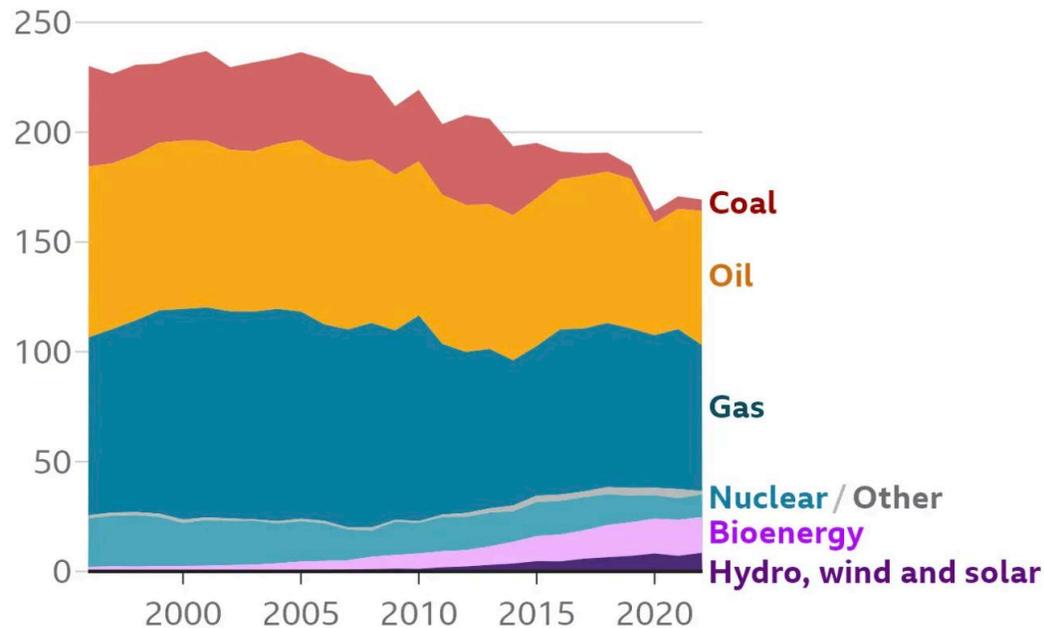


Ten ways to be good in sustainability terms

1. Buy green energy or install solar panels

How energy use has changed within the UK
Consumption for energy use (million tonnes of oil equivalent)



What is the payback for solar in the UK?

In the UK, the payback period for a standard solar panel installation varies across different regions of the country. In several regions, the average figure is 8 years. In some other regions it takes less time. Mar 1, 2023

 [otovo.co.uk](https://www.otovo.co.uk)
<https://www.otovo.co.uk/blog/buying-solar-panels>

[Solar Panel Payback UK: how long to recoup the costs - Otovo UK](#)

Most homeowners make money back on solar panels. The average solar ROI in the U.S. is about 10%, meaning that the typical solar owner makes a 10% profit on the cost of their solar installation. The average household saves about \$1,500 per year and pays off their solar panels in eight to 13 years. May 16, 2024

 [forbes.com](https://www.forbes.com)
<https://www.forbes.com/solar/solar-panel-roi>

[Solar Panels ROI: Calculating Your Average Returns - Forbes](#)

