



Dear Planetary Health Community in Switzerland,

Salut tout le monde, ciao, bun di, hoi zăme!

In view of the escalating environmental crises and current geopolitical upheaval, we hope your start into the new year was filled with resilience and a sense of collective agency. Finding clear words, the latest [Lancet Countdown report](#) on climate change and health published last month states: "The health risks [...] of climate change break concerning new records, progress is being reversed across key areas, further threatening health and survival."

A spark of hope: All the people and initiatives who are striving wholeheartedly to advance education for health equity within our planet's ecological limits. You will discover some of them in this very newsletter – enjoy the read!

For the PHUSE team

Bea

P.S. Teaching institutions and NGOs can now become official PHUSE partners! Interested? Write us an [e-mail](#), we're happy to hear from you.

SAVE THE DATE

- 03.02.2026: PHUSE Network meeting, 16:30-18:00 ([Zoom Link](#))
- 19.02.2026: vsao/asmac Planetary Health Event in [Bern](#), 18:00-21:00
- 28.03.2026: Health4Future @ Swiss Medical Students' Convention. [Bern](#)

- 04.05.2026: PHUSion (whole in-person day in Bern)
- 05.08.2026: PHUSE Network meeting, 16:30-18:00
- 27.10.2026: PHUSE @ Ottawa Ring Lecture, 12:00-13:00 ([online](#))
- 12.11.2026: PHUSE Network meeting, 16:30-18:00

UPDATES FROM THE PHUSE NETWORK

PHUSE is hiring: Call for Applications for a “Planetary Health E-Learning” specialist (40-50%)

We are looking for a committed and motivated Learning and Development Specialist from March 2026 or upon agreement to join the national PHUSE coordination team! Your main task would be the development of a national Planetary Health E-Learning for Swiss health-centered study programmes. If you have prior experience in Planetary Health, Education, or related fields — and if you are eager to shape the future of health education in Switzerland—we would be delighted to hear from you.

Please submit your complete application (cover letter, CV, relevant certificates) exclusively in electronic form by 12.02.2026 to info@phuse.ch.

[More infos](#)

Reminder: Upcoming PHUSE Network Meeting with Deep Dive on Sustainable Research in Medicine & Health – February 3rd

We’re looking forward to seeing you all again next week at our PHUSE network meeting, happening on Tuesday, February 3rd 2026, 16:30-18:00, online. This time, Andréa Montant from the University of Lausanne will give an insight into their work on a deliberative process to develop sustainable guidelines for health research and then we’ll have time for updates, exchange and discussion between the participants.

 Join the meeting via the [zoom link](#).

2026 CALENDAR

ACTIVE HOPE & RESILIENCE
IN TIMES OF ECOLOGICAL CRISES

New: PHUSE Calendar with a Planetary Health Action for each Month

You can now download the new PHUSE calendar for free here! Each month offers a short impulse, a mini exercise for you and your team, as well as a concrete planetary health action. In this way, knowledge becomes consistent practice. The suggestions are designed in such a way that they can be integrated into shift handovers, learning sequences, team times, or quality rounds – without major resources, but with visible impact. The calendar is based on the original concept by H4F Münster – you can simply print it and hang it up in your office.

JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

RESILIENCE

To strengthen our physical resilience in winter and to keep climate change in mind, we support our mental and physical health through contact with nature: regular walks (even short ones) improve mood, sleep, and concentration.

Whenever possible, we choose active, environmentally friendly modes of mobility for example cycling instead of driving – and integrate movement, daylight, and small sustainable decisions into our everyday lives.

We make use of available light (briefly going to the window or outside in the morning), stay physically active (taking the stairs, brisk walking, everyday cycling), and keep ourselves warm in a smart way (layering clothing, keeping our feet dry).

We nurture social connections, try out a creative winter hobby, and consciously focus on what does us good.
Small steps matter – for our health and for the planet.

EXERCISE

Winter routine "Nature & Light" – I walk or cycle outdoors for 15–20 minutes every day, during this time, I consciously breathe in and out for 1–2 minutes and notice the environment in all its diversity. In addition, I consciously take in 5 minutes of daylight three times a day.

TEAM ACTION:

Active Mobility Challenge (2–4 weeks): We award points for walking / public transport / cycling, schedule short "light breaks" as a fixed part of the day, and set up a tea/water station in the break room.
Conclusion: brief evaluation – what do we want to adopt long term?

PHUSE
Planetary Health
Education

[Download calendar here](#)



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PHUSE-Lecture: “Health Promotion in the Anthropocene: How to advance planetary health in times of ecological collapse?”

