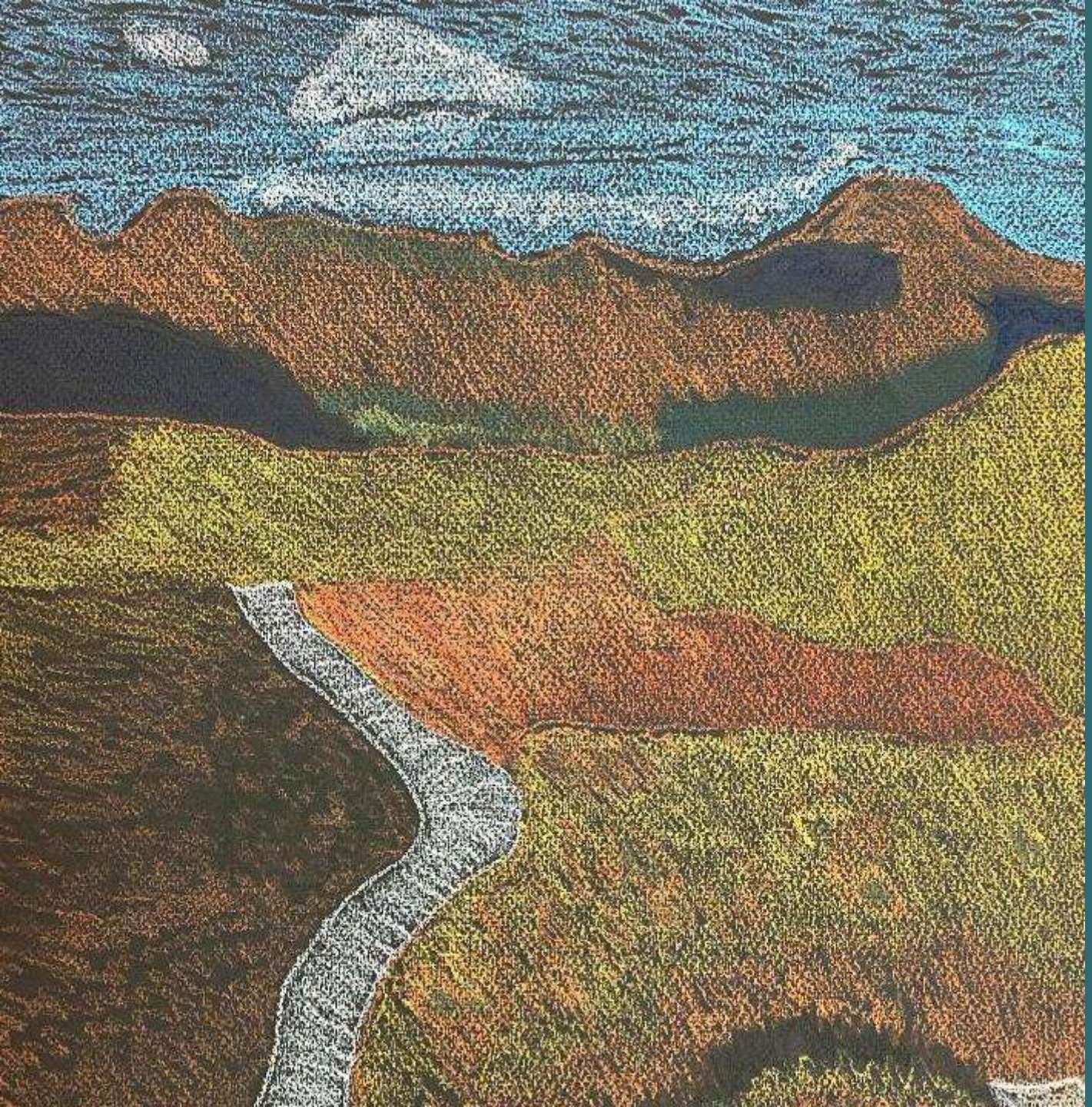


Realistic Medicine: Our Path Ahead

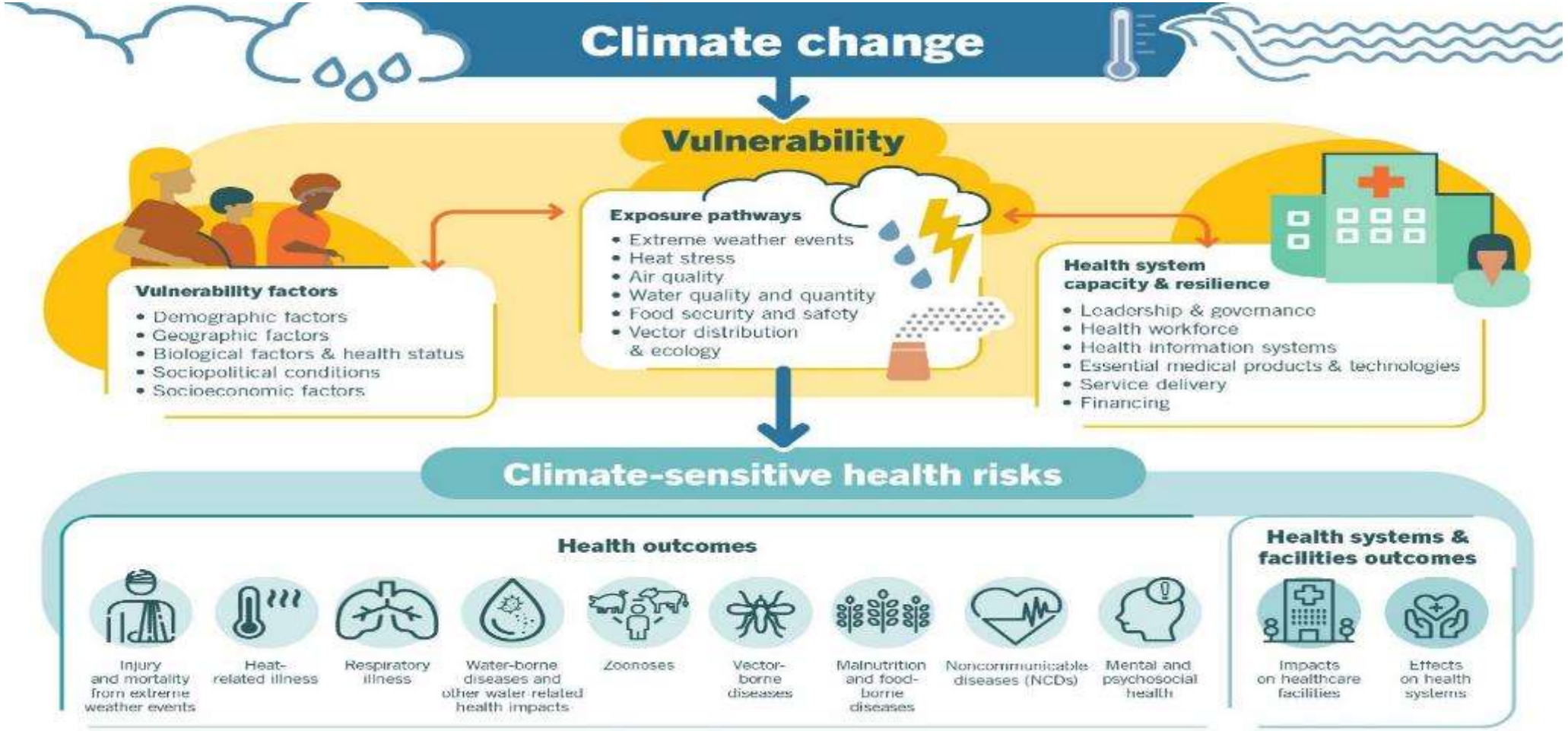
Professor Sir Gregor Smith
Chief Medical Officer for Scotland

@SirGregorSmith

Four key population health challenges

1. Ongoing threats posed by the spread of infectious disease
2. Improving healthy life expectancy and tackling health inequalities
3. Sustainable health and care services; the relentless increase in the intensity of clinical practice
4. Sustainable use of resources and impact on climate and biodiversity

