

ONTARIO NURSES FOR THE ENVIRONMENT



Illuminating the link between the environment and health

Issue 2, Winter 2011

In This Issue

- [p1] A Message from the President
- [p2] ENO roles
- [p5] Bikers Rule in 'The A'
- [p6] Strap on your Snowshoes
- [p7] Sustainable Healthcare Posters
- [p7] Green Reads and Eco Scenes
- [p8] Greening your Finances
- [p9] Canadian Campuses Go Green with the Help of SYC
- [p10] ONEIG Membership Survey
- [p13] ONEIG Member to Know

A Message from the President

Welcome to our second newsletter. ONEIG formed less than 1 year ago, and in this short time we continue to make progress in the support of a variety of environmental health issues. The ONEIG executive committee (EC) are dedicated and committed, and have taken on work that involves a focus on membership, partnerships, and specific issues that are reflected in our CNA and RNAO resolutions and as identified in the recent membership survey. The resulting workload is large, and thus we require a strategy to be able to balance the ONEIG priorities and the EC and ONEIG membership capacity. The next step for ONEIG is to fill all our EC positions, and to create an ONEIG guiding strategy.

I wish to thank our returning ONEIG members and welcome our new members. We are very excited to have 58 members and 301 student members. EC members Heather Elliott and Ruth Lichter lead the support for our members and student members, respectively. One of our top priorities will be to find ways to make connections and support our members. A Facebook site has been launched. Our email address continues to be available for any communication. We want to hear from you.

The EC's recent activities include: Asbestos resolution support is being lead by ONEIG EC members, Sabrina Merali and Natalie Lapos. In response to the Government of Canada's continued support for asbestos mining and export, and lack of support for



ONEIG is now on
Facebook!

For all the latest news and events pertaining to environmental health, 'like' us at:

<https://www.facebook.com/pages/Ontario-Nurses-for-the-Environment-Interest-Group-ONEIG/184840808231215>

President's Message Continued

the Rotterdam Convention to list chrysotile asbestos as a hazardous substance, a strategy group, in partnership, is being formed. Representatives from the Canadian Nurses for Health and the Environment, RNAO, and ONEIG are planning to meet. We look forward to their insights and plans.

Lead resolution support is being lead by Kelly O'Grady. RNAO has resolved to support the resolution, with the development of a lead strategy. On behalf of ONEIG, Kelly spearheaded a response for the Public Comments, for the Existing Substances Risk Assessment Bureau. The ONEIG response was done in partnership with ACORN, with communications support from Natalie Lapos and Sabrina Merali. The Learning Disabilities Association of Canada also acknowledged ONEIG in their response to this government initiative.

A presentation "Dialogue on Alternative Energy for Environmental Health" for Brant Halimand Norfolk RNAO Chapter was done in partnership with RNAO. Rob Milling, RNAO Policy Director, provided a politically astute overview on the current environmental health status of energy issues in Ontario. Much discussion was generated, as wind turbine installations are a key issue for this community. Chapter nurses were well prepared to discuss the environmental health concerns of wind turbines, and shared first hand experiences. We were in agreement that the installation of wind turbines in local communities requires a high degree of meaningful community involvement in decision making. We wish to thank Chapter Members, Barbara Mead and Rose Gass, for their invitation to speak and their leadership for the environmental health issues, in their community.

The ONEIG membership survey identified Greening Healthcare as a priority. Heather Elliott and Morgan Lincoln attended a Sustainable Healthcare Workshop, at St. Michael's Hospital. They contributed their personal time and funds for this learning experience. ONEIG hopes to be able to respond to our members concerns and provide leadership on this issue. A link to obtain a free Greening Healthcare newsletter was posted on the ONEIG Facebook site.

We are actively working on the creation of an ONEIG website. Many options are being considered, to provide the best possible quality site, within our financial means. EC members Morgan Lincoln, and Virginia Oprea, have been leading this initiative.

As we move forward, I would like to acknowledge the importance of connecting with our ONEIG members. It is very important to be able to understand the issues that nurses are concerned about, to be able to educate and empower nurses, to create a more environmentally healthy world. Please consider how you may be able to contribute to ONEIG. As well, ONEIG acknowledges the immense support from RNAO, CNHE President, Hilda Swirsky and our own current EC.

Best wishes,

Chrystyna Kells

Last newsletter, we introduced you to the members of our EC. Here, learn more about how each ENO contributes to the operations of ONEIG. Feel free to contact any of our EC members at environmentrn@gmail.com.

President: Chrystyna Kells, RN, BScN

The role of the President includes being a primary contact with the RNAO, being a representative for ONEIG for external contacts and communication, when needed, and providing leadership and supervision for the activities of ONEIG. The full description is in the ONEIG Bylaws, Article 7. 1.

In order to perform these roles, I have been initiating and chairing our meetings, ensuring the agenda reflects our priorities. Future ONEIG activities and opportunities are identified, to be able to plan and respond to our commitments and to our group member's interests. Supporting our nursing membership and the development of partnerships is a key consideration. Activities I have done are: Representing ONEIG at the Political action AGM and Membership assemblies, at RNAO, planning the AGM, planning Vision and Mission meetings, planning a strategy meeting, and presenting with Rob Milling at an RNAO Chapter meeting.

