



Environmental Health

Continue to Help Our Planet

Thursday, April 9th

On a lighter note, one of the few positives of the COVID-19 pandemic, air pollution, specifically CO2 levels, diminished in Italy due to dramatic lifestyle changes. Yet as always, changes in people's lifestyle patterns can have unexpected consequences on our environment. For now, remain vigilant in recycling plastics. If you are sick, dispose of soiled items by double-bagging in secured containers with lids. Continue to advocate for increased funding to improve our water infrastructure and adequate funding to support public health workers in monitoring, preparing for and responding to the health effects of climate change.

Sustainable Living

People who live green at home are likely to practice similar habits at work. CDC encourages staff to Go Green Get Healthy wherever they are to conserve resources at work and at home. Incorporating sustainability into your lifestyle means becoming aware of the impact of your choices in food, products, and energy use. Focus on the small steps you can take at home, at work, and in your community.

Make Sustainable Food Choices

Sustainable food systems operate in a cycle of sustainable production and support. Farmers can make their food more sustainable by limiting pesticide use and treating their animals humanely and responsibly. Consumers can select food produced close to home and reduce the impact of our food system on the environment by lessening the distance food travels from farm to table.

- Choose foods that:
 - Do not harm the environment.
 - Support and preserve rural communities.
 - Are healthy and nutritious.
 - Respect farm animals.
 - Provide farmers with fair wages.
 - Are free of added toxins.
 - Are grown locally.
 - Do not harm the health of farm workers.

Other Helpful Resources:

- Climate and Community Health



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For science.

The air we breathe, the water we drink, the food we eat and the condition of our homes all affect our health.^[1] Exposure to air pollution worsens serious respiratory conditions such as

asthma,^[2] and millions of Americans are at risk for unsafe drinking water.^[3] Communities of color often face greater community health risks — such as poorer air quality^[4] — and fewer health-boosting opportunities — such as safe places to walk^[5] — than their white counterparts. Climate change, which is already seriously affecting people's health and well-being,^[6] causes more frequent and extreme natural disasters, such as hurricanes, flooding and drought. It degrades food security and water and air quality and heightens the risks of vector-borne diseases, such as West Nile virus and Lyme disease. Like so many health threats, climate change also disproportionately affects already-vulnerable populations, such as the elderly, young children, people living in poverty and people with chronic diseases.

For action.

Advocate for increased funding to improve our water infrastructure. Maintaining today's water service levels will cost an estimated \$1 trillion over the next 25 years.^[3] Call for adequate funding to support public health workers in monitoring, preparing for and responding to the health effects of climate change. Support policies that help mitigate and prevent worsening climate change, such as rules that reduce greenhouse gas emissions and partnerships that reduce people's reliance on cars. Taking these and similar steps can have positive co-benefits for health, such as improving air quality and encouraging active commuting. Invest in communities most impacted by climate change and center their voices in decision making on climate and health actions.^[7] Enhance data-sharing systems to help improve communication between federal, state and local

THURSDAY
**Environmental
Health**

NPHW 2020

FOR SCIENCE
 Climate change is harming our health, especially in communities of color.

FOR ACTION
 Support policies and funding to prepare for and respond to the health effects of climate change.

FOR HEALTH
 Every \$1 spent on environmental health saves lives and \$71 on asthma-related expenses.



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environmental health stakeholders.^[8] Meet with community members to identify resources, needs and environmental health priorities.^[9]

For health.

Every dollar spent on national- and state-level environmental health programs saves \$71 in asthma-related expenditures.^[10] Health departments across the country are already busy preparing for the impacts of climate change, many of them participating in CDC's Climate-Ready States and Cities Initiative^[11] and embracing CDC's five-step Building Resilience Against Climate Effects framework.^[12] Health departments using the BRACE framework have reported a variety of success stories,^[13] such as launching new vulnerability assessments and collaborating across sectors to reduce emissions. Addressing climate change also comes with new opportunities to save lives and improve health. Research shows smart federal and state policy can have big effects. For instance, federal officials estimate^[14] reducing power plant emissions could prevent thousands of premature deaths and provide billions of dollars in public health benefits.

For justice.

Communities of color and low-income populations disproportionately bear the brunt of environmental issues. Examples are lead contamination in Flint, Michigan, coastal flooding, community displacement, and the locations of waste management facilities.^[15] The health burden from air pollution is 54% higher for black Americans than the overall population. Communities of color have a 28% higher health burden than the overall population.^[10] Equitable solutions for environmental issues include ensuring access to clean air, water and green spaces.



Salud ambiental

Jueves 9 de abril

Para la ciencia.

El aire que respiramos, el agua que bebemos, los alimentos que comemos y la situación de nuestros hogares afectan nuestra salud.^[1] La exposición a la contaminación del aire empeora las enfermedades respiratorias graves como el asma,^[2] y millones de estadounidenses corren el riesgo de beber agua que no es potable.^[3] Las comunidades de color suelen enfrentar mayores riesgos de salud comunitaria, como una peor calidad del aire,^[4] y menos oportunidades para mejorar la salud, como lugares seguros para caminar,^[5] que sus contrapartes blancas. El cambio climático, que ya está afectando gravemente la salud y el bienestar de las personas,^[6] ocasiona desastres naturales más frecuentes y extremos, como huracanes, inundaciones y sequías. Degrada la seguridad alimentaria y la calidad del agua y el aire, y aumenta los riesgos de padecer enfermedades transmitidas por vectores, como el virus del Nilo Occidental y la enfermedad de Lyme. El cambio climático, al igual que muchas amenazas para la salud, también afecta desproporcionadamente a las poblaciones ya vulnerables, como los ancianos, los niños pequeños, las personas que viven en la pobreza y las personas con enfermedades crónicas.

