# CLIMATE CHANGE IS A HEALTH ISSUE CLIMATE ACTION IS HEALTH CARE

"The evidence that climate change is a health risk is overwhelming. Not talking with our patients about it is like not talking about smoking."
-Dr. Rob Byron, Montana Internist

Overview of Climate Change and Health

- Climate change impacts health in many ways, including by causing death and illness from increasingly frequent extreme weather events, disrupting food systems, increasing spread of diseases, and mental health issues.
- Clean air, safe drinking water, and secure shelter, are also impacted.
- States like Montana are most impacted by the adverse effects of heat waves and reduced air and water quality.
- Climate change leads to increased healthcare costs, already costing $800 billion a year in the United States.
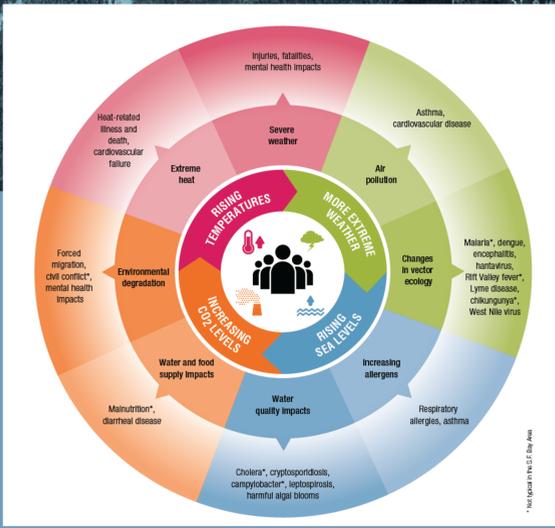
Graphic of health impacts caused by climate change

Climate and Health Program, San Francisco Department of Public Health

Solutions:

- Reducing emissions through better transportation, food and energy use choices can improve health, particularly through reduced air pollution.
- Get involved in politics. Listen to what candidates say about addressing climate change.
- Take advocacy for your health by learning about the impacts of climate change and speaking with a medical professional about your personal risks.
- Join a group that is working towards creating more climate resilient and equitable communities.

Find out more about climate change and health.