President-Elect: Sabrina Merali, RN, BScN, MN

As President-Elect ENO for ONEIG, I am here to support ONEIG and the Executive in achieving ONEIG's mission and vision. My primary role includes providing support to the President, ONEIG executive and RNAO Home Office. My particular interest and role also includes a focus on Political Action as an ambassador on behalf of ONEIG. My strengths lie in creating an understanding of the role nurses have in environmental health activism. As President-Elect, I can assist in planning strategies for political action, writing policy resolutions, assist with establishing relationship and networks with various key players as well as offer support to nurses in terms of environmental health. There are many opportunities to engage with all ONEIG executive and become politically active in environmental health activism. ONEIG is here to support you!

Communications: Natalie Lapos, RN, BScN, MN

As the communications ENO for ONEIG I am here to support the executive and membership in getting their message heard. For written submissions, I can provide letter writing tips and strategies, or review and provide feedback on any written advocacy efforts. In the case of media relations, communications support can range from providing you with resources and strategies for successful media interviews to even speaking with the media directly if an issue arises. There are many opportunities for environmental advocacy and ONEIG is here to support you in all of your efforts.

Financial: Virginia Oprea, RN, MN, BA

The finance officer has the following responsibilities:

- Keep precise records of all the money received and expended
- Safe keep the chapter's funds
- Pay bills, as well as issue and sign cheques for payment of authorized expenses
- Together with the other board members set a yearly budget according to availability of funds and group's strategic direction;
- Once a yearly budget is set, support the group with adhering to it
- Report the state of the group's finances to the provincial office
- Assist in planning chapter's events

Membership: Heather Elliott, RN, BScN, MSN, GNC(C)

My roles as Membership ENO include:

- Maintaining our membership list, in collaboration with RNAO.
- Welcoming new members to the group.
- Contacting lapsed members to encourage them to rejoin.
- Nominating members for RNAO Recognition Awards, as applicable.
- Sharing all meeting minutes and newsletters with the Director of Membership at RNAO.

Political Action: Kelly O'Grady, RN, MScN

My role as political action ENO is to seek out opportunities with stakeholders, politicians, and healthcare leaders to dialogue, educate, advocate for ONEIG objectives. I work closely and actively with the RNAO mandate for environmental health and used the RNAO strategies for political action for policy change and environmental support. I also act as an ambassador for political action on behalf of ONEIG at RNAO activities and gatherings.

Information Technology: Morgan Lincoln, BA, MA(c), BScN student

As the information technology ENO, I help maintain our Facebook page and have been co-leading the ongoing research about our prospective website. I am also responsible for formatting our newsletters. I'd love to hear from any of our tech-savvy members who have ideas on how ONEIG can make additional use of Web applications and social media

Student Representative: Ruth Lichter, BScEnv, BScN student

The student representative is responsible for presenting the concerns and providing a voice for nursing students across Ontario to ONEIG. I strive to keep up to date about issues involving environmental health that may be of concern to the student population. My role involves acting as a liaison in bringing any issues, suggestions, or feedback from nursing students to the ONEIG executive committee.

Pictures from our Brant Haldimand Norfolk Chapter presentation “Dialogue on Alternative Energy for Environmental Health” with Rob Milling



From left to right: Rob Milling (RNAO), Chrys Kells (ONEIG), Barbara Mead and Rose Gass (Brant Haldimand Norfolk Chapter)

Rose Gass and Chrys Kells



Bikers Rule in “The A”

By Chrystyna Kells

Riding is a very different experience in the busy Dutch city of Amsterdam, or “The A”. Compared to biking in my home city of Mississauga, ON, Canada. I felt safer in traffic, able to use the bike as the main form of transportation for any distance, and a great sense that biking and bikers belong.

Functional

Bikes are visible everywhere. They are locked to bike racks, but also on every post or fence, especially in residential areas, with no garage space. Groups of bikes are tied together with long steel chains. There are not enough places to tie up all the bikes used in Amsterdam. Outside the Central Train Station in Amsterdam there is tiered parking for several thousand bicycles. The bike seats are covered with little rain caps, which will help to keep you seat dry in rainy weather. Most bikes have some carrying device, often baby and children bike seats, but also saddlebags, or some heavy duty steel front shelf. They come in many shapes and sizes and colours, to celebrate the individual.

Roads

Newer roads have 3 lanes – cars, bikes and one for pedestrians. There is often a buffer between the car lane and the bike lane. Each also has it own traffic signal. Everyone follows rules of the road, which is great, because it lessens the need to dismount, and helps you to get on your way in a timely fashion. When you cross busy intersections riding on your bike, you are not alone. You are probably crossing with at least one other rider, if not twenty or more. Cars are aware that bikes are zipping by, and drive accordingly. Every bike has working lights, and a bell, to help pedestrians stay out of the way.

