



TELEOSIS INSTITUTE
YEAR-END REPORT
2006



2006: A Year of Innovative Progress for Sustainable Health Care



Dear Friends,

The year 2006 has been a milestone year for Teleosis. Our message is reaching a national audience, our membership is growing and our financial support is reaching a new stability. We launched our pilot Green Health Care Program and our course on sustainable medicine was approved for continuing medical education credits. This means more doctors of the future will bring greater awareness of ecological medicine to their practices.

In this year-end report we show you the many ways in which your support has helped Teleosis to reach its goals for 2006, as well as what we can look forward to in 2007.

May health care continue to become a thriving part of the movement to create a sustainable future!

Best of Health,



Joel Kreisberg, DC, MA
Executive Director

Green Health Care Program

2006 Program Review

In 2006, over 30 San Francisco Bay Area health providers participated in The Green Health Care Program. In choosing either to conduct a worksite assessment based on green health care principles, or to become an environmental advocate, participants challenged their role as health providers, transforming their practice by integrating the values and principles of ecological sustainability. Three evening sessions at Teleosis offered lively discussions on topics such as Leadership in Green Health Care, Ecological Literacy, and Creating a Sustainable Medicine. We are honored to be the platform for such a motivated community, creating ways of providing safer, more environmentally responsible health care.

Accomplishments in 2006

- Developed the Green Health Care Program, creating comprehensive assessment tools and resources for “Green the Workplace” and “Become an Environmental Health Advocate.”
- Twenty-one health professionals completed the Green Health Care Program.
- Introduced 15 new applicants to the Bay Area Green Business Program, under the innovative category of *health care*.
- Created a mentorship program for 2007 participants.
- Hosted over 70 people at the first Bay Area Green Health Care Awards.
- Developed resource materials for clinics to apply for green building funding by the Community Clinics Initiative, a unique collaboration between The California Endowment and Tides Network.

Published articles on Teleosis' Green Health Care Program

- **What Is Turning America's Doctors Green? The Case for Ecologically Sustainable Medicine**, by Randy Peyser for *Awareness Magazine* (2006, March/April)
- **Green Health Care: Medicine for the Future**, by Bonita Ford for *American Holistic Medical Association Newsletter*. (2006, Summer, Vol. IX, No. 3)
- **A Healthy Vision: Medical Businesses—Beyond the 3-R's**, by Myra Nissen for *Northern California Recycling Association News*. (2006, August)
- **Do More Good: An Integral Approach to Health Care that Benefits Patients, Physicians, Communities, and the Environment**, by Bonita Ford for *San Francisco Medicine Magazine*. (2006, October, Vol. 79, No. 7)
- **Greening Your Practice: Green Health Care Grows From a Ripple to a Wave**, by Janet Brown for *Holistic Primary Care—News for Health & Healing*. (2006, Fall, Vol. 7, No. 3)



The Future of Green Health Care Program

2007 and Beyond

Continuing Education

We are completing the process of having the Green Health Care Program approved for Category 1 Continuing Medical Education (CME). Drs. Joel Kreisberg and Calista Hunter will continue teaching *Sustainable Health Care* (which has already been approved for CEU/ CME credits) at hospitals and other venues in the Bay Area. (See Events section for more information.)

NEW! Green Health Care Program Component

To create a truly integral and comprehensive Green Health Care Program, the GHC program offers *Pharmaceutical Pollution Prevention* as the fourth educational section. This component teaches health professionals best waste management techniques for unused and expired pharmaceutical drugs. By distributing educational materials on the dangers of drug waste in water and soil, and increasing the number of pharmaceutical take-back sites, we offer practitioners the invaluable opportunity to engage patients and communities in sustainable health care.

New Workshop Format

In 2007, the Green Health Care Program will be offered for individuals as a two-day workshop. Condensed educational components allow participants to develop a deep understanding of the theoretical foundation for Green Health Care in an informal gathering of like-minded practitioners who are part of a growing community.

In addition, our new online, distance-learning format for the Green Health Care Program will enable a national audience to access our program and materials.

Teleosis Collaborates with Community Clinics Initiative

In 2006, the Community Clinics Initiative granted funding for Teleosis to develop the *California Green Clinic Resource Guide* and the *Green Building Clinic Audit*. The *Guide* outlines sources of environmentally friendly products and services available throughout the state of California, and the *Audit* determines a clinic's current level of sustainability. Community Clinics Initiative will distribute a total of \$500,000 for the "greening" of affiliated health clinics. In addition to green building and renovations, this grant will fund clinics to complete our Green Health Care Program. We are thrilled about this opportunity to work closely with this division of The California Endowment and Tides Network. We look forward to assisting local clinics to integrate sustainability into health care.

