





Webinar Series, Summer 2017

COMMUNICATING CLIMATE CHANGE AS A PUBLIC HEALTH ISSUE - August 9

INNOVATIVE CURRICULA FOR PUBLIC HEALTH PRIORITY POPULATIONS

what's good for health is good for climate





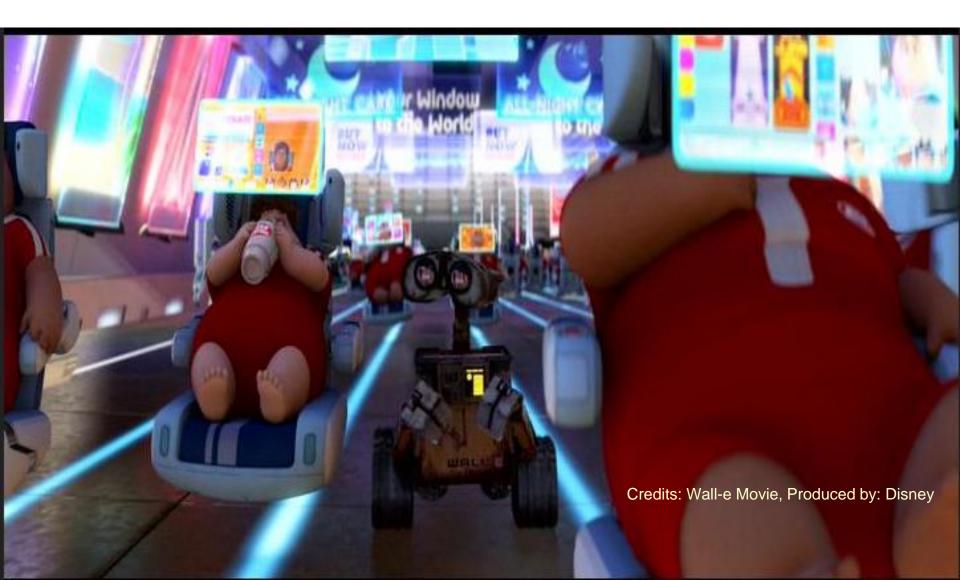
Climate change hazardous to your health

But what's good for climate is good for health





The Built Environment Impacts Our Health



















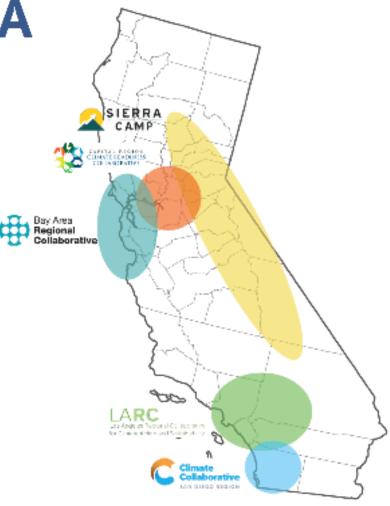


CAPITAL REGION CLIMATE READINESS COLLABORATIVE





ARCCA



Alliance of Regional Collaboratives for Climate Adaptation (ARCCA)

Regional collaboratives in total encompass 80% of the state's population, with the Governor's Office of Planning and Research serving as an ex-officio member.





What the CRC Collaborative does

Build connections: Stay connected to cities and counties actively working to address climate impacts

Regional climate network: Reach out more effectively to a regional network

Smart partnerships: Work with local jurisdictions on programs and projects of shared interest.

Adaptation leadership: Help influence and support future projects and direction for regional climate adaptation.

Opportunities for Education & Collaboration: Vibrant statewide network of professionals working on climate resiliency in their regions.

www.climatereadiness.info



Members









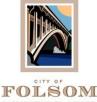


















































The Capital Region Climate Readiness Collaborative is a program of the Local Government Commission.



American Planning Association
California Chapter
Sacramento Valley



Channel Partners





Climate Readiness in the Capital Region

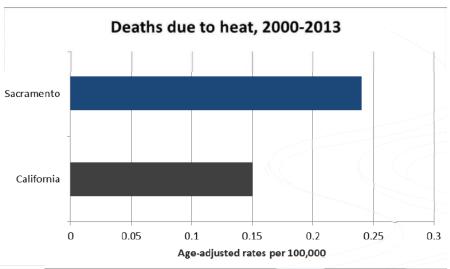
Presented to the 2nd Regional Convening of Public Health Officers, Planning Directors & New Partners June 7, 2017

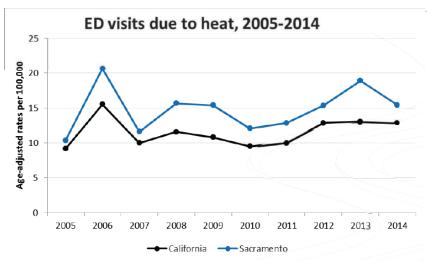
Kathleen Ave Climate Program Manager SMUD Energy Research & Development Chair, Capital Region Climate Readiness Collaborative

Powering forward. Together.