Para la acción.

Abogue por un mayor financiamiento para mejorar nuestra infraestructura hidráulica. Mantener los niveles actuales del servicio de suministro de agua costará alrededor de \$1 billón en los próximos 25 años.^[3] Solicite un financiamiento adecuado para apoyar a los trabajadores de la salud pública en el monitoreo de los efectos del cambio climático, así como en la preparación y la respuesta ante sucesos de esa naturaleza. Apoye las políticas que ayudan a mitigar y prevenir el empeoramiento del cambio climático, como las normas que reducen las emisiones de gases de efecto invernadero y las asociaciones que reducen la dependencia de las personas con respecto a los automóviles. Adoptar estas medidas y otras similares puede tener beneficios colaterales positivos para la salud, como mejorar la calidad del aire y fomentar el desplazamiento activo. Invierta en las comunidades más afectadas por el cambio climático y centre sus voces en la toma de decisiones sobre medidas en materia de clima y salud.^[7] Perfeccione los sistemas de intercambio de datos para ayudar a mejorar la comunicación entre las partes interesadas del sector de la salud ambiental en el ámbito federal, estatal y local.^[8]



Salud ambiental

Jueves 9 de abril

Reúnase con miembros de la comunidad para identificar recursos, necesidades y prioridades de salud ambiental.^[9]

Para la salud.

Cada dólar gastado en programas de salud ambiental a nivel nacional y estatal ahorra \$71 en gastos relacionados con el asma.^[10] Los departamentos de salud en todo el país ya están ocupados preparándose para los efectos del cambio climático; muchos de ellos están participando en la Iniciativa Estados y Ciudades Preparadas para el Clima de los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés)^[11] y adoptando el marco de cinco pasos de Fomento de la Resiliencia contra los Efectos Climáticos de los CDC.^[12] Los departamentos de salud que utilizan el marco de trabajo denominado Fomento de la Resiliencia contra los Efectos Climáticos (BRACE, por sus siglas en inglés) han comunicado diversas historias de éxito,^[13] como el lanzamiento de nuevas evaluaciones de vulnerabilidad y la colaboración entre sectores para reducir las emisiones. Abordar el cambio climático también conlleva nuevas oportunidades para salvar vidas y mejorar la salud. La investigación muestra que una política federal y estatal inteligente puede tener grandes efectos. Por ejemplo, los funcionarios federales calculan^[14] que la reducción de las emisiones de las centrales eléctricas podría prevenir miles de muertes prematuras y generar miles de millones de dólares en beneficios para la salud pública

Para la justicia.

Las comunidades de color y las poblaciones de bajos ingresos cargan con la peor parte de los problemas ambientales. Algunos ejemplos son la contaminación con plomo en Flint, Michigan; el desplazamiento de la comunidad a causa de inundaciones costeras, y la ubicación de plantas de tratamiento de residuos.^[15] La carga sobre la salud como consecuencia de la contaminación del aire es un 54% más alta para los estadounidenses negros que para la población general. Las comunidades de color tienen una carga sobre la salud 28% mayor que la población general.^[10] Las soluciones equitativas para los problemas ambientales incluyen garantizar el acceso a aire limpio, al agua y a los espacios verdes.

CLIMATE AND COMMUNITY HEALTH

Working together, communities can prepare for and respond to the critical health effects of our changing climate. Here are just a few examples of the diverse partners that play a role.

MEDIA / METEOROLOGISTS

HOW THEY HELP

- Report on the health impacts in your community
- Report extreme weather alerts with recommended protective actions
- Provide information on available community assistance, such as evacuation shelters and cooling centers

LOCAL HEALTH DEPARTMENT

HOW THEY HELP

- Monitor health trends to identify new and emerging threats
- Identify at-risk groups and mobilize community partners
- Provide information on available community assistance
- Provide extreme weather and air pollution alerts with recommended protective actions
- Work with state health department to prepare



HEALTH CARE PROVIDERS

HOW THEY HELP

- Educate patients about increased risks and protective actions
- Develop emergency response plans for extreme weather



LOCAL GOVERNMENT

HOW THEY HELP

- Develop emergency response plans for extreme weather
- Cool urban areas by adding heat-reflective surfaces and planting trees
- Develop and implement long-term adaptation plans
- Review building standards for increased resiliency
- Work with state government to prepare



COMMUNITY-BASED GROUPS

HOW THEY HELP

- Provide emergency shelter and cooling centers
- Provide transportation to emergency shelters
- Distribute information on community assistance
- Provide counseling after extreme weather events



SCHOOLS

HOW THEY HELP

- Provide emergency shelter and cooling centers
- Safeguard student athletes during extreme heat
- Provide counseling after extreme weather events
- Integrate asthma education and support



Centers for Disease
Control and Prevention
National Center for
Environmental Health

CLIMATE-READY STATES
AND CITIES INITIATIVE
cdc.gov/climateandhealth

Communities are developing a coordinated response to health risks by using CDC's Building Resilience Against Climate Effects (BRACE) framework, a five-step process for climate adaptation.