



Heal Without Harm

Advocacy Toolkit for Health Professionals



Background

The health sector, while fundamentally tasked with healing, is paradoxically a major contributor to environmental and public harm, accounting for an estimated 5.2% of global greenhouse gas emissions. Plastics are a significant part of this footprint. This widespread reliance on plastics derived from fossil fuels, often compounded by numerous toxic additives, has led to serious environmental and human health issues.

The plastic pollution crisis is inherently a health crisis. Plastic phase-out, detoxification, and decarbonization need to be critical priorities to build a healthier, climate-resilient future. In response to this, **Health Care Without Harm Southeast Asia (HCWH SEA)**, in partnership with **Sunway Center for Planetary Health (SCPH)**, invites the health sector, allies, partners, and the general public to join the call for transformative action to eliminate unnecessary plastics in healthcare, champion safer alternatives, and promote sustainable waste management systems.

This 2025, we have a unique opportunity to pursue change at the global level through the **Global Plastics Treaty** – an international legally binding policy that seeks to address plastic pollution and is currently being negotiated by over 190 countries. The fifth round of negotiations was conducted last November 2024, and the final negotiations will be happening this August 2025 in Geneva, Switzerland.

Plastic Free July is a month-long global campaign that seeks to end the age of plastic and forward ecologically sustainable solutions. With world leaders gathering together in August to negotiate the treaty, this July is thus a critical period in the movement to intensify our efforts to call for long-term systemic change and genuine solutions to address the plastics crisis.

As members of the Global Green and Healthy Hospitals network, RISE Southeast Asia Alliance for Health and Climate, and public health advocates in your own right, **we invite you to join us this July to take action and raise your health voices for a more sustainable future.**

The Purpose of this Toolkit

1. **Elevate plastic pollution as a public and planetary health crisis** — Advocate for the recognition of plastic pollution as a health threat across the entire life cycle of plastics.
2. **Mobilize the health sector to advocate for addressing plastic pollution** — Empower healthcare professionals and institutions to disseminate evidence-based information and amplify advocacy messages on plastic and health within their communities.

What's in this Toolkit?

-  [Messaging Guidelines on Plastics and Health](#)
-  [Content Calendar for Plastic Free July](#)
-  [Campaign Materials \(including free art cards, social media captions, and templates\)](#)
-  [Learning Resources on Sustainable Healthcare Practices](#)



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Advocacy Messaging

Our advocacy messaging aims to help the health sector, advocates, and the general public campaign with one voice in highlighting the health threats of plastic pollution and pushing for real solutions. Whether used in a social media post, a public talk, or a written article, these key messages are designed to highlight the deep connection between health and the plastics crisis—and to inspire meaningful action across communities.

Key Message 1: Plastic Pollution is a Health Crisis — Not Just an Environmental Issue

Plastics are everywhere in healthcare—but their convenience comes at a high cost. From production to disposal, plastics release toxic chemicals that harm human health, especially in vulnerable communities. We must treat plastic pollution as what it truly is: a public health emergency. The health sector has a duty to lead the call for safer, healthier alternatives.

Key Message 2: Real Solutions, Not False Promises

Not all “solutions” to the plastics crisis are truly helpful. Waste-to-energy incineration, plastic credits, chemical recycling, and bioplastics often shift the problem instead of solving it. The health sector must reject these false solutions and instead champion genuine, science-based strategies that reduce plastic production at the source and promote safer, reusable systems.

Key Message 3: Health Professionals and Institutions Are Powerful Advocates for Change

Healthcare has both the moral responsibility and the global influence to demand systemic solutions. With the Global Plastics Treaty nearing its final stage, now is the time to raise our voices. By reducing unnecessary plastic use, advocating for safer policies, and modeling sustainable practices, the health sector can drive the transformation toward a healthier future.

Content Calendar

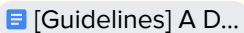
Posting Date	Activity	Link
July 1, 2025	Launch of the Advocacy Toolkit We just launched our Heal Without Harm Advocacy Toolkit! Please help us disseminate this toolkit by sharing it on social media and with your fellow health professionals!	Keep posted on our social media (Facebook , Instagram , LinkedIn , and Tiktok)
July 3, 2025	5 Prescriptions to Beat Plastic Pollution Infographic Share this infographic showcasing the 5-step checklist for beating plastic pollution and its impact on the plastic waste generation of hospitals: • Ban non-essential single-use plastics. • Use gloves appropriately, following HCWH guidelines. • Bring your own tumbler and say no to plastic water bottles. • Advocate for reuse and zero waste principles.	Digital Posters Canva Google Drive link Printable Posters Canva template Google Drive folder Caption (page 6)