Sacramento Heat Illness & Death Exceed State Averages TODAY





Sources:

- Office of Statewide Health Planning and Development
- Office of Vital Statistics













The Capital Region Climate Readiness Collaborative (CRC) cares about healthy living in the Capital Region. That is why we are concerned about climate change. Now is the time to come together as a community and talk about how hotter temperatures, drought risks, and other climate change impacts are affecting our well-being. The good news is, many actions that help reduce climate impacts also improve the health of our families and community.

We encourage CRC members and other stakeholders in the Capital Region to download the following fact sheets, add your logo, and distribute it to community members you engage within the Capital Region.



Healthy Climate-Friendly Food



Healthy Climate-Friendly Travel



Being Healthy in a Drier Climate

http://climatereadiness.info/outsidein-capital-region/











What's Good for Health is Good for Climate

We care about healthy living in the Capital Region. Optidate, means that the outside environment (climate) affects us on the inside (health). That is why we are concerned about climate change. Now is the time to come toother as a community and talk about how wild lines, hotter temperatures, water shortages, poor air quality and other chanzes to our environment are affecting our well-being. The good neve is that many actions that help reduce climate change also improve the health of our families and community

nite improvements. The Capital Region atilificae some of the worst air pollution in the US — chially ne and particulate matter. Surning Seetl Seets for electricity and vehicles is the et contributor to <u>air collution</u> and zreenhouse zas (GHG) emissions which warm earth's temperatures to denourous levels. Hotter days boost the formation of owns, tous stradilutent that worsens sethins, other resolicatory (mosets, and can increase Hisk officers attacks, and other cardiovascular diseases. Ozone can even hurt plant roo zrowth, because of climate chanze, we are also seeinz many more wild lines. source. Iron, and a longer for season. This is term collected our six with wild for

ozons, and carticulates. <u>Sours The Air darts</u> are sent out for high-ozons dars, her darts provide wildline smale warnings. The greater the levels of air collecton, the greater the health rs, and people — sepecially sensitive populations — are advised to stay indoors. This can impact nz, outdoor ectivities, and economic ectivities.

Keeping Our Air Clean

electricity from renewable sources like olar or reducing our energy use helos t harmful emissions from fossil fusis. Peducinz s to reduce the release of hurmful methans land lills. Most importantly, shoosing a on mode with zero or low emissions can Improvement for clean air.

nd bicycle. ou need to ride, take transit, drive hybrid, ar afher law- ar zera-emission or total an electric car share.

wrating possible and compact food and

ours The Air durts, or download the first Secrements. Reston Air Quality soo, to lind air quality is open, and reduce diriving on Sours. The Air days!

and governor load, go to the CRC websites





ourcarshare.org

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OUTSIDE CAPITAL REGION Being Healthy in WE TAKE HEALTHAND CLIMATE CHANGE SERIOUSLY a Wetter Climate What's Good for Health is Good for Climate

We care about healthy living in the Capital Region. Outside affects us on the inside (health). That is the capital Region of the capital section as a communifying of the capital section as a communifying of the capital section as a communifying of the capital section as a capital s means that the outside environment (climate) bout climate change. Now is the time to come pout climate change. Now is the time to come uses, writer winters and other changes to our any actions that help reduce climate change

mon in the tubire, rainfail intensities and rain-now events will also increase. Localized flooding is he future, rainfall intensities and rainemanion events will also increase. Localized flooding is highly likely to increase and sea-level rise will affect the carmento. Fiver and Deta area. Threat to California's water supply and water qualify will be more Lamorrias water supply and water quanty was the novel common in the future - affecting our health and way of the following the following our health and way of common in the future - affecting our health and life. For humans, the health effects changes in ine, nor humans, the heater effects charges in precipitation are far reaching, with some areas and people more impacted than others. Some health effects consistent.

- Allergies from pollen, molds and air pollution
- Allergies from politer, molds and air ponusion
 injuries, illness, deads and mental struss (storms, disasters)
 infectious and vector borne diseases (increasing temperature, Water borne disease, water quality (drought floods,

Loss of housing and jobs, economic impacts What we can do!

