Climate change is harming our health now. Everyone is affected, but some people are more vulnerable. If we do nothing, these health threats will increase.

### IMPACTS

#### Eight Impacts

**Four Categories:**

- **Direct Impact**
  - Extreme Heat
  - Air Pollution
  - Extreme Weather

- **Spread Disease**
  - Insects & Vectors
  - Contaminated Water
  - Contaminated Food

- **Disrupt Food Supply**
  - Hunger & Malnutrition

- **Disrupt Well Being**
  - Emotional stress

#### Solutions

- Clean energy reduces harmful pollution and protects the climate.
- Active transportation: biking, walking & public transit promote healthier lifestyles.
- Eating less red meat is good for the planet and good for our health.

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**PROBLEM**

- Climate change is harming our health now.
- Everyone is affected, but some people are more vulnerable.
- If we do nothing, these health threats will increase.

**IMPACTS**

| Heat illness |
| Exacerbate heart and lung conditions |
| Asthma |
| Traumatic injury |
| Water and foodborne illnesses |
| Allergies |
| Vector-borne disease |
| Emotional stress |

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**SOLUTIONS**

- Clean energy reduces harmful pollution and protects the climate.
- Active transportation: biking, walking & public transit promote healthier lifestyles.
- Eating less red meat is good for the planet and good for our health.