We're happy to be part of the "[40 Years Ottawa Charta in Switzerland](#)"-Lecture Series organized by Public Health Schweiz: How can health promotion remain effective - and even become transformative - in an era of ecological collapse? This lecture explores how transformative action - at the individual, institutional and political level - can drive a paradigm shift in health promotion to create the conditions for both people and the planet to thrive.

Join us for the free online lecture on Tuesday, October 27, 2026, from 12:00 to 1:00 PM. Participation is free with registration required — we look forward to welcoming you online.

🌿 You can register for free [here](#).

RevMed-Article: “Advocacy for planetary health: practical examples”

In December 2025, our colleagues from Geneva published in the Revue Médicale Suisse an article on practical examples for Planetary Health Advocacy. Practical examples were the campaign "[12 months, 12 actions](#)" to raise awareness about the environment and health in doctors & patients, the free community health project "[Case2Santé](#)" at Yverdon or a [TEDx-talk](#) on Planetary Health.

🌿 Read the whole article [here](#). (french, paywall)



vsao/asmac event: Climate protection in clinical practice

The vsao's Planetary Health working group is organising an event on 19. February 2026 in Bern (18:30-21:00) on the topic of 'Climate protection in everyday clinical practice'. There will be lectures by Prof. Nicolas Senn and Nina Tammler on the sustainability of modern medicine and the hospital sector, followed by an Apéro. Admission is free and no registration is required.

🌿 Find more information [here](#). (german)

HES-SO: Podcast on Environment and Health

“Santé Environnement”, the podcast from the Geneva School of Health Sciences (HES-SO) that connects the worlds of health and the environment. The podcast is presented by Gaël Brulé, Professor of Environmental Health, who welcomes a guest in each episode who is driven by a passion and commitment to our environment.

🌿 Find all podcast episodes [here](#). (french)

OTHER PLANETARY HEALTH NEWS

PAN DACH: Healthy Hospital Food – Call for Application for Hospitals

The Physicians Association for Nutrition of the DACH-region is launching the next phase of the Healthy Hospital Food project! We are seeking hospitals that would like to participate in our second cohort and make their hospital catering healthier, more sustainable and future-proof. Participation is free of charge – find out more and apply now!

🌿 Find more information [here](#). (german)



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United Nations' University: the Climate Justice and Health Podcast Series

The Climate and Health Podcast is a new series from the UNU International Institute for Global Health (UNU-IIGH), hosted by Remco van de Pas, Policy Research Lead of the work package Climate Justice and Health. Over the next half year, the series will air monthly episodes exploring how the climate crisis and global health are interconnected, and why justice must be at the heart of both.

🌿 Find all podcast episodes here. ([english](#))



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KLUG: “Zukunft gestalten” – A Podcast about Planetary Health

What is behind Planetary Health? How are climate, environment and health connected? How can we overcome overwhelm, denial and paralysis? And what helps us to act together? Here comes the second season with 11 more episodes full of ideas on how we can shape a healthy, liveable future by the German Climate and Health Alliance! The podcast is available on our channel and on Spotify, podcast.de, Apple Music, Podimo, Amazon – and wherever podcasts are available.

 Find all podcast episodes [here](#). (german)

EU-project: E-Learning on Climate Change and Healthy Ageing

In the EU project Climate Change and Healthy Ageing: Co-creating E-learning for Resilience and Adaptation (chAnGE), Carinthia University of Applied Sciences is working with partners from Finland, Ireland, Greece and Portugal to develop asynchronous online educational resources (micro-credentials) for health and social care professionals on climate change, health and ageing. The 14 chAnGE micro-credentials (online teaching units worth 1-2 ECTS) cover various topics related to climate resilience in the context of the healthcare system and care provision. They are currently available as a pilot programme and can be tested free of charge.

Contact person at Carinthia University of Applied Sciences: Dipl. Psych. Andrea Stitzel, a.stitzel@fh-kaernten.at

 Information and registration [here](#). (english)



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FHNW: Next Round of the CAS Planetary Health and Sustainable Healthcare

The next round of the CAS Planetary Health and Sustainable Healthcare, offered by the FHNW, will start in February 2027. In the programme you can learn concrete approaches for solving the interactions between planetary health and sustainable healthcare in a transdisciplinary and sustainable manner and strengthen your expertise in transformative processes with a focus on healthcare.

On February 12th 2026 from 17:00-18:00, an [informative session](#) on the CAS will take place.

