



Environment: The surrounding or conditions in which a person, animal, or plant lives or operates. **Living things live in their environment.**

Sustainability: Development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

Climate Change Affects Human Health in Two Ways:

1. Changing the severity and frequency of health problems that are already affected by climate and weather factors
2. Creating unanticipated health problems or health threats in places where they have not previously occurred.

Climate change is a significant threat to the health of the American people and all Americans are vulnerable to the health impacts associated with climate change.

Climate Change causes:

- Heat related issues
- Extreme Weather/Natural Disasters
- Food Scarcity
- Decrease in food nutrients
- Greater distribution of pests
- Increased Pollen
- Increase in mental health issues
- Increase in risk of dementia

What can you do?

- Carpool, bus, bike, walk
- Combine trips
- Reduce purchases
 - Especially single use items
 - Replace single use with reusable
 - Purchase items intended to last
- Reuse whatever possible
- Buy items intended to last a long time, consider packaging
- Repair instead of replace Compost
- Then Recycle
- Shop local—food and products
- Eat less processed foods, less meat, more vegetables
- Install LED lights
- Turn unused items off; unplug when possible
- Adjust your thermostat when you aren't home/are sleeping
- Keep yard waste on site (mulch grass, use leaves and grass in planting beds)
- Buy in bulk, bring your own bag
- Read the label: How many chemicals? Warnings? Swap out cleaners
- Vote