- "Drain after the rain" to prevent mosquitoes! osquitos are a major threat to human health. Projection are a major writes we remain reason.
 West Mile and Zika viruses are bransmitted through mosquito bites, Rain followed by warmer
- mosquip, ones, nam rollowed by warmer temperatures leave behind stagnant water that the ideal mosquito breeding conditions.
- crease the ideal mosquito breeding conditions.

 Mosquito and Vector Control Director reminds us
 to take precautions when outdoors and cover up. the discussions when outdoors and over up. type disease, Rocky Mountain Spotted fever and other amount diseases. Be causous when outdoors and
- Adopting environmentally triendly policies and lifestyle Account of the control of the contro

Being Healthy in a Wetter Climate

- Sign up for emergency alert notifications
- such as <u>Sacramento Alertory</u> to quickly information on emergency events. return information on emergency events.

 Mit <u>Secretory Ready or website</u> for an <u>Are you Prepared Guide</u> and other raubable information on staying tale during
- Check on elderly, family and neighbors to see that they're safe and have what they
- Prepare your home for flood. Clear leaves and debris from the gutters and grates on your



Be aware that rain and higher temperatures create more mold, fungi and worsen respiratory problems.



Being Healthy in a **Hotter Climate**

What's Good for Health is Good for Climate



We care about healthy fiving in the Capital Region. Outsidely invasor that the outside environment (climate) affect to on the isside (leaft). That is why we are expected about of note charge. Now is the first to come why we are subsections assumed that the better to the failure of the operation of the toperations, water together as a committely and talkabout how botter to repetative, water shortages and other charges to our entires meet will bar most well-being, The good sews is that many actors that help reduce direct change also improve the health of our families and community.

Bote me heat and heat waves are already i mpacting the Capital Region. As it gows bottome seed to know how to keep bottoms ho ness addons communities cool. Heat can degrade our physical and even mental leaded, contributes account account or program and the physical effects with the possing and elderly particularly value table to the physical effects.

Did you know heat lills note people in the US than any other natural director? Heat LINGUE KNOW ROLL HIS THE PROPER IS THE CONTRACT AND UNEX HAVE HEAVEN CONTRACT HEAVEN CONTRACT HEAVEN FOR THE PROPERTY OF PROPERTY OF THE PROPE

- I Input our ability to this k clearly and cas is create aggression, contributing to viole at behavior.

Staying Healthy in the Heat Heat waves are five or more consec you don't get a chance to cool dow intensity heat - this is called the url heati paved surfaces with landstaping shape

- What we can do during het days: · Lears the physical and restal sympto resof heat stess and heat stroke - and get medical help might
- Stay is air to soft to sed areas. Utilize cooling content
- · Awaid on the or physical activities, and resilerrands or try the public library.
- early in the northing. Stay hydrated. Take a short-cool shower.
- · Checkon elderly family and neighbors to make sure
- Rastandeare for shade trees SacTite for station
- and stitles offer free shade trees. · Re-pofwith a cool pof-itwill save energy, keep
- your home cooler, and help it duce UHI. Reduce —or shade —paved areas and replace with
- laidscapingor greenery.





































































































We care

about healthy living in the Capital Region. 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.



Healthy and Climate Friendly Travel

What you can do:

- Walk or bike instead of driving. Support walk-to-school days and safe routes to schools and parks events.
- Use public transportation or ride share.

Be Healthy in a Wetter

Take Action to be Healthy and Climate Friendly

Be Healthy in a Drier Climate

What you can do:

- Reduce indoor and outdoor water use, but keep watering trees, washing hands and produce.
- Limit showers to 5 minutes and use a bucket to capture and reuse cold water.

Be Healthy in a Hotter Climate

Climate Change Affects Our Health

Climate change threatens our health now and will impact our way of life in the

here in the Capital Region

mosquitos.

Sign up for emergency alert notices.

Healthy and Climate Friendly Food



Grow your own fruits and vegetables

What you can do:

 Shop at farmers markets -use this. Farmer's Market Finder http://ecologycenter.org/fmfinder Eat less red meat.

What you can do:

- Stay in air conditioned areas, utilize cooing center, and stay hydrated.
- Plant and care for shade trees. Reroof with a cool roof.
- Avoid outdoor physical activities.

Keeping Our Air Clean

What you can do:

- Walk and bicycle.
- When you need to ride, take transit, drive electric or low emission vehicle.
- Conserve water and electricity.
- Sign up for Spare The Air alerts.

future. We can see these changes today in the United States, California and right

O an S



Increased temperature



Floodingwetter climate.





