



## A Brief Note on Climate Change and Health

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Climate change, along with other natural and man-made health pressures, affects human health and disease in many ways. Other existing health threats will intensify and new health threats will emerge. Not everyone is equally at risk. Key considerations include age, economic resources, and location. Climate change affects people's lives and health in different ways. It threatens the vital ingredients of good health - clean air, safe drinking water, access to nutritious food, and safe housing - and has the potential to undermine decades of global health progress. Climate change is a major health threat to humanity, and health professionals around the world are already responding to the health risks caused by this ongoing crisis.

Climate change is already affecting health in many ways, including leading to death and illness from the most common weather events, such as heat waves, hurricanes and floods, eating disorders, increased animal and food habitats, water- and animal-borne diseases, and mental health problems. In addition, climate change undermines many of the social impacts of good health, such as livelihoods, equity and access to health care and social support structures. These sensitive health risks and the climate are equally expressed by those most at risk and disadvantaged, including women, children, races, poor communities, migrants or the homeless, the elderly, and those with undiagnosed health conditions.

Climate change is a change in global climate system that has occurred over decades. Most of our recent climate change has been brought about by human activities. These changes will have far-reaching effects

on our health, well-being, and safety. The effects of climate change include rising air and sea temperatures, changing rainfall patterns, extreme and extreme weather events and rising sea levels. Climate change may affect our health and well-being because of the effects of extreme events, declining air quality, changes in the spread of infectious diseases, food threats and water quality and quantity and effects on our mental health. There are things we can all do now to build our resilience to the effects of climate change and help slow it down. Significant changes in the climate and the environment can exacerbate existing health problems, as well as create new ones.

The changing climate affects our health and well-being. Major public health organizations around the world have said climate change is a major public health problem. Climate change makes many existing diseases and conditions worse, but it can also help introduce new pests and germs into new areas or communities. As the planet gets warmer, the oceans grow and the sea level rises, floods and droughts become more frequent, and heat waves and storms become worse. People most at risk - children, the elderly, the poor, and those with poor health - are at greater risk of health consequences due to climate change. Climate change also underscores our health care infrastructure and service delivery systems.

### Conflict of Interest

The author declares that there is no area of interest.

### Acknowledgement

None.