

15TH EUROPEAN PUBLIC HEALTH CONFERENCE:

PRE-CONFERENCE ON 9TH NOVEMBER 2022 -
“HEALTH PROMOTING SETTINGS AND CLIMATE CHANGE”



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HEALTH PROMOTING SETTINGS AND CLIMATE CHANGE

Approaches to health promotion and prevention in settings should refer to climate effects as a cross-cutting issue. For this reason, the pre-conference “Health Promoting Settings and Climate Change” took place on 9 November 2022 as part of the 15th annual meeting of the European Public Health Conference in Berlin. The event was held exclusively in English and in attendance at Hub 27, Berlin Expo center City.

The participants exchanged views on the following questions, among others: What are the approaches for climate justice in the setting? What are good practice examples for promoting climate justice using the setting approach? How can the capacity to act for climate justice emerge in different settings?

A total of 130 participants from (young) academia and NGOs took part in the EUPHA pre-conference organized by BIGSo. The main topics were oriented towards the three health goals of growing up healthy, living healthy and ageing healthy. A compilation of presentations, workshops and plenary discussions is included in the event program.



GREETINGS



**THE CLIMATE CRISIS IS
NOT AN INDIVIDUAL BUT
A SOCIAL AND POLITICAL
PROBLEM.**

**DR KIRSTEN KAPPERT-GONTHIER, MEMBER
OF THE GERMAN BUNDESTAG, PRESIDENT OF
THE FEDERAL ASSOCIATION FOR PREVENTION
AND HEALTH PROMOTION, WELCOMED THE
PARTICIPANTS OF THE PRE-CONFERENCE
DIGITALLY.**

The World Health Organization (WHO) calls the climate crisis the greatest health threat to humanity. This threat affects everyone, but some are more affected than others. It is not an individual problem, but a social and political one.

Children, women, and older people are most vulnerable to climate-related disasters such as drought or floods. Young and older people are at higher risk of suffering climate change-related health damage, putting both their physical and mental health at risk.

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GREETINGS

Climate justice high on the agenda

We must put climate justice at the top of our agenda. This applies to the European Health Conference, but also to our political goals within the Green Party as well as within the government coalition in which the German Green Party participates. The recognition of the importance of climate justice in the coalition agreement is a first step in the right direction, but action must follow.

Preventing the climate crisis

means preventing diseases and deaths.

We plan to strengthen prevention efforts, including prevention of climate and environmental health hazards. We need to recognize that preventing the climate crisis means preventing illness and death. Health-promoting attitudes that address this interrelated issue are needed more than ever.

Our chances of a healthy life depend to a large extent on the circumstances and environment in which we live. We need to transform our cities and our environment so that they are no longer built for cars, but for people. Health promotion policies need to be gender-sensitive, non-discriminatory and take a life course perspective. What are our approaches to promoting climate justice and health according to a setting approach? How can we change cities and environments from being harmful to the environment and health to being beneficial to health? These discussions can help pave the way for climate justice.

HEALTH IN ALL POLICIES APPROACH



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DR BETJE SCHWARZ FROM THE PKV ASSOCIATION WELCOMED THE PARTICIPANTS TO THE PRE- CONFERENCE.

Today we are confronted very graphically with the failures of the past and a closing window of opportunity to do better.

The recently published Lancet Countdown Global Report 2022 states that we need a health-focused response to the climate crisis to ensure a future where people not only survive but thrive.

This response needs all of us and must follow an approach that considers health in all policies. We, the PKV Association, are a member of the National Prevention Conference and contribute to the implementation of the National Prevention Strategy with a range of activities, projects, and programmes.

Our health-promoting and preventive programmes, which range from programmes for healthy nutrition in early childhood to programmes to promote physical activity among older people in need of care, all follow the setting approach. In the future, they should all also consider the topic of climate as a cross-cutting issue. We want to enable the settings to protect themselves from climate-related health risks and to develop into climate-competent organizations.

