Northern Light Health SM

The Climate Chronicles

June 2026 - Making a long-term commitment to organizational sustainability

Emissions Goal Update and Practice Greenhealth Awards

2026 Practice Greenhealth ENVIRONMENTAL EXCELLENCE AWARD WINNER

Northern Light Health has finalized our 2025 greenhouse gas emissions tabulation; here are some of the stories behind the numbers:

- Overall, we have realized a 9% reduction in total greenhouse gas emissions over our baseline year of 2021, and a 12% decrease in Scope 1 & 2 emissions. We are on the path to cutting our Scope 1&2 emissions by 50% by 2030, and being carbon neutral by 2050.
- We have halved our Scope 2 emissions, mostly due to our participation in the renewable energy consortium.
- We realized a significant decrease in Category 11 emissions, driven by a reduction in metered dose inhaler use in the hospitals.

You can dive deeper into the numbers, by scope, category, and member organization, by checking our 2025 emissions document at https://northernlighthealth.org/sustainability. But wait, there's more! The good work that Northern Light Health employees are doing to quantify and reduce energy usage, waste volumes, and greenhouse gas emissions; educating our employees and patients about the link between a changing environment and health; and increasing climate resilience at our facilities and within our communities has been recognized at a national level! Every one of our nine hospitals has been awarded the 2025 Greenhealth Champion Award from Practice Greenhealth. (continued on pg. 2)

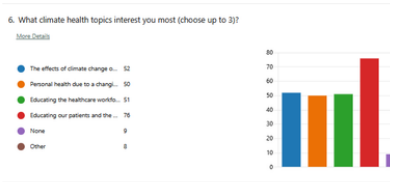
Lyme Disease the focus of Healthy Living Segment

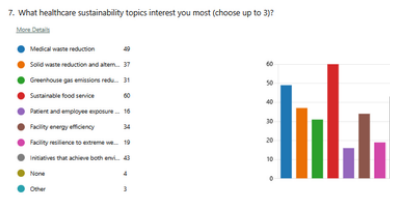
Meredith Adams, MD, recently joined WABI TV5 to discuss Lyme disease, how it is contracted, and how climate change has affected the life cycle of the deer tick, the carrier of the disease. Watch this segment on wabi.tv.



Survey Says

What you told us about how we are doing and what you want to see around environmental sustainability





We recently asked employees across Northern Light Health to share their thoughts on climate health and environmental sustainability, and the response was both thoughtful and encouraging. The survey, conducted in November 2025, gathered feedback from over 100 employees across the system.

One thing came through clearly: a lot of people care about this. Many respondents said it's important to them to work for an organization that takes responsibility for its environmental impact. There's also strong interest in learning more, especially about how climate change affects health, how it impacts vulnerable populations, and how we can better educate both staff and patients.

When it comes to where we focus next, (cont. on page 2)

Survey Says

(continued from page 1)
a few themes kept coming up. Reducing waste, especially medical and everyday waste, was at the top of the list. Energy efficiency and more sustainable food practices were also mentioned often. Just as important, many employees emphasized the value of finding solutions that make sense financially as well as environmentally.

At the same time, there's room to strengthen awareness. Some employees noted they're not very familiar with current efforts or haven't been involved so far, highlighting an opportunity to better share information and connect people to this work.
In terms of communication preferences, the message was consistent: email, staff meetings, Campfire, and flyers are still the best ways to reach people.

Overall, the survey shows we have a strong foundation, and a lot of practical ideas, to build on as we continue this work together.

Emissions Goal Update and Practice Greenhealth Awards

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Additionally, the System was awarded both the Greenhealth Champion Award and the Circle of Excellence Award in the climate category. You can learn more about the awards we've received and Practice Greenhealth on their website, https://practicegreenhealth.org/.
Thank you for all you do to make our work healthier for both our patients and our environment! Environmental sustainability in healthcare is an ultramarathon rather than a sprint, but we have taken an early lead and have so much to be proud of!

Have something to share?

Do you have a story or resource you'd like to share with the team?

Send all information to bespeed@northernlight.org to be included in the next newsletter.

How Climate Change Increases Allergies



Are you sniffling and sneezing from outdoor allergens more than ever? According to Climate.gov, allergy season is getting longer. The northeast US has added between 10 and 14 days that register above freezing in the last few decades. That may not sound like much, but fewer days below 32 degrees makes conditions ripe for pollen growth. A Rutgers University study showed that airborne pollen has increased more than 40% since the 1990s. With more warm days comes added pollen, which means those extra fun times may be filled with breathing in and sneezing out pollen.

In addition to temperature shifts, pollen-producing plants react to the amount of carbon dioxide (CO_2) in the air. Climate change, due to many factors, keeps moving the needle higher, as we break annual CO_2 record levels in the atmosphere. Plants are having a photosynthesis party and everyone's invited. This leads to increases in flower growth, pollen, and allergic reactions.

"Most allergic reactions won't go away unless you eliminate the allergen, or remove yourself from the situation," says Rung-Chi Li, DO, allergist and immunologist, Northern Light Health. "To reduce symptoms, consider taking an over-the-counter medication, such as an antihistamine, a nasal spray, or rinsing with a saline solution to help flush out irritants." If allergy symptoms are more than annoying and decrease your quality of life, talk to your primary care provider about a referral to an allergist. "We can evaluate specific triggers and recommend whether immunotherapy, medications, or a combination approach is right for you," says Dr. Li.