I am not aware of the pollution, especially the exhaust of diesel transport trucks, city buses and SUV’s, so common to the traffic mix, when travelling through my home city. The cars are smaller, and perhaps that helps to decrease the exposure to vehicle exhaust.

In the outskirts of major cities, there are paths throughout the country. This makes it possible to safely travel to villages, towns and cities.

Children

Children, as passengers on their parents’ bikes, are very happy. I saw a baby, in a snugly, forward facing, with arms outstretched, flying like a little bird. Biking at such a young age, may provide skills, like balance, but also a joy for biking, that survives a lifetime. Oddly, children seldom wear bike helmets. While I biked I did wear a helmet, and also my young 9 year old son wore his without any protest. We were easily identified as tourists.

Rain

This is a daily occurrence, which does not postpone taking your bike. You can ride your bike with one hand, while in the other hand holding an umbrella. Full length rain suits can be purchased, for going to work. Children are transported through the rain, dressed in rain gear, and admittedly, look cold at times. Rain keeps the air cool and fresh, and if dressed warmly, does not spoil the ride.

Keeping Fit

We rode daily, even though we were tired, or the rain was pouring down. Once you get started, it feels great to ride your bike under almost any condition. Personally, my cardio improved. Returning to work, I could walk up the 8 flight of stairs, to my office, without being out of breath. That really impressed me. I have continued to walk the stairs a few times a day.

Living Outside

For me biking is just fun. I enjoy being outdoors, too. Look for me riding a purple Dutch bike, decorated with orange flowers. I would like to be able to use my bike more often in my home city. I do feel unsafe with lack of bike visibility and respect from cars and trucks, the speed of road traffic, debris on roads, and the pollution in the air surrounding busy roadways. This keeps me in my car, much more than I would like to be.

Dutch treat is a Canadian organization. With the Dutch embassy they have sponsored a bike ride, every May, from Etobicoke (Toronto) to down town Toronto. Check out this link: You may wish to join us and celebrate biking. Contact Dutch Treat, Toronto (scroll to 4.)

<http://www.dutchtreat.ca/>

Check out events in other cities, too. Below is information from London, ON.

<http://sites.google.com/site/gogreengodutchgobikelondon/>

Strap on your Snowshoes

By Natalie Lapos



“One of the easiest and, paradoxically, most important, things you can do to reduce your ecological footprint is spend more time outdoors in natural settings. Connecting with nature will inspire you to become a better steward of the planet” (Suzuki & Boyd, 2008. p.139). While spending time outdoors may seem easier in the warmer months don't let the cooler temperatures stop you from enjoying the benefits of physical activity in a natural setting all year round. If you're looking for an activity that is easily accessible and requires minimal skill, look no further than snowshoeing!

As an avid hiker, my love for snowshoeing began when the trails I so enjoyed throughout the spring, summer and fall became snow-covered and difficult to travel. I turned to snowshoeing as a way to continue to enjoy those same trails all year round.

Unlike some of the more technical winter sports such as skiing or snowboarding, snowshoeing requires little skill and minimal equipment. If you can walk...you can snowshoe! The snowshoes of today are much slimmer by design allowing you to maintain a normal stride while 'floating' over deep, fluffy snow. For additional stability on tricky trails or to increase the intensity of your workout, snowshoeing poles are a great addition to your gear. The poles are similar to ski poles but are telescoping for easy storage and transportation.

Snowshoes simply strap on over your own winter boots which make them well suited to renting or borrowing from a friend if you want to give it a try or if you would like to save some money.

Both adult and kids snowshoe rentals are widely available across Ontario at many outfitters near trails or provincial parks or even some retailers such as Mountain Equipment Co-op.

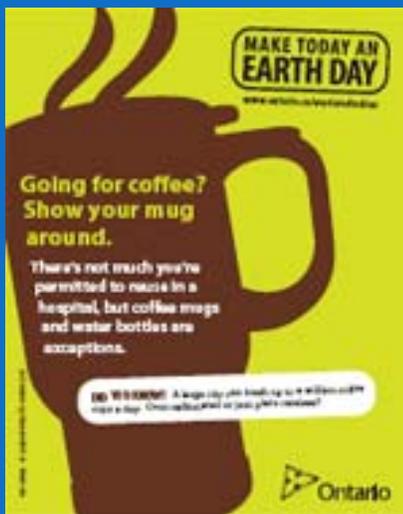
You'll be amazed at how quickly you warm up once you set out! It won't be long before those frigid winter temperatures aren't so frigid anymore! Dress in layers using fabrics that wick moisture away for maximum comfort, ensure that you wear sunglasses and sunscreen to protect you from the reflection off the snow on those sunny winter days and always remember to stay well hydrated.

Not sure where to begin? Many local conservation areas and Provincial Parks offer snowshoeing trails, or you can even get out and explore the rural property of family or friends. The Ontario Trail Council is a great resource to help you find snowshoeing trails in your local area <http://www.ontariotrails.on.ca/trail-activities/snowshoeing-backcountry/>

Suzuki, D. & Boyd, D.R. (2008). *David Suzuki's Green Guide*. Greystone Books, Vancouver.

