

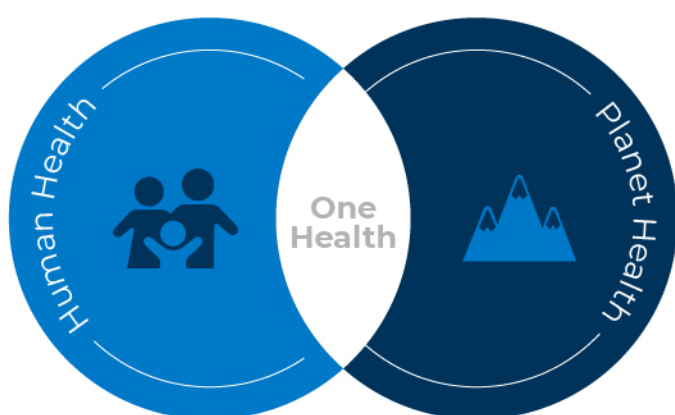
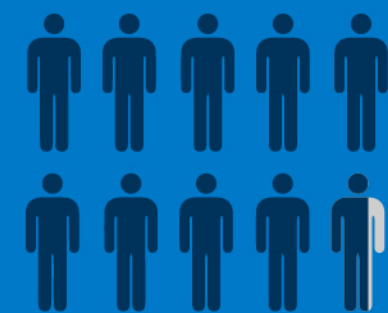
# Bupa Hong Kong: One Health Survey Report



## One Health

refers to the **interconnected and interdependent** relationship between the **health of people and the planet**. We need to look after one, whilst taking care of the other.

**97.2%** of respondents are not aware of the phrase 'One Health'



**85.8% agree** that there is a close link between human health and the ecological environment.



### Bupa's insight:

We take care of the planet so we can take care of people's health. As Hong Kong's trusted healthcare partner, we want to raise awareness that **our health is closely connected with our environment**.