Climate & Health: Planet and People in Partnership

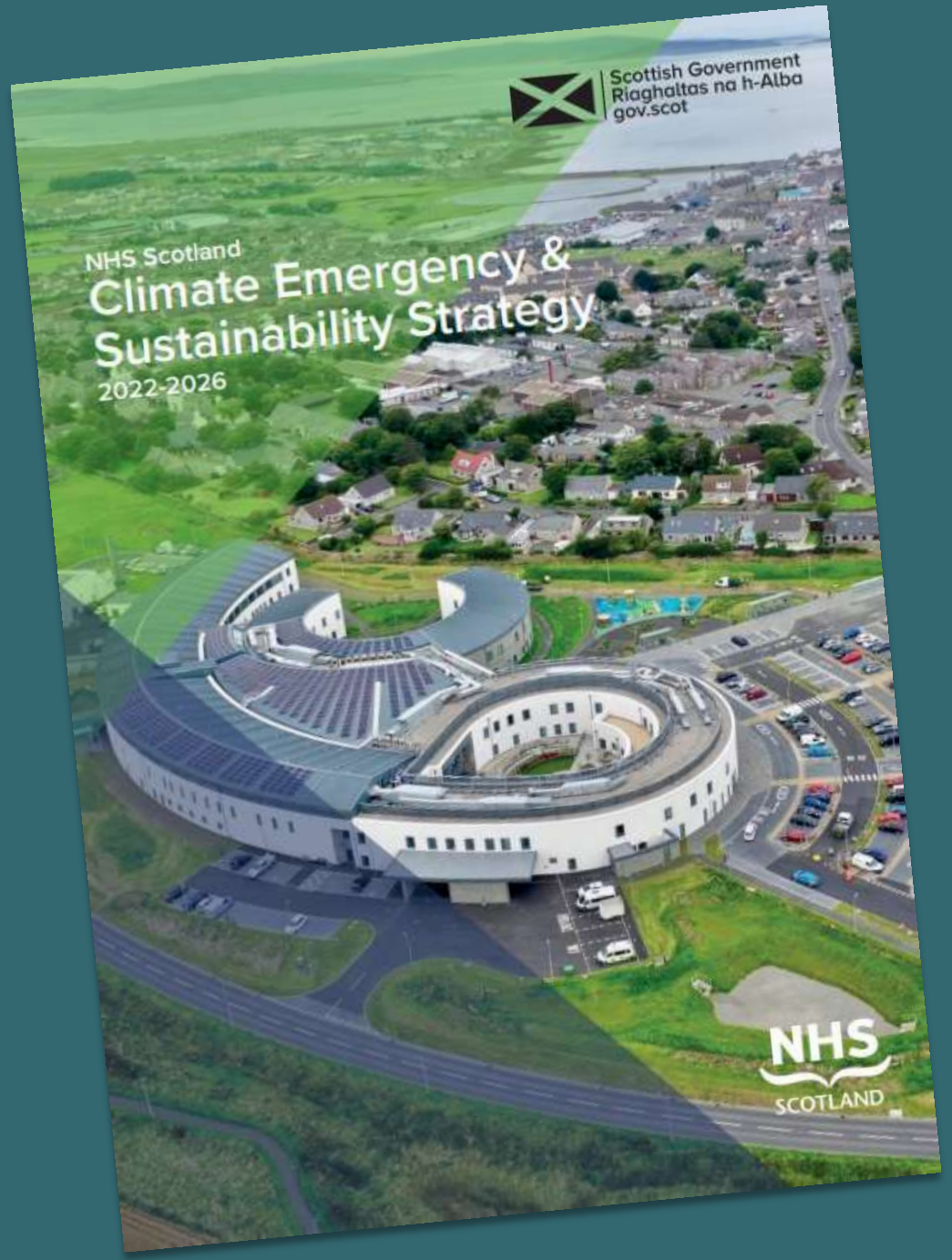


Health emergency | Socioeconomic emergency | NHSScotland approach | Co-benefits and triple wins | Action areas


Linked Problems,
Linked Solutions
NHS
SCOTLAND
REALISTIC
MEDICINE
STRONGER TOGETHER.
HEALTHY PEOPLE. HEALTHY PLANET.

Empowering practitioners





"The actions set out in this strategy will help to support the necessary behavioural changes needed by our staff, patients and local communities in contributing to social and environmental sustainability and reaching **net-zero** by 2040."



"Addressing the climate emergency is not only an environmental necessity but also **a critical opportunity to improve population health and health equity.**"

Scotland's Population Health Framework 2025-2035


“If working apart we are a force powerful enough to destabilise our planet,
Denmark
England
Poland
Galicia
Greece
surely working together we are powerful enough to save it.”
Sir David Attenborough

Thank you

Sir Gregor Smith