



## PUBLIC HEALTH WEEK 2019



Friday, April 5th: *Climate Change*

**Tapped as one of the greatest threats to public health, climate change is expected to have — and is already producing — serious impacts on people’s health and well-being.**

### **Climate change:**

- is linked to more frequent and extreme natural disasters, such as hurricanes, flooding, heat emergencies, and drought (the fires that continue to plague our area are almost certainly related to climate changes);
- is expected to negatively impact food security, water and air quality; and
- exacerbates the risks of vector-borne diseases, such as West Nile virus and Lyme disease.

Like so many health threats, climate change is also expected to disproportionately impact already-vulnerable populations, such as the elderly, young children, families living in poverty and people with chronic diseases. On a more global scale, researchers warn that climate change will likely result in forced migration and civil conflict.

### **So What Can be Done?**

- Stand up for science! The science is clear: climate change is real, it’s happening and human activities are the main cause.
- Support policies that help mitigate and prevent worsening climate change.
- Make sure equity is a centerpiece of climate and health actions.
- Plan for your family’s needs and learn about community resources.
- Get involved in efforts that develop community resilience.

There was recently a citizen-lead proposal presented to the Mendocino County Board of Supervisors to address this important topic. So go ahead and get involved! Let’s accelerate the transition to a renewable society. It will be good for our health now, and it almost certainly will be better for our children and grandchildren in the future.