

What you can do:

- Save electricity and money by using LED lightbulbs and buying only Energy Star-rated appliances and electrical equipment (or a similar rating system of your country).
- Change home air filters regularly and maintain your air conditioner/heater.
- “Reduce, Reuse and Recycle” to conserve energy and reduce pollution.
- Avoid plastic bottles; drink tap water if possible.
- Use public transportation & carpools; bicycle or walk for your health.
- Choose an electric or low emission car.
- Use water efficiently and sparingly.
- Encourage family and friends to conserve.
- To decrease methane release and for your health, do not eat red meat such as beef, pork, lamb and goat.



For more information:

World Health Organization

<https://www.who.int/globalchange/links/en/>

US Centers for Disease Control

<https://www.cdc.gov/climateandhealth/default.htm>

US Environmental Protection Agency

<https://www.epa.gov/climate-indicators>

US National Institutes of Health

<http://www.niehs.nih.gov/research/>



My Green Doctor is a service of the Florida Medical Assn. & seven health professional organizations. Register at www.mygreendoctor.org.



Brochure by Laurie Kirkland
MPH Candidate, UNF
Jacksonville, Florida USA
2015



Climate Change and Your Health: What You Can Do

“The greatest threat to our planet is the belief that someone else will save it.” R Swan

Ideas for Living, from your health professionals and My Green Doctor





What is Climate Change?

- Man-made climate change is the result of the burning of fossil fuels for energy and of activities such as agriculture that add greenhouse gases to the atmosphere.
- Greenhouse gases, such as carbon dioxide, methane and industrial gases trap heat in the atmosphere to warm the air and oceans.
- Greenhouse gases can persist in the atmosphere for decades, causing increasing warming.
- Current carbon dioxide levels are higher than they have been for millions of years, during all of Man's existence!
- We are seeing heat waves, extreme storm events, droughts, rising sea levels, flooding, diseases, and death.

Climate Change's Serious Health Impacts

- We are seeing health problems on every continent.
- Expected to cause 250,000 extra deaths between 2030 and 2050 due to heat stress, malaria, diarrhea, & malnutrition.
- Regions that are the most vulnerable are tropical or semi-tropical areas, and those with poor health care systems.
- Climate change will increase U.S. health costs by \$2-4 billion each year by 2030.
- There are millions of climate change refugees already today.
- World temperatures have increased by 1.5 degrees F. since 1880 and may increase 1.5 degrees more by 2100!



Health Effects of Climate Change:

- Worse air pollution
- Water-borne diseases like cholera
- Vector-borne diseases like malaria, Lyme disease, dengue, encephalitis
- Diminished food supplies due to drought & poor growing conditions
- The most vulnerable are children, the elderly, and people with chronic illnesses.

Climate changes increases:

- Heat exhaustion
- Asthma, respiratory illnesses
- Heart failure, heart attacks
- Refugees fleeing drought, flood, and wars caused in part by climate change.