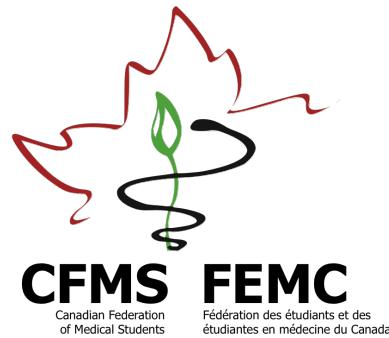


TASK FORCE REPORT

*Finola Hackett, Chair of Health and Environment Adaptive Response Task force (HEART)
2019 Annual General Meeting
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I. ACTIVITIES OF CFMS HEART

What has your focus been? What were you able to accomplish? What issues have you dealt with?

HEART has several areas of focus, and with a huge growth in interest in climate and environment's intersection with health, we have expanded our membership and number of projects over 2018-19. These are broadly grouped under: Education, Advocacy, Awareness, and Collaboration.

Education

Planetary health competencies project

- Since HEART's creation in 2016, we have drafted a set of core competencies on planetary health, including climate change and other environmental impacts on health. See <https://www.cfms.org/what-we-do/global-health/heart-competencies>
- In 2018, these competencies were finalised after gaining feedback from experts and faculty members in areas including public health and environment. It is an iterative process, however, and we are constantly looking for feedback to update these competencies. For instance, the latest update in September 2019, included the addition of a mental health competency category with input from the Climate Psychiatry Alliance.
- Starting in early 2018, we began to advocate for integration of the competencies in undergraduate medical education nationally. To this end, we created an evaluation survey which was completed by students and faculty members at nearly every medical school across Canada. The goal of the evaluation is to (1) track progress on integrating planetary health teaching, with quantitative and qualitative measures, and (2) inspire action by allowing schools to learn from initiatives at other faculties and address gaps in their own formal and informal teaching. The report summarising the findings is anticipated to be published on the HEART website before the end of 2019.
- We have been supporting individual school integration of the competencies, with our Planetary Health Competencies Toolkit available [here](#). Individual members of the HEART Network have been working with their faculty to create or modify teaching sessions. For instance, the University of Toronto has created a self-learning module on the topic, the University of Alberta has a dedicated two-hour public health lecture and is integrating a case-based module written by HEART Committee members, and the University of Calgary also has a lecture on the topic.

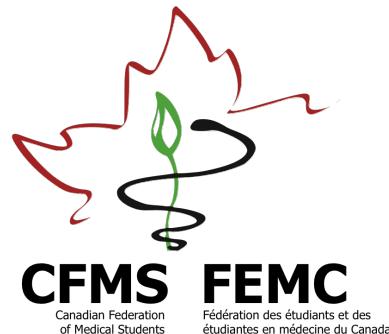
Advocacy

HEART has been increasingly engaged in advocacy on planetary health and climate change & health.

Doctors for Future

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- For instance, we have been working with the Canadian Association of Physicians for the Environment (CAPE) on the Doctors for Future campaign, leading up to the global day of climate action on Sept. 27, 2019. We have been connecting HEART Network members with local Fridays for Future organisers and CAPE-involved physicians.
- Furthermore, as part of this initiative, we have launched a social media campaign, with weekly posts highlighting the importance of strong climate action to protect health – particularly given the upcoming federal election.

Awareness

HEART strives to raise awareness of climate change and environmental issues, including by communicating how medical students can take action to protect the environment in their personal, professional, and institutional lives.

HEART Newsletter

- These actions are highlighted in the monthly newsletter to HEART Network members, which features a research article and ways students can take action on a specific topic, as well as updates on the latest HEART initiatives and how students can get involved.

Earth Week Photo Contest

- We ran our third annual Earth Week Photo Contest in April 2019, which received 179 entries from medical students across the country. The winners and entries are featured in the HEART newsletter and website.

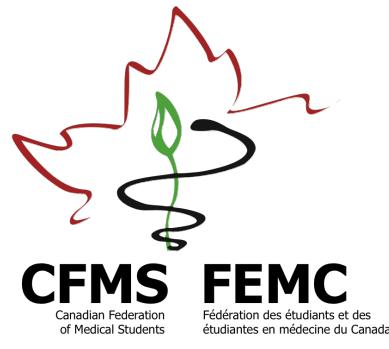
Media articles

- We have written several articles highlighting the importance of integrating climate change and environmental learning and advocacy into medical education and practice:
- BC's The Province. "Medical students take a stand on climate change." Published September 16, 2019. Link <https://theprovince.com/opinion/op-ed/sasha-letourneau-kevin-liang-and-finola-hackett-medical-students-take-a-stand-on-climate-change>
- CMAJ Blogs: "The Future of Climate Change: The HEART Initiative." Published June 24, 2019. Link: <https://cmajblogs.com/the-future-of-climate-change-the-heart-initiative/>
- CFMS Annual Review 2019: "Accountable for our patients & our planet," page 12-13. Published April 2019. Link: <https://www.cfms.org/files/annual-review/annualreview2019.pdf>
- CMAJ News: "Why aren't more doctors talking about climate change?" Published March 12, 2019. <https://cmajnews.com/2019/03/12/why-arent-more-doctors-talking-about-climate-change-cmaj-109-5731/>
- CMAJ News: "Medical students call for more education on climate change." Published: February

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19, 2019. <https://cmajnews.com/2019/02/19/medical-students-call-for-more-education-on-climate-change-cmaj-109-5717>



Social media

- In 2019, HEART created [Instagram](#), [Twitter](#), and [Facebook](#) accounts. We have increased our activity particularly over the past month, and garnered a total of 143, 71, and 97 followers (respectively) to date.

