WHAT YOU THINK

We’re always looking for ways to grow, improve and connect. If you have questions or comments, we’d value hearing from you.

[CONTACT US](#)

"So this was what a mountain was like, the same as a person: the more you know, the less you fear."

– Wu Ming-Yi

GreenCare is B.C.’s health-care network for environmentally sustainable and resilient care, featuring news, progress updates, sustainability toolkits, events and much more.

[VISIT THE WEBSITE](#)

The EES team is a collaboration team created to ensure a regional approach to climate resilient and environmentally sustainable care.

[LEARN MORE](#)



A special thanks to [Be the Change Group](#)
for their work in creating this year's report.



On the cover: Jodi Shad, Medical Laboratory Technologist (top image); Susan Shyluk, Registered Nurse (bottom image),
Rick Molnar, Senior Manager, Facilities Maintenance & Operations (left image); Dr. Rashmi Chadha, Physician (right image)