PRELUDE

INTRODUCTION TO KLIGES (CLIMATE HEALTHY SETTING PREVENTION) AND THE ROLE OF THE PKV ASSOCIATION

The moderator, Maike Voss from the German Climate Change Alliance, invited Dr. Raimund Geene to the stage to welcome the participants to the event. He gave an insight into the background of the KliGeS project and presented the research results of the practical projects. He also explained the role of the PKV association in the project.

Prof. Dr. Raimund Geene, Health promotion and prevention with a focus on community approaches at ASH, Head of various projects including Climate Healthy Setting Prevention (KliGeS) at the Berlin Institute for Health and Social Sciences.

The event takes place within the framework of the project “Climate Healthy Setting Prevention” of the Berlin School of Public Health BSPH together with the Berlin Institute for Health and Social Sciences (BIGSo), the European Institute for Social and Health Research of the ASH and the PKV Association.



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PRELUDE



Climate-healthy Setting Prevention

Climate health is initially based on a holistic view of health in the sense of New Public Health and the Health in All Policies approach (HiAP). A functioning ecosystem as the basis for people, social participation and health equity must be considered. Furthermore, climate health describes the health of people in their environment against the background of climate effects.

Climate effects can have an impact on all areas of life, leading to a wide range of possibilities to influence human well-being. Therefore, health promotion in the sense of the German Prevention Act in the different living environments, settings, regarding climate effects, is an important task to design.

It is important to involve all people, regardless of their social status, to enable social participation and promote individual and collective health. We see the potential in resilient, enlightened, self-determined systems that learn to cope with the new climate demands in a way that protects the population living in them from the effects of climate and enables them to

protect themselves independently. Unfortunately, the Corona pandemic has led to socially unjust prevention policies.

We must note that the social divide has worsened in the last two years. The insights of New Public Health, such as the participatory approaches from AIDS and HIV prevention, have hardly been considered. It is imperative that we take this into account, that we work from the bottom up on the necessary changes that lie ahead. Climate-just relationship prevention should help people to organize necessary and meaningful changes themselves. They should be able to experience it as an increase in their own well-being, it should be fun and encouraging, it should empower them.

The focus should not be on fear or a policy of prohibition, but on encouragement. Above all, we need to communicate the co-benefits of climate-friendly setting prevention: healthy mobility, exercise, nutrition, stress reduction, deceleration. These are all factors that increase the quality of life if they are strengthened in people's living environments.

PRELUDE

The role of climate health in setting prevention

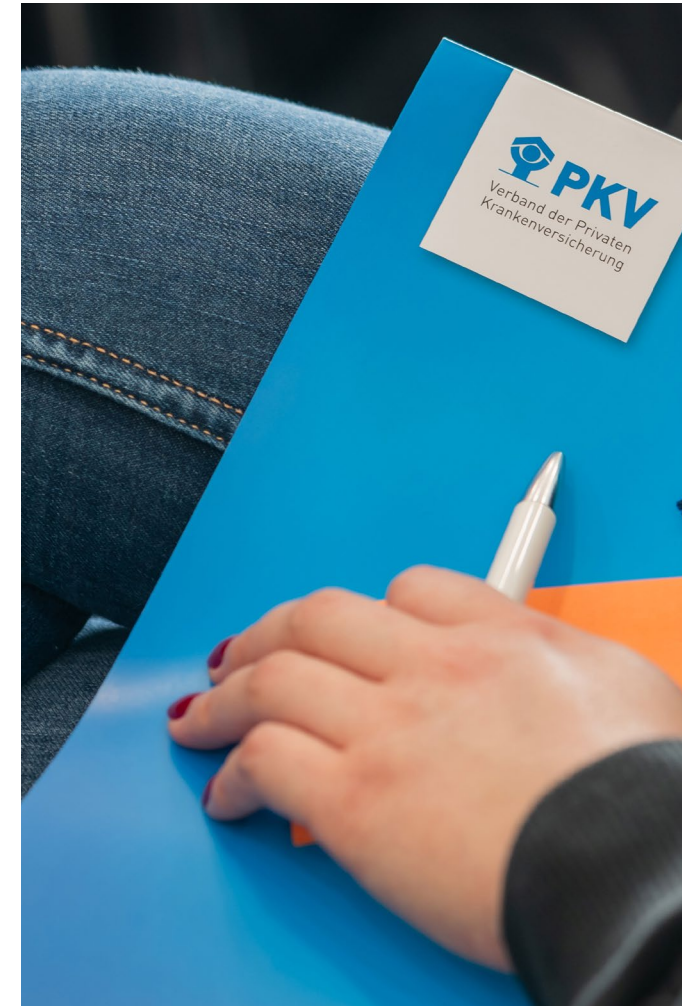
In implementing the measures, the climate-friendly setting prevention is oriented towards the German Prevention Act. In particular, the focus should be on building and strengthening health-promoting, climate-friendly structures. Settings such as day-care centers, schools, universities, nursing homes as well as leisure and sports facilities are addressed.