2. Appoint a lead person

Find a lead person

Empower them

Give them time

Educate them

Let them lead

3. Measure your footprint

Creating a carbon calculation of your practice



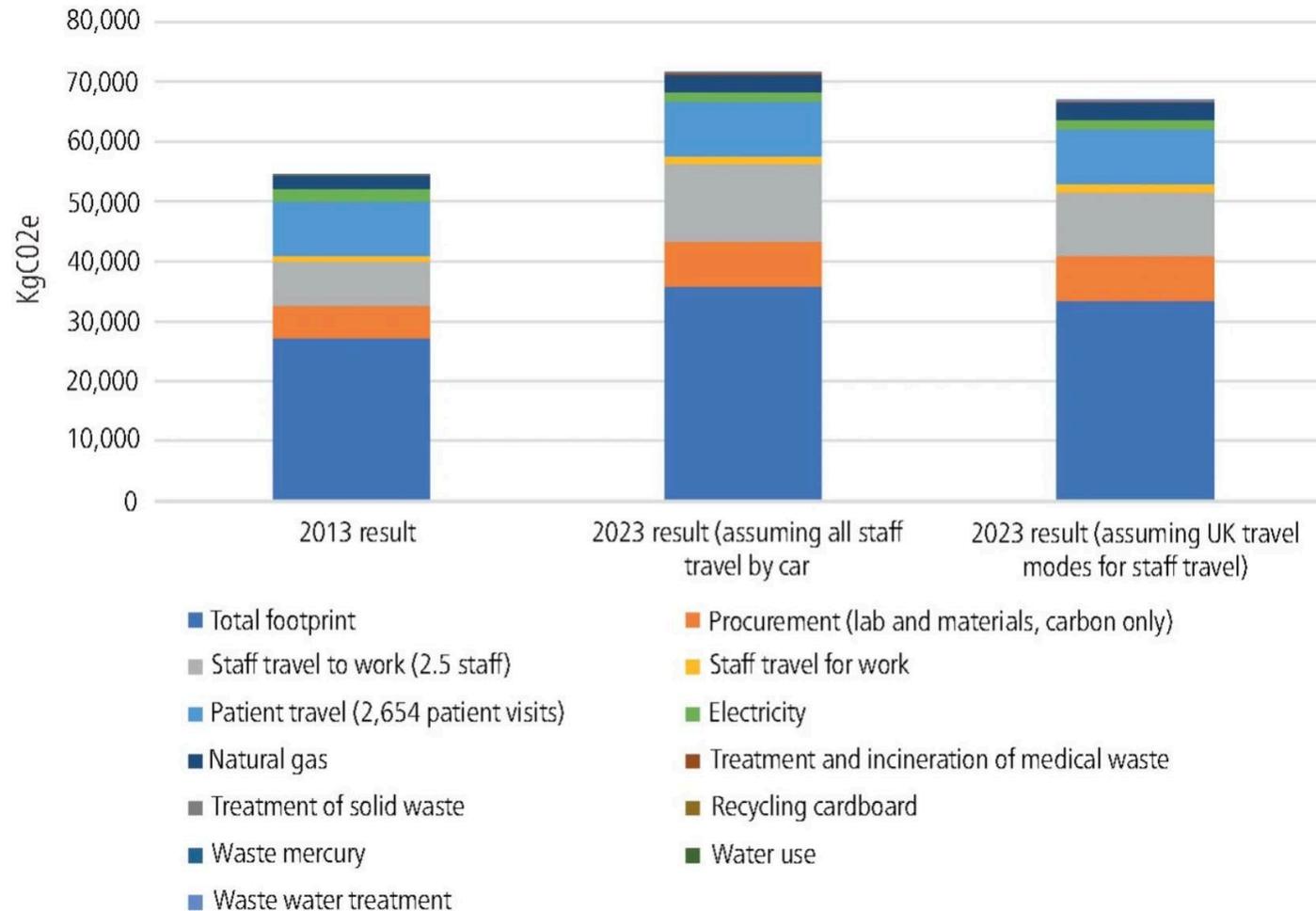
Practice information	Change the green cells	Conversion figures Ignore these		
How many days is the practice open on an average year?	220.0			
How many full time staff in the practice?	2.5			
How many patients visits does the practice see every year?	2654.0			
This week (make sure it's a normal week)				
Staff travel (MILES)				
How far do all staff travel return to work or for work by car.	587.5	0.5300	13701.6	← Annualised Staff travel CFP
Patient travel (MILES)				
<i>Do the simple patient survey for 30 patients (see notes) and total the distance of all patients travel by each method</i>				
Petrol/Diesel Car	174.3	0.5300	8174.6	
Electric Car	0.0	0.1880	0.0	
Bus	7.6	0.1500	101.3	
Train	37.2	0.1900	624.5	
Motorbike	10.0	0.1600	141.5	
Bike/Walk	6.0	0.0000	0.0	
			9041.9	← Annualised patient travel CFP
Waste				
<i>Total number of bags of</i>				
Plastic waste for recycling	0.5	0.0000	0.0	
Cardboard waste for recycling	0.4	0.0000	0.0	
Infectious waste for incineration	0.6	7.5869	4.3	
Domestic waste for disposal	0.9	1.1558	1.0	
			232.2	← Annualised waste CFP
This year (make sure it's a normal year)				
Energy				
<i>in kWh</i>				
Standard electricity	5387.0	0.2749	1480.7	
Green electricity	0.0	0.0130	0.0	
Solar power on your roof	0.0	0.0430	0.0	
Gas	11457.0	0.2300	2406.0	
			3886.6	← Annualised energy CFP
Water				
Water usage in Metres cubed	41.5	0.3378	14.0	← Annualised water CFP
Procurement: The things you buy: How much did you spend on other things, equipment, materials in pounds sterling £ (don't include rent, interest)	45454.8	0.1315	5975.8	← Annualised procurement CFP
Your results for your practice			32852.2	Kg of carbon
The CFP of your average patient			12.4	Kg of carbon



