

# Cutting our Carbon Emissions

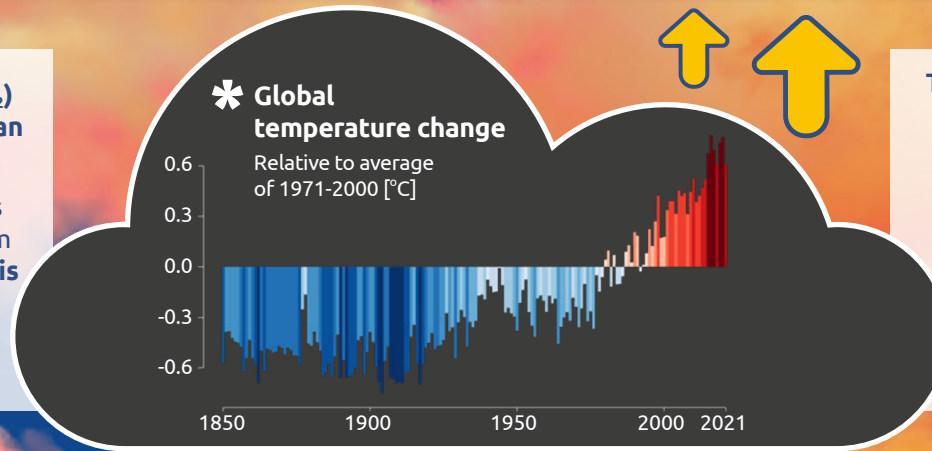


lechyd Cyhoeddus  
Cymru  
Public Health  
Wales

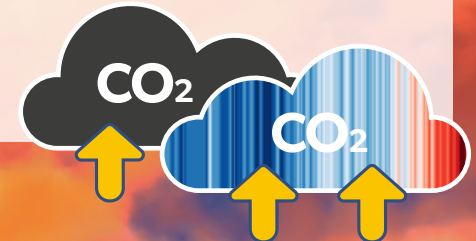
Climate Change is the most significant threat to human health and well-being as well as to the health of the planet.

The amount of carbon dioxide (CO<sub>2</sub>) in the atmosphere is now higher than it has ever been in human history.

The extra heat in our atmosphere is causing big changes to the long-term conditions on our planet. **The world is already 1.2°C warmer** than the pre-industrial period and could **warm up to 2-4°C by 2100**.



The leading cause of climate change is **human activity**. Burning of fossil fuels like coal and oil has **increased levels of greenhouse gases such as carbon dioxide (CO<sub>2</sub>)**. Gases are also released by habitat destruction.



## Why do we need to reduce emissions?

Climate change means that **extreme weather**, flooding, storms, heatwave, drought, and wildfire events are likely to occur more often. **Climate change affects us all**. To avoid the worst impacts, we need to **keep global temperature increases below 1.5°C**.

Over **200 countries** have agreed to reduce global emissions to **Net Zero by 2050**. Welsh Government set the ambition for the public sector in **Wales to be Net Zero by 2030**.

**Net Zero 2030**

## Did you know:

⚠️ Across Wales, over **245,000 properties** are at **risk of flooding** and almost **400 properties** are at risk from **coastal erosion**.

⚠️ **Healthcare** is responsible for **4% of global emissions** and NHS Wales carbon footprint is approximately **1 million tonnes of CO<sub>2</sub>**.

⚠️ In 2018, **climate change** was estimated to **lead to around 250,000 extra deaths** per year globally.

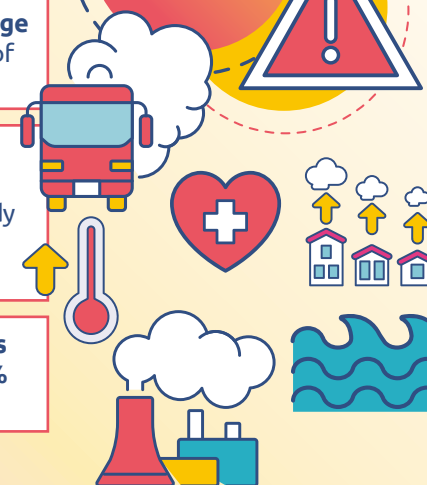
⚠️ The **2022 flooding in Pakistan** affected more than **30 million people**, destroying homes, crops and infrastructure.

⚠️ It is estimated that **air pollution** in the UK **reduces the life expectancy** of every person by an **average of 7-8 months**, with an associated cost of up to **£20 billion** each year.

⚠️ **1 in 6 species in Wales**, a total of 666 species, are at **risk of extinction**, with another 73 having already been lost due to climate change and unsustainable human activities.

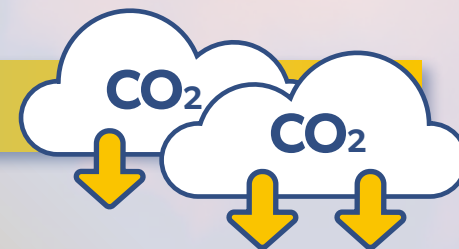
⚠️ **Power, transport, and buildings** including homes account for **84% UK emissions**.

'This is Code Red for Humanity'



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# What can we do to cut emissions?



Action on a global scale is required, but there are things each one of us can do at work and at home.

## 1 Energy



- ➔ Turning your heating down by 1°C could save you 4% a year, which is about £140 at current prices (August 2022).
- ➔ Turn off lights and replace bulbs with LEDs. LED bulbs use less power and are longer lasting.
- ➔ Don't leave chargers plugged in or devices on standby.
- ➔ Look at options to use Green Energy Suppliers.
- ➔ Investigate costs and grants for insulating your home or installing solar panels or heat pumps.



## 2 Travel



- ➔ Walk, cycle, or use public transport for short regular journeys.
- ➔ Go car free! The majority (68%) of UK trips undertaken are under 5 miles, with 19% of trips being less than 1 mile.
- ➔ Fly less. A return flight from London to New York emits about 0.67 tonnes of CO<sub>2</sub> per passenger. This is equivalent to 11% of the average annual emissions for a UK resident.
- ➔ Find out about a local Car Club scheme or car share opportunities.



## 3 Waste & consumption

- ➔ Think before you buy! Can you repair or even borrow? Find a Repair café near you!
- ➔ Buy locally and ethically whenever you can.
- ➔ Follow the hierarchy – rethink/refuse, reduce, reuse, recycle, compost.



## 4 Food



- ➔ Reduce food waste.
- ➔ Eat seasonal and local food.
- ➔ Grow your own food.
- ➔ Try to eat a more plant-based diet. Sign up to a local veg box.



## 5 Support nature

- ➔ Plant trees, grow plants, sow wildflowers and native species to improve biodiversity.
- ➔ Use peat free compost.



## 6 Encourage others to think about climate change

Talk to others in the local community and in the workplace. At work think about:



- ➔ Is walking or cycling an option or can you get to and from work on public transport?
- ➔ Are events accessible by walking, cycling, or can you take public transport or car share?
- ➔ Do you use recycled paper and buy Fairtrade?
- ➔ Can you turn down the heating or switch off the air conditioning in the office?