# COVID-19 pandemic has

driven higher awareness  
of environmental issues



prompted real actions  
for practicing  
a sustainable lifestyle



**96.3%** have taken actions to  
live more sustainably



## Top three sustainable practices

**71.7%**



Reduce use of single-use  
plastic straws/cutlery

**71.1%**



Bring your own bags,  
boxes/bottles

**58.3%**



Recycle  
bottles/cans/paper

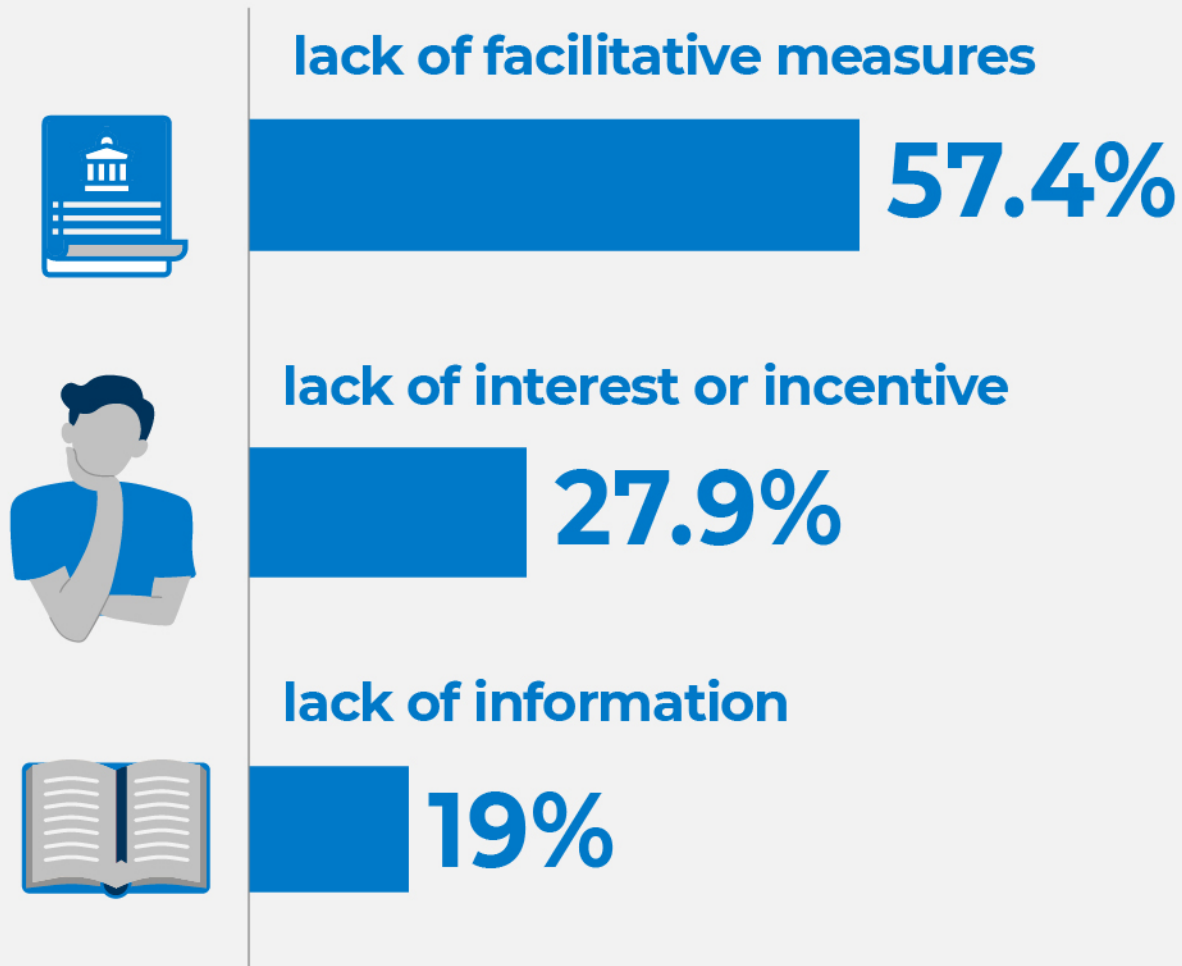


Adopting a sustainable lifestyle is not easy,

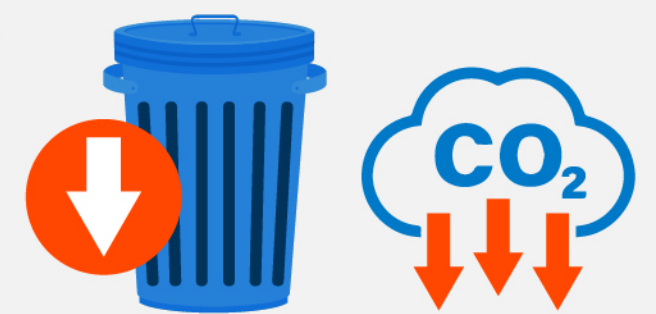
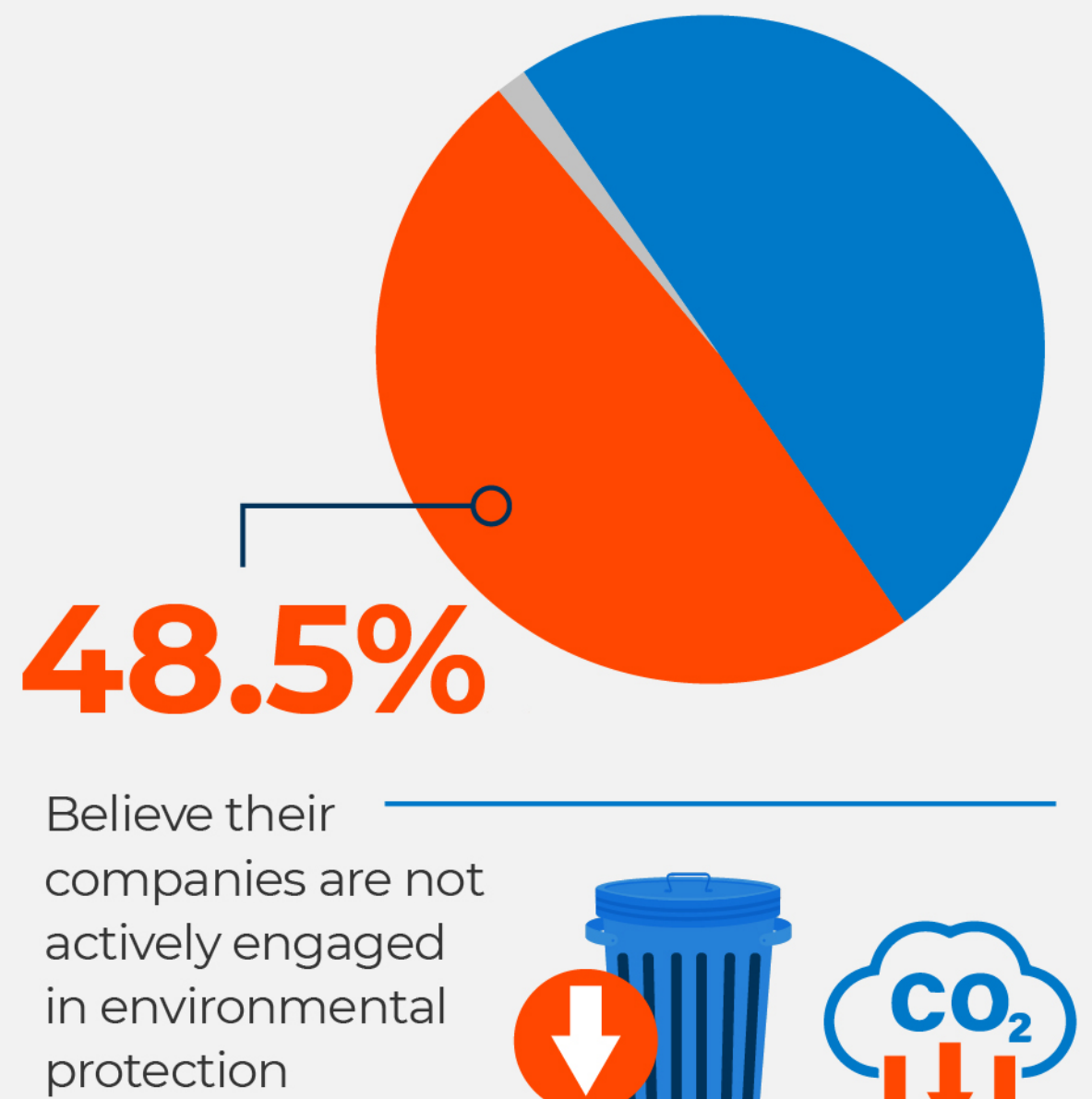
**1/4** of respondents have felt  
**Green Fatigue**

## Challenges for individuals

Top three factors preventing people from practicing sustainability



## Challenges for corporates



54.2% are convinced that their individual actions **could never be too little too small**

### Young adults



aged 18–34  
69.2%

### with tertiary education



71.2%

Stronger commitment to sustainability is expected from:



AGED 18–34 91.3%

AGED 18–34 92.6%

AGED 35–49 87.3%

AGED 35–49 89.7%

AGED 50–65 83.2%

AGED 50–65 87.9%

Bupa Hong Kong One Health initiatives step up to the challenges:

# Two Major Pledges

## Science Based Target initiative (SBTi)

- One of the first large healthcare organisations to join SBTi
- Reduce greenhouse gas (GHG) emissions towards the Paris Agreement goals



## Business with Purpose

- Founding member of the platform set up by Hong Kong Management Association & Social Ventures Hong Kong
- Unite companies to advocate sustainability



## One Health Step Challenge via Bupa4Life

- Members' steps in exchange for rewards



## Long-term partnership with The Green Earth

- Collect 10 million steps from members in Step Challenge to grow virtual woodland
- Develop educational materials and host experiential events



## Sustainability at Bupa Hong Kong & Quality HealthCare\*

- Over 88% of clinical claims are processed through online portals - streamlined operations reduce over **2.3 million pieces of paper** a year, equivalent to nearly 300 trees
- Replace films for X-rays, CT scans, MRIs and PETs with digital versions to save around **10 tonnes of plastic** a year, equivalent to around **400,000 plastic bottles**



# Three Real Actions

\*Quality HealthCare Medical Services Limited (QHMS), Hong Kong, became part of Bupa, an international healthcare group, in October 2013. QHMS' operations span diagnostics, primary healthcare and day care specialties with over 1,500 provider service points in the city.