



Charter for
Environmentally
Sustainable
Self-Care

One-Year Progress Report



One-Year Progress Report

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Preface

We know that climate change has a direct impact on our health. Environmental issues are intrinsically linked to health issues – for example, air pollution to cancer and respiratory illness, or waste to water-borne diseases. It is undeniably clear that health and climate action must be linked. We need to act together for a healthier future for humans and for our planet. Creating an environmentally sustainable healthcare system doesn't just reduce climate impact through fewer emissions, it brings improved health to the entire population.

This sentiment was true one year ago at the launch of the Charter for Environmentally Sustainable Self-Care and continues to ring true today. The impact climate change has on health has continued to be researched, analyzed, and understood. With a vision of a healthier world through better self-care, we know that environmental sustainability is something that needs to be a focus – not just for the future, but for now. Therefore, we launched the Charter for Environmentally Sustainable Self-Care.

Creating an environmentally sustainable healthcare system doesn't just reduce climate impact through fewer emissions, it brings improved health to the entire population.



The Charter is the first industry-wide climate action resolution issued by the consumer health sector. Abiding by the Charter, we strive to bring evidence-based self-care products and solutions enabling individuals to take better care of their health and ensure environmentally sustainable healthcare systems.

In this context, the WHO defines an environmentally sustainable health system as one that “improves, maintains or restores health, while minimizing negative impacts on the environment and leveraging opportunities to restore and improve it, to the benefit of the health and well-being of current and future generations.”¹ Furthermore, in 2021 the WHO launched the Geneva Charter for Well-Being, which focuses on the “urgency of creating sustainable well-being societies committed to achieving equitable health now and for future generations without breaching ecological limits.”² The international community recognizes the need and urgency to act – and we must do so as well.

¹<https://www.who.int/publications/i/item/WHO-EURO-2017-2241-41996-57723>

²https://cdn.who.int/media/docs/default-source/health-promotion/geneva-charter-4-march-2022.pdf?sfvrsn=f55dec7_21&download=true



Along these lines, we believe that the consumer health industry must lead the way on environmental sustainability by addressing the three pillars of the Charter - plastics and packaging, pharmaceuticals in the environment and the sector's carbon footprint. By creating a common platform for stakeholders to work together and look at sustainability from a more holistic angle, we aim to enable signatories to deliver tangible results and even share targets.

The need for action on climate change remains critical, and we know that it cannot be done alone. We need multi-stakeholder action from all sides.

The Charter works complements member association and company sustainability programs, helping our industry make advances on environmental sustainability by sharing best practice and benchmarking progress.

Furthermore, through delivering on our Charter, we seek engagement and opportunities to partner – both within the self-care value chain and with stakeholders outside our sector- considering our potential role in cross-sectorial coalitions and initiatives.

The Charter continues to be a success, seeing growth on existing commitments and new commitments from GSCF member organizations and companies. I am pleased to see the progress that has been made so far and look forward to seeing even more continued growth and work on sustainability initiatives from both within and outside our industry.

It encourages broad support and participation, driving continuous improvement in the three key areas as part of our commitment to environmental sustainability. Our membership base is diverse, and we do not ascribe to a one-size fits all approach – hence, the Charter is open and inclusive to all needs, depending on where they are on their sustainability journey.



Judy Stenmark
Director General,
Global Self-Care
Federation

A high-angle, top-down photograph of a diverse group of young adults holding hands in a circle. The group includes people of various ethnicities and genders, all smiling and looking towards the camera. They are outdoors, with a background of lush green trees and foliage. The text "What is the Charter?" is overlaid in white, sans-serif font across the center of the image. Below the text, there is a horizontal bar composed of three colored segments: green, yellow, and blue.

What is the Charter?

Launched in November 2021, the Charter for **Environmentally Sustainable Self-Care** is the **first industry-wide climate action resolution** issued by **the consumer health sector**. By promoting best practices and advising on regulatory standards, the Charter seeks to **minimize environmental impacts, without compromising on health outcomes, product safety and access to consumers**.

The Charter is an ambitious and forward-looking platform for all our members. The focused nature enables the **direct delivery of tangible and meaningful results**. It establishes common challenges, and a path forward, with a global platform for resolution. Based on a joint set of guiding principles, it seeks to **promote circular economy principles** throughout the value chains, managing the environmental impacts of self-care products from discovery and development all the way through to post-consumer use and end-of-life.

The Charter is the **first global commitment from the consumer healthcare industry to drive environmentally sustainable self-care**. All of the commitments from companies and associations are voluntary. Members are accountable for the content and level of their individual commitments, but we believe that having a common platform and goals encourages and enables sharing best practices and drives innovative solutions. The Charter showcases an **unprecedented level of dedication to drive positive change** – acknowledging the public health and societal benefits of our industry's actions.



Because this is the first global initiative of its kind in our industry, the Charter also promotes **direct action**. It maximizes impact and directly promotes positive change across the industry to contribute to the UN 'Decade of Action'. The design of the Charter and pledges themselves support the **achievement of the Sustainable Development Goals (SDGs) and the Paris Agreement**.

Our efforts support the following goals:

- **3: Good Health and Wellbeing;**
- **12: Responsible Consumption and Production;**
- **13: Climate Action;**
- **4: Life Below Water;**
- **15: Life on Land;**
- **17: Partnerships for the Goals of the SDGs.**

We also seek to **promote dialogue beyond just our industry**. Ultimately, we want to build dialogue with all relevant stakeholders to obtain their feedback and co-create solutions for sustainable self-care.

We believe that it's critical to **tackle sustainability in terms of both health action and climate action**. Bringing both public and private sector actors together to engage on these issues is an important step in the process.

