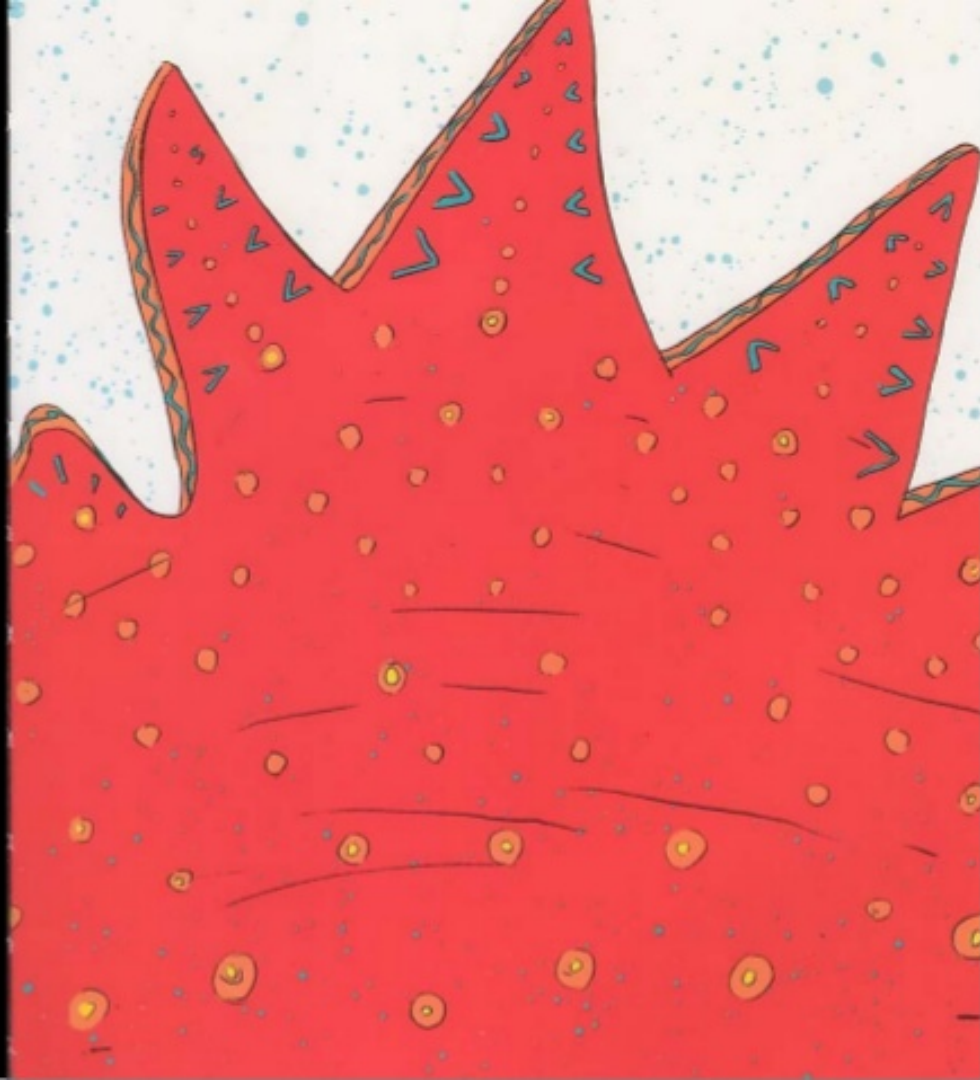


# Healthy People, Healthy Climate:

## The Health Benefits of Climate Change Mitigation in Washington

Margaret Kitchell, MD, and Sarah Cornett  
Washington Physicians for Social Responsibility



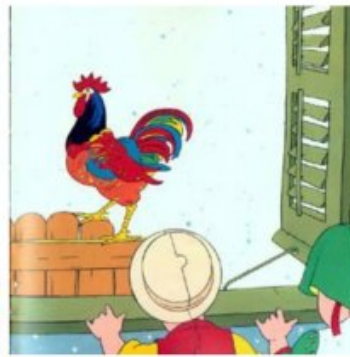








How does our  
**perspective**  
influence our  
actions?





Distant in time.....