In this context, the municipality as a supporting living environment is of particular importance. Setting prevention requires a continuous integration of health promotion and prevention in people's living environments and refers to health-promoting structures: this means the participatory survey of the health situation, including risks and potentials, as well as the development of proposals for improvement and suggestions for strengthening health resources and competences.

What is KliGeS, what do we do and why?

KliGeS empirically investigates approaches to prevention and health promotion in settings with reference to climate impacts. The Prevention Act mandates the social insurances to involve those affected. This raises the question of how the climate crisis can be addressed in settings, for example for children or older people, through health promotion. This existential question and the derivation of appropriate measures should involve people in a participatory way to strengthen healthy, peaceful coexistence, social cohesion, and well-being in the settings.

We are looking for good practice examples of how climate-related activities can strengthen health in settings and, with expertise and in dialogue with science and practice, are investigating ways to systematize and disseminate such approaches.



PRESENTATIONS

PART A: Approaches to climate justice in the setting approach



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GROWING UP HEALTHY: CHILD HEALTH IN TIMES OF CLIMATE PROTECTION.

Dr. Lob Corzilius, a pediatrician and environmental physician, has vividly illustrated the long-term effects of exposure to current climate conditions on health.

A comparison of the extreme climate conditions of 1960 vs 2020 was presented. In addition, Dr. Corzilius shed light on the effects of heat waves on pregnant women and their babies, as well as young children. After all, these are considered particularly vulnerable groups of people.

The Problem

Climate change exacerbates air pollution and extreme weather conditions that can have severe health impacts during and after pregnancy.

PRESENTATIONS

PART A: Approaches to climate justice in the setting approach

HEATWAVE EFFECTS

- Increased risk of pregnancy complications
- Pregnancy loss, premature birth
- Restricted fetal growth, low birth weight.
- Stress in newborns
- Heat in the first trimester can cause congenital heart failure.
- Increased risk of sudden infant death syndrome.

WHAT TO DO

- Air pollution reduction
- Continuous phase-out of fossil fuels
- Reduction of toxic exposures

Climate Crisis and Health – How to Protect Children

The climate crisis has many different effects – also on our health. Especially children bear an increased risk. Their physical development is not yet complete and their organism is vulnerable towards environmental influences. In addition, children have little experience in handling everyday situations and are therefore dependent on the care of their caregivers.

Heat

How to protect from heat

- Choose loose, light clothing
- Cool down during activities
- Drink plenty of water (as a guideline: children between 1 and 7 years should drink 1 litre per day). In case of high temperatures or many activities, they need to drink even more
- A water-rich diet including lots of fruit and vegetables is ideal
- Darken windows during the day (e.g. with roller shutters) and keep them closed
- Air rooms at night, when it is coolest outside

UV Radiation

How to protect from UV radiation

- Avoid intense midday sun
- Stay in the shade
- Wear long, airy clothing, sunglasses with certified UV protection and headwear
- Use sunscreen

Air Pollutants

How to protect from air pollutants

- Avoid heavily frequented roads
- Air rooms at low traffic times

Allergens

How to protect from allergens

- Wash hands, face and arms when moving from outside to inside
- Exchange information on possible symptoms in order to recognise allergies as quickly as possible
- Pollen count apps or classic pollen count calendars provide information on the flight times of various pollen