By providing a robust framework, we enable our members to **take impactful, collective action, while engaging with stakeholders from the healthcare sector as well as those directly in sustainability-focused sectors**. This is not a fixed outcome, either – the Charter is set up to evolve with the industry and the external, global sustainability landscape that we operate in. As is the case in this progress report, pledges and commitments will be reviewed on a periodic basis. We will continuously review and challenge our principles and priority areas to deliver the highest impact.



Our commitment & guiding principles

Signatories to the Charter for Environmentally Sustainable Self-Care make a commitment to their future and to their sustainability efforts to achieve their goals. Alongside this, we pledge to support them in achieving their goals.

Ours is this: as a federation of national associations and consumer healthcare manufacturers, we commit to drive environmentally sustainable self-care. **We care for the environment by:**

Developing guidance for our members on best practice, how to deliver on our ambitions, and navigating requirements and standards to help raise the bar on environmental sustainability.

Providing a platform for exchange of information, ideas and innovation, finding and creating opportunities to collaborate within and beyond the self-care sector.


Enriching dialogue with our stakeholders, proactively informing them of our progress on environmental sustainability and seeking their feedback.

This commitment is based on several guiding principles that drive us forward. Individually and together, we seek to:

Maximize our positive environmental impacts and minimize our negative impacts while never compromising health outcomes for consumers.

Promote circular economy principles throughout our value chains, managing the environmental impacts of our products from discovery and development all the way through to post-consumer use and end-of-life.

Contribute to the development and acceleration of innovative technologies and other solutions to address environmental challenges.



We know that achieving sustainability goals is a challenging task and one that is not accomplished alone. That's why we strive to support our members and Charter signatories to connect, engage, and innovate for the future. It is only together that we will find success.



Three priority areas

The Environmental Sustainability Charter calls on members of GSCF to commit to concrete pledges addressing the three priority areas:



Proper packaging is essential to ensuring non-prescription medicines meet quality and safety standards to protect the health of consumers. Without compromising on this critical function of packaging, the Charter encourages members to **reduce plastics in packaging wherever feasible**, promotes the **adoption of circular design principles**, redefining products from design to end-of-life, and proactively working with partners across the value chain to **innovate packaging solutions** and **improve recycling infrastructure**.

Manufacturing of medicines involves chemical processes that often has a direct impact on the environment. Pillar 2 seeks to **address the issue of pharmaceuticals in the environment (PiE)**, specifically active pharmaceutical ingredients (APIs), **while safeguarding access to effective self-care products for consumers**. Some examples of measures to reduce the presence of APIs include actively managing and reducing effluent discharge from manufacturing plants, promoting the safe disposal of pharmaceuticals and take-back schemes.

Finally, the Charter encourages its members to **reduce their CO₂ footprint in line with the goals of the Paris Agreement**. While many members already have emissions targets in place for scope 1 (direct) and scope 2 (indirect) emissions, the Charter goes one step further by addressing the elusive but more significant scope 3 emissions, those indirect emissions caused by the entire value chain of the industry. A framework is provided to **measure, report and reduce scope 3 emissions**, and **identifying high emitting carbon hotspots**.

Plastics & Packaging

We actively seek ways to **reduce plastic packaging** wherever feasible, while recognizing that proper packaging is essential to ensuring non-prescription medicines meet quality and safety standards to protect the health of our consumers.

We encourage the **implementation of circular design principles** to address the impacts of packaging and plastics in self-care products, from design to end-of-life.

We will proactively work with partners across the value chain to **innovate packaging solutions and improve recycling infrastructure**. This will entail having a full understanding of regulatory and other developments surrounding over-the-counter packaging requirements to advocate for change towards more sustainable outcomes.

To that end, we will **investigate thoroughly on ways to effectively package and recycle without the risk of affecting the quality/safety of non-prescription medicines**. With the above analysis in future we will contribute towards the development of a robust regulatory framework.

Key commitments include



Reduce the use of plastic.



Explore sustainable materials.



Explore innovations and partnerships around recycling infrastructure.



Incorporate circular design into secondary packaging.

Pharmaceuticals in the Environment

We are committed to protecting the environment through **preventing the release of pharmaceuticals in the environment (PiE)**, and more specifically active pharmaceutical ingredients (APIs). We aim to do this while **safeguarding access to effective self-care products and treatments for consumers**.

Some of the measures we aim to take to reduce the presence of APIs include actively managing and reducing effluent discharge from manufacturing plants and promoting the safe disposal of pharmaceuticals and the use of take-back schemes, where they exist. We also provide a platform for the industry to come together on issues related to PiE.

Key commitments include



Actively manage environmental risks from manufacturing, look to reduce discharge in the process



Promote best practices beyond regulatory requirements.



Engage stakeholders to evaluate all aspects of product lifecycle.



Partner with relevant stakeholders to develop consumer education programs on safe disposal of OTC medications.



Encourage takeback schemes as appropriate for a given geography and the need to raise consumer awareness.

CO₂ Footprint

We recognize the strong connection between a climate-secure world and health and well-being. We acknowledge the role of the consumer health industry in addressing the climate crisis and keeping temperature warming below 1.5°C, in line with the goals of the Paris Agreement. Climate change has widespread impacts across our industry and covers all our environmental sustainability priority areas.

We aim to facilitate the transition of the self-care sector to a climate-smart future. We encourage members to reduce

their carbon emissions through setting comprehensive science-based emissions reduction targets (SBTs) that are accredited by the Science-Based Targets Initiative.

We provide a platform for the industry to better understand Scope 3 emissions, which are emissions that occur across an organization's supply chain, helping them to work closely with their suppliers to reduce these. We aim to share best practice to contribute to the transition to a low-carbon economy.

Key commitments include



Reduce Scope 1 and 2 emissions and look to achieve net zero by either 2030 or 2050.



