

Medical Humanities Sustainable Medicine Course Introduction

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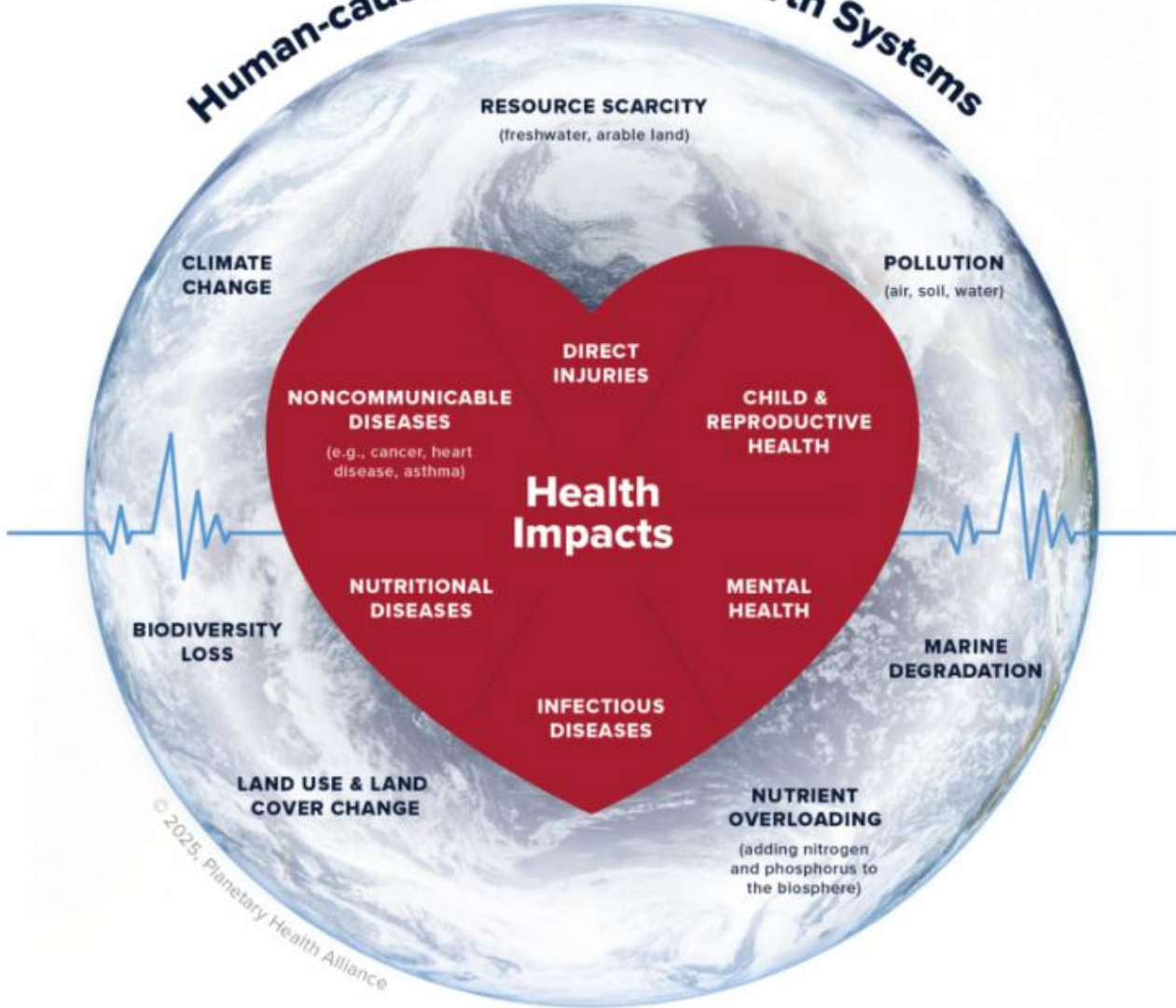
Sustainable Healthcare