Insects and Ticks

How to protect from insects and ticks

- Choose long, light clothing and tuck the trousers into your socks
- Change dirty and sweaty clothing and socks
- Ask parents to check their children for ticks after outdoor activities
- Remove ticks correctly and as quickly as possible

Extreme Weather

How to protect from extreme weather

- Pay attention to changes in children's behaviour due to extreme weather
- Look for support at local advice centres
- The Health-Weather-App (German: GesundheitsWetter-App) of the German Meteorological Service (DWD) provides information on the current warning and weather situation

* a recommendation of the German Society for Nutrition (DGE)



KlimaGesundheit
mit **Kitas**

For more information check out the programme's booklet
KlimaGesundheit – Aktiv für Kitas or our website:
www.klimagesundheit.bildungscnt.de

Cooperation:

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Logo of the German Society for Environmental Health (DGEH)

PRESENTATIONS

PART A: Approaches to climate justice in the setting approach

Ozone increase & Thunderstorm asthma

There is a relatively high risk of asthma exacerbations due to increase in ozone. In thunderstorm asthma aeroallergens in form of whole grain are swept into the cloud. The rupture of whole grains by osmotic shock and lightning releases respirable allergens which are then carried by wind over long distances. Downdrafts push allergens to the ground causing large concentrations in the ambient air. Children become more susceptible to severe asthma attacks induced by thunderstorms.

UV-Skin stress in childhood

The increase in solar radiation increases UV radiation, whereas the human skin experiences 80% of UV exposure before age 18. Sunburns in childhood and adolescence are considered a risk factor for the development of skin cancer later in adulthood. Educating children and adolescents on how to protect themselves from the sun is significant to avoid consequences of UV exposure.

Effects of Heat on infants and young children

Body temperature regulation in children is not fully developed. Children sweat less and heat dissipation is challenged because of ratio of body mass to body surface area. Perspiration becomes more difficult in high humidity areas. Parents and caregivers need to ensure that young children and infants are frequently hydrated and stay cool.

HEALTH IN ALL POLICIES APPROACH

CLAUDIA CZERNIK AND DR. ANGELIQUE MAVRODARIS ILLUSTRATED CLIMATE JUSTICE, COMMUNE AND SETTING APPROACHES TAKING INTO CONSIDERATION THE CONTEXTS OF BERLIN AND LONDON RESPECTIVELY.

CLAUDIA EXPLAINED THE ROLE OF “GESUNDHEIT BERLIN-BRANDENBURG” (GESBB) WITH THE HELP OF AN INTEGRATED MULTIPLE IMPACT MAP TO ACHIEVE HEALTH EQUITY AND ENVIRONMENTAL JUSTICE.



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Socially disadvantaged groups often reside in disadvantaged neighborhoods and are exposed to higher environmental impacts. They have poor access to environmental resources and have higher health risks. They are usually deprived of options, opportunities, resources, and information to be able to participate and co-create in the community. Although they contribute less to environmental problems, they are impacted heavily with the effects.

With the use of Toolbox, GesBB tries to achieve its goals in providing Berlin residents with access to health-related environmental resources which include green and open spaces, and in preventing and reducing concentrations of health-related environmental burdens especially in socially disadvantaged neighborhoods. Furthermore, it develops solutions especially at municipal level that combine environmental protection and health promotion with social justice.

HEALTH IN ALL POLICIES APPROACH



HEALTH IN ALL POLICIES APPROACH

DR. ANGELIQUE MAVRODARIS, UKHSA/OHID

The Challenge

London is exposed to greater potential damage from flooding than any other UK urban area, with 1.25 million of its people living in areas of fluvial and tidal flood risk. London was already hit hard with the 2021 floods which affected schools, homes, hospitals and TFL stations. The average summer temperature has risen by 1.9 degrees since the 1960s and it is projected that 2/3 of London flats could experience overheating by 2030. The air quality doesn't meet the WHO standards. Children and socially disadvantaged people are among the heaviest burdened groups.



Dr. Mavrodaris presented the impacts of climate change in the London context and the role of NHS and local action in alleviating the crisis through the London Climate and Health programme.