Develop climate adaptation and mitigation strategies.



Understand carbon hotspots and start measuring, reporting and reducing Scope 3 emissions.

A photograph of a small green seedling with several leaves growing out of a black plastic pot. The pot is being held by several hands of different skin tones, suggesting a diverse group of people. The background is a solid blue color.

Stakeholder commitment

With the announcement of the Charter in November 2021, there were numerous GSCF members that made linked commitments. One year on, we are pleased to share progress updates as well as new commitments made by member organizations.

PROGRESS ON COMMITMENTS SO FAR



progress on commitment

Bayer's products and services are designed to help people and the planet thrive by addressing the challenges presented by a growing and aging global population. Bayer is accelerating its environmental ambitions by investing in sustainable products with a science-based action plan to drive climate neutrality, ensure our packaging supports environmental protection and promote collective action with consumers, industry peers and stakeholders.

As part of Bayer Consumer Health's commitment to the **Global Self-Care Federation's Charter for Environmentally Sustainable Self-Care**, we pledge to deliver more sustainable solutions by:

Plastics & Packaging

In support of its commitments to sustainable packaging, Bayer Consumer Health has partnered with yet2 to sponsor the Sustainable Packaging Innovation Challenge with the aim of **identifying biodegradable, compostable and dissolvable packaging solutions that also maintain the contents potency.**



CO₂ Footprint

By the end of 2021, Bayer Consumer Health was purchasing **renewable energy** for three of its primary manufacturing sites, representing **55% of the energy consumed** at those sites. In 2022, BCH has initiated renewable energy purchases for a fourth site, located in Mexico.





Taking healthcare personally.

progress on commitment

Consumer Healthcare Products Association pledge concerning the **Global Self-Care Federation Charter for Environmentally Sustainable Self-Care**.

To demonstrate the U.S. industry's commitment to the principles in the charter, the Consumer Healthcare Products Association pledges to:

Launched “Sustainability Spotlight” to periodically highlight in CHPA’s newsletter the strides CHPA member manufacturer companies are making towards sound environmental stewardship.

Hosted two member education events to raise awareness and attention to environmental sustainability topics.



FHCP PASC progress on commitment

Food, Health & Consumer Products of Canada (FHCP) is committed to sustainability. This is why we have endorsed the **Global Self-Care Federation's Charter for Environmentally Sustainable Self-care** to build on our work to advance environmental stewardship, because it's good for the planet, good for business, and we know it's what Canadians expect.

Since endorsing the **GSCF Charter for Environmentally Sustainable Self-Care** in November 2021 FHCP has continued to meet our pledge by:

As the first Canadian trade association to have endorsed the **Ellen MacArthur Foundation's** global commitment for a new plastics economy, and co-founders of the Canada Plastics Pact, FHCP works with federal, provincial and territorial governments to advance a circular economy for plastics and improve environmental outcomes.

Ensured members had access to information about the Charter through formal briefings and regular member updates.

Engaged in numerous activities, advisory committees and boards focused on **Extended Producer Responsibility** for both packaging and pharmaceuticals.

Hosted a webinar with GSCF to provide update on progress of Charter, FHCP's endorsement and to encourage continued and **new engagement** by member companies.

Awarded the **2022 Impact Award for Sustainability** by industry publication Canadian Grocer.





progress on commitment

ILAR - The Latin American Association of Responsible Self-Care, is a regional non-profit organization leading to promote the development of responsible self-care as best way to get and stay healthy as well as to ensure access to over the counter (OTC) medications. ILAR is a member of the **Global Self-Care Federation (GSCF)**, international non-governmental association in official relationship with the World Health Organization (WHO). Founded in December 2001, the Association is formed by manufacturers of products and leading pharmaceutical companies in the region as well as National OTCs Associations, committed to the proper use of OTCs medicines in Latin America.

ILAR is collaborating with National Associations Members in Latin America in dedicated working groups aimed at creating awareness and incentivizing the use of QR codes to reduce the use of paper and include more information consumers can access.

Brazil recently approved Resolution 769 which establishes standards for the preparation, harmonization, updating, publication and availability of leaflets of medicines for patients and health professionals. Between other things, admits the inclusion of a digital mechanism in the primary and secondary packaging of medicines for the provision of information. It went into effect on January 2, 2023. This measure will contribute to **reducing the environmental impact derived from the elimination of unused brochures.**

Our members are committed to create packaging from recyclable and reusable materials for OTC and food supplements product categories. Progress on these initiatives are fed into GSCF's workstreams.



We have established an Environmental Sustainability working group with our members to share ideas and best practices.

Johnson & Johnson **progress on commitment**

CONSUMER HEALTH

At Johnson & Johnson Consumer Health, our mission is total health – for individuals at every stage of life, for communities around the world, and for our planet. In 2020, we introduced our Healthy Lives Mission: a 10-year ambition to advance human health while also protecting our planet.

That's why we are proud to support the **Global Self Care Federation's Charter for Environmentally Sustainable Self-Care.**

Plastics & Packaging

- Today, **10 of our self-care brands have transitioned to certified carton board for secondary packaging.**
- **We actively explore partnerships across our value chain.** We work with external packaging partners to ensure that we investigate opportunities which not only help us meet our customers' sustainability expectations but also support our sustainability ambitions. Across all our projects we work with our suppliers to identify ways to improve the recyclability of our packaging or opportunities to reduce the amount of virgin plastic we use across our entire self-care portfolio.
- Through the GSCF plastics and packaging task force, we have been working with other industry stakeholders to address the challenges of pharmaceutical blister packaging and its recyclability.

Pharmaceuticals in the Environment

To drive consumer awareness, information about the right way to dispose of medicines will be updated on websites across key EMEA markets for all pain brands by the end of March 2023.