- Focuses on the improvement of health and better delivery of healthcare, rather than late intervention in disease, with resulting benefits to patients and to the environment on which human health depends, thus serving to provide high-quality healthcare now without compromising the ability to meet the health needs of the future

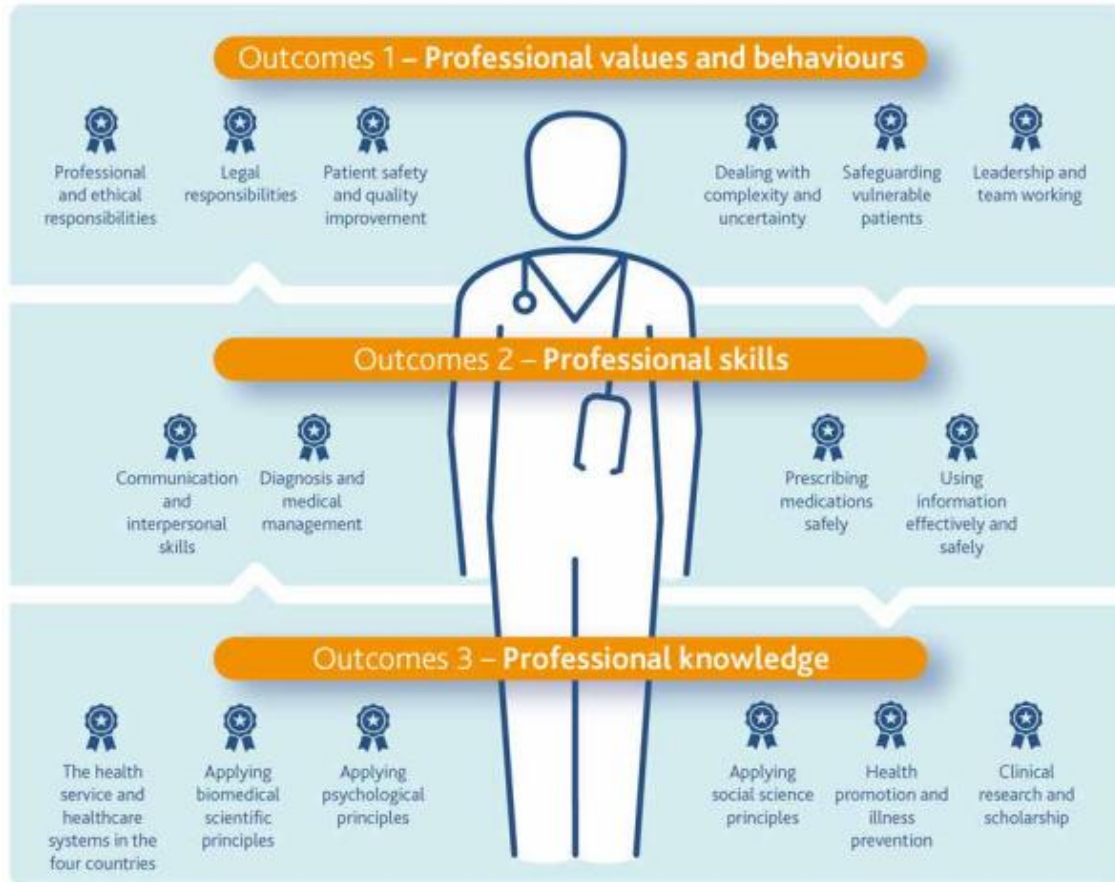
World Health Organisation

- One in four deaths can be attributed to preventable environmental causes
- An estimated additional 250 000 people are dying every year due to climate change.
- Addressing the climate crisis is about urgently protecting people, place, and planet - for a healthier world now, and for the future we leave our children.