HEALTH IN ALL POLICIES APPROACH

The Opportunity

Local climate action plans, NHS ICS green plans, Mayoral C40 + green new deal and London vision are identified as strategic levers to the challenge. There should be strong arguments for transformative change and the health co-benefits from climate specific actions should be well evidenced.

London Climate and Health programme objectives

- Insights and Knowledge
- Co-ordination and Leadership
- Build Public Health Role
- Opportunities for Action
- Develop Partnership
- Capacity Building

London Climate and Health has achieved various milestones since COP26 declared London Public Health Climate Emergency in October 2021 to developing a National Adaptation Plan Input in September 2022.

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In 2019 around 4,000 premature deaths in London were attributed to air pollution. The Air Quality and Health Programme office has been able to track and co-ordinate delivery of five commitments set during the London's Clean Air and Health Summit in February 2022. Furthermore, it has driven forward partnership action.

The Ultra-Low Emission Zone (ULEZ) has also had its impact on London's air quality by helping to reduce roadside nitrous oxide (NO₂) levels by 20% in inner London and 44% in central London compared to scenario without the ULEZ and its expansion. The NHS has strongly advocated active travel as an equitable form of physical activity with climate and health co-benefits. It targets all Londoners by 2041 to do at least twenty minutes of active travel each day to stay healthy.

London Climate and Health programme objectives



HEALTHY AGEING: AGEING IN THE CONTEXT OF CLIMATE AND HEALTH

DR. ANDREA BUDNICK ILLUSTRATED A DEMOGRAPHIC CHANGE LEADING TO AN INCREASE IN OLDER PEOPLE IN NEED OF CARE.

Air pollution, climate change and vaccine hesitancy are termed as ten threats to global health by WHO. There is a significant rise in the proportion of older people which corresponds to the increased proportion of people in need of care.

Health consequences for older people are already apparent because of heat waves. Elderly people have higher core body temperatures with simultaneous dehydration during heat waves. Heat stress is a significant risk of premature deaths, not only to people with comorbidities but also elderly people with quite a longer prognostic life expectancy. Causes of heat-related deaths include cardiovascular disorders, kidney failure, respiratory diseases, and strokes. Frail people are at more risk if they live alone, receive outpatient care, and are cognitively impaired.

Strategies enabling healthy ageing in context of climate and health.

- UN Decade of Healthy Ageing, 2021-2030
- Action plans at national level
- www.klima-mensch-gesundheit.de
- BZgA: „Warum fällt es mit zunehmenden Alter schwer, bei Hitze cool zu bleiben“
<https://www.youtube.com/watch?v=algh8xTCAK0>

Action plans in long-term care facilities need to be designed at the micro-meso and then, in a broader sense, at the macro level in a more climate-friendly living environment. Health promotion needs of nursing home residents and those of staff in nursing homes should be integrated to develop a heat protection concept for long-term care.

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*Dr. Andrea Budnick, Institute of Medical Sociology
and Rehabilitation Science at Charité Berlin*

WORKSHOP RESULTS

Part B: Workshop of Active Participation for Climate Justice in the Setting Approach

Migrantas e.V. supported colleagues from BIGSo visualizing the goals of “Healthy growing up”, “Healthy living” and “Healthy ageing” through pictograms*. Elements of those life phases have been highlighted in three big size posters used during the workshop to encourage active participation from the audience. Participants wrote their inputs to all topics on post-its which were then glued to the corresponding posters.

There were three large -format posters (180cm*180cm) each with a pictogram of life phases, on which the participants could write their opinions, comments, suggestions, and additions to the previous inputs by means of post-Its. Workshop participants were divided into three groups and each group had ten minutes per topic/life phase and they could use the guiding questions to develop approaches for action. Workshop results were compiled and presented by Laurette Rasch (BSPH) and constituted the introduction to the plenary discussion.

After a quarter hour break, the audience was called back into the conference room under the moderation of Maike Voss to resume the event.