<https://www.sustainablegreendentistry.com/simple-carbon-calculator>

4. Find the hotspots

From: [What is the environmental footprint of a dental practice? A life cycle analysis \(Part 1\)](#)

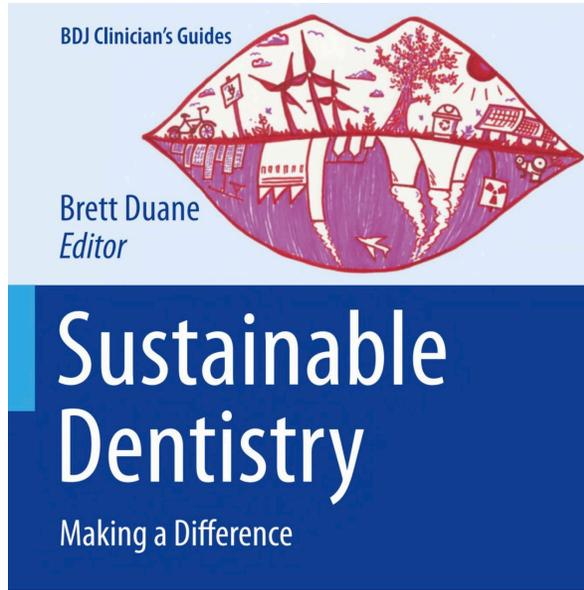


Annual carbon footprint of an average dental surgery using 2015 and 2023 methodology

5. Consult with your staff, patients



6. Read, tap into some education



Green Impact in Dentistry

Green Impact is delivered by [Students Organising for Sustainability \(SOS-UK\)](#) and designed to provide practical advice and tips to dental teams across the UK, that want to improve their sustainability.

Green Impact for Dentistry was piloted in the East of England area in 2019. 60 dental teams registered on the Green Impact toolkit and completed 674 positive sustainability actions. We are now preparing for the nationwide launch of Green Impact in Dentistry in April 2023. [Get in touch if you would like to take part!](#)

green impact
dentistry

COMMENTARY |  Open Access |   

Embedding environmental sustainability within oral health professional curricula—Recommendations for teaching and assessment of learning outcomes

James Field , Nicolas Martin, Brett Duane, Sibylle Vital, Steven Mulligan, Alon Livny, Pia Lindberg, Nina Lundegren, Christina Gummesson, Ruby Long, Heather Lundbeck ... [See all authors](#) ▾

First published: 19 September 2022 | <https://doi.org/10.1111/eje.12852> | Citations: 3



7. Make a policy

Sustainability policy

A policy could include a process to:

