

TOOLKIT



EDUCATE AND ADVOCATE

EDUCATIONAL TOOLKIT FOR CLIMATE CHANGE AND HEALTH

STUDENTS
FOR
**GLOBAL
HEALTH**

Coordinated Theme

@sfgh_ct



@SfGH_climate



Climate Change & Health - SfGH Coordinated Theme





CLIMATE CHANGE & HEALTH

COORDINATED THEME 2020-21



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INTRODUCTION

For the second year running, **SfGH's coordinated theme (CT) is climate change and health**. This year marks an important year in climate change campaigning, with COVID-19 recovery packages being implemented, and COP26 coming up in November 2021, hosted in Glasgow. As part of this coordinated theme, SfGH will be running a year-long project with the following goals:

- To increase **education and awareness** about climate change and health, how to take action, and why decision making events like COP26 and others are important
- To run **campaigns** related to climate change and to develop demands from the youth and health communities for governments
- To **amplify our demands** and focus on achieving concrete commitments and change from governments in the lead up to COP26

Advocacy efforts related to climate change and health will be based on the calls to action found in the Climate Change and Health Policy:

Climate Change and Health Policy:

https://medsinblog.files.wordpress.com/2020/10/aw20_ps_climate-change-and-health-amendment.pdf

INTRODUCTION

The campaign plan for the next year consists of two phases, designed to maximise our impact on climate change and health in the lead up to COP26 and in the COVID-19 recovery plans:

PHASE 1: EDUCATE

Estimated Time: Oct 2020 - Feb 2021



1 TO INCREASE AWARENESS

Goal: to increase education and awareness about climate change and health, how to take action, and why decision making events like COP26 and others are important

PHASE 2: ADVOCATE, ACT

Estimated Time: Feb - Nov 2021



1 TO RUN CAMPAIGNS

Goal: to run campaigns (mini and macro) related to climate change and to develop demands from the youth and health communities for governments

2 TO AMPLIFY OUR DEMANDS

Goal: to amplify our demands and focus on achieving concrete commitments and change from governments in the lead up to COP26

Different branches will have different plans for the year as specific issues and priorities vary greatly in different areas, and so this toolkit is designed to support you and give some ideas as and when needed.

For more detailed information and resources for running specific events or campaigns, please don't hesitate to get in touch with the CT team or the national committee.

CT team: coordinatedtheme@studentsforglobalhealth.org

Policy and Advocacy Director: pad@studentsforglobalhealth.org

Website: <https://studentsforglobalhealth.org/coordinated-theme/>

COP26 - WHAT IS IT?



What: COP26 is the 26th United Nations Climate Change Conference and will be held in Glasgow from the **1st - 12th November 2021**.


SfGH is working at the national level and across the network to ensure that young people around the country are heard in the run up to COP26 and that their voices are included in any proposals that are made at the conference. This will involve extensive lobbying and parliamentary engagement, but first we must raise as much awareness as possible to the importance and relevance of the conference and empower individuals so that their voices can be heard. The voice of the health community is also incredibly important, as the climate crisis is a health crisis, and SfGH can be a leading voice on this issue.

Why is this important? COP26 will bring together governments, civil society, businesses, city councils and more; it is a pivotal opportunity to effect significant and lasting change on a national and international level. There are so many passionate voices among young people advocating for planetary health; raising awareness of this event is critical to ensure that these voices are taken into account when the big decisions are made.

How: there are lots of ways to get involved in the run up to COP26:

- Join the COP26 national working group and/or get involved with their events and activities
- Raise awareness of COP26 and its importance, both within your branch and by engaging the wider community, as detailed in this toolkit
- Join our advocacy efforts: lobby local MPs to engage with COP26 campaigns and to include youth voices in their proposals, as detailed in this toolkit

GETTING STARTED



When you begin thinking about planning an event or piece of advocacy, it is useful to do some strategic planning using the NAOMIE framework. This framework is also being used by the national committee on our climate change and health work, so whilst you'll have lots of support as a branch or member, it's also great to apply this strategic planning to the work that you are doing locally.

Need: What issue needs to be addressed? E.g.:

- Climate change and its effects on health
- Climate change and its relation to injustice
- How can we build healthy and sustainable economies?

