



People Power Health Insights

By Pedja Stojicic • Feb 14, 2023

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If You Want To Go Far, Go With Others



People Power Health and Dr Gaurab Basu Interview

I think human beings are capable of so much that we have the ability and the knowledge of how to build a better world. But, we've gotta create organizing principles where we're just committed in everything we do to build that. - *Dr Gaurab Basu*

We recently had the honor of having [Dr. Gaurab Basu](#) as a guest on our [Interview Series Episode](#). Dr. Basu is a physician and founding co-director of the Center for Health Equity Education and Advocacy (CHEEA) at the Cambridge Health Alliance (CHA). He is also an instructor at Harvard Medical School's Department of Global Health and Social Medicine.

The big picture: In 2019, CHEEA in the collaboration with People Power Health created a Climate Health Organizing Fellowship.

- The vision was to create a vibrant educational space and community that develops a cadre of interprofessional clinicians who are inspired and empowered to contribute meaningfully to climate solutions.
- The Climate Health Organizing Fellowship has trained more than 180 health professionals so far.

Why it matters: Healthcare workers hold a vital responsibility in safeguarding public health against the impacts of climate change.

- As healthcare clinicians, they have an ethical obligation to protect the health of their patients and communities. The threat posed by climate change is a serious and immediate health concern, and healthcare workers have a duty to act.
- Healthcare workers have a unique position of influence and credibility in their communities. By speaking out about the health impacts of climate change, they can help to build public support for action and influence policy decisions.

Climate Change Is a Growing Public Health Concern



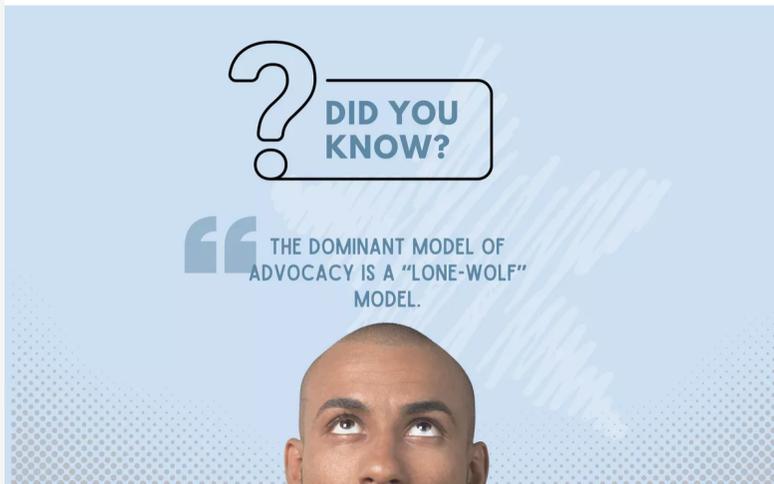
As a healthcare worker, I have always been dedicated to the well-being of my patients. However, it wasn't until I encountered the effects of climate change on their health that I realized the true magnitude of the problem. I saw first-hand how exposure to extreme heat was putting my patients at risk for heart attacks, respiratory issues, strokes, and even complications during pregnancy. I couldn't ignore the fact that the changing climate was not only affecting the health of my patients but also their access to food and water. - Dr. Gaurab Basu in the ["BMJ Opinion" article](#)

Climate change has far-reaching health consequences, including increased air pollution, spread of infectious diseases, and natural disasters that disrupt communities and cause injury, illness and death. As healthcare workers, you have seen the direct impacts of climate change on the health of your patients, and you understand the urgency of the situation. Healthcare clinicians are well-positioned to educate the public about the health risks associated with climate change and to advocate for solutions that will reduce its impacts.

The bottom line: Clinicians must take a proactive approach to protect the public's health. By uniting and combining the collective knowledge, we can create effective strategies that can be used to combat the climate crisis. In the words of our guest, Dr. Basu:

If you want to go fast, go by yourself. If you want to go far, **go with others.**

We Launched Our HEART Program Last Week



Join the [Health Equity Activism & Reflection Training \(HEART\) program](#) and make a meaningful impact. This 6-week online program will empower you with the skills and practices of activism and community organizing.

Why it matters: Clinicians like you understand the importance of addressing social determinants of health, but may feel overwhelmed.

- [HEART](#) provides the tools and support you need to advocate effectively because unlike traditional advocacy methods, it emphasizes community support and long-term growth.

The bottom line: Without the support of a community, individuals may experience burnout and disengagement, leading to ineffective activism. Join a dedicated community, learn and grow together, and bring health justice to your community.

Until next time,

With peace and solidarity,

Dr Pedja Stojicic

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