

the hospital. There is even a bicycle for rent service available for the staff who wants to pedal around and explores the areas nearby the hospital.



Alexandra Health Cluster- Staff and visitors are encouraged to take the stairs

Food

According to the Food and Agriculture Organization of the United Nations, livestock business is the major source of carbon dioxide emission¹³. Agriculture is an important contributor to climate change. During process of the production, manufacturing, transportation, storage, selling and food consumption, considerable amounts of greenhouse gases are produced. The majority of greenhouse gases are methane and nitrous oxide and the main source is from the meat production¹⁴. We can cut down on the meat consumption which helps decrease the effects of global warming.

Moreover, the disease pattern is changing and many chronic diseases are diet-related. We can improve health by changing the lifestyle and dietary habit.

Taiwan: Buddhist Taipei Tzu Chi General Hospital

In order to encourage people to eat healthy vegetarian diet and use reusable utensils, Buddhist Tzu Chi Foundation constantly teach people how to eat healthy and treat the environment friendly, respect the life, and live in harmony with the nature. In order to promote the health of patients, staff and the people who visit the

hospital, they are encouraged to eat vegetarian diets. There is a “Da Ai Food Court” in the hospital that serves a variety of vegetarian food. Among the choices are buffet with more than 100 dishes Thai, Taiwanese, Japanese, Korean food, light food, hot pots and so on for people’s need.

The vegetarian diet also has the following characteristics:

1. Provide lacto-ovo-vegetarian diet;
2. Follow the recommendation of the Dietary Reference Intakes (DRIs) which is formulated by the Department of Health, Taiwan;
3. Provide seasonal fresh food and fruits;
4. Have at least two kinds of vegetables per meal;
5. Serve a variety of staples: rice, unpolished rice, noodle, porridge, and steamed bun etc.
6. Serve various meals set: for disease treatment, normal diets, for postpartum recovery.

In Da Ai Food Court, there are different styles of vegetarian diets. The nutrition labels sign, summarized by the dieticians are placed in the food court entrance to give people the idea of different meals in different stands.



Buddhist Taipei Tzu Chi General Hospital- The Da Ai Food Court provides a variety of vegetarian diets.

Taiwan: Buddhist Dalin Tzu Chi General Hospital

As a Buddhist hospital, providing vegetarian food is mandatory and the most important and effective action on easing the burden of global warming. The Da Ai Farm is a farm within the hospital compound where it serves local and organic produce in the hospital’s cafeteria. By doing so, it reduces carbon dioxide emissions from transporting process. It also serves as horticultural therapy for the mentally-challenged. Besides being friendly to the environment, vegetarian diets have been proved to be healthy for people.



Buddhist Dalin Tzu Chi General Hospital- In the Da Ai Farm, staffs and families harvest together and rice with their own brand.

Singapore: Alexandra Health Cluster

Healthy eating is promoted throughout the hospital – from wards to eateries. Fresh fruits and vegetables are harvested from hospital's gardens and served to patients in the wards. In the food court, food stalls and café serve healthy yet delicious food, prepared with less oil, salt and sugar. To further encourage healthy eating, the food is not only healthier, but also cost less than restaurant food.



Alexandra Health Cluster- Hospital's gardens

Waste

The definition of waste by the World Health Organization is the waste from health care facilities that includes the waste produced during diagnosis, treatment, prevention, rehabilitation and related research. The international survey shows that the health care facilities are the major producer of biomedical waste, which constitutes 10-15% of total hospital waste. According to the 2007 data from the Department of Health of Taiwan, there are a total of 19,900 hospitals and clinics in Taiwan, and the statistics from the Environmental Protection Administration indicates that there are 90,000 tons of wastes generated each year, with 23,561 tons of biomedical waste included. The statistics also shows hospitals produce an average 64.5 tons of medical waste every day¹⁵. How to deal with huge biomedical waste in hospital is something the hospital administrators must take seriously.

Taiwan: Changhua Christian Hospital

Changhua Christian Hospital applied Automatic Identification and Data Capture (AIDC) system in managing their biomedical waste. For the waste recycling, they began making an effort in the management of biomedical waste, reusing infectious waste to fully implement waste