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	Pilot reusable PPE and medical textiles.	
July 1-31, 2025	Presentation Template for Health Professionals Download this free presentation template on plastics, health, and the Global Plastics Treaty and utilize this in your classes and seminars this Plastic Free July or any other relevant activities.	Canva link
July 8, 2025	Pledge to Action Invitation Share this post inviting GGHH and RISE members to post about plastics-related initiatives they implement in their hospitals/health facilities	Keep posted on our social media (Facebook , Instagram , LinkedIn , and Tiktok) Email blast
July 15, 2025	Pledge to Action Join us this July 15-13 as we amplify our call to beat plastic pollution in the health sector! Here are ways you can join: Tell us your sustainability story on social media. Post about the sustainable practices you implement in your hospital to reduce plastic waste. Tag 2 health professionals who you also nominate to do the challenge. Print our advocacy sticker and put it on your tumbler. Take a photo of your sticker and tumbler and post it on social media with your call to reduce your hospital's non-essential use of single-use plastics. Pin this poster on the 5 Prescriptions to Beat Plastic Pollution on your hospital bulletin. Download this printable poster and put it up on your hospital bulletin. Use this petition template to call for plastic reduction and reuse systems in your hospitals. Copy and paste this petition template to call for hospital leadership to implement plastic reduction and reuse systems! Gather signatures from your fellow health workers and send them to your hospital administration to spark a discussion on policy changes in your institution.	Guidelines:  Guidelines Pledge to Action Frames (Canva template) Printable Stickers (Google Drive folder) Digital Posters (Canva template and Google Drive folder) Printable Posters (Canva template and Google Drive folder) <i>Petition template (coming soon)</i>
July 17, 2025	Real vs. False Solutions Reel with Dr. Glenn Paraso We're releasing a 90-second explainer highlighting real and false solutions to address the plastic crisis, featuring Dr. Glenn of Mary Johnston Hospital, Philippines.	Keep posted on our social media (Facebook , Instagram , LinkedIn , and Tiktok)



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July 24, 2025	Webinar Event Poster: “Our Right to Thrive: Spotlight on Plastics in Health and Healthcare” Share our webinar poster on social media and invite your fellow health professionals!	Keep posted on our social media (Facebook , Instagram , LinkedIn , and Tiktok)
July 31, 2025	Webinar Day for “Our Right to Thrive: Spotlight on Plastics in Health and Healthcare” Join us on the last day of Plastic Free July as we deep dive into the health impacts of plastic on human and planetary health and shed light on the Global Plastics Treaty.	Concept Note Register at tinyurl.com/PlasticsAndHealth2025

Important Links

- [Masterdrive](#) – Google Drive containing all relevant materials, including posters, templates, and documents.
- [Plastic and Health Campaign Website](#) – Landing page for all the relevant information, links, and resources on the campaign
- **GGHH Day of Action** – Specific links to communications materials you can utilize for GGHH Day of Action on July 15.
 - [Guidelines](#)
 - Digital Posters ([Canva template](#) and [Google Drive folder](#))
 - Day of Action Frames ([Canva template](#))
 - Printable Posters ([Canva template](#) and [Google Drive folder](#))
 - Printable Stickers ([Google Drive folder](#))
- **Presentation template** – Ready-to-use presentation deck on plastics, health, and the Global Plastics Treaty that you can utilize in your classes, presentations, seminars, and workshops.
 - [Canva template](#)
- **Petition template** – Petition letter addressed to your hospital administration expressing your collective call for hospital policies that ban single-use plastics and implement sustainable practices.

Campaign Materials

Print Materials

Below are links to downloadable materials that you can prepare beforehand for on-the-ground campaigning in your respective health facilities and institutions.

A4 Printable Posters (*Click on the image to access the downloadable file*)



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Printable Stickers (Click on the image to access the downloadable file)

Presentation Slides (Click on the image to access the downloadable file)

Digital Posters and Social Media Captions

Digital Poster	Details
July 3, 2025 5 Prescriptions to Beat Plastic Pollution	Links: • Canva • Google Drive link



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Social Media Caption:

This month is #PlasticFreeJuly! 🌱

Plastics are everywhere in healthcare—from face masks to syringes to even our food packaging in hospital canteens. But their convenience comes at a dangerous cost to our health and the environment. ⚠️

The plastic crisis is a public health crisis—not just an environmental one. 🌳 As a sector that is fundamentally tasked with healing, we need to work towards a future where we can heal without causing harm.

What can YOU do as an individual to spark change and collective action? This July, we're highlighting five actionable steps that we can do in the health sector to help address the plastic crisis!

Let's drive the transformation toward a healthier future by reducing unnecessary plastic use, advocating for safer policies, and modeling sustainable practices.

👉 Learn more and take action:

asia.noharm.org/BeatPlasticPollutionForHealth

#HealWithoutHarm #BreakFreeFromPlastic
#BeatPlasticPollutionForHealth

July 7, 2025

'The Health Sector's Role' Poster



Links:

- [Canva](#)
- [Google Drive link](#)

Social Media Caption:

💡 Did you know that plastics make up a significant part of the healthcare sector's poisonous carbon footprint? 😞👣

If the healthcare sector were a country, it would be the 5th largest greenhouse gas emitter on the planet. And what the industry won't tell you is that most plastics are actually made from fossil fuels—the very same cause of the climate crisis. 😞

Common plastics found in medical devices already make up approximately 70% of all medical products. These often contain toxic additives and cause serious harm to the environment and human health. With the demand for healthcare on the rise due to climate change, it is even more urgent today to tackle plastic use and waste management in the health sector.

