



We can take action to be  
healthy and climate friendly.  
Learn more at [healslo.com](https://healslo.com)

OutsideIn SLO is a partnership between San Luis Obispo County Public Health Department and the California Department of Public Health. Call 781-5564 for more information on how you can participate.



**Public Health**  
Prevent. Promote. Protect.

San Luis Obispo County



**OUTSIDE **IN** SLO**  
**WE TAKE HEALTH AND CLIMATE CHANGE PERSONALLY**

Cover photo: Courtesy of SLO County APCD

# We care

about healthy living in San Luis Obispo County. That is why we are concerned about climate change. Now is the time to come together as a community and talk about how climate change is affecting our well-being. The good news is, many actions that help limit climate change also improve the health of our families and community.



## Climate Change Affects Our Health

Climate change threatens our health now and will impact our way of life in the future. We can see some of these changes today in the United States and right here in SLO County, including:

### Climate Change



Increased temperature



Rising sea level



Extreme storms



Decreased air quality



Wildfire



Drought

Climate change affects everyone. People at greater risk include: children, seniors, people with chronic diseases, outdoor workers, people living in poverty, and some communities of color.



“Food produced in our local food system is climate friendly and increases flavor and nutrition because transportation and storage are minimized, and growers can allow their fruits and vegetables to ripen naturally.” -SLO County Local Food Policy

## Choose Healthy and Climate Friendly Travel

How we get where we need to go matters for our health and the climate.

In California, transportation is one of the biggest contributors to climate change. Climate friendly travel, including walking, biking and taking the bus are all good for our health and the climate. It increases physical activity, can reduce heart disease, obesity and depression, and reduces air pollution which is climate friendly.

### What you can do:

- Walk or bike instead of driving
- Use public transportation
- Support safe places to walk and ride bikes

## You Can Take Action to be Healthy and Climate Friendly

### Choose Healthy and Climate Friendly Food

What we choose to eat every day matters for our health and the climate.

Our food system is a major contributor to climate change. The production, packaging, and movement of certain types of foods have a larger impact on our climate than others. A climate friendly food system uses less energy to get things from the farm to our fork.

### What you can do:

- Eat more local fresh fruits and vegetables
- Shop at farmers markets in SLO County
- Grow your own vegetables in your backyard and at a community garden

