



Volume 6

Strong interconnections exist between human health, wildfires and climate change. This month, several sections of our newsletter relate to these topics on a local level.

Challenge: forward this e-news and invite 5 friends to "join us."

[Sign Up for our Newsletter](#)



You might meet him cyclocross racing or telemark skiing, but he is a "well-cited scientist." Phil Higuera is associate professor of fire ecology in the Department of Ecosystem and Conservation Sciences at the University of Montana where he directs the *PaleoEcology and Fire Ecology Lab*. His research increasingly becomes more valuable in our fire-ravaged west.

In addition to scholarly publications, he has worked extensively with the public and media to educate on wildfires, risks, and the relationship to climate change. As we search for resilience, fire researchers look to community stakeholders, surveys, and the social/mental costs of fires.

[Read more about Dr. Higuera here](#)

[Read his 9/2020 co-authored Washington Post Article here](#)

ALA Road to Clean Air
Report 9/2020



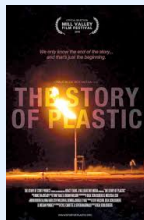
PHOTO: Adobe stock photo

American Lung just released a report showing that a transition to electric vehicles will prevent 6300 premature deaths by 2050 while saving \$72B in health care costs.

Over a dozen car models are available now and Ford is releasing an all-electric F-150 Pickup in 2022, so be prepared!

Road to Clean Air Report

Free Movie Viewings



Until November 22

The Story of Plastics

Bitterroot Climate Action Group is sponsoring free access to this documentary. Please feel free to share. The film teaches how plastic use and climate change intersect.

Watch the Movie



October 5

2040

Free viewing sponsored by the Bozeman Climate Alliance, 2040 is one of the most uplifting climate documentaries - you will not leave depressed!

Sign up for the October 5 Showing

Bozeman Climate Action Plan



Bozeman Climate Plan

Drafted over the last year, City Commissioners began reviewing [the plan](#) 9/2020. The plan outlines how the city will try to respond to climate for the next 3 decades.



Members in the News

Drs. Beth Schenk and Marian Kummer attended Climate Reality training in August.

2020.09.01 These Montanans testified before EPA regarding ozone standards: Cari Kimbell of MEIC, Michelle Uberanga of Mt's Moms' Clean Air Froce, Lori Byron of MontanaHPHC, Melissa Hornbein of Helena'sWestern Environmental Law Center, Hannah Fisher - a Helena Mom and Andres Haladay - a Helena City Commissioner.

2020.09.12 Dr. Robert Byron presented for the Montana Chapter of the American College of Physicians on Climate and Health.

2020.09.14 Julia Ryder talked on climate and health with MSU nursing students for Environmental Health Week.

2020.09.25-26 - The 2020 Montana Faith Science Climate Action Conference: Cultivating Soil, Soul, and Health attracted 100 people. Rob and Lori Byron presented on "Climate and Health: a Montana Perspective." Recordings will be available soon.

2020.09.28 Lori Byron created a video for the Health Voices Project on clean air, pregnant moms, and the need to choose leaders who support action. Share on social media to encourage voting for climate action this year!

Meaningful Actions for us to take



***Sign this Dear Patient letter

Climate Health Now is trying to get 11,000 signatures from RNs, PAs, and MDs, and students. This is embargoed until mid-October so do not share on social media.



Become a Healthy Air Activist

See this toolkit from American Lung



Ask DEQ to require Colstrip Power Owners to clean up the



E-mail or Call in your comments on the Keystone Pipeline

The Keystone Pipeline

coal ash ponds responsibly

<https://northernplains.org/colstrip-comment-period-units-1-2/>. **The taxpayers will get the bill if the owners do not cleanup properly!**

water crossing permit is currently being re-evaluated. [Here](#) is the background information. This cuts through a large swath of MT, affecting some reservations and the Missouri River. How to comment here. PHOTO: free images .com



Learning Corner

Lung damage from wildfire smoke inhalation can last over 2 years. Read more [here](#). PHOTO: pixabay

Personal Action

Cut Down on Plastic Waste

Each of us, on average, sends 140+ pounds per year to the dump; part of the 14+ tons/year of waste that the average Montanan sends to the dump. Try reusable bags, wash/reuse ziplocks, use bees wrap in the kitchen, avoid water in disposable bottles, buy in bulk. **Ask your grocer to decrease plastic waste. Take your own container for 'doggie bag' leftovers. Keep bamboo silverware in your purse/car. PHOTO: pixels, Polina Tankilevitch



Student Corner, by Sarah Lorch

Mental Health and Climate Crisis for Gen Z

The relationship between the changing world of climate and the mental health of Gen Z (individuals born 1997-2012) is a growing concern. Many psychiatrists warn of anxiety and suffering resulting from living on an Earth that is being destroyed, especially for this generation who has grown up seeing major events occur around them. For example, the disruption, loss, and trauma caused by the COVID-19 pandemic globally, may foreshadow a series of environmental disasters. A [recent study](#), by the American Psychological Association, found the percentage of Gen Z dealing with suicidal thoughts increased 47 percent from 2008 to 2017.

Furthermore, this age group reports more feelings of powerless over addressing the engrained systems of their world than older generations. Mental health leaders, clinicians, and systems of health must address the social crisis that will befall this upcoming generation. [This link](#) reveals a framework for professionals to utilize in approaching mental health. PHOTO: pixels **Daniel Reche**

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Montana Health Professionals for a Healthy Climate

P.O. Box 1972
Red Lodge, Montana
59068

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