Healthcare has both the moral responsibility and the global influence to demand systemic solutions. Join the movement and become powerful advocates for change! 💪



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	Learn more about plastics and health and how to take action at asia.noharm.org/BeatPlasticPollutionForHealth. #HealWithoutHarm #BreakFreeFromPlastic #BeatPlasticPollutionForHealth
July 15, 2025 Pledge to Action Optional: Use our Day of Action frame below! 	Links • Guidelines • OPTIONAL: Canva template Submit up to three (3) original posts showing how you or your health facility is: • Banning non-essential single-use plastics • Appropriate glove-use practices • Bringing your own tumbler • Advocating reuse and zero waste principles • Piloting reusable PPE or medical textiles You can share: • Photos or videos of your sustainable practices • Posters or infographics you've developed • Testimonials from health workers advocating change • Before-and-after photos of plastic reduction efforts Social Media Caption: • A brief description of what the post is showing • Why reducing plastic in healthcare is important to you or your facility • A call to action or message of hope • Use the hashtags: <i>#BreakFreeFromPlastic</i> <i>#BeatPlasticPollutionInHealthcare</i> • Add our slogan: "Heal Without Harm – Reduce Plastic in Healthcare" • Tag @hcwhasia on Facebook, Instagram, LinkedIn, and/or TikTok • Tag/mention two colleagues from the healthcare sector and nominate them to take part in the Day of Action trend • Don't forget to set your post's privacy to 'Public' so we can see and share your action!
July 31, 2025 'Plastic Pollution is a Health Crisis' Poster	Links: • Canva • Google Drive link Social Media Caption: Plastics harm human life at EVERY stage of its life cycle—not just during disposal. We need to treat the plastic crisis as what it truly



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is: a public health emergency. 🚚

This August 5 to 14, 2025, world leaders are gathering in Geneva, Switzerland to conduct the final round of negotiations for the Global Plastics Treaty. We call on them to:

- ✗ Remove the blanket exemption for plastics in healthcare
- 📊 Call for a significant reduction in plastic production
- 🔍 Identify and eliminate hazardous chemicals of concern
- 🌱 Promote reuse systems over false solutions
- 🏢 Hold corporations accountable

To the treaty negotiators: the world is watching. The healthcare sector is watching. We demand a strong, just, and health-centered Global Plastics Treaty—no exemptions. 🙊🌍

Learn more about plastics and health and how to take action at asia.noharm.org/BeatPlasticPollutionForHealth.

#HealWithoutHarm #BreakFreeFromPlastic
#BeatPlasticPollutionForHealth

Learning Resources

Plastic Pollution

- [Plastic Pollution \(UNEP\)](#)
- [Plastic \(CIEL\)](#)

Plastic and Health

- [Plastics and health - An urgent environmental, climate and health issue \(HCWH\)](#)
- [Plastics and health initiative \(WHO\)](#)
- [Plastics and Human Health | Plastics and the Environment Series \(Geneva Environment Network\)](#)
- [Plastic and Human Health: A Lifecycle Approach to Plastic Pollution \(CIEL\)](#)
- [What You Need to Know About the Impact of Plastics on Human Health \(Earth Day\)](#)

Plastic in Healthcare

- [Health care plastic FAQs \(HCWH\)](#)
- [Mobilizing Health Care to Prevent Plastic Pollution: A Plastics Toolkit For Hospitals \(HCWH\)](#)
- [Plastic in Health Care: Health Professionals as Advocates to Reduce Plastic Pollution Technical Report \(HCWH SEA\)](#)
- [Global Analysis of Health Care Waste In the Context of COVID-19 \(WHO\)](#)
- [Plastic pollution: how can the global health community fight the growing problem? \(NIH\)](#)
- [Excessive Plastic in Healthcare: The Growing Crisis \(Plastic Pollution Coalition\)](#)

Plastic Pollution in Southeast Asia

- [How to defeat the plastic tide threatening the ASEAN region's green growth \(WEF\)](#)



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CENTRE FOR PLANETARY HEALTH



- [*Ending Plastic Pollution - Southeast Asia \(Greenpeace\)*](#)
- [*ASEAN Declaration on Plastic Circularity \(ASEAN\)*](#)
- [*ASEAN Conference on Combating Plastic Pollution: Enhanced Synergies and Collaborative Actions to Combat Plastic Pollution, Including in the Marine Environment \(ERIA\)*](#)

The Global Plastic Treaty

- [*Intergovernmental Negotiating Committee on Plastic Pollution \(UNEP\)*](#)
- [*Global Plastics Treaty \(GPT\)*](#)
- [*Global Plastics Treaty: What it is and how you can help end plastic pollution. \(BFFP\)*](#)
- [*Open letter from health professionals on the plastics treaty \(HCWH\)*](#)