The aim of the workshops was to clearly formulate mandate for action, formulate common ideas, and to stimulate stakeholders to take individual actions. Colleagues from Migrantas e.V. briefly introduced themselves and their work. They contributed to discussion theses and gave the opportunity to ask questions about the content of their contribution.



WORKSHOP RESULTS

Part B: Workshop of Active Participation for Climate Justice in the Setting Approach

Poster 1: How to grow up healthy in times of climate change.

In poster 1 the focus was on the question, how growing up healthy in times of climate change can be enabled. Many ideas were posted but some among them stood out or appeared common to many. Transfer of knowledge to children on climate change and health was emphasized. Integration of climate education in school curricula, positive communication and teachings from parents were also encouraged.

There should be more infrastructural support to caregivers in schools and day care centers to assist in climate change mitigation. More importantly, mental health promotion to children since they are emotionally affected by the climate crisis. Families need to be included in public health activities. Furthermore, issues of public transport and healthy food provision to children need to be addressed to facilitate a climate-friendly environment.



WORKSHOP RESULTS

Part B: Workshop of Active Participation for Climate Justice in the Setting Approach

Poster 2: How to live healthy in times of climate change.

Poster 2 focused on living healthily during times of climate change and explored the possible actions that could facilitate a climate-friendly environment. Workshop participants brainstormed on how they think their surroundings should be designed to enable them to live healthy while adapting to climate change. Health literacy was identified to be crucial to enable people with the use of information and services to be able to make healthy decisions for themselves and others. There is a need for new structuring of urban spaces which incorporates green spaces and energy efficient houses. Community support and solidarity should be promoted, as well as equitable resource distribution and availability. Reduction in meat consumption could help reduce global greenhouse gas emissions. A health in all policies approach should be adopted, while emphasis on thinking globally and acting locally is given.



Pictograms are the visual language of Migrantas e.V.

They are the result of participatory projects involving people of different residence statuses, cultural and social backgrounds. In workshops, participants exchange their experiences on specific topics and express them in simple drawings. Those representations are then analyzed by Migrantas e.V. in order to find common elements, similarities, recurring issues and finally condensed into pictograms which are distributed in the urban space. Feelings and real life experiences are thus transferred from the individual to the public sphere, encouraging people to self-reflection and initiating an indirect intercultural dialogue in everyday situations.

Depending on the focus of the project, the visualized themes span from migration, diversity, social coexistence, gender, environment, health, fight against domestic violence, racism and discrimination.

For the “Workshop of Active Participation for Climate Justice in the Setting Approach” Migrantas e.V. did not develop new pictograms, but combined elements of already existing ones, produced within the frame of past projects inherent to the themes of environment and health.

WORKSHOP RESULTS

Part B: Workshop of Active Participation for Climate Justice in the Setting Approach

Poster 3: How to age healthy in times of climate change?

Poster 3 explored how ageing healthy in times of climate change could be achieved. Elderly people are mostly vulnerable to impacts of climate change such as heat waves, air pollution etc. The heterogeneity of the “elderly” needs to be addressed. Adults in the working class are constantly moving towards old age. Exposures to heat waves and air pollution are already affecting them as well as they age, which could have significant impacts on their life prognosis.

Protection against climate-related hazards should be promoted. Another mentioned aspect, was that people should come together intergenerationally, listen to one another and support each other. The needs of each group should be identified and

recognized, and necessary actions should be taken to mitigate effects of climate change. Resilience needs to be built in communities, and isolation should be reduced. Individuals should get rid of the “Not in My Back Yard” mentality, and instead take responsibilities in their communities to build a climate-friendly environment. Elderly people can also play a big role in helping the next generations to keep up hope. Positive communication and good practice examples in the community are thus important to defeat hopelessness while dealing with the climate crisis. Politics has a larger share of the responsibility in the crisis, hence voting progressively could play a bigger role in influencing climate politics.



GOOD PRACTICE EXAMPLES

Part C: Good Practice Examples for Climate Justice in the Setting Approach

HEALTHY LIVING: CLIMATE PROTECTION AND SOCIAL WELFARE

Janina Yeung from the German Parity Welfare Association (Der Paritätische Gesamtverband), presented on the project “Strengthening Climate Protection in Social Work”.