Symbiosis: *The Journal of Ecologically Sustainable Medicine*

2006 Program Review

In 2006, Teleosis published two issues of *Symbiosis: The Journal of Ecologically Sustainable Medicine*. The spring issue completed a three-part series on *Food and Healing*, which focused on organic food and agriculture as a model for health care. We also highlighted the efforts of Tamara Wolfson and the Prevention Institute, who are both working to improve the quality of the local food system and access to it.

Feature articles from the March Issue (Vol. 3, No. 3):

- **Can Medicine Learn From Organic Agriculture?** by Joel Kreisberg, DC, MA
- **Food As Ecological Medicine**, by Bonita Ford, MA

The theme of the summer issue was Endocrine Disruptors and Personal Health; the issue explored the risks associated with hormone-disrupting chemicals in our environment. We highlighted the work of Dr. Mitchell Gaynor (integrative oncologist), Lani Simpson (advocate for conscious sunbathing), and the Science and Environmental Health Network (proponents of the Precautionary Principle).

Feature articles from the July Issue (Vol. 4, No. 1):

- **There Is Medicine in these Waters**, by Joel Kreisberg, DC MA
- **What you Can Do About Hormone-Disrupting Chemicals**, by Marianne Marchese, ND

Symbiosis in 2007

Upcoming issues of *Symbiosis* will address critical issues in environmental health and provide solution-based information for health providers to become leaders in the sustainable health care movement.

Topics in 2007 will be:

- **Pharmaceutical Pollution: Medicine and the Environment**
- **Ecopsychology and Sustainable Medicine**
- **Global Warming and Personal Health**

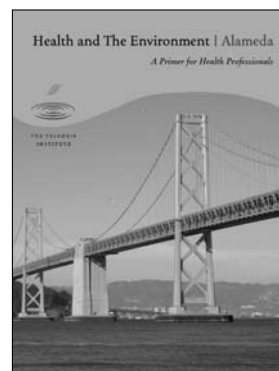
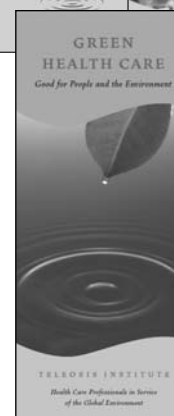
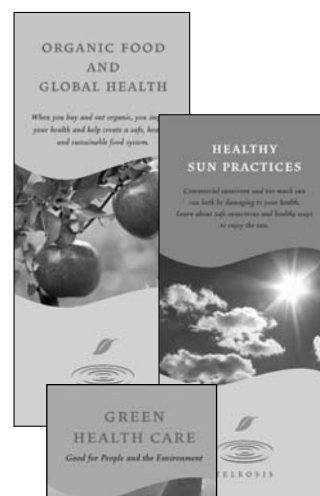
Environmental Health Brochures & Guides

In 2006, Teleosis published and distributed three new environmental health brochures:

- **Organic Food and Global Health**
- **Healthy Sun Practices**
- **Green Health Care**

Teleosis also published:

- **Health and the Environment of Alameda County – A Primer for Health Professionals**—a guide about the major environmental issues in Alameda County, how these environmental issues affect health, and what they can do to make a difference.





Ina Pockrass, co-founder of Transcendentist, speaks about health and sustainability at the Bay Area Green Health Care Awards.

On December 1, 2006, over 70 people gathered at the McKinnon Institute in Oakland to celebrate the Teleosis Institute's First **Bay Area Green Health Care Awards**. At this zero-waste event, over 21 health care providers—including physicians, dentists, nurses, naturopaths, therapists, and health care clinics—were honored for their participation and commitment to the Green Health Care Program, a model that protects human and environmental health. The event was hosted by Dr. Joel Kreisberg, Executive Director of Teleosis, and guest speakers Terry O'Keefe from the Sustainable Business Alliance, and Ina Pockrass, Co-Founder of Transcendentist. The success of this event suggests the increasing demand for Green Health Care and strong interest in a health care model that is good for people and the environment.

Educational Programs and Public Events

2006 Program Review

The Teleosis Institute is actively involved in educating the health care community about Green Health Care and Ecologically Sustainable Medicine. In 2006, Teleosis offered 14 lectures at the Institute and participated in over 20 events and conferences throughout the Bay Area.

