

I've joined DEA – now what can I do?

Doctors for the Environment Australia appreciates the contribution of all members. If you renew your membership each year, that is a valued contribution.

If you're looking to do more, there are many options.

Do



✓ Walk the talk

To respond to the climate crisis we need deep de-carbonisation across all sectors. Reduce your emissions and waste – reflect, refuse, reduce, reuse and recycle. Choose renewable energy. Eat more plant-based foods. Minimise transport emissions – bike, walk or use public transport. Reduce long-haul flights and offset travel using a reputable carbon offset program. Opt to video-conference where possible.

✓ Invest in a Healthy Planet

Consider changing to Socially Responsible Investing (SRI). Do you or your financial institution invest in fossil fuels or other non-sustainable industries? It's easy to 'divest' by changing to SRI superannuation funds and shares, and banking alternatives are emerging. Use shareholder activism to influence companies and institutions, including universities - <https://www.dea.org.au/divestment/>

✓ Participate in local activities

DEA has information forums, education sessions, social events and local actions. Take action as suggested in DEA newsletters - sign a petition, write to your Member of Parliament.

✓ Join a DEA committee

Get in touch with your state or regional committee or a national DEA special interest group about opportunities to join meetings, contribute to submissions or assist in writing policies. National special interest groups focus on issues such as biodiversity; transport and energy; fossil fuels; healthcare sustainability and climate change. Information about committees can be found here: <https://www.dea.org.au/committees/>

✓ Offer your expertise

Consider your experience and expertise. Do you have website, media or social media skills? Do you like organising events, know how to review or write public health policy? Specialty areas such as public health and respiratory physicians are particularly relevant. Get in touch with the DEA Executive Director to get started: admin@dea.org.au

Educate



✓ Yourself

Read DEA policies and position statements available on the website and stay updated via DEA newsletters and social media. Subscribe to a source of on-going media updates such as Climate Media Centre info@climatemediacentre.org.au Be inspired by DEA videos https://www.youtube.com/watch?v=Kdc0M_XE_Kw

✓ Attend the annual iDEA conference

Become more informed on health and environment issues and take the opportunity to immerse yourself in DEA's work and to network with like-minded colleagues. The conference is held in a different state each year.

✓ Colleagues and community

Help organise a climate change or environment session at your college's next regional or national conference.

Arrange a guest speaker or give a presentation on a local topic such as climate change and health, air pollution or the health effects of heatwaves and bushfires.

DEA can assist with resources, including fact sheets: <https://www.dea.org.au/fact-sheets/>

✓ Your local representatives

Meet with your local Member of Parliament to provide them with information about topical issues or upcoming parliamentary votes. Ideally visit with a colleague, prepare your topic and consider what you are asking for.

Amplify



✓ Follow DEA on social media



<https://twitter.com/DocsEnvAus>

<https://www.facebook.com/DocsEnvAus/>

<https://www.instagram.com/doctorsfortheenvironment/>

✓ Recruit new members to DEA

This is one of the most vital ways to support DEA. Invite your friends and colleagues. Hold an information stall at your university, hospital or conference.

<https://www.dea.org.au/become-a-member/>

✓ Advocate for sustainable health practice

Health services contribute significantly to greenhouse gas emissions and waste. Review your clinic's practice or join your health service environment, waste or sustainability committee. Join DEA's working group on healthcare sustainability:

<https://www.dea.org.au/health-systems/>

✓ **Speak out**

Use your 'health voice' -write to politicians, companies, consider joining campaigns initiated by DEA and other organisations.

When you are speaking about environment, climate or sustainability issues aligned with DEA policies, do identify yourself as a member of DEA and share DEA resources.

However, please do not indicate that you are an official representative for DEA without prior approval from the Board or your local state chair or DEA's media coordinator:
<https://www.dea.org.au/media-communications-coordinator/>

✓ **Donate to support DEA**

Ensure DEA can continue to build capacity for a stronger educational and advocacy platform. Set up a regular monthly contribution or respond to our annual appeal.
<https://www.dea.org.au/donate/>

Doctors for the Environment Australia (DEA) is an organisation of doctors and medical students focused on protecting human health through care of the environment.

Our vision is **Healthy planet, healthy people.**

Contact us for more information: admin@dea.org.au and www.dea.org.au