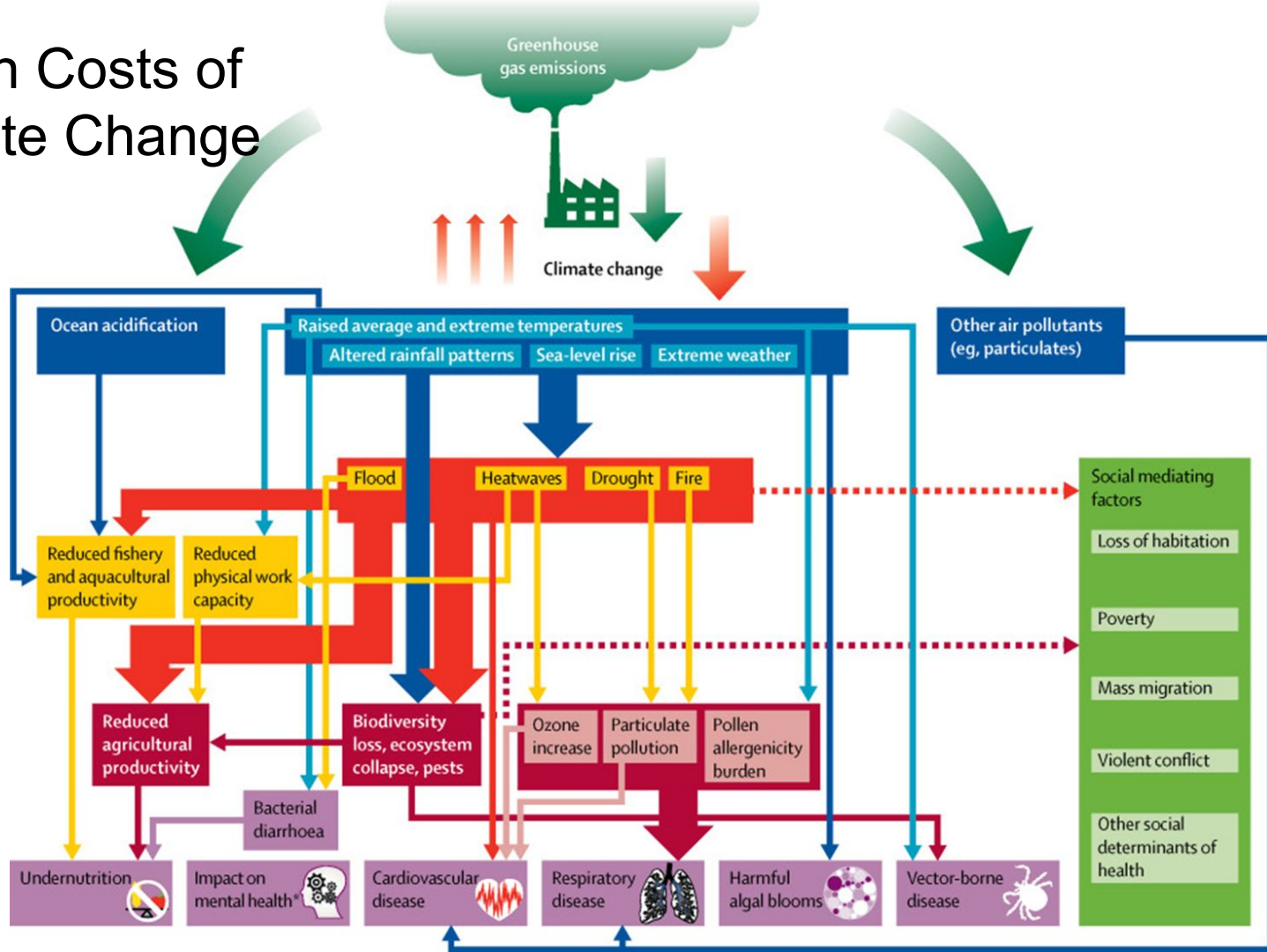
Space.....

Responsibility.....