Teleosis hosted several introductory sessions on the Green Health Care Program, as well as leadership seminars for program participants, including:

- **Green Health Care Leadership Summit**
- **Ecological Literacy**
- **Creating Sustainable Medicine**
- **Green Health Care Awards**

This year, Dr. Joel Kreisberg gave Green Health Care presentations around the Bay Area:

- San Francisco Green Festival
Green Health Care and the Environment, presented by Dr. Kreisberg and Dr. Calista Hunter
- Mt. Diablo Hospital & San Ramon Regional Medical Center CME Courses
Environmentally Responsible Health Care, taught by Dr. Kreisberg and Dr. Calista Hunter
- **The Future of Health Care Conference** at San Francisco State University
- Sustainability Summit, Berkeley, CA

Teleosis also hosted several evening lectures at the Institute on health and environmental topics:

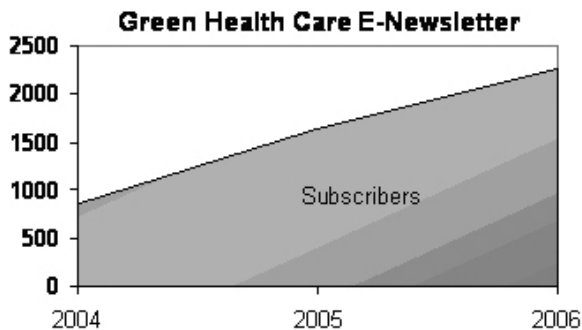
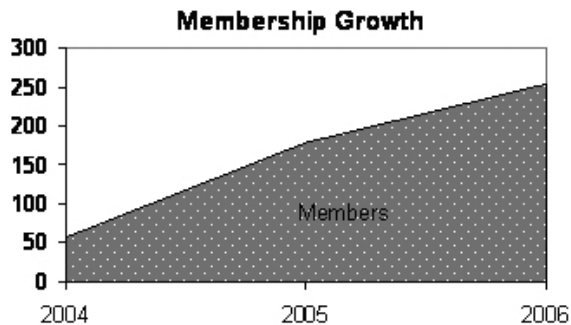
- **Water-The Matrix of Life: What to Drink for Health and Eco-Living**, with Dr. Beverly Rubik
- **Hormone Disruptors: Is Your Environment Making You Ill?** with Dr. Marianne Marchese
- **Healthy Sun and Sunscreen Practices**, with Dr. Lani Simpson
- **Introduction to Buteyko Breathing Method**, with Dorisse Neale and Robert Litman

Events in 2007

- **Sustainable Health Care** – February 27 at John Muir Medical Center, Walnut Creek, CA
- **Integrating Environment Health: Three Approaches to Promoting an Environmental Medicine** – March 28 at the 17th Annual Art & Science of Health Promotion Conference, San Francisco, CA
- **Leadership, Sustainability, Psychotherapy, and the Environment** – April 7 at Holos Institute, Oakland, CA

Membership and E-Newsletter Subscribers

In 2006 our membership grew by more than 40%, from 179 to 253 members. Our *Green Health Care E-Newsletter* also grew by nearly 40%, from 1,643 to 2,268 subscribers and we published more than 30 newsletters. Thanks to our members and the growing green health care community, we raised over \$8,000 during our winter fundraiser! In 2007, your generosity will enable Teleosis to spread the message of sustainability in health care to a larger audience of health professionals. Together, we can create a sustainable health care system for all.



Our Commitment to Sustainability

At Teleosis, we are committed to improving the health of people and the environment. To this end, we make every effort to do business in a way that sustains natural resources and provides a healthy work atmosphere. Our goal is to be a model of **Green Health Care** and to inspire the health care community to adopt green practices.



Our Green Business Practices

As a Green Business, Teleosis has adopted a wide range of sustainable business practices that reduce our ecological footprint. Teleosis has received Green Business certification through:

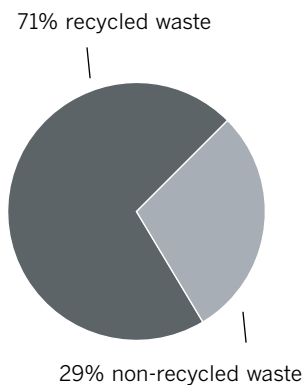


Bay Area Green Business Program



Co-op America Business Seal of Approval

Our Recycling Efforts



For ideas on how to make your office more environmentally friendly, check out our **Green Health Care Resource Guide** at www.teleosis.org/green-clinic-resource.php.

Recycling & Resource Conservation

- We recycle over 70% of solid waste generated in our office, including cardboard and mixed paper, plastic/glass bottles, packing supplies, ink cartridges, electronics, and batteries.
- Our goal for 2007 is to continue moving towards zero-waste, increasing our recycling rate to 90% by incorporating composting throughout the office.
- We aim to reduce our resource consumption by purchasing 100% post-consumer recycled paper and other recycled-content office supplies from local green businesses.
- We use energy efficient electronics, ceiling fans, low-flow water aerators, compact fluorescent light bulbs, and natural light whenever possible.