CO₂ Footprint

As part of the Johnson & Johnson Family of Companies, we have made significant progress towards our **"Health for Humanity 2025 goals"** that focus on carbon neutrality and renewable energy.



progress on commitment

Established in 1985, Japan Self-Medication Industry (JSMI) is the national association of over-the-counter (OTC) drugs manufacturers with 76 members. JSMI has been contributing to the country's public health through enhancing the role and function of OTC medicines as well as promoting self-medications. JSMI is a member of the **Global Self-Care Federation (GSCF)**.

Recognizing the need to promote environmental sustainability, JSMI pledges to make efforts to meet the following goals, as agreed on among the member industries in the Federation of Pharmaceutical Manufacturers' Associations of Japan (FPMAJ):

Voluntary Action Plan for a Recycling-Based Society - through reducing wastes.

- We aim to reduce the final disposal volume of industrial wastes by about **75% in 2025** relative to fiscal year **2020**. We will dispose of the waste appropriately with regard to realizing a low-carbon society.
- We aim at raising the recycling rate of industrial waste to **60% or higher in fiscal year 2025**.



Carbon Neutral Action Plan - aimed at a low-carbon society

- We aim to reduce carbon dioxide emissions by **46% in fiscal year 2030** relative to fiscal year **2013**.





progress on commitment

The Kenya Association of Pharmaceutical Industry (KAPI) is a membership organization, established in the late 1960s, representing biopharmaceutical manufacturers (or their local representatives) that through research invent and develop medicines and technologies (e.g., Biopharmaceuticals, Vaccine Healthcare, Medical devices, Diagnostics) that significantly improve people's lives. KAPI represents the industry voice in Kenya and promotes efficiency in the pharmaceutical industry to ensure that medical products and healthcare technologies of the highest quality can be readily available for diagnosis, prevention and treatment of diseases. KAPI is happy to support **GSCF's Charter for Environmentally Sustainable Self-Care** and pledges to promote the initiatives of the Charter among its membership.

KAPI alongside other Associations are engaging with the government on how pharmaceutical waste (including packaging and plastics) can be responsibly disposed and recycled by end users.

KAPI from time to time creates awareness among its members on environmental-friendly packaging.



KAPI is engaging with the Kenyan regulator Pharmacy and Poisons Board to create awareness around e-labeling to highlight its benefits for both consumers and health care systems and deliver information in a more digestible manner around appropriate use of medicines.





progress on commitment

As the UK trade association representing manufacturers of branded over-the-counter medicines, self care medical devices and food supplements, PAGB is committed to supporting the UK consumer healthcare industry to drive environmentally sustainable self care. PAGB will support and encourage its member companies to make pledges in line with the **Global Self Care Federation's Charter for Environmentally Sustainable Self-Care**.

We will share information and intelligence with our members and will work with them to develop industry-wide positions on relevant topics.

Plastics & Packaging

- Collaborating on cross industry project on plastics and packaging.
- Engaged with ABPI team to look at how we can **recycle packaging at end of life cycle**.
- Discussing with key stakeholders, such as Office of Life Science, MHRA and member companies, how industry can work together to generate plastics that can be used in blisters?
- Supported members with resources on relevant industry challenges including the implementation of the **Plastic Tax in the UK**.
- Part of **core task force** relating to implementation of ePIL in UK.

Pharmaceuticals in the Environment

- **Influencing policy development** in UK and the EU via our expert consultant.
- Providing member's updates on policy developments in EU and UK.
- Collaborating with DEFRA and UK Environment agency on local projects.
- Produced a free webinar for members on Pharmaceuticals in the Environment to raise awareness and understanding.

CO₂ Footprint

Currently investigating avenues for net zero commitment.





progress on commitment

Sharing of information:

1. We are sharing Environmental and Sustainability intelligence from UK / EU / Global sources via
 - PAGB Website
 - PAGB Newsletters
 - Member Meetings
 - Emails
2. Generated distribution list for key sustainability contacts to share best practice.
3. Preparing to set up a dedicated PAGB working group on Environmental sustainability.
4. Attending Office of Life Science Deep Dive meetings and sharing information and output with members.
5. Working with members to support their initiatives in this area.



Other commitments

NHS Net Zero Challenge and Initiative

- NHSEI Sustainable Procurement and Supply Chain Team.
- Meets quarterly.

Small and Medium Enterprise Initiatives

- Share links and information to smaller members.
- Utilise some of information to support PAGB goals.
- Feed into PAGB Commitment "Sharing of Information".

Retailer Initiatives

- Keep watching brief.
- Provide advice where necessary.
- Monitor own initiatives e.g. Amazon Better by Design allowing climate pledge.
- Advertising Claims at UK and EU/ Global level.

Local UK Impact Initiatives

- Supporting NHS Net Zero work.
- Watching brief with input as required.



progress on commitment

P&G Personal Healthcare is committed to improving all lives through trusted, preferred, quality healthcare brands, enabling every product to deliver a positive impact on people's lives while leaving a minimal environmental footprint. We believe that for people to thrive and our planet to flourish, we must go beyond business as usual. Through our actions and products, we strive to be a force for good that helps restore the health of people and our planet today and tomorrow.

Plastics & Packaging

Minimize environment lifecycle impact by encouraging and enabling responsible consumption and disposal.

- We continue to make progress towards making our packaging more recyclable.
- We will move to recycled plastics on Vicks throat drop jars in India in summer 2023.

Pharmaceuticals in the Environment

Minimize our environment lifecycle impact by encouraging and enabling responsible consumption and disposal.

- We continue to actively participate in drug take back programs in key countries.
- Collaboration with Recycle India to recycle packaging in Indian pharmacies.