🌿 Find all information [here](#). (german)

Adapt+ – Federal Funding Program for Climate Adaptation – Open Call

The Swiss government has launched the Adapt+ funding programme to promote measures for adapting to climate change (e.g. heat protection). Under the leadership of the Federal Office for the Environment (FOEN), the federal government is thus supporting the implementation of concrete adaptation measures. In 2026, multiplier projects in all areas of adaptation to climate change can be submitted again. The second funding round begins on 29 January and ends on 31 March 2026.

🌿 Find all information for the funding opportunity [here](#).

IMPORTANT PLANETARY HEALTH PUBLICATIONS

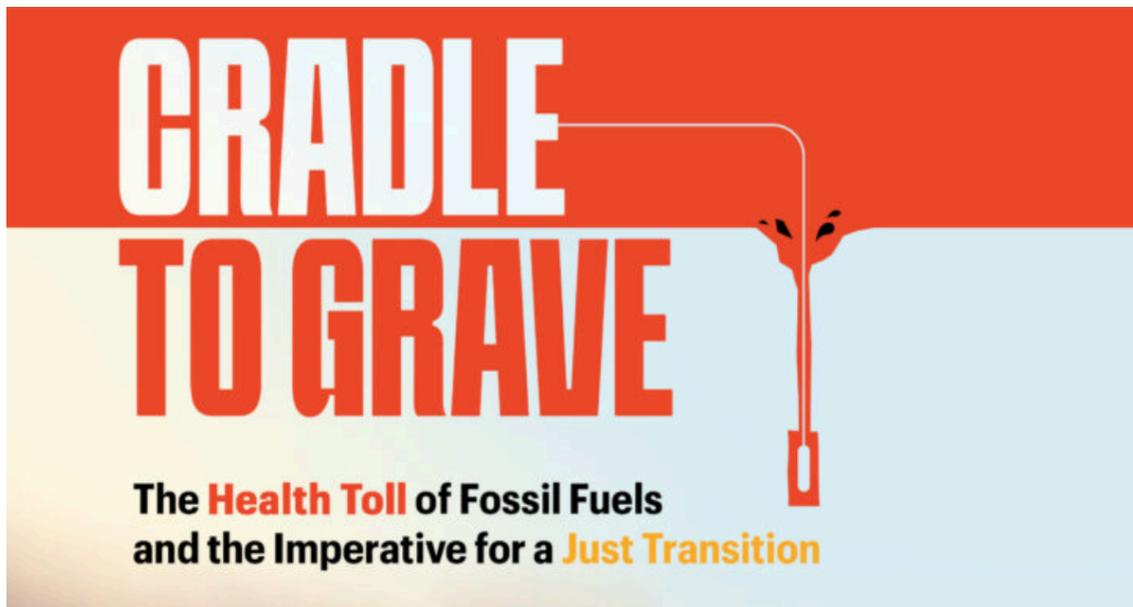
A Must-Read: The 2025 report of the *Lancet* Countdown on health and climate change

The newest Lancet Countdown report published in December 2025 states that the provision of climate change education for health professionals is

growing. However the **training remains facultative in 85% of the institutions**, only 15% of the institutions provide mandatory education for health students. These findings suggest that climate and health education still is insufficient, “leaving many future professionals unprepared to recognise, prevent, and manage climate change-related risks”

Another "not so fun fact" from the report: In 2024, Weather-related extreme events alone caused a global economic loss of \$304 billion, which is a 60% increase from the 2010–14 annual average.

 Read the whole report [here](#). (english)



GCHA-Report: Cradle to Grave – The Health Toll of Fossil Fuels and the Imperative for a Just Transition

The sweeping report released in Sept 2025 reveals the devastating impacts of fossil fuel extraction and use on human health. The report provides the first comprehensive global overview of the health consequences associated with fossil fuel use at every stage of their lifecycle, from extraction to waste, and across the human lifespan, from pregnancy and pre-birth to old age.