# Health Costs of Climate Change





# CLIMATE SUMMIT

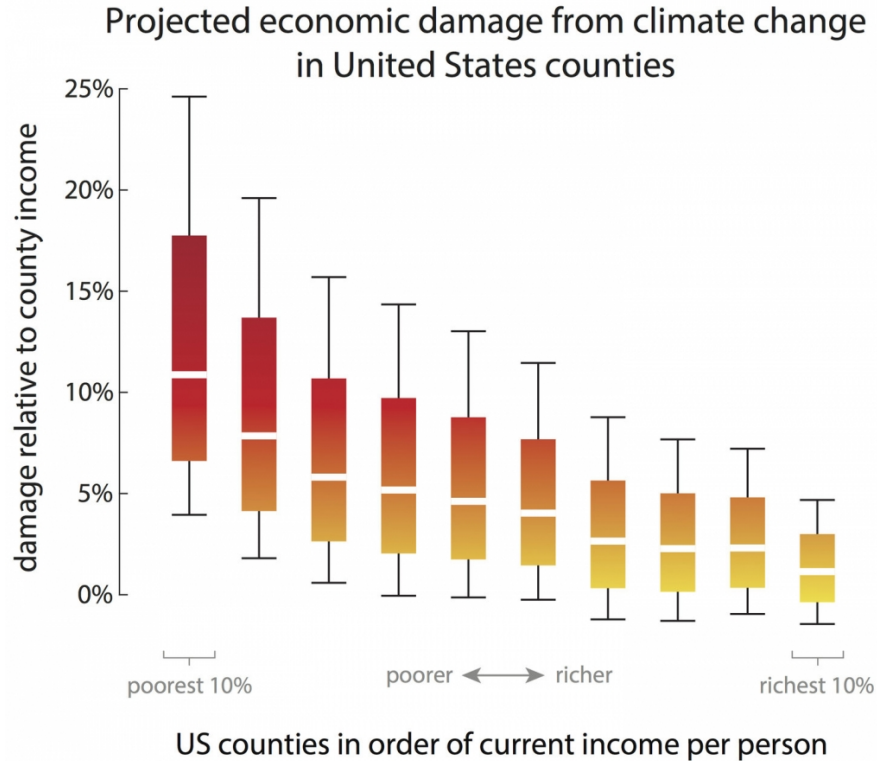
WHAT IF IT'S  
A BIG HOAX AND  
WE CREATE A BETTER  
WORLD FOR NOTHING?

- ENERGY INDEPENDENCE
- PRESERVE RAINFORESTS
- SUSTAINABILITY
- GREEN JOBS
- LIVABLE CITIES
- RENEWABLES
- CLEAN WATER, AIR
- HEALTHY CHILDREN
- ETC. ETC.