The project duration is three years and aims to strengthen climate-friendly action and management in social work organizations and thus contribute to the climate goals of the federal government.

PROCEDURES

- Measurement of carbon footprint
- Analysis for thematic priorities
- Training climate scouts and managers
- Implementation of measures in institutions
- Calculation of carbon savings based on measures.

The project also aims to achieve climate protection measures in areas of catering and mobility. In catering, the target has been to advocate reduction in meat consumption, increasing organic share, using regional and seasonal food, and reducing the proportion of frozen food. In mobility, job bikes and job tickets should be promoted. Bicycle parking needs to be encouraged and walking competitions are to be organized.

It should be acknowledged that workers in social institutions do not have the capacity to deal with the climate impacts due to overload, and lack of proper infrastructure. Guidelines for climate protection in social institutions should be developed.



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HEALTHY AGEING: HEALTH AMBASSADOR IN CLIMATE CHANGE



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**ANGELIKA GUNKEL FROM THE ECO OFFICE
HANAU GAVE HER INPUT ON THE GOOD
PRACTICE EXAMPLE “HEALTH
AMBASSADOR IN CLIMATE CHANGE”.**

In Hanau, Germany, the Health Ambassador project has stimulated public participation in climate change adaptation. The proposed project plan was sponsored in 2017 to explore several ways to contact people, provide them with information, and enable them to participate in their communities.

It involves volunteer trainers who become active in the community through working in groups to involve different stakeholders. They participate in exhibitions, festivals, and lectures to disseminate information about climate change with the focus on health. Topics in their agenda include facts and consequences of climate change, thirst, physical exercise and heat, emergency calls and warning predictions, protection against heat and diet during heat waves.

Volunteer trainers occasionally organize study trips in weather parks, organic farms, and water supply companies.

A final documentation which included measures, hints, proposals, and a to-do list was developed in 2019. During the pandemic, the project devised a new concept to find volunteer trainers.

Digital lectures were held, and meetings were compulsory for people who wanted to become “Health ambassadors”.

In total there were 6 meetings and a concluding colloquium.

Lectures and excursions have resumed in 2021.

The project team is still in contact with its trained Health Ambassadors. Regular meetings to give up to date information are being organized. Health Ambassadors, however, work in voluntary basis by visiting clubs, schools, care homes for the elderly as well as those for the handicapped.

PLENARY DISCUSSION

Initiating a Health Promoting Climate Movement

PANELISTS CAROLINE COSTONGS, DR. ANGELIQUE MAVRODARIS AND NELE GRAPENTIN WERE WELCOMED ON THE STAGE. MAIKE VOSS MODERATED THE PLENARY SESSION TO ADDRESS THE QUESTION OF WHAT COULD BE DONE NOW IN SPECIFIC SETTINGS TO INITIATE A HEALTH-PROMOTING CLIMATE MOVEMENT. PANELISTS COMMENTED ON THE WORKSHOP RESULTS AND DISCUSSED WHAT THE NEXT STEPS COULD LOOK LIKE. IN ADDITION, THEY IDENTIFIED FURTHER CHALLENGES, POTENTIALS, AND OPPORTUNITIES OF CLIMATE-FRIENDLY SETTING PREVENTION.

Caroline Costongs, EuroHealthNet

We need to state facts as they are. Overproduction and overconsuming have set our society on this path. To be able to maintain today's living standards of an average European for every human being in the world, resources from two earths must be utilized. To reach that of an average American, resources from four earth planets are required. Our way of living has become very unsustainable and has largely affected the planet.

Social inequalities within societies have also resulted from our unsustainable way of life. The global south contributes less to carbon emissions as compared to the global north.

Countries in the global south are however hugely impacted from climate change, experiencing extreme weather events such as

floods, droughts, and famine. Even within societies of richer nations, distribution of resources is very unequal, causing socially disadvantaged groups to experience the full throttle of climate change compared to the more privileged ones. Measures taken to mitigate climate change impacts have largely been ineffective, mainly due to lack of strong political will from governments to address the issue.