Decreased air quality



Wildfire



Drought

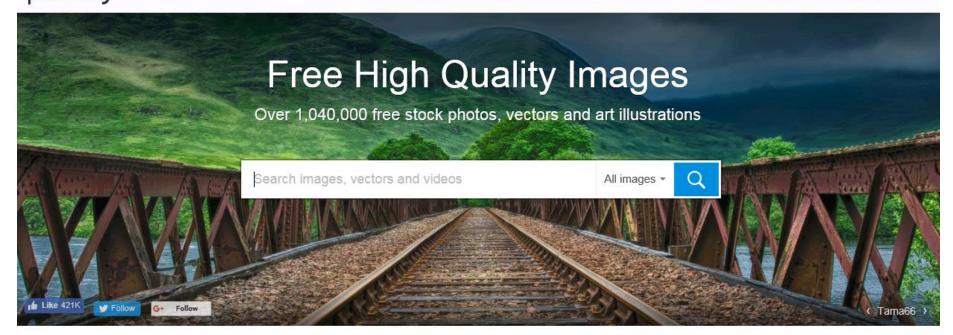
Climate change affects everyone. People at greater risk include; children, seniors, people with chronic diseases, outdoor workers, people living in poverty, those with mental illness and some communities of color.







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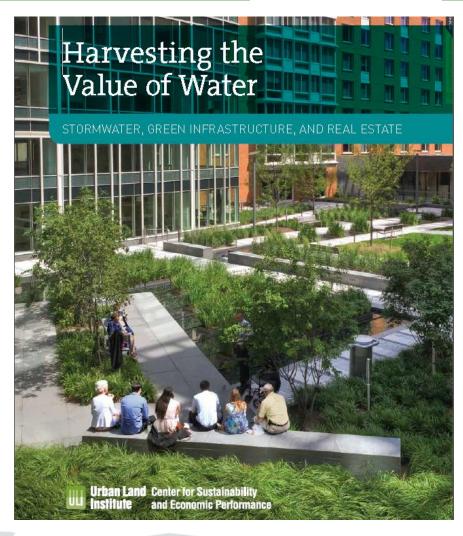




"For cities and counties, green infrastructure offers an opportunity to enhance environmental performance and save money, compared to costly gray infrastructure projects that do not offer other community benefits."

ULI.ORG

"Harvesting the Value of Water"







HEALTH BENEFITS OF SUSTAINABLE STORMWATER MANAGEMENT PRACTICES

How reducing and treating stormwater at its source—through bioswales, community gardens, porous pavement, and other measures—can benefit environmental, physical, and mental health

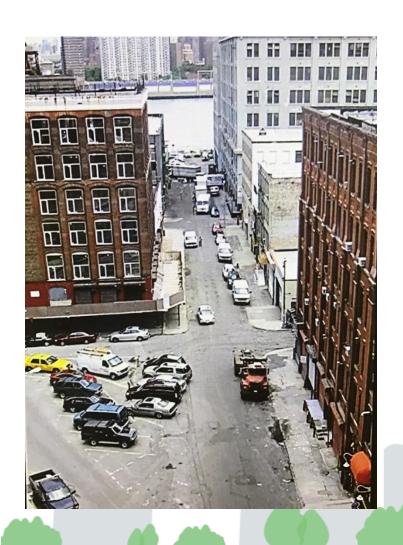
Environmental health	Physical health	Mental health
 Habitats are stabilized for pollinators, fish, and other wildlife, essential for biodiversity and food production, to thrive.^a Air and water are filtered from contaminants found in mold, standing water, human-produced waste, toxic piping, and other sources of disease.^b Local water supplies can be replenished through stormwater reuse and reclamation.^c 	 Recreational spaces are created for physical activity, which can reduce the prevalence of cardiovascular disease.^d Access to healthy food is expanded through community and rooftop gardening and beekeeping.^e Physical safety can be promoted through "greened, openly visible, and ordered spaces," which may reduce opportunities for violence and crime.^d 	 Relaxation and feelings of well-being are enhanced by green spaces that mitigate stressful environmental factors, including noise, building vacancies, and pollution.^d Civic participation can increase through urban greening projects that promote inclusive community involvement.^f Neighborhood prosperity can be fostered by green jobs, increased property values, and decreased costs for infrastructure, heating, and cooling.^g







Climate & Health Messaging is Everywhere!





All About Partnerships and All About Partnerships and 6ul | Ull | L

Don't think outside the box,

THINK LIKE

THERE IS

NO BOX





Thank You!!



http://climatereadiness.info/

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