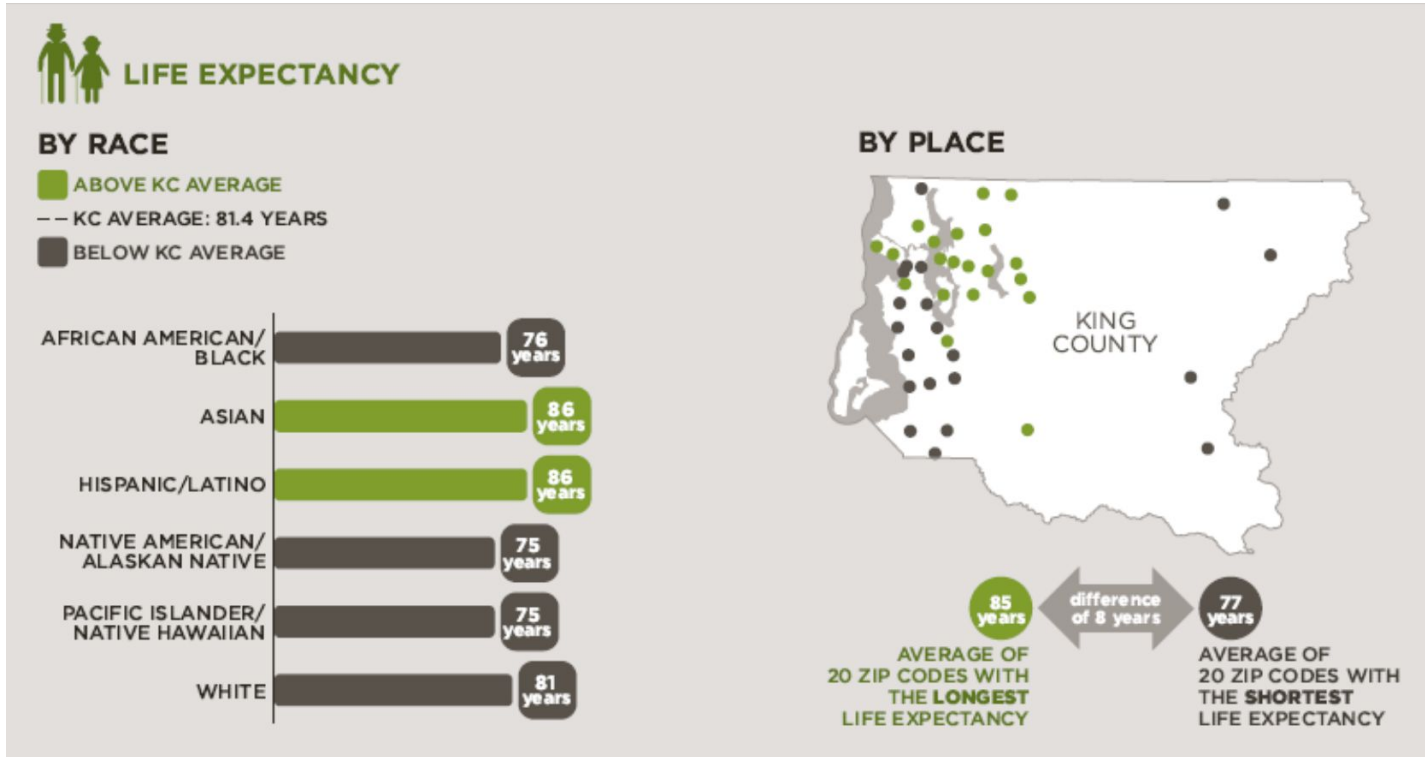


YOUNG PETER  
© 1999 USA TODAY

# Inequity in climate change damages



# Inequity in life expectancy



# Inequity in quality of life indicators

RACE AND PLACE PREDICT WHETHER PEOPLE HAVE THE OPPORTUNITY TO THRIVE.

QUALITY OF LIFE INDICATORS

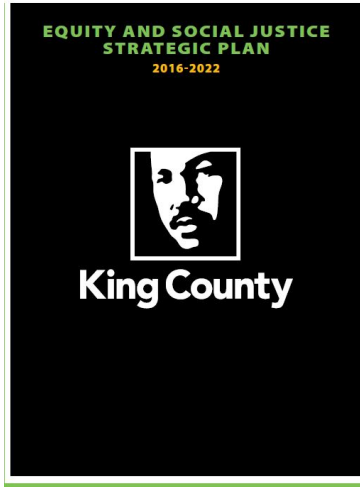


COMMUNITIES OF COLOR



PEOPLE OF COLOR GENERALLY DO NOT EXPERIENCE THE SAME QUALITY OF LIFE AS WHITE RESIDENTS.

# KC Equity and Social Justice Strategic Plan



- Heat events, urban flooding and natural disasters will disproportionately affect low-income communities and communities of color
- Lower income populations have the least resources to mitigate impacts

#CHOOSEHEALTH

- 1**  
EAT A  
HEALTHY DIET
- 2**  
BE PHYSICALLY ACTIVE,  
EVERY DAY, YOUR WAY
- 3**  
GET  
VACCINATED
- 4**  
DON'T USE  
ANY FORM  
OF TOBACCO
- 5**  
AVOID OR MINIMIZE  
USE OF ALCOHOL
- 6**  
MANAGE STRESS FOR  
YOUR PHYSICAL  
AND MENTAL HEALTH



- 7**  
PRACTICE  
GOOD HYGIENE
- 8**  
DON'T SPEED,  
OR DRINK AND DRIVE
- 9**  
WEAR A SEAT-BELT  
WHEN DRIVING  
AND HELMET  
WHEN CYCLING
- 10**  
PRACTICE  
SAFE SEX
- 11**  
REGULARLY CHECK  
YOUR HEALTH
- 12**  
BREAST FEEDING:  
BEST FOR BABIES



World Health  
Organization

[WWW.WHO.INT/HEALTHPROMOTION](http://WWW.WHO.INT/HEALTHPROMOTION)

A blurred photograph of people walking in a park with yellow autumn trees. The image is intentionally out of focus to convey a sense of motion and activity. The background shows a path lined with trees whose leaves are in full autumn color. Several people are walking along the path, their figures softened by motion blur. The overall atmosphere is bright and active.