CO₂ Footprint

Reduce our environmental footprint and strive for circular solutions.

- We continue to make progress on our manufacturing emissions towards the 2040 Net Zero Goal. To date, we have reduced emissions by 52% (vs. 2010) in all our manufacturing sites.
- We continue to purchase 100% renewable electricity in all our manufacturing sites.
- We continue to have ZMWTL in all our manufacturing sites.
- In Europe we have improved our logistics stream to save approx 9,000 tons of CO₂ emissions vs. previous year.



progress on commitment

Reckitt's purpose is to protect, heal and nurture in the relentless pursuit of a cleaner and healthier world. It's the basis of our business strategy, while our sustainability agenda frames our ambition to make the greatest positive impact we can on society and the planet.

Reckitt is actively addressing climate change, packaging and our impact on the environment and communities where we work. We are pleased to work with partners and GSCF on these issues, recognizing that collaboration is both essential and will generate great impact in tackling challenges faced by society as a whole.

Plastics & Packaging

Progress on Commitments:

- **1.2% reduction in total virgin plastic in our packaging vs. 2020.**
- **75.3% of packaging is recyclable or reusable vs. 2020.**

This reflects our ongoing work to minimize packaging by making bottles, packs, and lids smaller and removing any unnecessary air. However, there remains much to do. We're looking for new, transformational ways to get products to consumers using less virgin plastic.



Pharmaceuticals in the Environment

Progress on Commitments:

- **3% reduction in water use in our operations vs. 2015.**
- **14.6% increase in our product water footprint vs. 2015.**

In 2021, we set a new goal of 50% absolute reduction of our water use footprint on products by 2030. This water use footprint increased by 14.6% versus our 2015 baseline. This is less than business growth during the same time period but we know we need to do more. We also recognize that with an increasing move to biobased and renewable resources, our water footprint may increase, especially in the areas of raw materials and packaging.



CO₂ Footprint

Progress on Commitments:

- **66% reduction in our operational carbon footprint (Scope 1 & 2) vs. 2015.**
- **22.6% increase in our product carbon footprint (Scope 3) vs. 2015.**

In 2021, we passed our target to reduce greenhouse gas emissions from manufacturing and warehousing operations (Scope 1 & 2), achieving a 66% reduction compared with our emissions in 2015. This driven by energy savings and increased use of renewable energy. Because of the growth of our business since 2015, our overall carbon product footprint (scope 1,2,3) rose by 22.6% compared to the 2015 baseline. However, the sustainable product innovation we've developed over the last three years gives us a strong pipeline for 2022 and good foundations for future progress.



sanofi

progress on commitment

Sanofi CHC recognizes the urgent need to promote environmental sustainability to foster global health for the planet and our society. We pledge to scale up our ambitions and actions to minimize the impacts of our activities and medicines on the environment, covering the entire lifecycle of our products. We are embedding our commitment to protect the planet into our broader sustainability strategy with ambitious objectives and quantitative targets. As part of the **GSCF Charter for Environmentally Sustainable Self-Care**, we would like to share an update on the key areas below.

Plastics & Packaging

- Sanofi is developing an eco-design digital tool to support the assessment and integration of environmental aspects into product design that follows a **life cycle assessment approach**. Until the tool which will cover the entire value chain of products is available, a tool dedicated to eco-packaging was launched in **2021**.
- Several circularity & plastic use reduction programs have been initiated; including for example, **design for recyclability in new packaging**, and a **program to remove the plastic window on secondary packaging**.



Pharmaceuticals in the Environment

- Sanofi Consumer Healthcare has carried out a risk assessment for **100%** of our manufacturing sites. Mitigation plans are under design or already being implemented. As an example, they have completed the **upgrade of our wastewater treatment** in our site in Compiègne (France) with active carbon technology to reduce concentrations of pharmaceutical ingredients being discharged to the environment.
- In the US, Sanofi Consumer Healthcare's Personal Care Portfolio's iconic brands of Gold Bond®, Cortizone-10® and Selsun blue® are championing **Sanofi Consumer Healthcare's commitment to recyclability**. This is being activated through **How2Recycle** on-pack instructions and partnership with TerraCycle® to provide an easy and free way to recycle current containers.



CO₂ Footprint

- Sanofi Consumer Healthcare reduced by **32%** (vs 2019) **GHG emissions** at their manufacturing sites.
- **76%** of their electricity is now being procured from **renewable sources** at their manufacturing sites. **100% of their sites in Europe, US and LatAm** procure electricity from renewable sources. Their Virginia site in Australia is currently installing a 700kW Solar Panel system which will save approximately 720 tons of CO₂.
- Sanofi assessed the maturity of their main suppliers on GHG emissions and defined an **action plan** to improve their climate change stewardship and reduce their carbon footprint.






progress on commitment

The Self-Care Association of South Africa represents and supports companies involved in the manufacture, sale, distribution, and consultation of healthcare products (including **over-the-counter (OTC) medicines, complementary medicines, health supplements and self-care medical devices or IVDs**), that enable the public to better manage their health and wellbeing. The association maintains close contact with the South African Health Products Regulatory Authority (SAHPRA) and advocates for a regulatory environment which provides for safe, efficacious, and quality self-medication products.

Additionally, the Self-Care Association of South Africa regularly meets with the National Department of Health to ensure we represent the best interests of our members, and in so doing the interests of the South African consumer when it comes to self-medication. The Self-Care Association of South Africa is a member of the **Global Self-Care Federation**, a non-government organization in official relations with the WHO.

The Self-Care Association of South Africa (SCA) launched the OTC Online Directory in collaboration with SAHPRA as a first step towards e-leaflets. See medsinfo.sahpra.org.za/home. 