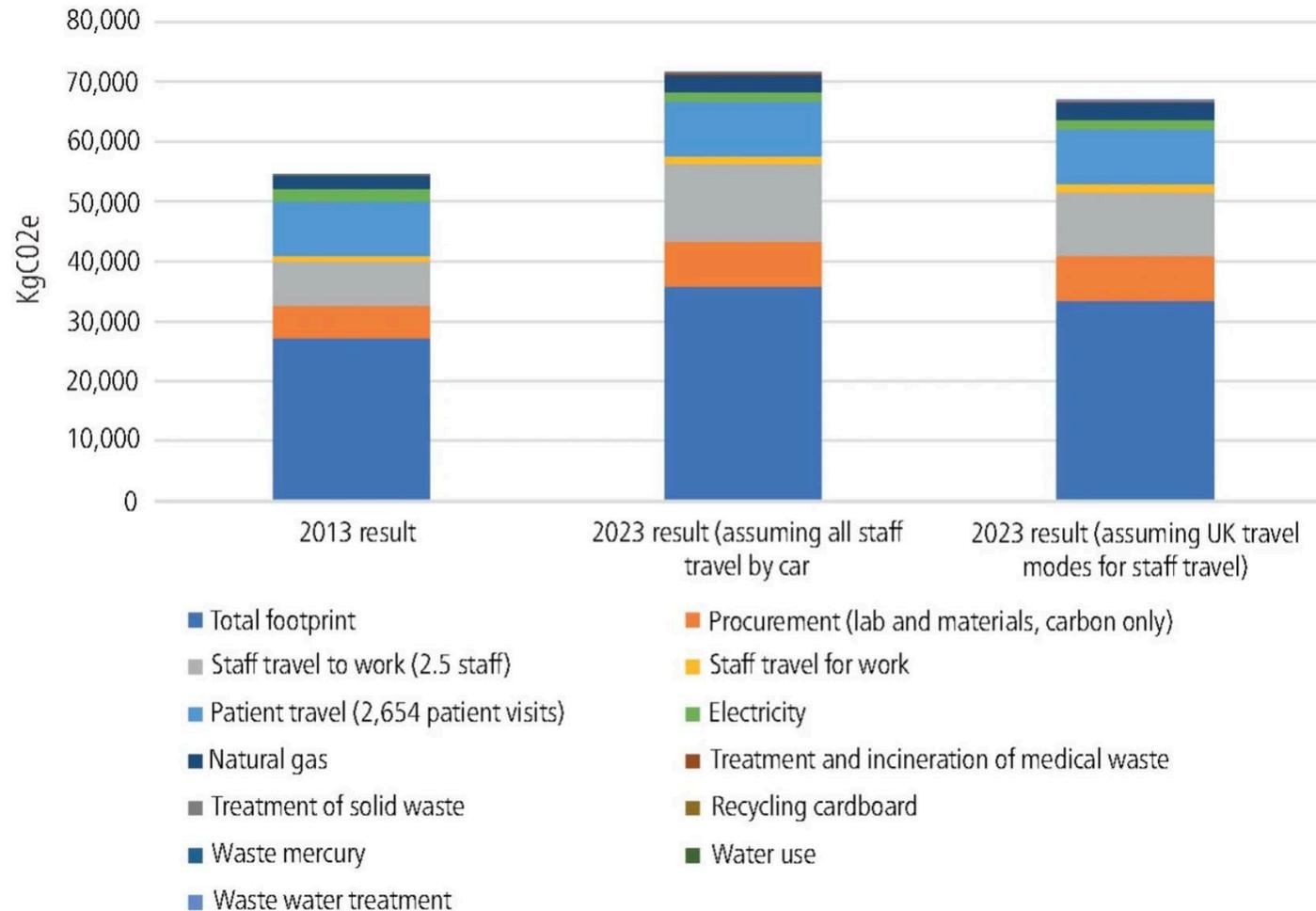
- Establish a sustainability lead
- Engage staff/patients
- Collect feedback, ideas and offers from patients on sustainability
- Encourage patients and staff to travel sustainably
- Manage waste, energy and biodiversity
- Manage communications raising awareness about sustainability in a network of dental practices.

But avoid
Greenwashing

8. Re-measure your footprint

4. Find the hotspots

From: [What is the environmental footprint of a dental practice? A life cycle analysis \(Part 1\)](#)



Annual carbon footprint of an average dental surgery using 2015 and 2023 methodology

9. Influence the bigger picture

Sustainable Dental Building Blocks (adapted from WHO)



10. Get rid of the lawn





Making a niche: Building a sustainable biodiverse practice

Dr Gavin Ballantyne

- Promoting biodiversity in the urban environment
 - Planting diverse native species
 - Pollinator and bird friendly plants
 - Limited pesticide use
 - Embrace messier greenspaces!

Royal Botanic Garden
Edinburgh's rain garden
Photo: Kirsty Wilson



Are our lawns biological deserts?

Research shows decline in biodiversity of suburban ecosystems



Keep off the grass: Research confirms that highly manicured lawns produce more greenhouse gases than they soak up

Urban gardens were always considered good for the planet, but a new study has turned that belief on its head

[The effects of household management practices on the global warming potential of urban lawns](#) C Gu, J Crane II, G Hornberger, A Carrico
Journal of Environmental Management 151, 233-242

Links that might be helpful:

Textbook chapters/ Research papers

<https://www.researchgate.net/profile/Brett-Duane/research>

BDJ sustainable collection

<https://www.nature.com/collections/djidaaddgi>

Green impact dentistry

<https://greenimpact.nus.org.uk/green-impact-in-dentistry/>

FDI sustainability

<https://fdiworlddental.org/sustainability-dentistry>

Denplan

<https://www.denplan.co.uk/dentists/training/green-dentistry/practical-guides.html>