Active transportation- Best way to increase physical activity

Lower BMI, higher QOL, lower CV risk, cancer, lower mortality

Equity benefits



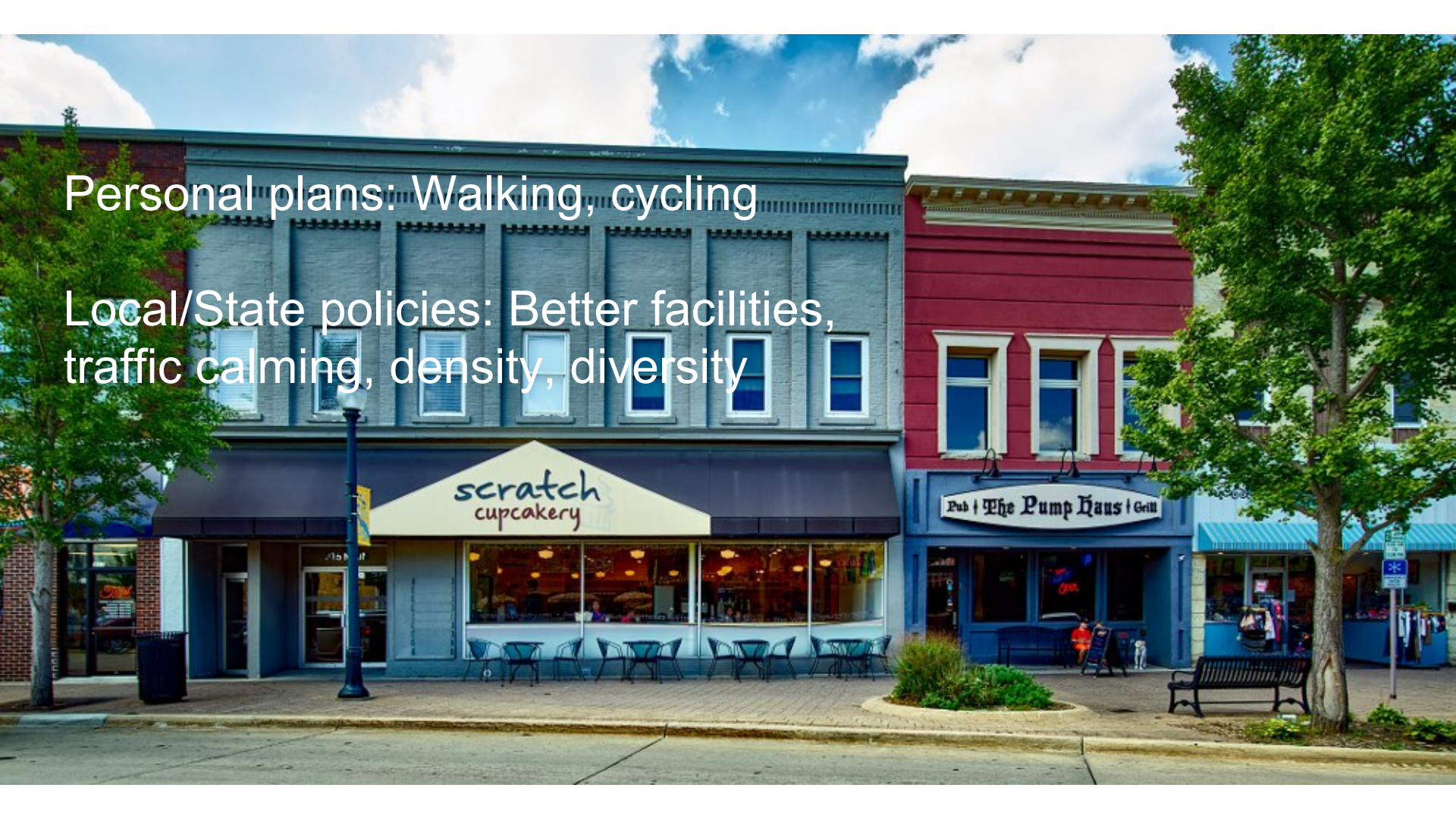
Progress in Europe and other countries

Physical activity benefits- health and equity-would offset most costs



Personal plans: Walking, cycling

Local/State policies: Better facilities,  
traffic calming, density, diversity



