



Climate change is a [threat to human health](#). Heat-related illness, respiratory diseases, vector and water-borne diseases, behavioral health conditions and others are caused or worsened by climate change. ACP supports [policies](#) to mitigate and adapt to climate change and ACP's chapters can play a key role in this global effort.

This toolkit suggests ways that ACP chapters can reduce their greenhouse gas emissions, decrease waste, promote healthy food and activity, and advocate in U.S. and global communities for environmentally friendly policies.

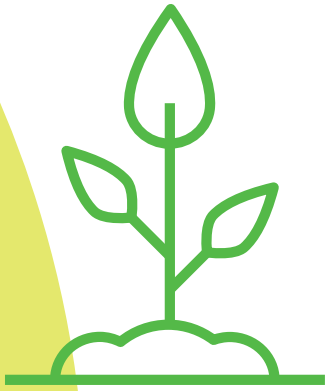


Meetings and conventions can be a major greenhouse gas contributor. Transportation, planning and preparation, accommodations, and food and beverage have an impact on carbon emissions. Environmentally friendly in-person meetings have several potential benefits, including lower greenhouse gas emissions and costs.

- The most effective way to limit







Volunteer Projects

Many ACP chapters have volunteer opportunities for members.

- For example, after chapter meetings, your chapter can schedule time to [plant trees](#) or work at a [community garden](#), which help remove carbon from the atmosphere.
- Physicians can use their voice to educate and advocate for policies to reduce carbon emissions and address climate change. Chapters can take time to write to their state and local policymakers to express support for action on climate change.

- Chapters can also reach out to other medical societies and community-based organizations to build coalitions to support climate change action.

Additional Resources:

- ACP's [Climate Change Toolkit](#): Featuring resources to help you educate and advocate for climate change solutions.
- Medical Society Consortium on Climate and Health: [The Medical Promise of Climate Solutions](#): A report on how addressing climate change benefits human and environmental health.

Strategies to Reduce Office Emissions

There are several actions you can take to make your chapter's office space more environmentally sustainable.

- Help commuters reduce emissions by encouraging staff to use mass transit, establishing vanpool/carpool programs, and offering telecommuting options for employees. You can also provide lockers, showers, and bicycle parking for employees who bike or walk to work. When selecting office space, choose a location that's close to public transit.
- Reduce your office's energy use by switching to energy efficient light bulbs (CFLs, LED bulbs), use [Energy Star-rated electronics and appliances](#), adjust thermostats to save energy when appropriate (up a few degrees in the summer, down a few degrees in the winter). Maintain heating and air

conditioning systems to ensure they are operating at peak efficiency. Optimize the building envelope with better insulation and energy-efficient windows. Choose energy efficient office space, which is associated with reduced [emissions and health benefits](#).

- Reduce waste by recycling and using recycled products, including paper and electronics. Use a water cooler or filtered tap water [instead of bottled water](#).

Additional Resources:

- U.S. Green Buildings Council: [LEED rating system](#)
- Energy Star: [Action Workbook for Small Businesses](#)