Aim: Long term intentions, what you want to achieve generally. E.g.:

- To increase parliamentary support for drastic climate action in line with scientific evidence
- To communicate the links between climate change and health to the public
- To encourage people to advocate for climate action both locally and nationally

Objectives: more specific (SMART) goals. E.g.:

- To run x events for y people by end of the year
- To incorporate climate change into the curriculum at your university
- To get your local MP to support a bill related to climate change

GETTING STARTED

Methods: what activities you will do to achieve your aims and objectives

- Events e.g. workshops, film screenings
- Campaigns e.g. raising awareness for COP26

Implementation: how activities will be delivered

- Resources (including budget)
- Refreshments
- Timing
- Bookings
- Advertisement

Evaluation: assess progress and whether aims and objectives have been achieved

- Pre- and Post-event feedback
 - Impact assessment questionnaire (link below)
- Monitor campaign progress
 - Social media engagement
 - Number of people engaging with MPs

[Link: Impact assessment questionnaire template](#)

AWARENESS-RAISING

There are many different ways to generate discussion around climate change and health.

The national committee will be planning some events to raise awareness of climate change and health. A range of tools will be used to spark discussion on climate change, such as:

- **Podcasts**
 - To bring awareness and initiate discussion on often ignored topics
- **Webinars**
 - Providing free and low-cost, non-format education to equip advocate with the necessary knowledge to use their voices effectively
 - We will work with Action for Global Health to co-host a webinar
- **Talks and debates**
 - To raise awareness of, and bring evidence-based arguments to, often controversial and politicised topics
 - These discussions will include professionals within Global Health as well as youth representatives.
- **Film screenings**
 - Outlining the impact of climate change on communities.
 - We aim to reach out to Global Health Films Screening to collaborate on a national level.



AWARENESS-RAISING

Principles:

- **Be inclusive**; make sure that you also reach out to local groups and go beyond the university
- **Link your education to advocacy**; give people things to do and ways to get involved
- Demonstrate the importance of your topic and **why** people should care about it
- Provide plenty of **opportunity for interaction** and two-way discussion
- If you are discussing a particular community or group e.g. how climate change affects refugee rights, try to **get voices from that community or group involved** in your awareness raising event

Ideas for topics to consider:

Health implications

- Infectious disease
- Non-communicable diseases (NCDs)
- Mental health
- Air pollution
- Impact on food systems
- Natural disasters and health:
 - Flooding, hurricanes
- Co-benefits of climate action
- Biodiversity destruction and zoonotic diseases


Climate Justice

- Inequality and climate change
- Migrant and refugee rights
- Women's rights
- International development
- Indigenous communities
- Climate justice and racial justice

Other

- Climate governance
 - E.g. what is COP26 and why is it important?
- Impact on the emergency services
- Climate change, health and economics
- The fossil fuel industry
- Green new deal
- How can health systems adapt to climate change?

EVENTS



Hosting an event is one method of awareness raising, and different events have different advantages over others. During COVID-19, lots of events have moved online; this can be challenging but also provides new opportunities, for example:

- Speakers can be from different parts of the world
- You can reach out to other branches and invite their members to your event, or even host the event on a national level
- The event can be recorded for others to use at a later date
- Polls can be used to get feedback within the event

Events which particularly lend themselves to being moved online include:

- Lectures and webinars
- Workshops
- Panel discussions

Should you need assistance running an online event, the national committee has a zoom account which you may book to use. Please get in touch with your regional coordinator if you would like to use this. Google Meet is also available with your branches' SfGH email, which now has a handy polling and Q&A feature.

WORKSHOPS



Good for...

- Facilitating discussion between participants
- Keeping the session interactive
- Sharing many different opinions
- Developing skills such as communication, planning and strategising

Challenges...

- May require previous subject knowledge
- Can require more organisational planning

All branches will be recommended to run at least one theme-focused workshop within their branch. Each attendee will be provided with a certificate for their participation.

Example framework for running a 1 hour workshop:

1. Introduction: what is climate change and why does it matter?
- 5 mins
2. Brief discussion of the links between climate change and health.
- 5 mins
3. Small group discussions: - 10 mins
 - a. E.g. Each group is given a city around the world and considers the different ways climate change may affect the health of their citizens.
 - b. Encourage outside the box thinking such as impacts on mental health, community and safety.
4. Debrief small group discussions. - 10 mins
5. Introduction of a second concept e.g. co-benefits. - 5 mins
6. Discussion about the use of co-benefits within healthcare institutions to promote action on climate change. - 10 mins
7. Action: signposting towards organisations tackling climate change and health and next points of action. - 10 mins
8. Debrief and questions - 5 mins

FILM SCREENINGS



Good for...