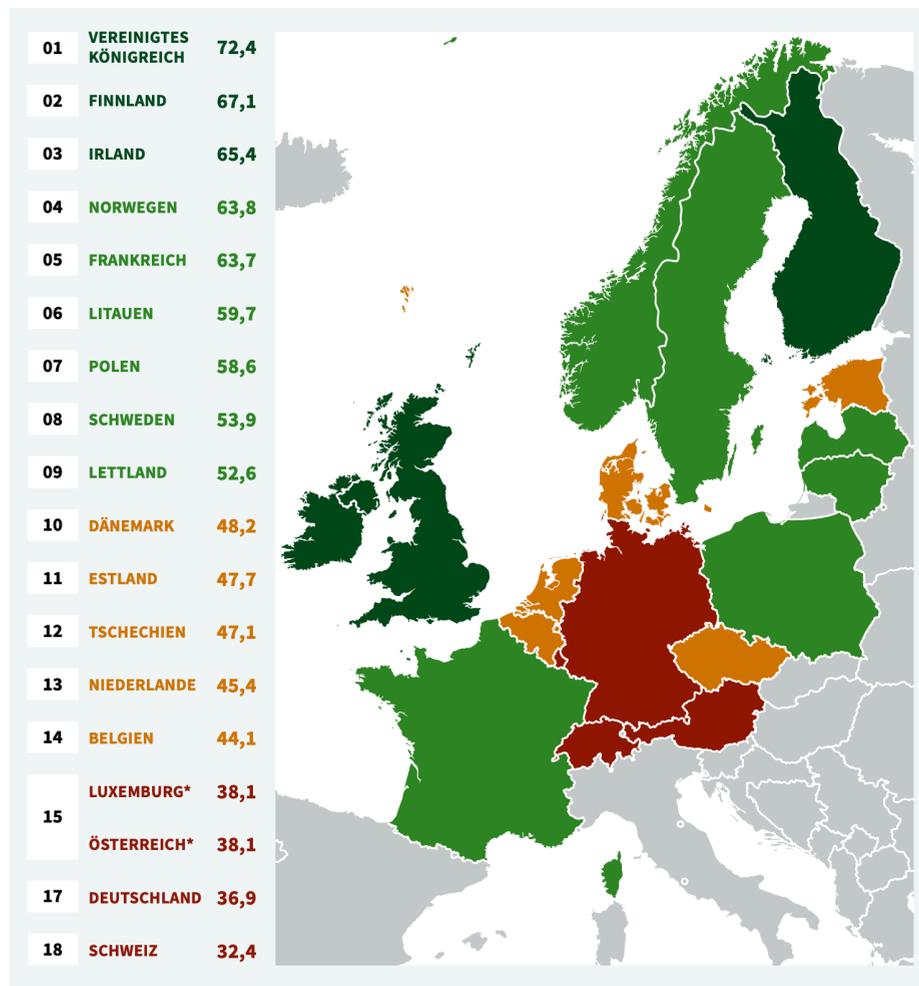
 Read the whole report [here](#). (english)

WHO “Best Buys” for preventing NCDs and sustainable development

In a new report, the World Health Organisation (WHO) has identified 29 effective and cost-effective measures that support countries in the prevention and treatment of non-communicable diseases. The analysis shows that the benefits for countries and their populations would be enormous: Already by 2030, the best buys can generate US\$ 1 trillion in economic benefits – a 4:1 return on investment (ROI)! The ROI of interventions to reduce unhealthy diets is even bigger: **14:1**. This can be achieved by reformulating policies, public food

procurement, protect children from harmful food marketing or mass media campaigns (e.g. for a [Planetary Health Diet](#)).

 Read the whole report [here](#). (english)



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Switzerland ranks last in the European Public Health Index

Tobacco, alcohol, unhealthy diets and lack of physical activity: the Public Health Index (PHI) shows for the first time how European countries are tackling the biggest risk factors. The results reveal Switzerland's position in terms of health protection compared to other European countries and show that it ranks poorly: Switzerland is in the bottom quarter in all four areas of action and ranks last overall – underlining the importance to implement policies to promote planetary health in Switzerland.

 Read the whole report [here](#). (german)

Further Planetary Health Research:

- HES-SO: Adapting and mitigating: [an exploratory Delphi approach to climate change impacts on healthcare institutions in Switzerland](#), Dialogues in Health (Jan 2026)
- [Priority setting for environmentally sustainable health care](#): emerging approaches to fair resource allocation, Lancet Planetary Health (Dec

2025)

- Opinion Piece: Ilona Kickbusch's Call for a "[planetary health impact assessments for AI](#)", British Medical Journal (Jan 2026)
 - SSPH+-Journal: Call for Papers "[Metrics of One Health](#)" (DL: 31.05.2026)
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Get involved!

PHUSE Resource Collection on transformative Planetary Health Education

Planetary Health Resource Collection

Do you have an idea you would like to present to the network or a topic you would like to be covered by an expert during a next meeting? Do you have useful resources you would like to add to the collection? Do you with your institution want to become an official PHUSE partner?

Contact us! info@phuse.ch We would be happy to hear from you.

Francine Müller & Bea Albermann (PHUSE Coordinators)

PHUSE - Swiss Planetary Health Education Network

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