Interested in health care greening? Check out the catchy sustainability posters from the Ontario Ministry of the Environment at this link:

http://www.ene.gov.on.ca/environment/en/industry/standards/ici_waste_reduction/hospital/STDPROD_082251.html



All of the posters can be ordered for free through the website so you can post them around your unit.

Green Reads and Eco Scenes

Reviews by Heather Elliott

Gasland

This film is about the process of extracting natural gas from the ground called fracking. It involves injecting a variety of toxic chemicals deep in to the ground to release the natural gas to be captured. This film showed many rural people who had their ground water contaminated from this process. Many of them could set their water from the tap on fire. People and animals in the fracking areas have suffered ill effects from contamination of their drinking water. This was a poignant film that demonstrated that natural gas as a fuel for producing electricity is not a clean form of energy, as it often is described. The message from this film further emphasized to me the need for conservation of electricity, which is the easiest and cheapest method of reducing the harmful effects of our power sources, in addition to green energy.

Revenge of the Electric Car

This film is a sequel to the documentary *Who Killed the Electric Car*. It chronicled different car manufacturers and their race to save their companies by producing electric vehicles. Although not as shocking as the expose' in *Who Killed the Electric Car*, it was more hopeful, in that this technology is now being embraced through out the world. I saw this film at the Planet in Focus Environmental Film Festival and was privy to a Question and Answer period afterwards. One of the questions from the audience focused on the comparison between a coal electricity powered car and a gasoline powered car. The answer to the question was that to produce one gallon of gasoline, an oil refinery uses 7.5 kW of power. An electric car can go much further on 7.5 kW than a gasoline powered car can go on one gallon of gasoline. Also, it was stated that 50% of the petroleum produced in the world is used to transport gasoline to consumers. As we are moving more towards green energy and hopefully conserving energy in other areas, as the film stated, fuelling electric vehicles will only become cleaner over time.

Greening Your Finances

By Virginia Oprea

There are many ways in which all of us can help protect the environment. In addition to numerous other more obvious environmental initiatives, exploring our personal finance practices and making a few adjustments can have a significant impact on the environment as well as on our bank accounts. The following tips might be exactly what you need to start greening your spending:



1. **Opt for paperless banking.** Although most of us are enthusiastic about Internet banking we may still prefer receiving paper statements. However, paperless statements not only save trees but they also bring the advantage of being more secure by eliminating the risks associated with stolen mail and identity theft. If you are still skeptical about the safety of your online statements remember that in recent years the banks invested a great deal of money and energy into creating secure online banking platforms that use encryption and complex identification systems to protect their customers.
2. **File and submit your taxes online.** User friendly softwares eliminate the use of paper associated with tax preparation, submission and returns. The programs are easy to use and quick, providing step-by-step instructions and smart tips on finding additional credits and deductions. They also come with free expert advice and audit support from a pool of tax specialists. In addition, the software costs less than hiring a tax professional.
3. **Invest Green.** Green businesses such as solar energy, geothermal power, battery technology and wind power are potentially lucrative investments. Thus, next time you consult your financial advisor you could ask her about the pros and cons about investing in 'green stocks'.
4. **Buy green.** Being conscientious about our purchasing choices allow us more degree of control over our carbon footprint. For instance, purchasing long-lasting, local, environmentally friendly products that respect fair trade principles can have a significant impact on the world around us. Smart technologies such as phone or computer apps come to our rescue by revealing detailed descriptions of products' carbon footprints or by making available information on local products.

Canadian Campuses Go Green with the Help of SYC

By Morgan Lincoln

As mentioned by Chrys in her President’s address, ONEIG is proud to have a student membership of 301. *The Sustainable Campus* feature, to be included in every newsletter, is one way we strive to engage Ontarian nursing students on an environmental health issue that touches their daily lives – that of campus sustainability. This edition we take a closer look at the Sierra Youth Coalition (SYC), a grassroots environmental group that has been a leader in the national greening campuses movement.

A chapter of the Sierra Club Canada, SYC was founded in 1996 with the mission “to empower young people to become active community leaders who contribute to making Canada a better society.” One of SYC’s primary foci is their Sustainable Campuses Project, which has engaged over 80 college and university campuses across the country since its launch in 1998. Among other initiatives, the project has campaigned on a variety of issues such as greening residences and climate change. They also host a national conference at a different university each year.

One of the most interesting aspects of the Sustainable Campuses Project is its employment of the Campus Sustainability Assessment Framework (CSAF). Created as part of an MA thesis, the CSAF contains over 170 indicators to help campuses evaluate their overall level of sustainability. Demonstrating a holistic approach to environmental health, the CSAF contains indicators on everything from noise pollution to chemical free cleaning to voter turnout in student elections. Particularly noteworthy is the fact that half the members of the original CSAF design team were university students, which speaks to the impact youth can make when we get involved in the causes that rouse us.