# Public transit midway in emissions and physical activity



# Modified Vehicles and Pricing Policies

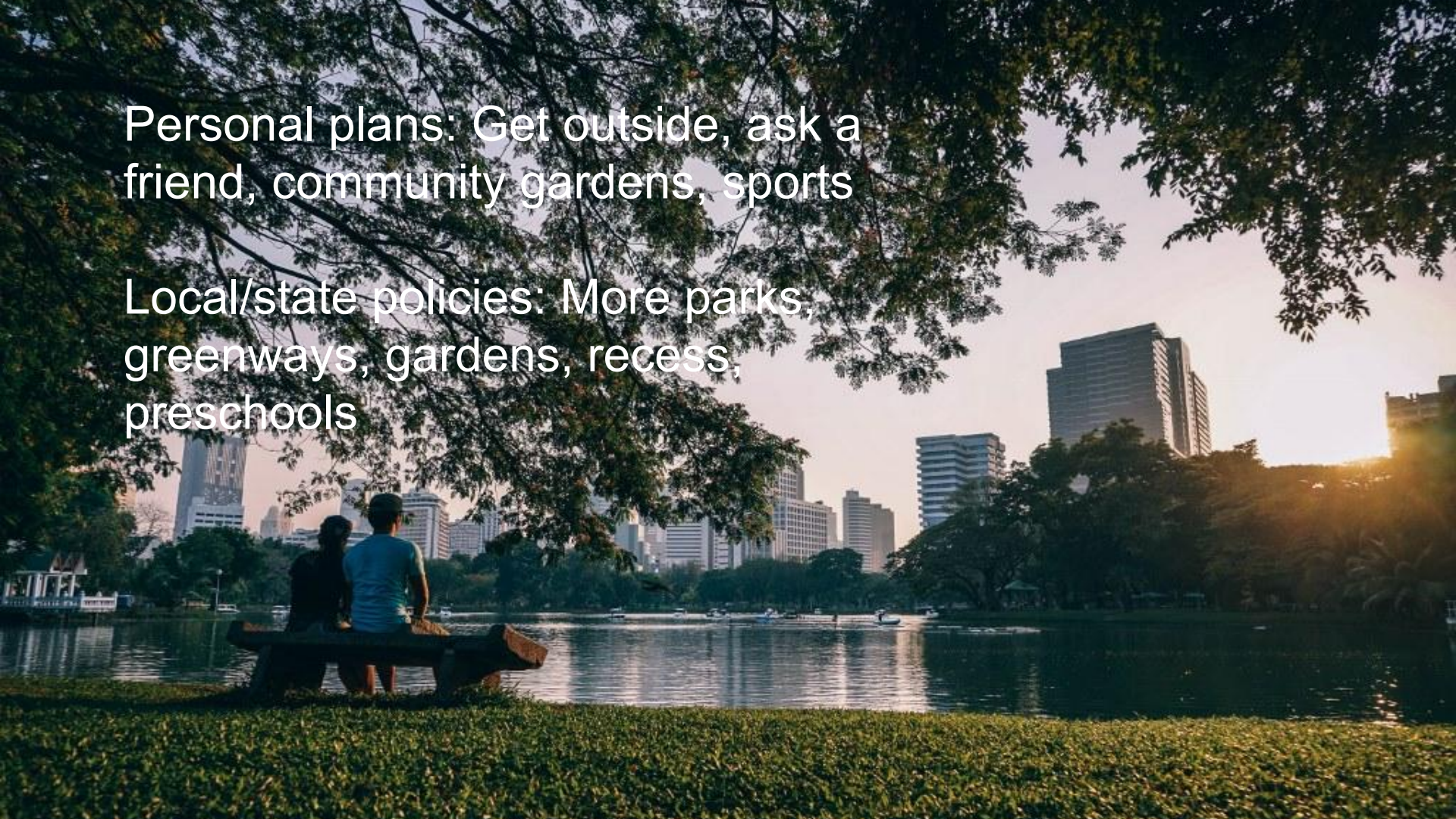



# Urban Green Space Benefits for Climate and Health



Personal plans: Get outside, ask a friend, community gardens, sports

Local/state policies: More parks, greenways, gardens, recess, preschools





Air pollution is responsible for **7 million deaths** annually. Much of this pollution comes from burning fossil fuels for energy production.