Pollution Prevention

- Most of our employees take public transportation, walk, or bicycle to work, and we encourage visitors to do the same.
- Our publications are printed on recycled, chlorine-free paper using non-toxic inks from local green printers.
- We use non-toxic, biodegradable cleaning products and soaps.
- Our office is painted in soothing earth tones using eco-friendly, low VOC paint.

Healthy People

- We provide a soothing office atmosphere with living plants, soft lighting, pleasant music, an assortment of teas, and colorful art from around the world.
- Our staff enjoys monthly group lunches and social outings, which facilitates communication, work relations, and trust.

Staff and Board

In 2006 we witnessed several changes in the staff and board at Teleosis. Our special thanks to Bonita Ford, who completed the development of the Green Health Care program before moving from the Bay Area. Niyati Desai is taking Bonita's place as Program Director.

Tim Owens, who served Teleosis for over 5 years, completed his tenure on the Board of Directors. We will continue to receive Tim's guidance and wisdom, as he is joining our advisory board. Dr. Wendy Buffett, who practices family medicine at the Family Medicine Center at Lakeshore, in San Francisco, joined the Board in December. Dr. Buffett is a faculty member of University of California at San Francisco, supervising the introduction of medical students into family medicine. Her interest in integrative medicine and medical education will provide unique opportunities for growth in the Teleosis community.

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2006 Financial Report

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*Donations for 2006 fiscal year as of
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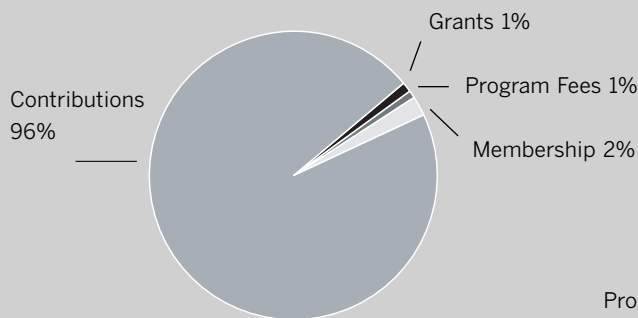
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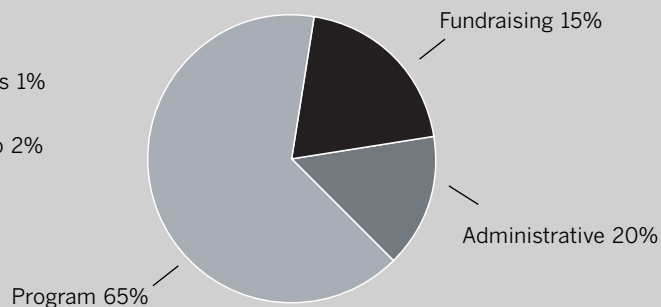
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Bay Area Green Business Program
 Chancellor's Advisory
 Committee on Sustainability
 Hahnemann Laboratories
 McKinnon Institute
 Sustainable Business Alliance
 The Green Office

**2006 Revenues
 \$227,541**



**2006 Expenses
 \$220,210**






THE TELEOSIS INSTITUTE



Mission

The Teleosis Institute is devoted to developing effective, sustainable health care provided by professionals who serve as environmental stewards. The Institute has three major goals:

-  To educate health professionals about the principles and practices of Ecologically Sustainable Medicine.
-  To build a community-based network for professionals providing Green Health Care.
-  To provide access to high quality, cost-effective, sustainable medical services benefiting underserved populations and the environment in which we live.


The word *Teleosis* is derived from the Greek and can be translated as “greater self-realization.”

Together We Can Create A Sustainable Future

Your past support and encouragement are greatly appreciated. In 2007, we hope you will continue to be a part of the movement for Green Health Care! We ask for your financial support in promoting a vision of sustainable medicine that is good for you and the local environment. Please consider:

- Sharing the Teleosis vision of Green Health Care with your community
- Giving generously in support of the growth of our new programs and services
- Attending a Teleosis event and learning more about sustainable medicine and local environmental health issues
- Forwarding our materials—e-newsletters, journal, or brochures—on to family and friends
- Encouraging friends and colleagues to become members of Teleosis
- Sharing with us your thoughts and feedback on our programs and services—how can we continue to improve and better serve you and the local environment?

The Teleosis Institute is a 501(c)3 tax exempt organization, IRS Section 170(b)(2)(iii) for both federal and state tax purposes. All contributions are tax deductible. Our federal tax identification number is 94-3400328.

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