Community Acupuncture Team
Greenhouse Gas reporting 2022

Headline figures

Total CO2e produced in 2022
632kgCO2e (kgCO2e less than 2019)
2600 Total patients treated
0.24kgCO2e per patient
1.7% reduction per patient from 2019, 64.7% reduction in scope 2 and 3 since 2019.

Total CO2e off-set in 2022
1000kgCO2e

Accounting period 1st January 2022 - 31st December 2022

At Holistic Health we take our carbon impact very seriously. Chinese medicine came from an earth-based philosophy and we believe it is our moral imperative to make sure the world we pass on to our children is better than the one we received from our parents.

Our Process

2022 was the fourth year we undertook a greenhouse gas review. We used the DEFRA 2013 guidance to measure our emissions. Reporting on our scope 1, 2 and 3 emissions. We used BEIS's conversion factors to discover how much carbon equivalents we are responsible for, these are considered estimates as averages are used.

Organisational boundary

We decided to measure all of the emissions possible related to the business operations, including all of the products and as much of their full lifecycle as we were able to this year, even if we did not have financial or operational control of these. We felt this was important as we are a service company, and a lot of our emissions are in the products we use. We also felt it our duty to fully account for what went through our business.

Omissions

We did not account for energy where it was already delivered by a green provider, nor deliveries from DPD as they are carbon neutral. We also did not include our cleaning products where they were from a local carbon neutral refill company. We have not accounted for energy used by people using our products, for instance travel to the clinics. We no longer include herbal assessments in this business.

Data assurance

For now, as a tiny operation, we are self-reporting. We hope one day to be able to have this reviewed externally.

Some of the measurements are estimates, though every attempt was made to make them as accurate as possible, where it was not possible to be 100% accurate, we overestimated our figures. For instance, there is not

currently a conversion factor for the production of acupuncture needles, the nearest was for steel cans.

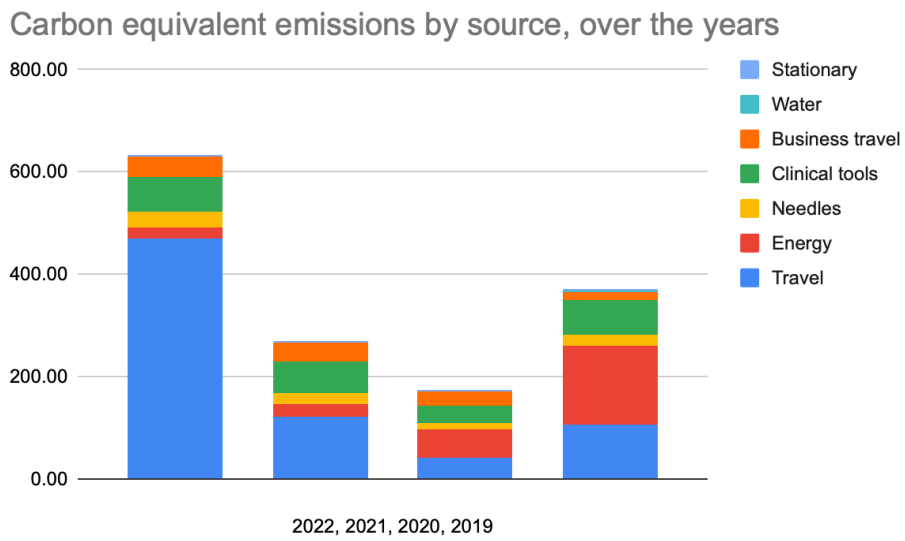
Intensity measurements

This year we have not used a normative factor. For such a small report we have kept kilograms, kilometres, kilowatt hours and litres.

Figures

Scope 1 (kgCO2e)	2022	2019	Change
Travel (km)	469.27	104.81	347.74%
Scope 2 (kgCO2e)			
Energy (kWh)	20.89	154.29	-86.46%
Scope 3 (kgCO2e)			
Needles	33.62	23.22	44.78%
Clinical tools	66.51	65.89	0.94%
Business travel	40.29	18.11	122.45%
Water	0.23	0.46	-50.44%
Stationary	1.00	3.86	-74.09%

2022 emissions



Our base year for comparison was 2019

Discussion

2022 was a bit of a growth year for us. We opened three new clinics, though only one stuck, and brought in a new practitioner. We now have 5 clinics and 5 practitioners across Oxfordshire and into Wiltshire. We also treated a lot more patients than previous years. This meant an inevitable increase in travel emissions. Some of these were stymied by one of our practitioners getting an electric bike and cycling for half of their journeys, but others had to travel further without the option of reliable public transport.
However, we continued to make reductions when comparing carbon emissions per patient, and ignoring the travel costs. Whilst we will try to reduce travel costs where possible, we will begin using emissions per patient as our main indicator of improvements. This will make more sense as a growing business that will incur more emissions as we expand and treat more patients.
This year we were able to make some more reductions by using washable hand towels to dry hands, rather than disposable paper ones, reducing our PPE use and bringing our notes online, on a carbon neutral hosted website.

Off-sets
This year we off-set a tonne of carbon through GoldStandard.org. Our contribution went to supporting an energy and biodiversity project in Honduras.

Targets
Medical practice can be a tricky industry to decarbonise. Hygiene standards must be followed, even more so this year! Needles are single use and must be incinerated and spaces must be safe and hygienic, it will therefore be very difficult to decarbonise these aspects of the business. We

will reduce where we can, but they may go up as operations expand. Thus, they will always have to be off-set.

It is getting a bit tricky to reduce our emissions now. So we will continue to work to

- Try to reduce travel emissions - by far our biggest source, but also tricky to reduce given travel constraints for some practitioners.
- Further reduce carbon intensity per session
- Push other practitioners to calculate and reduce their emissions
- Work with our partners to reduce the carbon intensity of the spaces and supplies we use.

We will proudly remain carbon positive whilst serving more of our community.

The Community Acupuncture Team
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