In October 2022, SCA hosted the **Global Self-Care Federation World Congress** with a dedicated session on Environmental Sustainability. Key messages from this session included:

- **Need for collaboration on future recyclable blisters.**
- **Invitation to medicines manufacturers and associations to sign up to the charter.**

During this conference SCA ensured no single use plastics were used in the preparation, execution and wrap up of the congress.



We are offering environment sustainability coaching opportunities to member companies for their local suppliers.



TAISHO PHARMACEUTICAL HOLDINGS CO., LTD.

progress on commitment

Taisho see sustainability as an imperative part of our corporate activities and actions on environmental issues have been set and monitored for years. We pledge to care for the environment and biodiversity in all corporate activities from product R&D, manufacturing, disposal, distribution, and sales. As part of the **GSCF Charter for Environmentally Sustainable Self-Care**, we pledge to:

Promote eco-friendly packaging for the new products by:

- Using high-recyclable green glass, instead of plastics.
- Using *FSC-certified papers for labels.

* Forest Stewardship Council

Manage pharmaceuticals according to the internal rules.

Conducted **waste management self-checks** at 15 facilities.

Continue to be classified as **A-class** under Japanese Energy Conservation Law.

Decreased CO₂ emissions by **7.8%** vs the previous year.

A man with glasses and a woman with curly hair are sitting at a desk, looking at documents. The man is on the left, wearing a grey sweater over a plaid shirt, and the woman is on the right, wearing a tan blazer over a white button-down shirt. They are both looking down at papers on the desk. The woman is holding a pen. The background is a blurred office setting.

Stakeholder commitment

POST LAUNCH COMMITMENTS

Commitments by



Autocuidado de la Salud

Anefp, the Spanish Association of the Self-Care Industry, brings together manufacturers and suppliers of non-prescription medicines and self-care products. With 44 years of history, anefp works to promote responsible self-care and to maintain daily well-being as the appropriate instrument to prevent diseases, deal with minor health problems, promote healthy lifestyle habits, and contribute to the sustainability of the healthcare system.

Anefp is a member of the **Association of the European Self-Care Industry**  which in turn belongs to the **Global Self-Care Federation**. 

Minimizing the environmental impact of medicines and self-care products, while safeguarding access to effective treatment and wellness options for European citizens is a cornerstone of the activity of both the Association of the European Self-Care Industry (AESGP) and its members, whether national associations or pharmaceutical companies.

Following in the footsteps of the AESGP, anefp hereby joins the **Charter**,  and undertakes to promote the goals set up therein among its members.

The environmental guidelines settled by anefp and its members are governed by some **guiding principles**, aiming to:

- **Maximize the positive environmental impact** and minimize the negative impact without ever compromising citizens health.
- **Promote the principles of circular economy** throughout the value chain of anefp members' products, managing the environmental impact of the products from their conception and development to their supply and subsequent use by the population, until the end of their shelf life.
- **Promote among our members the development of innovative technologies** and other solutions to address environmental challenges.

Anefp members focus their priority actions on the following guidelines:

1. **Plastics and packaging.**
2. **Pharmaceutical products in the environment.**
3. **Carbon footprint.**



Commitments by



Autocuidado de la Salud

Plastics & Packaging

Through the meetings and activities of its **Corporate Social Responsibility and Sustainability Committee**, anefp regularly shares best practice examples from self-care industry, and encourages the efforts of its members to:

- **Promote the use of packaging materials that can be recycled or that are made from recycled material.**
- **Encouraging the phasing out of plastic as a packaging material.**
- **Promote the implementation of circular economy principles.**
- **Explore partnerships throughout the value chain to develop innovative packaging solutions and improve recycling infrastructure.**

Pharmaceuticals
in the Environment

Anefp encourages the efforts of its members to:

- **Actively manage and reduce effluent discharge from manufacturing plants.**
- **Promote the safe disposal of medicines and self-care products in pharmacies through the SIGRE system, whose Board of Trustees anefp is a member.**

CO₂ Footprint

Anefp encourages its members to **reduce carbon emissions through science-based targets (SBTs)**.

Internally, anefp team is committed to reducing its carbon footprint, through initiatives such as the **progressive replacement of lights in the work environment with led lights**, and the **reduction of air conditioning and heating temperatures**.

To show the engagement of the Spain-based self-care industry to the principles of the **Charter**, anefp is committed to collecting information on the progress of its members in terms of environmental sustainability in the areas of packaging, environmental impact of self-care products and carbon footprint reduction, as well as to seeking new ways to develop good sustainability practices.

Commitments by **.B.A.H**

Bundesverband der
Arzneimittel-Hersteller e.V.

BAH, the German Medicines Manufacturers Association, is the leading trade organization of the pharmaceutical industry in Germany and represents the interests of about 400 member companies. BAH member companies contribute to the securing of the supply of medicines in Germany and produce nearly 80 per cent of the medicines sold without a medical prescription and almost two thirds of the prescription only medicines.

BAH fully supports the **GSCF Charter for Environmentally Sustainable Self-Care**. We support member companies in the implementation of substantial sustainability and environmental protection measures in the pharmaceutical industry.

Central components of our sustainability strategy are based on a **comprehensive consulting concept**. This involves the practical transfer of knowledge on reducing greenhouse gas emissions, saving materials, and conserving resources e.g. by:

- Improved resource management, reduced volume of packaging, improved production & supply chains and related communication efforts.
- Systematic **collection and provision of best practice examples** in the given context from the industry.
- Development of proposals for the reduction of environmental impacts, e.g. through **Eco Management and Audit Scheme**.