For more information on SYC and the Sustainable Campuses Project, visit <http://www.syc-cjs.org/sustainable-campuses>. To access your own condensed copy of the CSAF, visit <http://www.syc-cjs.org/sites/default/files/SYC-CSAF-core.pdf>. It will likely give you and your campus green team a number of new sustainability ideas.



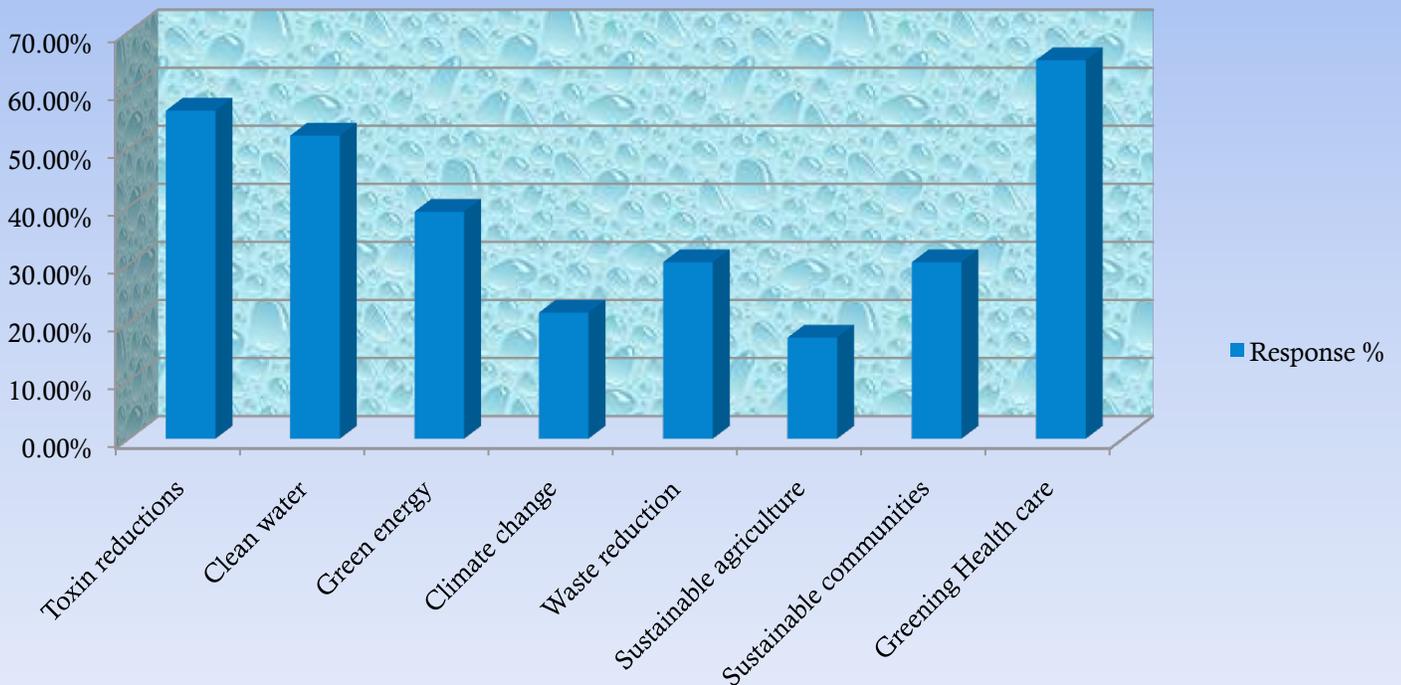
ONEIG Membership Survey 2011

By Heather Elliott

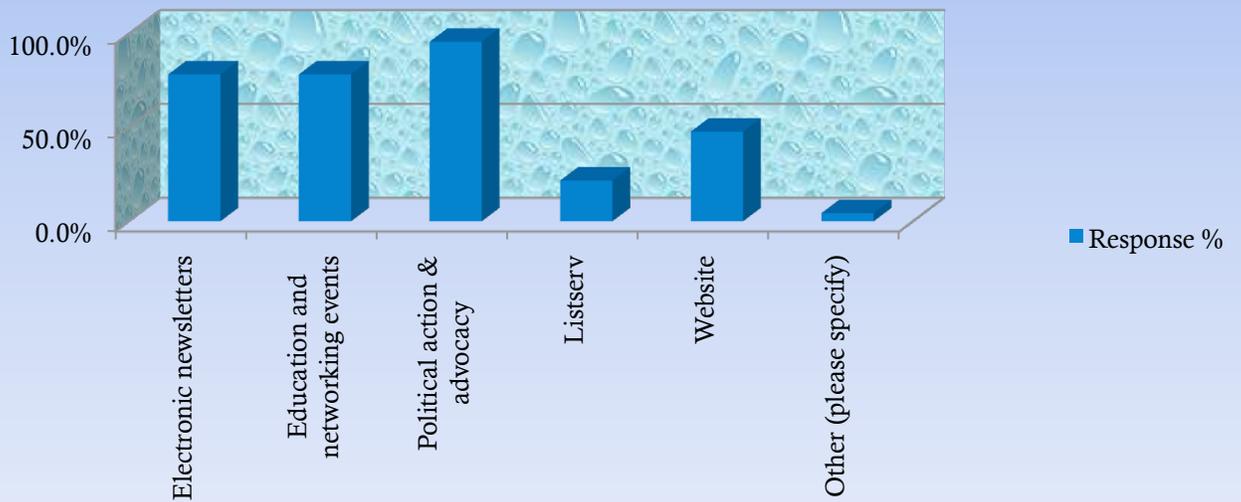
The ONEIG membership survey was circulated to members this past summer to assist our group with determining priorities for the coming year. Of the 84 members for the 2010/2011 membership year, 23 completed the survey, with an overall response rate of 27%. Thank you to those of you who took the time to complete it.

