

## About Us

### What is the Mountain West Climate Hub?

The Mountain West Climate Hub is a collaborative partnership to promote climate resilience and health equity for rural and urban communities. We are based at the Colorado School of Public Health.

### What is our goal?

We aim to understand how rural and urban communities in the Mountain West are experiencing climate stressors (drought, air quality, and wildfires), and what current and future actions they envision to build climate resilience and advance health equity.



## Learn more about the Mountain West Climate Hub



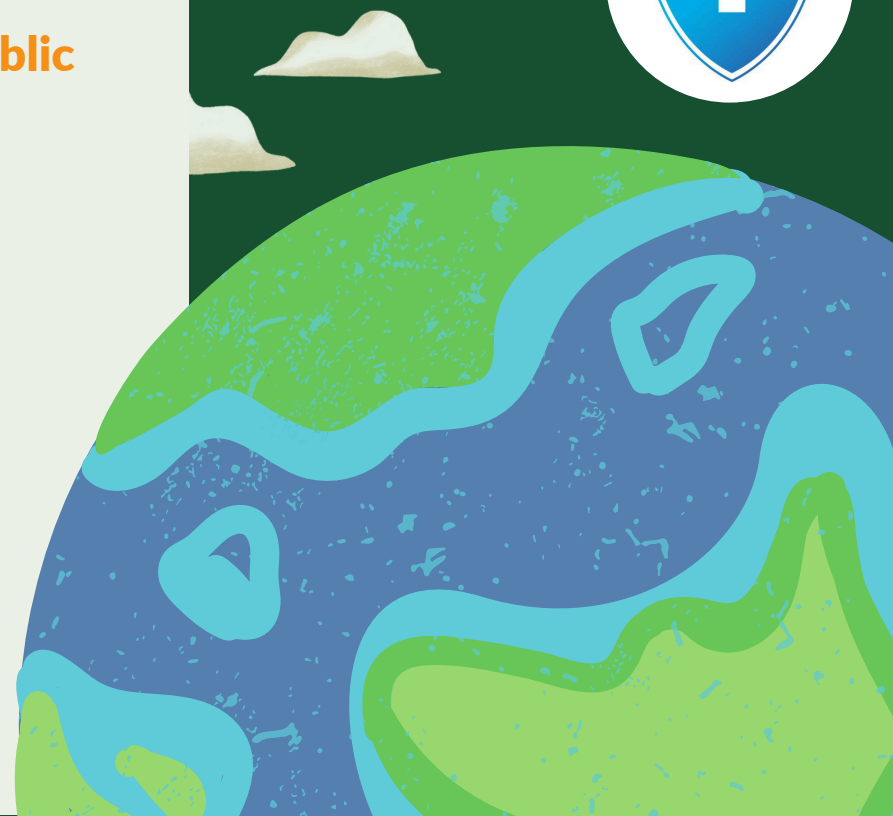
<https://www.mw-climatehealth.com>

## Learn more about the Colorado School of Public Health



# CLIMATE CHANGE & HEALTH

Prepared by the Mountain West Climate-Health Engagement Hub



# Background

## What is Climate Change?

Climate change refers to the long-term shift in temperature and weather patterns, primarily due to human activity.

The effects of climate change are happening now. Heat waves, extreme weather events, drought, and floods are all becoming more common.

## How can it impact health?

These environmental impacts can exacerbate the intensity or frequency of health issues that people already face, and they can create new health problems for people or places that have not dealt with them before.



# CLIMATE CHANGE AFFECTS EVERYONE, BUT SOME PEOPLE ARE IMPACTED MORE SEVERELY.

## Agricultural Workers



Agriculture workers primarily work outdoors doing various forms of physical labor, and have increased exposure to **heat stress, air quality, and pests that may carry diseases.**

Additionally, these workers may have reduced access to healthcare due to the rural setting or financial barriers.

## Older Adults



As we age, our bodies are **less able to tolerate heat stress and poor air quality.** This puts older adults at risk for health events related to new or existing health conditions.

Certain medications can also make it harder to tolerate extreme heat.

## Children



The human body goes through many stages of development throughout childhood and adolescence. This can put them at increased **risk of long-term health outcomes due to childhood exposures.**

Children **often drink more water and breathe more air** per pound of body weight than adults. This increases their risk from exposures that are considered “small” for adults.

# WE ARE NOT HELPLESS IN THE FACE OF CLIMATE CHANGE. THERE ARE TOOLS AND HABITS WE CAN USE TO STAY SAFE.

- ✓ Talk to your provider about your specific health concerns
- ✓ Reduce time outdoors during days of poor air quality or high heat.
- ✓ Check your local air quality on [AirNow.gov](https://www.airnow.gov) when spending long periods of time outside.
- ✓ Rest in the shade each hour when temperatures exceed 77°F.
- ✓ Drink 8 oz of cooled water every 20 min of work. Switch to an electrolyte beverage for work lasting more than 2 hours.
- ✓ Reduce work intensity and wear an N95 mask when smoke reduces air quality.
- ✓ Give your body several weeks to adjust to working in high temperatures.
- ✓ Take breaks inside a building or vehicle where heat and air quality are maintained.