How climate affect community health ?!

Widespread scientific consensus tells us the words climate is changing, those changes are creating new health risks in communities across the United States.

Extreme weather , unhealthy air quality and disease outbreaks are becoming more frequent and more severe affecting more people in more places.

Extreme Heat :

- Extreme heat changes to our climate mean our communities need to prepare for the health risks of higher temperatures , which can lead to:

Heat strokes , heat cramps ,heat, exhaustion , dehydration , Death .

- Anyone can be at risk, but some are more vulnerable including :

Pregnant woman , people with heart or lung conditions , young children's , older adults , athletes , outdoor workers .

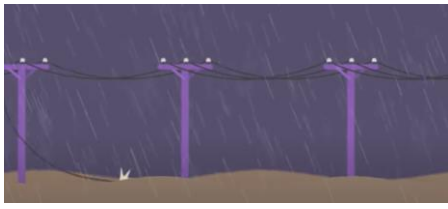
- So how do we prepare for extreme heat ??

communities can establish cooling centers , plant trees to lower urban temperatures , and educate residents on ways to protect themselves and others such as:

drinking plenty of water and checking on older relatives and neighbors .

Storms and flooding a changing climate:

- more frequent and more severe storms and flooding that puts people at immediate risk of being



injured or killed by debris downed power lines or flood waters

- After a severe storm or flooding event , possible health risks are :

contaminated food or drinking water ,bacteria , viruses, and toxic chemicals in flood waters mold , and difficulty accessing healthcare services like: (emergency help prescribed medications and supplemental oxygen)

- In these events older residents people with disabilities and lower income households are more at risk , they may all have a harder time feeling from a storm and may face more health risks if they can't evacuate.

- First responders who witness countless tragedies, and residents who are forced to flee are more vulnerable to anxiety and depression, -even those who have no history of mental illness -
- To prepare, communities can :
  1. Find out which neighborhoods , people and resources are most at risk
  2. Upgrade infrastructure ,such as roads and sanitary sewer systems
  3. Educate residents on how to stay safe during and after an extreme with that event such as avoiding driving in flooded areas

Air quality :

- As average temperatures rise across the global, air quality can also change , that looks like longer and stronger pollen seasons which can trigger asthma attacks and allergies .
- Hotter temperature, and changing weather patterns can make air pollution worse by: increasing the density of dangerous particles and more frequent droughts that can lead to wildfires which release dangerous pollutants into the air .

- People who are at risk of being harmed:

- Work that can help communities prepare includes:
  1. collaborating with community partners to set up health focused air quality alert systems
  2. educating residents on how to check alerts to know when it's safe to exercise outside .

Disease is spread by insects , ticks and rodents :

- Changes to our climate can also mean more risk of diseases spread by pests like ticks, mosquitoes , fleas , and rodents.
- With higher average temperatures, diseases transmitted by pests can multiply faster , spread to more locations and infect people with longer periods of time each year.
- Examples of resulting health risks :Lyme disease ,west Nile virus ,zika, hantavirus
- People who spend extended time outdoors in areas where pest-borne diseases are common are most at risk.
- Communities can prepare by :
  1. creating systems to track and assess population health effects
  2. working with local partners on outreach strategies to help residents protect themselves , Such as: staying out of certain areas and using insect repellant .

>> The centers for disease control and prevention is empowering health departments across the United States to prevent and adopt the local health risks of changing climate through the Climate-Ready State and Cities Initiative.

>> CDC's Building Resilience Against Climate Effect or (BRACE) framework helps health departments plan a coordinate community response.

Using BRACE , communities are :

1- identifying the range of climate impacts and people locations and resources most at risk.

2- quantifying the health problems associated with a changing climate .

3-Assessing science-based interventions to address those health problems .

4- developing and overseeing community adaptions plans.

5- evaluating the process to learn more about what works.

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