Question #1 will not be reported for confidentiality reasons, as it contains responding members names. The membership directory of current members who wish to be listed, will be available in a Members Only section in the upcoming ONEIG website. A survey will be circulated to new ONEIG members in 2012 in order to determine their interests and expertise.

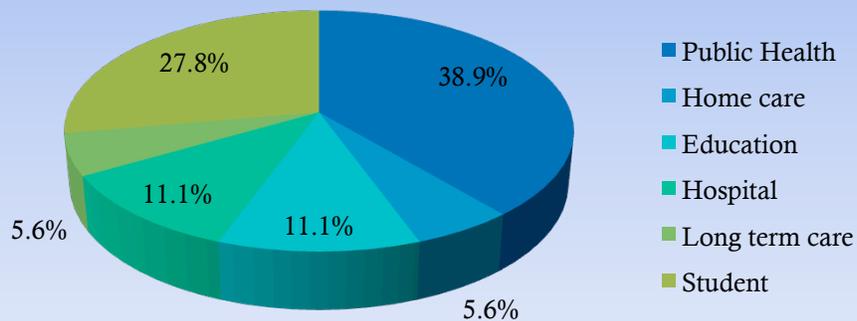
What priority areas do you think ONEIG should focus on?



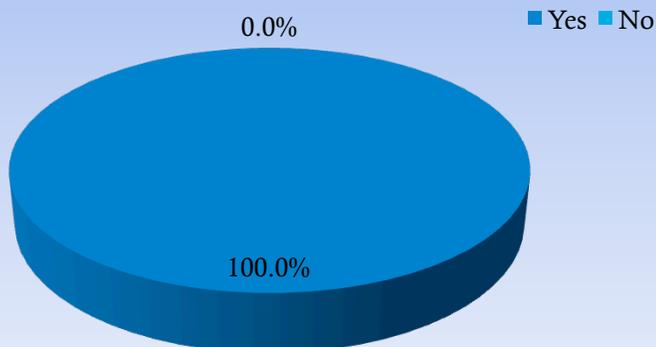
As an ONEIG member, what are your expectations of ONEIG?