- Can deliver a strong narrative
- Relatively simple to prepare
- Entertaining; can attract a broader audience
- Can be combined with a Q&A session which provides space for discussion after the film

Challenges...

- Topic can be quite narrow
- Potential lack of films relating directly to the health aspects of climate change
- Speakers may be difficult to find; often must be booked well in advance

Example: "This Changes Everything"

A previous film screening featured a film about the Standing Rock Indian Reservation, "This Changes Everything". The screening was followed by a question and answer session featuring an indigenous leader who was at standing rock.

The event can also be a platform for raising money for charities supporting those affected by the issues covered in the film.

If you have any questions, or want more information on accessing rights and permissions to films, contact the CT team or national committee (see toolkit introduction for contact details).

FILM SCREENINGS



Film ideas:

- *This Changes Everything*
- *2040*
- *A Life on Our Planet - David Attenborough*
- *Climate Change: The Facts*
- *Ice on Fire*
- *Aquarela*
- *Honeyland*
- *On a Wing and a Prayer*
- *An Inconvenient Truth*
 - *Sequel: Truth to Power*
- *Chasing Coral*
- *Merchants of Doubt*
- *Before the flood*
- *The Island President*
- *Blowout: Inside America's Energy Gamble*
- *The Condor and the Eagle*
- *Last Call for the Bayou: Five Stories from Louisiana's Disappearing Coastline*
- *Mossville: When Great Trees Fall*
- *The Story of Plastic*
- *The Pollinators*
- *The Hottest August*
- *The Last Trap Family*
- *The Last Man Fishing*
- *The Seer and the Unseen*
- *Kirafu*
- *Anthropocene: The Human Epoch*
- *Watermark*

PANEL DISCUSSIONS



Good for...

- Exploring difficult concepts in depth
- Allows experts in the field to talk about the relationship between climate change and health
- Audience engagement
- Creating a platform for multiple perspectives on a topic

Challenges...

- Important to include an interactive element
- Subject may be very niche which can make it more difficult to attract large numbers of participants

Top tip: Discussion about climate change and health can be combined with other subjects, such as a broader conversation on capitalism, sexism or healthcare systems. This creates a wider audience and shows how climate change is a multifaceted subject.

Topic ideas:

- Climate change and health: how do we create a healthy future?
- Climate change and sexism: how does gender affect your life within climate change?
- Racism and climate change
- Can we solve climate change in a capitalist economy?
- Can the NHS be sustainable?
- Is the climate crisis a mental health crisis?

Speaker suggestions:

- Lancet countdown
- LSHTM (climate change and health doctorates)
- Charities and external organisations e.g. Medact, Climate Coalition, Friends of the Earth (and many more)
- University lecturers

CAMPAIGNING AND ADVOCACY

Here are some ideas for targets and objectives for your climate change and health work.

Involving your university or local department can be a fantastic way to get started. Universities can hold a lot of power, so involving them can help accelerate change and also allow for more permanent structural changes for the future. However, this does often require a lot of persistence and take a long time.

Examples:

- **Divestment campaigns / Fossil Free**
- **Getting climate change into the curriculum**

For more information on how to influence policy and run campaigns, check out the resources that will be released throughout the year by the Policy and Advocacy team.

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CC IN THE CURRICULUM



Aim: to get universities across the UK to incorporate teaching on climate change, in particular on climate change and health, into their curriculums, especially for those courses focussed on health. This is in line with the calls to action in the [climate change and health policy](#).

Why: Education is fundamental to ensuring that future generations of professionals are equipped and empowered to tackle big issues. Climate change is a broad topic that will affect probably all professions and therefore is applicable to all curricula, not just medicine.

What: Students have the power to influence how their university operates, including which topics are covered in their curriculum. Students for Global Health calls on universities to incorporate climate change, specifically the intersection between climate change and health, into their curricula; this is best achieved at a local level by branches putting pressure on their own faculty to introduce these changes.

- The national committee has teamed up with the planetary health report cards, who will be ranking universities based on their contributions to planetary health - see box below
- The International Federation of Medical Students (IFMSA) has developed a guide to putting climate change and health onto university curriculums, which can be adapted to your local context and used as the basis for your asks. This will be shared with branches when it is published, with advice on how to use it on advocacy. It will also be put on the SfGH coordinated theme page website.
- What can branches do? Use these resources and get in touch with the relevant people at your university to see if they'd be interested in working with you to put climate change and health on the curriculum at your university or in your course.