In addition, as a member of the **Association of the European Self-Care Industry (AESGP)**, BAH actively supports the strategy for the reduction of pharmaceuticals in the environment (PiE) through:

- **Participation in the PiE Taskforce, an Inter-Association Initiative.**
- **Efforts to ensure patient access to medicines with appropriate consideration of environmental aspects, e.g., the MedsDisposal campaign.**

Commitments by Consumer Healthcare Products Australia

Consumer Healthcare Products Australia (CHP Australia) is committed to **advancing consumer health through responsible self-care**. A responsible self-care industry is not only the products available to consumers, and the usage by consumers, but includes considerations of the environmental impacts of products and the need to mitigate ecological risks associated with production, distribution and disposal of consumer healthcare products. CHP Australia is committed to supporting our members to meet their environmental sustainability goals.

Plastics & Packaging

CHP Australia is committed to supporting members in meeting their obligations under the 2025 National Packaging Targets and the National Plastics Plan 2021. CHP Australia will also provide support to members in the development of product stewardship initiatives that will **facilitate a circular economy** in the Australian market for consumer healthcare product packaging.



Pharmaceuticals in the Environment

CHP Australia commits to advocate for broader utilization of the **Return of Expired and Unwanted Medicines scheme** to minimize pharmaceutical contamination of waste and ground water through incorrect disposal.

CHP Australia commits to advocate for improved technology and encourage practices to minimize risk of contamination.



CO₂ Footprint

CHP Australia commits to encourage members in efforts to **reduce emissions**.

CHP Australia commits to minimizing the CO₂ and waste footprint of the organization through reviewing our own procurement and disposal practices to reduce waste and improve the efficient usage of environmental resources.



Commitments by **HALEON**

Haleon is committed to helping tackle the social and environmental barriers that hold people back from better everyday health. By reducing its environmental impact, Haleon wants to help make better **everyday health more sustainable**, and is focused on delivering on its goals to help do this.

Plastics & Packaging

- We aim to reduce our use of virgin petroleum-based plastic by a third by **2030**.
- We aim to develop solutions for all product packaging to be recyclable or reusable by **2030***.
- We aim to work with partners to drive global and local initiatives to collect, sort and recycle our packaging at scale by **2030**.



Trusted Ingredients, Sustainably sourced

- All key agricultural, forestry and marine derived materials used in ingredients and packaging sustainably sourced and deforestation free by **2030**.
- A comprehensive program to drive trust in **ingredients & formulations**.



- We aim to reduce our net Scope 1 and Scope 2 carbon emissions by **100%** by **2030****.
- We aim to reduce our Scope 3 'source to sale' carbon emissions by **42%** by **2030****.
- We aim to achieve **Net Zero carbon emissions by 2040** aligned to guidance from The Climate Pledge and Race to Zero.



*where safety quality and regulations permit

**Versus our 2020 baseline. Our goal to reduce net Scope 1 and 2 carbon emissions by 100% by 2030 is underpinned by a 95% absolute reduction target. We have submitted our Scope 1, 2 and 3 goals to the Science Based Targets Initiative for verification and have registered our commitment to Net Zero



Jones Healthcare recognizes and embraces our responsibility for the impact of our activities on the environment, team members, communities and consumers – and we're committed to continuous improvement in sustainable packaging and development. We build sustainability into our own practices through environmental impact, health and safety, diversity and corporate responsibility programs.

Plastics & Packaging

We encourage our customers to use packaging configurations that are recyclable, recycle-ready, and made from recycled, sustainable or sustainably sourced materials. We work with our suppliers on the **development, evaluation and approval of sustainable solutions** that meet the needs of our healthcare customers.

Pharmaceuticals in the Environment

We partner with our customers to promote and raise awareness around the **safe disposal of unused or unwanted pharmaceutical products**.

CO₂ Footprint

By **2030**, we are committed to reducing our greenhouse gas emissions by **25%**. We reduced our overall emissions in **2021** by **6%** (compared to a 2020 baseline) with the launch of a **Strategic Energy Management program**.



Lif is the trade association for the Swedish research-based pharmaceutical industry and the self-care industry and has about 90 members. We work to ensure high quality care and access to medicinal treatments by strengthening the Swedish Life Science sector in collaboration with healthcare stakeholders, politicians, civil servants and patients. As a trade association, Lif represents the companies in the Swedish pharmaceutical industry on issues of shared interest.

The pharmaceutical industry strives to be transparent in all aspects of sustainability – environmental, social and financial. We are open to collaboration and dialogue on how the industry can make the greatest possible contribution to achieving society's goals of good health and long-term sustainable economic growth, while minimizing the negative impact on the environment.

Lif is proud to support GSCF's Charter for Environmentally Sustainable Self-Care, and pledges to promote the objectives set out in the Charter to its membership, serving as a platform for good practice sharing and collaboration. Lif has published a Sustainability Strategy entitled "**Sustainable Health - a central feature of the 2030 Agenda**".

The sustainability strategy is Lif's guiding document for the industry's work towards sustainable development nationally and internationally. The strategy contains the Lif Sustainability Manifesto with nine commitments sorted in three pillars:

1. **Ethics and transparency.**
2. **Good health and access to medicines.**
3. **Reduced environmental impact.**

The commitments under the third pillar:

We are part of the transition to a circular economy, we aim to achieve a fossil free pharmaceutical industry, we aim to achieve reduced discharge of pharmaceutical residues into water – are well aligned with the objectives GSCF's Charter for Environmentally Sustainable Self-Care.