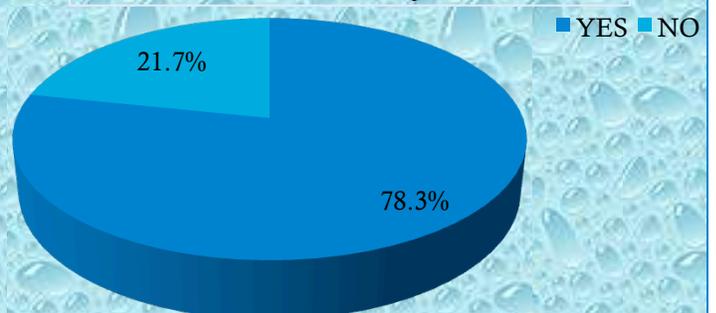
Your Area of Work



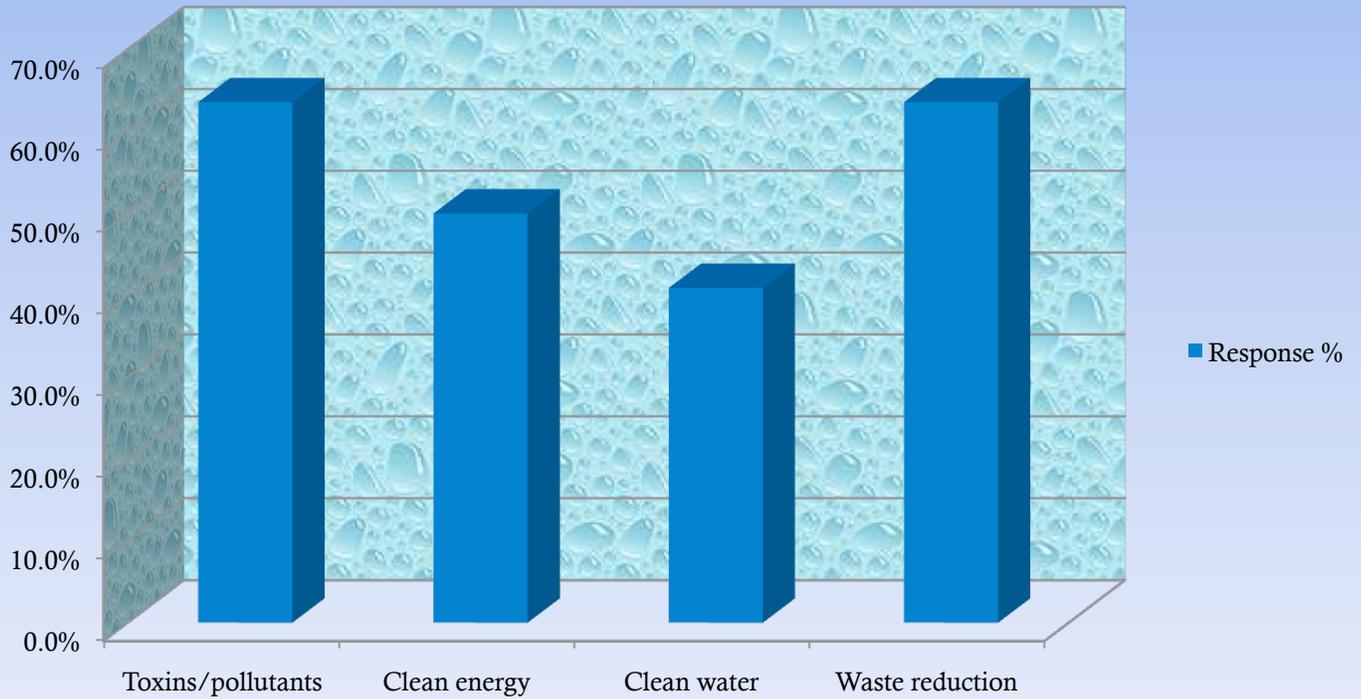
Agree with mission and vision



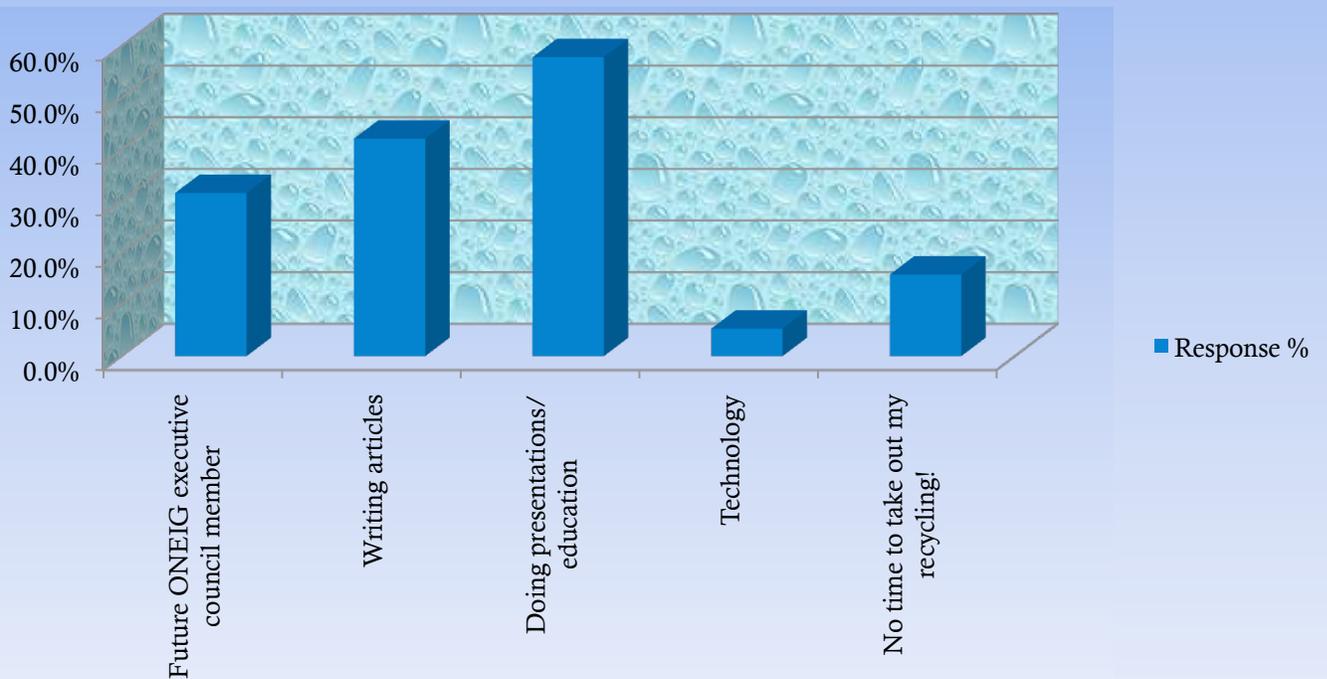
Would you like to be listed in the ONEIG Membership Directory?



Your personal environmental interests



If you would like to be more actively involved in ONEIG, how do you see yourself contributing?



