Holistic Health Greenhouse Gas reporting 2020

Headline figures

Total CO2e produced in 2020
486kgCO2e (39kgCO2e more than 2019)

Total CO2e off-set in 2020
1000kgCO2e

Accounting period 1st January 2020 - 31st December 2020

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. That is why we choose to be carbon positive.

Our Process

2020 was the second year we undertook a greenhouse gas review. It was quite a mixed bag compared to 2019. 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 boiling the kettle to make herbal decoctions.

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.

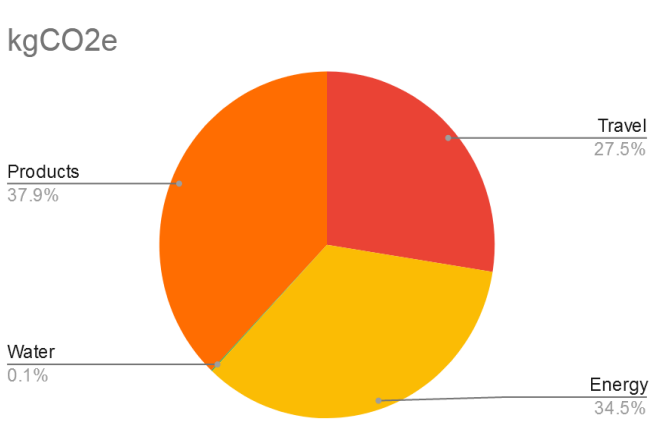
Intensity measurements

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

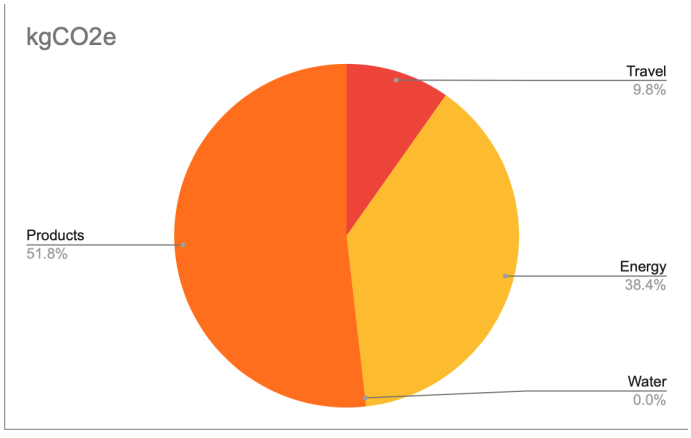
Figures

Scope 1 (kgCO2e)	2020	2019	Change
Travel (km)	46.54	104.81	-55.60%
Scope 2 (kgCO2e)			
Energy (kWh)	187.26	154.29	21.37%
Scope 3 (kgCO2e)			
Needles	13.63	23.22	-41.30%
Herbal products	175.80	76.33	130.32%
Clinical tools	33.07	65.89	-49.81%
Business travel	27.15	18.11	49.92%
Water	0.00	0.46	-99.91%
Stationary	2.78	3.86	-28.11%

2019 emissions



2020 emissions



Base Year
Our base year for comparison was 2019

Discussion
Obviously this has been a very weird year. The clinics were closed for about half of it so patient numbers have been a bit all over the place. For a comparison we did about 1500 treatments in 2019, but just 900 in 2020. That puts the carbon intensity of one session in 2019 at 0.30kgCO2e compared to 0.54kgCO2e in 2020. Therefore, if we had treated as many as in 2019 our total emissions would have looked more like 810kgCO2e. Clearly not a great outcome when we are looking to reduce our emissions. However, there are a few issues with this. Firstly we are an expanding business, so it is not entirely unlikely that absolute emissions could go up as we expand. Secondly, a big chunk of the increase was in herbal products and energy use, primarily online data (75% of scope 2 energy use), which was measured more accurately this year.
Another issue I have noticed with last years, is that there appears to be a rounding error in bus travel, which made the reporting a bit lower (though we still nearly doubled the offsetting). As far fewer trips were taken this year and on a lower emissions bus there should be been a reduction in emissions there.
Some of the improvements have been due to efficiency gains in the sectors as well.
Exciting developments that have helped towards reductions are switching to eco needles which have almost no plastic in the packaging, which is 100% recyclable, and have resulted in a 20% reduction in emissions per packet and our main practitioner is no longer driving. We have also switched to refills from a carbon neutral company for most of our cleaning products which will reduce our footprint there as well and the majority of our centres are on green energy, we are pushing the last centre to switch.

Off-sets

This year we off-set a tonne of carbon through GoldStandard.org. Our contribution went to planting a Nicaraguan reforestation project.

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.

- Firstly, the website will be hosted by a carbon neutral company, reducing our footprint by nearly 30%
- We will continue to reduce driving to and from the clinics
- All practitioners will be using eco needles and refills for clinic hygiene

(continuing) Additional aspirations

- I will use what power I have to encourage my suppliers to decarbonise
- I will use what voice I have to encourage my peers to decarbonise

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

Holistic Health
www.holistic-health.org.uk
For more information email joe@holistic-health.org.uk