What we need are drastic changes, that could slacken the impacts. Individuals can only go so far as to change their overconsuming behaviors, but it is strong political processes and decisions that will eventually guide us out of the crisis.

It is crucial to enable the environment for people to be able to change.

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PLENARY DISCUSSION

Initiating a Health Promoting Climate Movement



Angelique Mavrodaris, UKHSA/OHID

It is important to look at lessons learned from the Covid Pandemic in the last years. Experiences and opinions from marginalized groups in the community especially women and children are seldom heard. Listening is essential if we want to bridge the social inequality gap.

Science has produced enough data evidence on climate change. We need to use the evidence available to take proper decisive actions. Understanding local context is very crucial to be able to make informed decisions in different settings. Reflecting on the mentioned examples like London, Berlin, Hanau, and other areas, we need to understand the context, identify resources needed on the ground.

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Moderator of the day: Maike Voss.

PLENARY DISCUSSION

Initiating a Health Promoting Climate Movement

**Nele Grapentin Berlin Institute of Health, and
Social Sciences**

The baffling question remains to be, what are we waiting for? Using the analogy “We are all sweating like the bear”, we need to acknowledge that impacts of climate change are no longer the worry of the future, but rather already a problem of the present. Do our social systems have enough capacity to handle the crisis? Have we learned lessons from previous challenges, the most recent being the Covid-pandemic? Are we ready to use our varied experiences and the available evidence to effect change? These are some of the questions that still need to be addressed. act, and evaluate the impacts of the measures. The climate crisis

is a ticking clock, and actions need to be taken now before we arrive at the point of no return. Human ingenuity has gotten us in this situation, and it is the one that can get us out. Together through collective effort and innovative ideas, we can create a sustainable and climate-friendly environment. Reaching just 20% of the population could already be enough to create a domino effect within our society. Active change involves addressing our governments and political parties, lobbying enough for the urgency of the situation that is at hand. But also more important, we need to step back and analyze

our lifestyles. Are we capable of changing? What should we do to bring about that change? Important to note, is that everyone has a part to play, and we all should stop pushing responsibilities to the “others”. Individual life choices, however small still, can to an extent set us on the right path to environmental sustainability. Drastic changes from our governments do play a bigger role in achieving this goal. We need to design climate-friendly settings that promote health in communities. Suggestions and solutions need to come from the ground, addressing the needs of communities by using equitably the available resources.

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We need to acknowledge that climate-related problems should no longer be viewed as just distant future issues, but rather current challenges that already affect our livelihood.

Underlying problems are so interconnected and unevenly distributed in the communities.

“Think global, act local!”, is a sentence often used and clearly self-evident. In this conference it has been once again clarified how the desired change must be achieved through top level political decisions and implementation, but also on a small scale where stakeholders work together in different settings. Here it is important to listen to everyone and try to respond to the different needs and requirements. We have observed through good practice examples that it is possible and that if we want to convince people to compromise and change their lives, they must want to do it themselves. Otherwise change will either not occur or won’t be effective in the long term. Particularly, the concept of training “Health Ambassadors in Climate Change” is a practical one to generate volunteers who act as “multipliers” and effect change directly in their respective environments.

The food and advertising industries, among others, are the biggest drivers of overproduction and overconsumption. Reforms

around these industries are needed to create an enabling environment for people to change their lifestyles. However, in implementing public health measures, it is not only the “bottom-up” approach that is relevant, but also that it is important to consider economic feasibility.

Health is a matter of concern to everyone. The expansion of current prevention strategies in living environments to include a holistic and sustainable prevention approach that considers the changing conditions and, moreover, the health consequences of climate change, is a central challenge for health promotion. Effective dialogue between scientific disciplines, all sectors, and communities has been missing. This has led to denying or pushing responsibilities to “others” especially when the resource capacity planning proves challenging. Information and research results must be clearly communicated to society and the urgency of the problem needs to be emphasized. Under that note, climate health is a medical emergency and should be treated as one. The role of new public health is particularly important to bring intersectoral institutions together in collaboration. Climate communication between stakeholders should aim to achieve social cohesion rather than polarization.



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