ONEIG MEMBER TO KNOW

Each newsletter will feature a member of ONEIG who has made significant contributions to the field of environmental health. This month we celebrate the accomplishments of Hilda Swirsky, president of CNA's Canadian Nurses for Health and the Environment. To nominate yourself or a colleague for this feature, please contact us at environmentrn@gmail.com.

Hilda Swirsky, RN, BScN, MEd

Education: Hilda received a diploma of nursing from York Regional School of Nursing, a BScN from Ryerson University and *enthralled with a love of learning*, a Master of Education from the Ontario Institute for Studies in Education and this summer returned there to audit Dr. Dorothy Rosenberg's graduate course: *Environmental Health, Transformative Higher Education and Policy Change*.

Career: Multifaceted encompassing clinical practice, nursing leadership, education and extensive professional, community and political experiences. Currently Hilda works in High Risk Obstetrics at *Mount Sinai Hospital* and is a founding member of Sinai Green as well as being nationally a founder of the Canadian Nurses for Health and the Environment. In these roles as well as being Chair of Beth Emeth's Greening Committee, Hilda contributes as an environmental advocate, mentor and educator by disseminating to her communities the knowledge of the vital links between health and the environment.



Source of inspiration for environmental health: Teaching Family Health at George Brown College and finding environmental links throughout the lifespan. As well, being on RNAO's Board of Directors in Socio-Political Affairs and seeing first-hand positive results from RNAO's environmental advocacy.

Also invited by the Canadian Nurses Association to join a funded centennial project: The Environmental Health Reference Group. Project Manager Nicki Sims-Jones directed the group to read excellent environmental documents in order to jointly create Environmental Resources still available on CNA's website.

Passionately energetic and enthusiastic, Hilda defends social justice, health equity and the social and environmental determinants of health. Inspired by her granddaughter she believes: "We must all demonstrate our accountability and ownership for the health of our planet in order to leave a healthier world for our grandchildren and their children." As a member of Sinai Green, we are all committed to energy sustainability including conservation and waste reduction.

Environmental health committees/board participation: As Chair of Beth Emeth's Greening Committee, we have eliminated styrofoam and retrofitted the building for energy conservation and made changes resulting in water conservation. Each week, Hilda writes Green Tips in the weekly newsletter.

As a member of Sinai Green, she is a role-model of environmental sustainability participating in the corporate goals of energy conservation and waste reduction and in educational initiatives such as providing resources during Earth Day or participating in Earth Hour. As President of the Canadian Nurses for Health and the Environment, Hilda feels rewarded to see the group becoming more visible and working with fabulous, hard-working executive on environmental advocacy addressing health risks such as the consequences of nuclear reactors. She also contributes her gained expertise to ONEIG.

Proudest accomplishments in environmental health: Hard work but so rewarding was the collaboration with the Diabetes Nurses Interest Group, Men in Nursing, and our group CNHE to produce a collaborative national conference hosted by the Aboriginal Nurses Association of Canada. Frustrating were the initial attempts to create a website until CNHE met and began working with RN June Kaminski to create a superb, professional-looking website. Proudly, CNHE executive worked hard to create a resolution on nuclear energy presented and passed by the voting delegates at CNA's AGM in June 2011. Most proudly Hilda volunteers for the Canadian Coalition for Green Health Care at Health Achieve 2011 on the Green Lane this year profiling CNHE's new poster and promoting environmental sustainability.

Environmental publications/presentations:

- Currently working on publishing the connection between Diabetes and Pollution
- In China: Leading Change Beyond the Comfort Zone
- In Atlanta at an Environmental Health Conference
- In Toronto: Health, Faith and the Environment and Judaism and the Environment
- In Jerusalem in 2012

Words of wisdom to pass on to other nurses about advocating for the environment: Although Florence Nightingale was our first Environmental Advocate, many nurses still do not believe we have enough knowledge about the environment; therefore, it is essential to teach our communities and our colleagues the vital links between environment and good health and to join an environmental group for the collective ability to make a greater impact.

FOOD FOR THOUGHT

“The road ahead is not an easy one. Nurses who choose to strengthen their own environmental health capacity will need to venture into scientific papers addressing toxicology, quantitative risk assessment, and risk communication. They will need to know what diseases are reportable conditions and, more important, challenge the system to examine why other diseases are not reported. They will need to work toward incremental changes in nursing practice through small and seemingly mundane actions such as revisions in medical records and toward system change through involvement in national policy and research initiatives. They will need to design and implement prevention programs for communities whose concerns have been marginalized under the guise of economic progress, while simultaneously seeking adequate financial support for such programs. The challenges are no more than rethinking the boundaries among the concepts of prevention, cause and cure, and the loosely knit network of health systems that count diseases. The rewards are no less than the design of health actions that embrace the complexity of environmental health science, the holism of nursing practice, and the voice of our clients” (Butterfield, 2002, p. 48).

Butterfield, P. (2002). Upstream reflections on environmental health: An abbreviated history and framework for action. *Advances in Nursing Science*, 25(1), 32-49.