CC IN THE CURRICULUM



How:

- Communication is key: contact student representatives as well as the university department
 - Meetings are often more effective than emails
 - Discuss your aims and objectives openly and see how they align with those of the university
- The GMC requires schools to teach about potential ecological and environmental factors which influence health
 - Climate change certainly falls under this, therefore this is a great point to help persuade them to consider your proposal
- Be prepared:
 - Key facts regarding climate change and health
 - Do a quick survey of your members to provide evidence of students' interest in having teaching on climate change and health
- Make it easy:
 - Present solutions to the problem e.g. the curriculum guide
 - Rather than introducing new teaching, think about integrating climate change and health into existing parts of the curriculum
 - E.g. air pollution in the respiratory teaching
- Be persistent:
 - You may have to meet with lots of people over a long period of time in order to achieve the goals at your university

Consider how you would like the teaching to be implemented. Some universities may suggest that students lead the teaching; this can be a great way to create more engaging sessions, but will depend on the capacity of individual students.

PLANETARY HEALTH REPORT CARDS



What:

“The Planetary Health Report Card is a student-driven, metric-based initiative to inspire planetary health engagement in medical schools. We hope to inspire medical schools to introduce climate change and planetary health into the medical school curriculum, expand research efforts, engage with communities most affected by climate change and environmental injustice, support passionate medical students who are trying to organize around planetary health at the institutional level, and implement sustainable practices. A set of metrics in these five category areas allows students and faculty to conduct a needs assessment of the planetary health engagement of their medical school and quantitatively and qualitatively compare themselves with other medical schools. Our first annual report card was released July 2020 and included 13 medical schools in the US and Canada. Please see our website for further details and reach out to us at phreportcard@gmail.com with any questions!”

- PHRC Team

Why:

- Many universities are already getting involved with the PHRCs and are keen to collaborate with SfGH on both a branch and national level to help promote the campaign.
- This initiative has already made progress with helping to engage faculty and drive changes within the university, such as movements towards implementing climate change into the curriculum.

How:

- If you are unsure whether your university is already involved, you can contact either PHRC or the CT team and we can put you in touch with the PHRC leads at your university, or offer guidance on how to set up your own PHRC team:
 - phreportcard@gmail.com, or
 - coordinatedtheme@studentsforglobalhealth.org
- Check out their website, phreportcard.org, for more information.

NATIONAL CAMPAIGN: BUILDING BACK BETTER



Aim: to use the power of the health community, including Students for Global Health, to call for a just and fair recovery from COVID-19 that tackles climate change in line with the demands of a Green New Deal (link below).

Students for Global Health are teaming up with Green New Deal UK, Build Back Better, and Medact to work with the health community to advocate for a just and fair recovery from COVID-19, that centres climate justice and follows scientific consensus.

This is in line with the calls to action in the climate change and health policy (link below).

What can branches and members do?

- Advocate for a green and healthy recovery at the local level e.g. with their MPs, local authorities, city councils and others
- Join our efforts to influence the national government e.g. signing petitions, sending emails
- Organise and/or take part in demonstrations, in collaboration with other organisations working on climate change, to show support for issues such as a Green New Deal in the UK
- Design posters and implement campaigns to involve local community groups and other civil society organisations in the fight for a just, green and healthy recovery from COVID-19

**Climate Change and
Health Policy**

**Demands of a
Green New Deal UK**

NATIONAL CAMPAIGN: YOUTH DEMANDS ON CC&H



We will consult the UK youth, including our members, to explore their desired outcomes of COP26, in particular in relation to climate change and health. We will then analyse this information and turn it into concrete advocacy demands for local governments, MPs and the national government.

What can branches and members do?

- Publicise the consultation to their members, affiliates and fellow students when it is advertised
- Amplify the demands generated from the youth consultation
- Take part in and advertise campaigns based on the demands generated

NATIONAL CAMPAIGN: WORLD ENVIRONMENT DAY



As one of our 10 UN days that we will be holding campaigns on throughout the year, we will be holding a national campaign for World Environment Day. World Environment Day is celebrated on the 5th of June 2021.

If you'd like to help the organising team, or have an event you'd like the national committee to know about, please get in touch with pad@studentsforglobalhealth.org.

NATIONAL CAMPAIGN: COLLABORATIONS



There are many organisations and campaigns running both locally and nationally with similar goals and visions as ours. The CT team are already developing partnerships with some of them and are always looking for extra hands to get involved with these projects. You can also reach out to organisations in your local area to collaborate on events or campaigns.

