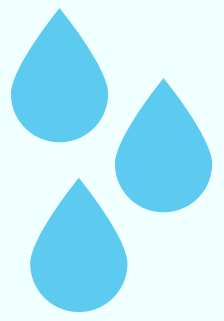
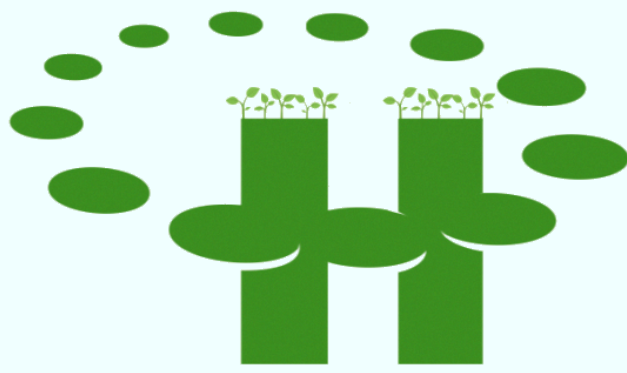


March 2021

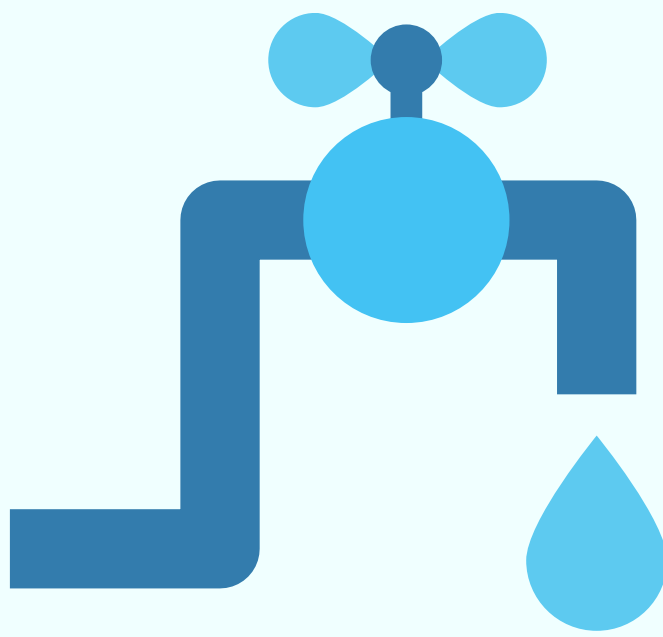
Water



**Hamilton** Family Health Team

*Green Initiative*

# Water



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Design: Teniola Ayeni

## The Problem

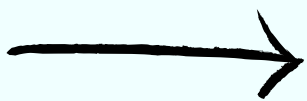
Globally, Canada ranks second to the US in terms of highest per-capita water use in the developed world.<sup>1</sup>



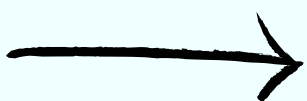
More than 2 billion people live in countries experiencing water stress, which worsens as the global demand for water grows.<sup>2</sup>



**At the Crown Point pilot site our water usage rates and cost have gone up over the years:**



The hot water heater is far from some rooms, so we let the water run while waiting to warm up speculums.



The flow from our taps is higher volume than needed, which wastes water.



## Solutions:

1

Both pilot sites have turned down the water flow under all of the sinks.

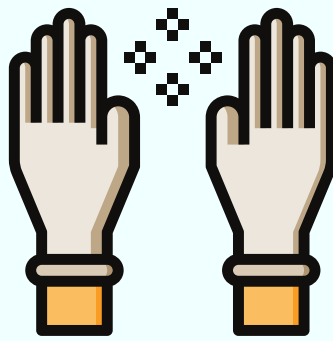
Check out this informative [Wiki-How](#) for information on how to do it.



Turning down the Crown Point water flow.

2

The Crown Point pilot site now warms up the metal speculums with a gloved hand and then uses a water based lubricant if needed. Thank you to the Crown Point Midwives for this helpful suggestion!



3

Both pilot sites have ensured that the toilets are low-flow.

To change toilets to low-flow, check out [this guide](#).





## Benefits:

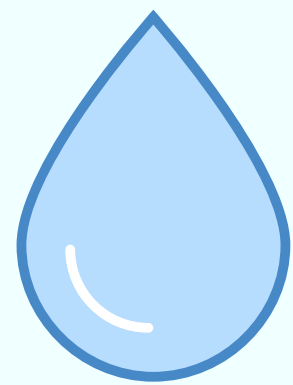
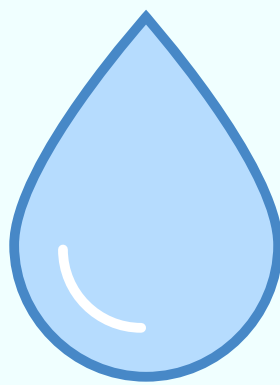
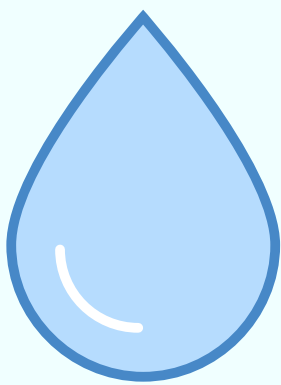
### Environmental:

Less water and electricity will be used! This lowers the use of natural resources.



### Financial:

Reduced hydro and water utility bills. We think we can reduce our water bill by over 50% or more.



## References:

1. [Water Use and Consumption in Canada](#). UBC Water Governance Factsheets
2. [UN-Water](#). Climate Change. UN-Water.

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](mailto:green.team@hamiltonfht.ca)