

Hamilton Family Health Team

Green Initiative

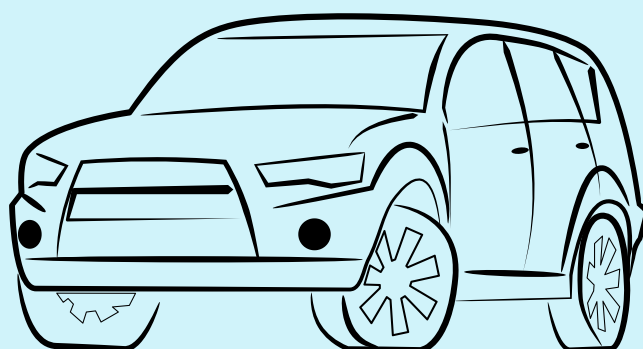
Active

Transportation

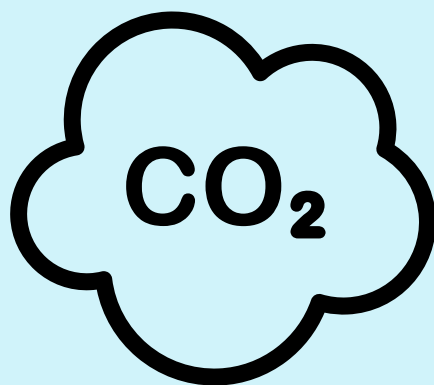
Author: Dr. Meghan Davis B. Eng. MD FCFP
Design: Teniola Ayeni, Tatiana Gayowsky H. BAsC

The Problem

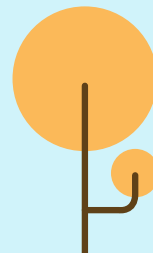
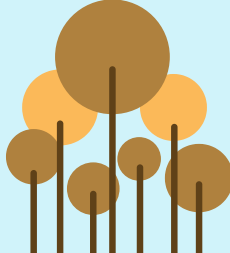
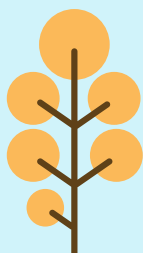
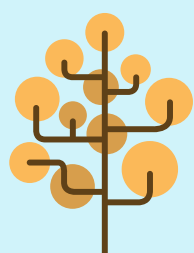
The British Medical Association reports that the second largest carbon footprint in general practice (after pharmaceutical prescribing) is patient and staff travel.¹



Car pollution is one of the major causes of global warming due to the emissions of carbon dioxide and other greenhouse gases.²



Transportation causes up to **28%** of Canada's greenhouse gases.³

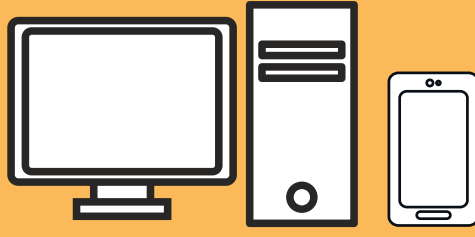


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Transportation

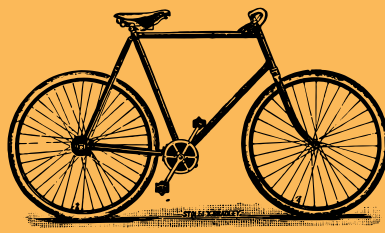
Solutions:

Offer [virtual appointments](#).



Bike, walk, or take public transit to work!

At the Crown Point pilot site we advocated to the City of Hamilton for a bike rack and were approved!

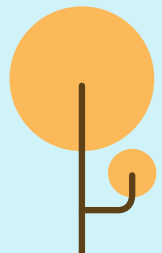
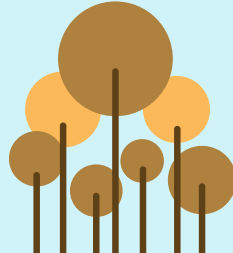
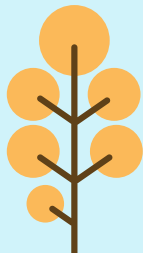
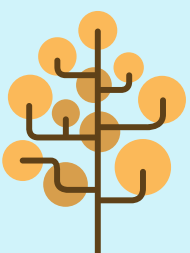
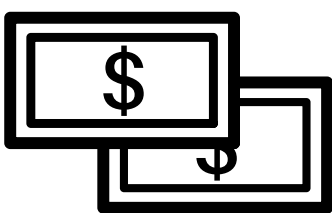


Meghan, Haider, and Madeleine all bike to Crown Point when the weather permits!

Benefit:

Economic

Less money is spent on gas and required for car maintenance.



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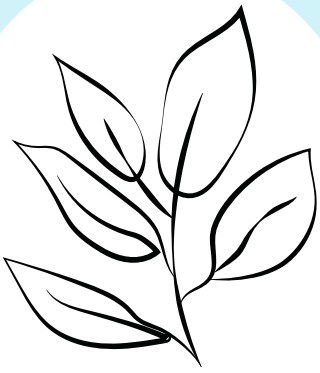
Transportation

Benefit:

Environmental

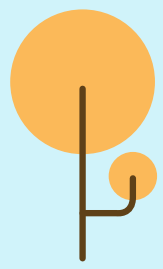
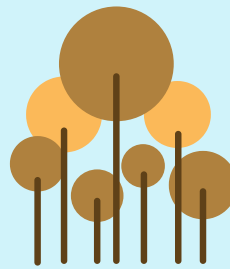
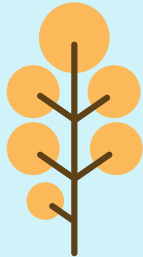
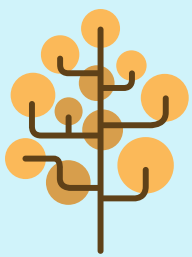
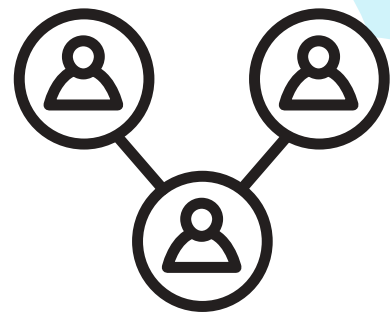
Less greenhouse gases are produced!

Biking to work (50% of the time) for our four staff is 18 000 fewer annual kilometers driven!



Social

By avoiding driving, we are improving the air quality of the communities we would otherwise drive through. We also interact more with those communities!



We also get exercise on our way to work which is beneficial for our health!⁴

For accessibility resources around active transport, and to learn about cycling in Hamilton, take a look at the [Everyone Rides](#) initiative.

References:

- (1) [Sustainable and Environmentally Friendly General Practice](#)
- (2) [Car Emissions and Global Warming](#)
- (3) [Where Do Canada's Greenhouse Gas Emissions Come From?](#)
- (4) Rabl A, de Nazelle A. [Benefits of shift from car to active transport](#). Transport Policy. 2012;19(1):121-131.

Join the HFHT Green Initiative, and access all infographics, videos, and other resources at: [HFHT Green Initiative Webpage](#)

If you have any questions, please reach out to us: green.team@hamiltonfht.ca