For example, in collaboration with Action for Global Health and their climate change and health working group, we will generate demands and run campaigns / advocacy related to climate change and health, focussed on the impact on global health. We will then implement a joint advocacy strategy with AfGH, which will include a parliamentary engagement event, focusing on influencing the government's decision making in regards to climate change.

Roughly once a month, we'll be teaming up with other civil society organisations working on climate change to spotlight their campaigns at key moments in time. This includes key political moments where lobbying and advocacy may be needed to further the broader climate movement.

Recommended organisations include:

- [Green New Deal UK](#)
- [Build Back Better](#)
- [Medact](#)
- [Climate Coalition](#)
- [Friends of the Earth](#)
- [UK Health Alliance for Climate Change](#)
- [Global Health Alliance for Climate Change](#)
- [COP26 Coalition](#)
- [Action for Global Health \(AfGH\)](#)

OUTDOOR ACTIVITIES



How can I organise my own initiative?

There are no limits on what you as branches and members can organise yourselves, as long as your campaign or advocacy initiative aligns with the climate change and health policy.

We've put two examples of things that you can do below, but get creative and design your own! The policy and advocacy team will be releasing resources throughout the year about how to get involved in the politics of health and climate change throughout the year, with guidance on achieving your desired change - keep an eye out for this.

1. Outdoor Activities

Holding advocacy events outdoors and in public is a great way to attract attention to your cause, get more people involved, and persuade decision makers to take notice of your demands.

Examples:

- Direct action e.g. marches and protests, 'die-ins' and sit-ins
- Community engagement: participating in community garden schemes, GP schemes that engage communities with their environment, or public discussions and hearings
- Exhibitions, conferences or galleries

Good for...

- Building connections with local community
- Connecting to the wider context of an issue

Challenges...

- May be difficult to arrange
- Can be expensive; funding may require risk assessments, signed consent, reimbursement etc.
- COVID-19 restrictions

ENGAGING LOCAL MPS



2. Engaging local MPS

What: An important element of the awareness-raising phase is to ensure that COP26 and the issues surrounding climate change and health are brought to the forefront of the government's agenda. MPs make up parliament and are elected representatives, hence they can vote on bills, influence the government and the cabinet, give speeches and evidence, and raise awareness publicly.

Why: Contacting local MPs can have a number of different aims or objectives, including to:

- Build their awareness of the issues
- Communicate how passionate young people are about climate change and how much of a priority these issues are
- Ask them to vote a particular way on an upcoming issue
- Ask them to speak in parliament on a particular issue
- Ask them to discuss a particular issue with ministers
- Ask them to implement change at the local level within their constituency

How: Letter-writing campaigns and petitions are great tools for getting the attention of local parliamentarians and can have very powerful effects. For more information on how to go about engaging with local MPs, look out for the MP toolkit soon to be released by the national committee.

RESOURCES

INFO

IPCC report on impacts, adaptations and co-benefits of CC

- https://www.ipcc.ch/site/assets/uploads/2018/02/WGIIAR5-Chap11_FINAL.pdf

Lancet countdown report 2018: tracking progress on health and climate change

- [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)32594-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)32594-7/fulltext)

WHO Atlas of health and climate

- <https://www.who.int/globalchange/publications/atlas/en/>

WORK SHOPS

Every breath we take: the lifelong impact of air pollution

- <https://www.rcplondon.ac.uk/projects/outputs/every-breath-we-take-lifelong-impact-air-pollution>

Toolkit for NHS trusts: supporting the NHS to reduce its impact on air pollution

- <https://www.healthylondon.org/resource/toolkit-nhs-trusts-supporting-nhs-reduce-impact-air-pollution>

An insider's guide to the climate debate

- <http://filesforprogress.org/memos/insiders-guide-climate-debate.pdf>

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IFMSA Training Manuals on Climate Change and Health

- <https://ifmsa.org/wp-content/uploads/2017/03/Final-IFMSA-Climate-and-health-training-Manual-2016.pdf>
- <https://drive.google.com/file/d/15P5gZt7XeqdWHXl9MqwqZ0SehScU702a/view>

SfGH Climate Change and Health Policy

- https://medsinblog.files.wordpress.com/2020/10/aw20_ps_climate-change-and-health-amendment.pdf

SfGH Google Drive

- <https://drive.google.com/drive/folders/1Oh0TXnjhRMdDRUAABb5bepbbuC6xxBTZ?usp=sharing>