Human-caused Changes to Earth Systems



GMC Outcomes for Graduates



Health promotion and illness prevention

25 Newly qualified doctors must be able to apply the principles, methods and knowledge of population health and the improvement of health and **sustainable healthcare to medical practice.**

They must be able to:

- a explain the concept of wellness or wellbeing as well as illness, and be able to help and empower people to achieve the best health possible, including promoting lifestyle changes such as smoking cessation, avoiding substance misuse and maintaining a healthy weight through physical activity and diet
- b describe the health of a population using basic epidemiological techniques and measurements
- c evaluate the environmental, social, behavioural and cultural factors which influence health and disease in different populations
- d assess, by taking a history, the environmental, social, psychological, behavioural and cultural factors influencing a patient's presentation, and identify options to address these, including advocacy for those who are disadvantaged
- e apply epidemiological data to manage healthcare for the individual and the community and evaluate the clinical and cost effectiveness of interventions
- f outline the principles underlying the development of health, health service policy, and clinical guidelines, including principles of health economics, equity, and **sustainable healthcare**

Student Projects



**Green
Specialties**

**Sustainable
Sports and
Exercise
Medicine**

South Asian vultures and diclofenac



Examples of small group sessions

Reeling them in: why a healthy diet of TikTok tinned fish is good for us all

by [Cathrine Baungaard](#)

If we want to reel in a new generation of seafood fans in order to improve public health and protect the planet then there's an unexpectedly rich sea we need to go fishing in: social media.

Millennials and Gen Z are eating and talking about food differently, and that includes seafood! Recent trends such as tinned fish date night and sardine girl summer show the creative and fun ways that TikTok creators are advancing seafood awareness and literacy.

The 'From Sea to Screen' project explored how shellfish and tinned fish are portrayed across TikTok and the results were both fascinating and full of opportunity for the Scottish shellfish sector.

TikTok has become one of the most influential social media platforms in the world, downloaded over 5 billion times and used by over 1.6 billion people every month, creating content ranging from recipes to tips and tricks and bringing viewers along on a "Day in the life". Surprisingly, seafood is becoming a thriving category on TikTok, with more than 929 million posts in 2025.



A healthy tin of TikTok

01
DEC
2025



Green Healthcare Scotland › National Green Theatres Programme

National Green Theatres Programme



About ▾ [★ Take action ▾](#) Our network

Making your practice greener can
save you time and money – and
it's easier than you think!

Assessment

- Written report (80%)
- Oral presentation (20%)

How might this course benefit my future career?



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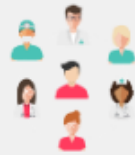
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**Shared Decision
Making**



**Personalised Approach
To Care**



**Reduce Harm
and Waste**



**Reduce Unwarranted
Variation**



**Managing Risk
Better**



**Become Improvers
and Innovators**



2026 PLANETARY HEALTH REPORT CARD
MEDICINE

UNITED KINGDOM

(Click the school name to read their full report)

Overall

Planetary Health Curriculum
 Interdisciplinary Research
 Community Outreach & Advocacy
 Support for Student-led Initiatives
 Campus Sustainability

		Overall	Planetary Health Curriculum	Interdisciplinary Research	Community Outreach & Advocacy	Support for Student-led Initiatives	Campus Sustainability
1.	University of Bristol Medical School	A+	A+	A+	A+	A+	A
2.	Warwick Medical School	A+	A+	A+	A+	A+	A-
3.	Keele University	A	A	A+	A+	A+	B+
4.	University College London	A	A-	A+	A	A	A
5.	Imperial College	A	A	A+	A+	A	B+
6.	Brighton and Sussex Medical School	A-	A	A	B+	A	C+
7.	Lancaster University	A-	A-	A+	B+	B	A
8.	Queens University Belfast	A-	A-	A	B+	A	B
9.	University of Southampton	B+	A	A	B	B-	B+
10.	University of Manchester	B	C+	A	B+	A-	B+
11.	University of Aberdeen	B	B	A+	B+	B	B
12.	University of Edinburgh	B	B-	A+	B	A	B-
13.	Barts (Queen Mary University of London)	B	B	B	A	B	B
14.	University of Sheffield	B	B	B+	C+	A-	B+





NHS Grampian's Annual
Climate Emergency &
Sustainability Report
2024/25

Questions?