© Yusrin El Jihan



Our commitment

Our campaign

Alongside our members' campaigns, we have also promoted the Charter to our wider audience. From videos, to images, to blog posts, we coordinated a multi-platform, multimedia showcase of GSCF and members' efforts. Alongside these efforts on social media, we organized a **webinar with speakers from across the industry, focused on how we can move forwards with environmentally sustainable self-care together.**



 Click on the image to watch the full video



Charter for Environmentally Sustainable Self-Care

Webinar: Moving towards Environmentally Sustainable Self-Care
21 April 2022 | 13:00–14:30 CET

Speaker
Dr Rüdiger Krech
Director for Health Promotion, World Health Organization

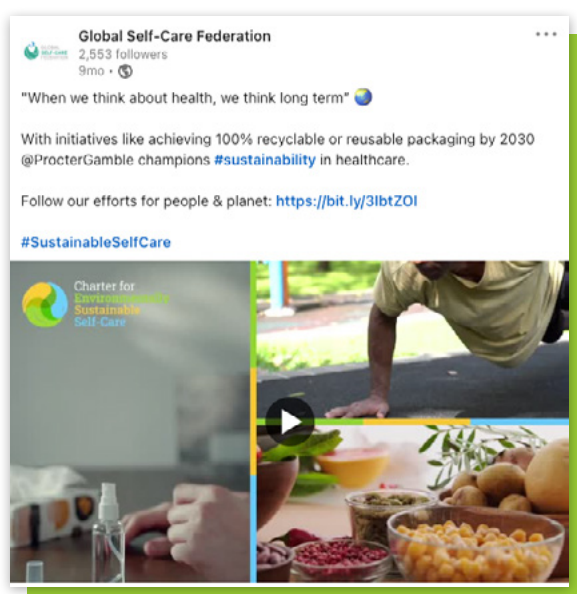
Speaker
Peter Börkey
Principal Administrator, OECD Environment Directorate

Speaker
Daniella Foster
Global VP & Head of Public Affairs, Science & Sustainability, Bayer

Moderator
Jessica Cheam
Eco Business

#SustainableSelfCare

GLOBAL SELF-CARE FEDERATION



 Click on the image to read the full post



 Click on the image to read the full post

Ongoing member campaigns



#MedsDisposal



 [Click to visit campaign](#)



The Outsideologist Project



 [Click to visit campaign](#)



Let's treat it right

Actions to Breathe Cleaner

Aquafresh Shine Bright



 [Click to visit campaigns](#)



Changing Habits for our Changing Climate



 [Click to visit campaign](#)



Nature's Own

How2Recycle

TerraCycle Partnership



 [Click to visit campaigns](#)


An aerial photograph of a two-lane asphalt road that winds through a dense, green forest. The road starts as a straight line from the top, curves into a large loop, and then continues straight again towards the bottom. A small white car is visible on the road within the loop. The text "Outlook for the future" is overlaid in white on the lower part of the image, above a horizontal bar with green, yellow, and blue segments.


Outlook for the future


Post-Launch Workstream Objectives

Signatories of the Charter have been working towards two main workstreams. The first is related to **blister packs**, and the second focused on the **supply chain**.

Blister packs workstreams are focused on three main objectives:


- 


Development of a roadmap for blister packs and transitioning to a newer recycle ready blister generation.
The focus here is critically on sustainable alternatives – particularly materials, solutions, and the key barriers to full recyclability.
- 


Investigation of waste management and global recycling streams.
The aim is to identify best-in-class waste management practices, as well as challenges, in priority markets. This is followed by finding out whether the recycling industry can support sustainable alternatives in their recycling streams. Finally, we aim to tap into existing industry and NGO initiatives to help improve recycling systems
- 

Mapping relevant international standards on recycled content in blister packs.
To be able to be successful in our initiatives, we need to be able to know what standards exist. Therefore, we are listing international standards for recycled content that will impact self-care products to develop clear options on blister pack positioning. This will give us an idea of voluntary instruments on the use of non-virgin materials by product categories in key markets and globally. For example, do blisters and other similar packaging containing medicines need to be treated differently to those containing consumer products?

The supply chain workstreams are focused on three more objectives:

- 

Defining common questions for suppliers and guidance to help them answer these questions.
- 

Providing guidance to suppliers on best practices on data gathering & calculations regarding greenhouse gases emissions through a dedicated tool.
These are focused on CO₂ footprint and adjacent related topics. We aim to be able to guide suppliers to gather and calculate the requested information through a dedicated tool. We aim to guide suppliers with best practices on data gathering and collection.
- 

Engaging with a broader audience (e.g. suppliers, pharmaceutical industry, organizations involved in supply chains) to further create a community using these guidances.
As discussed in depth earlier in this progress report, sustainability efforts are not accomplished individually. We strive to create a wider community to build success.

Continuous progress towards long-term objectives

The Charter is not a static commitment. Success is not only about the commitments made today, but also being able to adapt and shift over time to continue to make an impact. Part of the pledge is to continuously review and challenge our principles and priority areas to deliver the highest impact.

The Charter provides a platform for an exchange of information, ideas and innovation, finding and creating opportunities to collaborate within and beyond the self-care sector. It is a living commitment, and we strive to enable and empower our members to be able to maximize their impact.

As we engage this year with the commitments progress made one-year post-launch, **we aim to continue to be able to reflect and engage in the future.** We know the external landscape that we operate in is not static – so we should not be either. Adaptability and being able to look forwards will always be critical for engaging in sustainability.

If you are interested in supporting our Charter or would like to know more, please contact
Padma Kamath: pkamath@selfcarefederation.org



© Olya Neyda



The Global Self-Care Federation exists to create a healthier world through better self-care. We represent associations and manufacturers in the self-care industry, working closely with our members and relevant stakeholder groups to ensure evidence-based self-care products and solutions are recognized as key contributors to health for individuals and systems worldwide. Our work ensures key policy and decision-makers embrace self-care, recognize its

values and use its broad range of benefits as the building blocks to deliver better and more sustainable health outcomes for all.

We represent the self-care and self-medication industry and endeavor to contribute to the World Health Organization's public health goals through our specialized expertise. GSCF is a non-State actor in official relations with WHO.