



Flinders
UNIVERSITY

College of Nursing
& Health Sciences

**INSPIRING
ACHIEVEMENT**

Sustainability and Health Action Plan

2023-2025



Background

It is undeniable that climate change is having an impact on our health, from the rising temperatures and more extreme weather to an increase in CO2 levels and rising sea levels. For example, extreme heat and severe weather leading to heat-related illness and death, as well as mental health impacts, increasing allergens causing respiratory allergies\asthma and a food supply that is compromised.

The College of Nursing and Health Sciences are training future health practitioners, and it is important for our graduates to be equipped and empowered to help make a difference in supporting the health of themselves and others within the community. This starts with a focus on themselves and extends to others around them, including the workplace.

The Sustainability and Health working group was established in 2022 with the goal of taking action within the college to support sustainable practices. This began as a passionate project and developed into a team of motivated staff who are dedicated to encouraging awareness and education around sustainable practices and the links to health.

Relationship with University Policy and Strategic Plan:

Addressing climate change in the form of improving sustainability practices at Flinders University as well as teaching and equipping students studying health topics in understanding the health consequences of climate change aligns with Flinders University strategic plan, [Making a Difference: The 2025 Agenda](#). In particular, it demonstrates our values of integrity to “maintain the highest professional and ethical standards at all times” and values of innovation “be responsive and innovative when faced with new challenges” as well as aligning to our fearless mission statement – to change lives and change the world.

The University is committed to Sustainability evidenced by the current [Sustainability Plan Bold Ideas, Brighter Future](#). The College of Nursing and Health Sciences are leading the way in regards to local action through meetings with staff and establishment of the Sustainability and Health Working Group.

Relationship with CNHS Strategic Plan:

The [CNHS Strategic Plan](#)'s ambition is to “produce citizens of the world who enact the Flinders values of integrity, courage, innovation and excellence”. This aligns with the CNHS ambition to ‘add value to our communities through partnerships, shared problem solving and adding economic and social value’ and to ‘establish a strong, healthy, and vibrant environment for staff and students’. The work achieved through this Sustainability and Health Action Plan promotes a healthy and sustainable environment, whilst raising awareness and educating others to encourage the same values and practices in both their personal and professional lives.

College Actions

This Sustainability and Health Working Group is in close consultation with the Flinders University Sustainability Advisory Group in which CNHS is represented. The priorities and actions from this collaboration will be in line with the wider values of Flinders University and sustainability ideas. Reporting between groups will ensure this action plan is maintained and provide opportunities for projects, ideas, and information to be shared.

The CNHS Sustainability and Health Action Plan identifies three focus areas that will reduce CNHS negative impact of climate change and is important to CNHS staff and students aligning with the university priorities and culture. These focus areas were determined by staff in a workshop in November 2022. CNHS is committed to achieving the objectives outlined on the following pages.

College Objectives:

Objective 1: To develop curriculum which builds the effects of climate change on health into teaching topics across CNHS disciplines

Success indicators:	
A.	Phase 1: Intelligence gathering of information relevant to start the sustainability education goals is complete
B.	Phase 2: Staff are engaged in education of the health effects from climate change across curriculums within disciplines
C.	Phase 2: Education is provided of evidence-based information about climate change and the effects on health
D.	Phase 3: Students are equipped with knowledge of the effects of climate change on health

Success Indicator	Strategy	PIC representative and/or lead responsible person	Target (related to indicators)	Progress	Timeframe for completion
A	Discuss with Dean Education and Academy Director re whether there is support for this objective and if so negotiate steps to take and a timeline	Carolyn Dent and Tegan Putsey			Aug 2023
A	Liaise with Course Coordinators across the college disciplines about known sustainability teaching content already in topic content	Carolyn Dent	Increase awareness of current sustainability knowledge being shared		Aug 2023
A	Map out what is currently being taught about sustainability in the CNHS topics per discipline	Carolyn Dent Sustainability and Health Action Group	Overview of current sustainability education into health		Sept 2023
A	Determine the appropriate steps to introducing these concepts into teaching - discuss with Dean Education and link with Academy	Carolyn Dent Sustainability and Health Action Group			Oct 2023
B	Find interest/champions for each discipline to help map and engage teaching resources and sustainability content across courses	Sustainability and Health Action Group	Equip staff with sustainability knowledge and issues (local, national, global)		November 2023
C	Investigate and keep up to date with current climate change issues and agendas	Sustainability and health action group			ongoing

C	Provide education for interested staff who can develop topic content	Sustainability and health action group			February 2024
D	Based on results of actions for success indicators A-C develop curriculum and input into courses or as a standalone topic	Sustainability and health action group			2024

Objective 2: To encourage and support sustainable recycling and food waste practices within the CNHS

Success indicators:	
A.	The College supports an environment which encourages sustainable practices
B.	The College provides appropriate spaces and resources to promote sustainability amongst students and staff
C.	The College recognises the importance of sustainability and how recycling and food waste management improves health and wellbeing
D.	Staff and students are actively undertaking sustainable practices of recycling

Success Indicator	Strategy	PIC representative and/or lead responsible person	Target (related to indicators)	Progress	Timeframe for completion
A	Investigate and audit how food waste is currently managed across the College	Sustainability and Health working group	Increase awareness		August 2023
A	Investigate and audit what recycling practices are currently in place across the College	Sustainability and Health working group	Increase awareness		August 2023
A	Link with Community Garden project to investigate options for food waste to go to compost in the garden	Denise O'Connell Sustainability and health working group			September 2023
B	As a result of the audit ensure appropriate facilities are in place that enable success and facilitate sustainable recycling and food practices	Sustainability and Health working group	Have less food wastage – measured by output in bins		November 2023

C	Educate staff and students on current recycling practices and contributions eg keep cup at Café (reduced cost)	Sustainability and Health working group			November 2023
C	Use College platforms such as the Newsletter and College Collab to promote sustainable recycling and minimise food waste	Sustainability and Health working group			ongoing
D	Evaluate staff through a retrospective survey to understand uptake of recycling practices	Sustainability and Health working group	See an increase of recycling usage		March 2024

Objective 3: To improve and utilise the current Sturt Community Garden and outdoor spaces

Success indicators:	
A.	2Develop an intelligence report based on community consultation with staff and students to inform actions in the community garden
B.	The Sturt Community Garden has been revitalised and is available for staff and students
C.	Students and staff are empowered to access and utilise garden space
D.	Awareness of staff and students raised of benefits of eating from local garden

Success Indicator	Strategy	PIC representative and/or lead responsible person	Target (related to indicators)	Progress	Timeframe for completion
A	Intelligence gathering – what is currently in use, who and how the garden is managed and used – liaise with students in the Flinders Uni Sustainability Committee and Environment Officer (Grow, Eat, Learn Garden) Bedford Park	Denise O'Connell + Students on placement			June 2023
B	Based on intelligence report plan action to enable garden to be open and available for staff and students	Denise O'Connell Sustainability and health action group			Nov 2023

Success Indicator	Strategy	PIC representative and/or lead responsible person	Target (related to indicators)	Progress	Timeframe for completion
B	Gather interested staff and students to join this garden project	Denise O'Connell Sustainability and health action group			Sept/Oct 2023
B	Seek budget for garden project	Carolyn Dent Sustainability and health action group			Sept 2023
C	Garden can be included in the Tours/O-Week to help encourage students to study at Flinders	Sustainability and health action group			August 2024
D	Use College platforms such as the Newsletter and College Collab to promote sustainable and health benefits of growing local food	Sustainability and health action group			ongoing