Collaboration

CFMS

- We have been fortunate to work with CFMS leadership and members of the HEART Network at individual schools. The Network is open to anyone to join, and automatically includes students who hold positions of Sustainability Officer/Climate Change Advocate or Environmental Interest Group lead at their respective schools. Currently there are 65 student members of the HEART Network (not including the HEART Committee or NORP/Director of Global Health), and 7 additional non-student members on our mailing list.
- For instance, in August a representative from HEART was able to join the CFMS President in a meeting with CMA and CAPE leadership, and share our work to date, which was well-received.

CAPE

- We have received extensive mentorship and support from CAPE, both the national leadership and local CAPE committees. For instance, HEART members are actively involved with the CAPE Ontario, Alberta, and BC committees. CAPE has connected us with communications consultants to assist with media pitches and expanding our reach.

IFMSA

- In August 2018, the IFMSA announced its Target 2020 vision: that every medical school in the world incorporate some aspect of planetary health teaching by 2020. This was directly in collaboration and alignment with HEART's planetary health competencies project. At the August 2019 IFMSA meeting, SCOPH representatives from CFMS shared HEART's work, and were approached by multiple national student organisations from other countries who were keen to emulate Canada's initiative. We continue to stay in touch with IFMSA leadership on this.

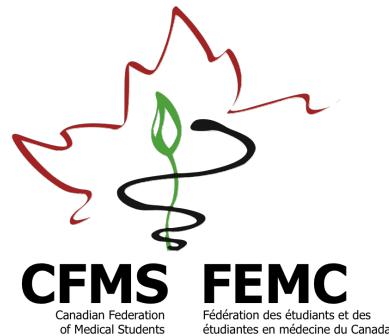
FMEQ and IFMSA-Quebec

- HEART has been in close communication with Quebec student leaders over the past year, who are also extremely keen to advance advocacy on climate change and health. For instance, a HEART committee member presented with the IFMSA-Quebec president at the AFMC global health network meeting at CCME 2019. There is also strong interest in incorporating planetary

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health teaching in Quebec. We have worked with Quebec students to translate our curriculum evaluation into French and received input from schools to make our report truly national.



Issues?

Overall, the year has gone smoothly. In reflection, the major issues I can identify relate to HEART's rapid expansion and growth (the perils of success!). We have at times struggled to keep various local and national student initiatives aligned, but have overcome this through constant communication and connecting students and physicians working in the environment & health space.

With our expanded scope and number of projects, we have updated our Terms of Reference to allow the HEART Committee to assign portfolios to committee members, to delineate responsibilities more clearly. We have also added a clause allowing the committee to strike sub-committees, drawing from HEART Network members, to assist with projects as needed.

II. MEETINGS ATTENDED

Date	Meeting	Location
November 2018 to September 2019	HEART Committee Meetings, every 2 nd Sunday, open to HEART Network members (several have joined throughout the year) Various additional calls with: CAPE leaders, communications consultants including from Climate Outreach Hub, Centre for Sustainable Healthcare representatives, Consortium of Universities for Global Health, FMEQ and IFMSA-Quebec representatives	Skype teleconference
September 2018	CFMS AGM – HEART presentation at Global Health program meeting – Julia Sawatzky, George T. Kitching	Montreal, QC
April 2019	CCME – HEART/IFMSA-Quebec presentation at AFMC Global Health Network meeting – George T. Kitching, Roxanne St-Pierre Alain	Niagara Falls, ON
August 2019	IFMSA General Assembly – Presentation of HEART's work by CFMS SCOPH representatives – Kelan Wu, Yseult Gibert	Taipei, Taiwan
August 2019	CMA Health Summit – HEART/CFMS presentation at CMA/CAPE meeting – Arianne Cohen, Stephanie Smith	Toronto, ON

III. CONCLUSIONS

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Thanks to every member of the HEART Committee, all of whom have put tremendous effort and dedication into our initiatives throughout the past year. Their commitment to action on climate change & environment is truly impressive, and inspires me to continue with this work every day. I am certain that HEART's work will be in capable hands moving forward.

Thanks also to the HEART Network members, many of whom have joined HEART on specific initiatives such as writing articles or giving feedback on our competencies, or have helped in completing curriculum evaluations and advocating for educational change at their schools. Their work is what truly is making a difference at the local and university level.

Thank you to the CFMS VP Global Health, Michelle Quaye, for her consistent encouragement and guidance throughout the year, and to members of the CFMS board, particularly Yipeng Ge from Government Affairs and current/former Presidents Stephanie Smith and Henry Annan. The strong support from the leadership of CFMS has helped HEART to gain traction with all our initiatives.

Finally, thanks to our collaborators and mentors, particularly Dr. Courtney Howard, Dr. Edward Xie, Dr. Joe Vipond and Kim Perrotta from CAPE. And we are indebted to our patients and communities, who teach us more about the social and environmental factors impacting health than anything we could learn in the classroom. It is in service of these individuals that HEART's work aims to make a positive change.

Finola Hackett, HEART Chair 2017-19

MD 2019 University of Alberta, PGY-1 Rural Family Medicine University of Calgary

HEART Committee 2018-19:

Sasha Létourneau (Queen's University), Arianne Cohen (University of Toronto), George T. Kitching (University of Western Ontario), Jessica Benady-Chorney (McGill University), Kelsey MacQueen (University of Calgary), Tiffany Got (University of Toronto), Natalya O'Neill (University of Toronto)