Pollution from fossil fuels  
also exacerbates asthma,  
harms heart health, and  
contributes to respiratory  
disease





# "Co-benefits"

Greenhouse  
Gases:  
CO<sub>2</sub>  
Methane (CH<sub>4</sub>)  
N<sub>2</sub>O

Air Pollutants:  
SO<sub>2</sub>  
NO<sub>x</sub>  
Particulates  
Ash  
Soot

Actions that  
reduce these...

... can also  
reduce these...

...and have  
large benefits  
for public  
health.

Credit: Jonathan Buonocore, "Air Quality and Health Co-Benefits of a Carbon Fee and Rebate Bill in Massachusetts," Center for Health and the Global Environment, Harvard University.



**Premature deaths reduced**

**Fewer hospital visits**

**Lower rates of asthma**

**Benefits for cardiovascular health**



NO U.S. WARS  
Earth Care  
Not Warfare

ALLIANCE FOR jobs and clean energy  
jobscleanenergywa.com

WEST.ORG

1st Ave

ONE WAY



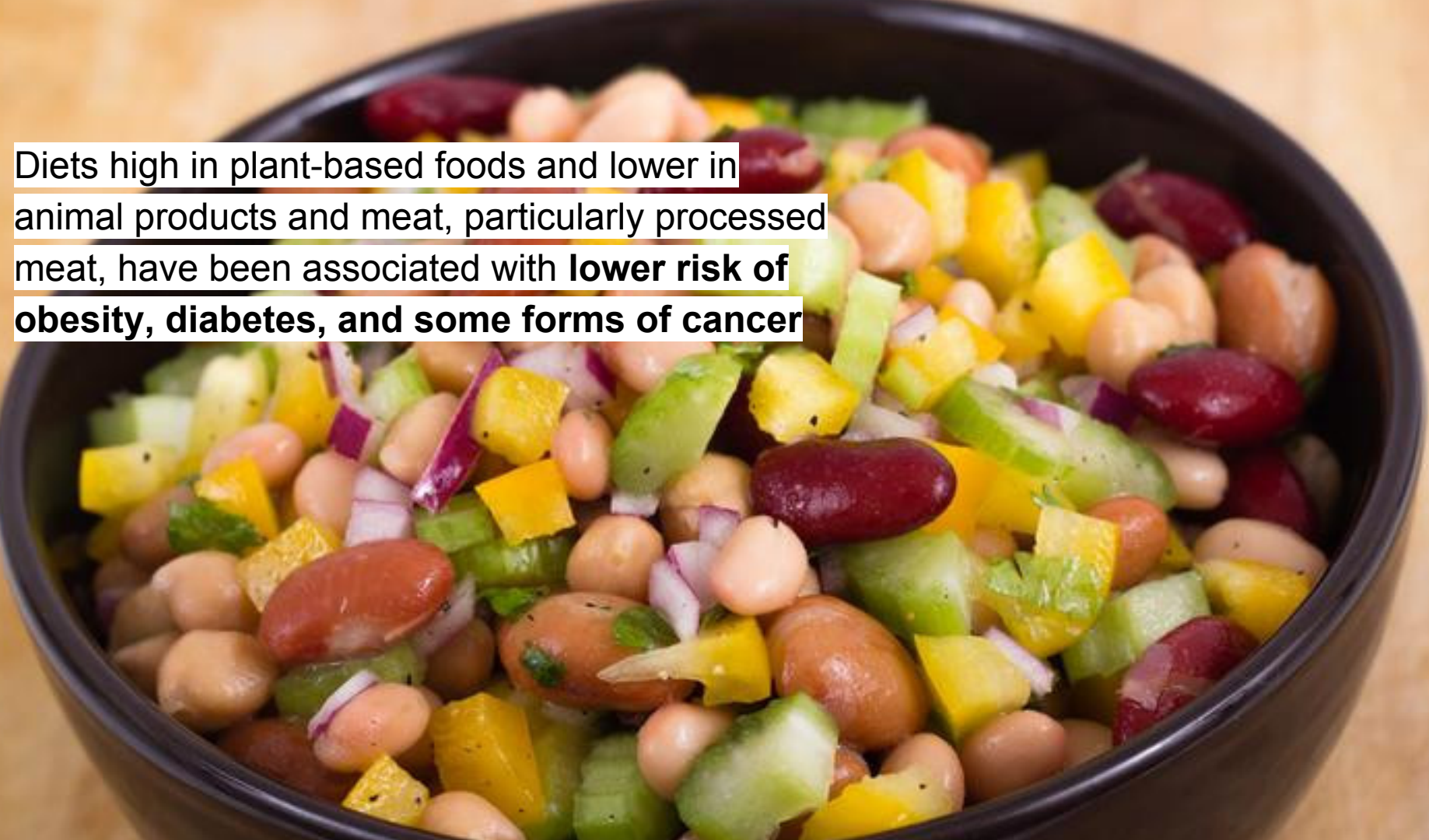
24%

of global greenhouse gas  
emissions come from livestock

What we eat is recognized as a **major indicator of our quality of life**, impacting heart health, diabetes, mood, and more.

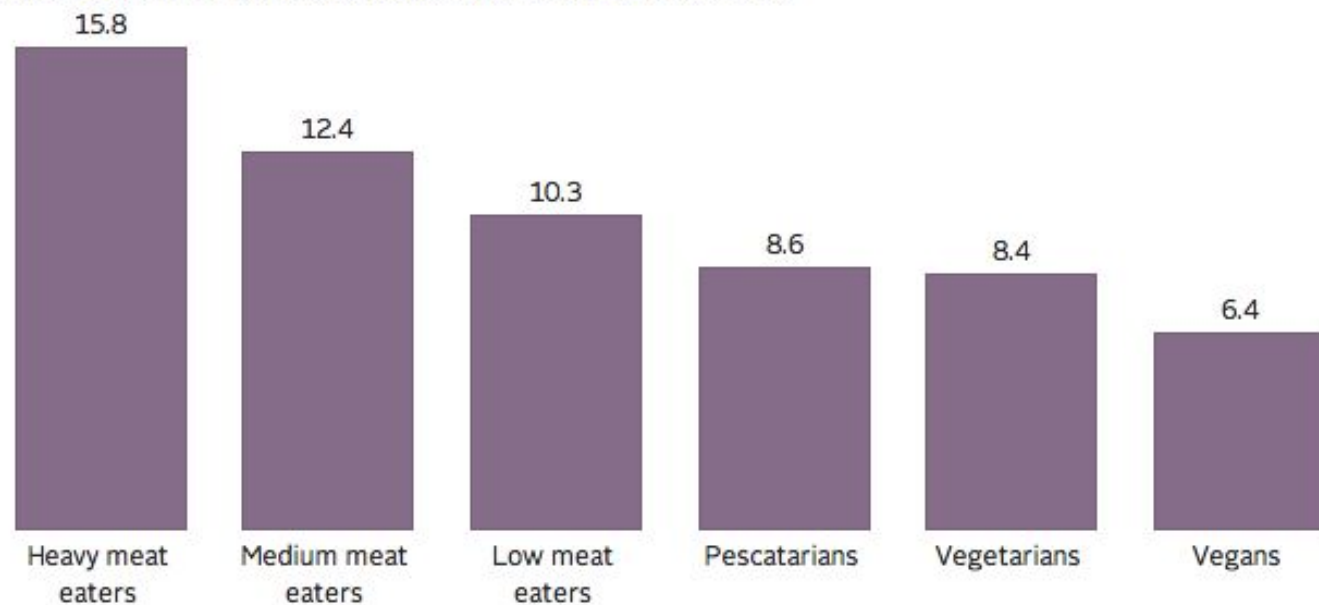


Diets high in plant-based foods and lower in animal products and meat, particularly processed meat, have been associated with **lower risk of obesity, diabetes, and some forms of cancer**



# Less meat, fewer emissions

Carbon footprint of various UK diets, in pounds of CO<sub>2</sub>-eq per day



Source: Scarborough et. al. (2014)



# BEANS FOR BEEF?

“Even if nothing about our energy infrastructure or transportation system changed—and even if people kept eating chicken and pork and eggs and cheese—this one dietary change could achieve somewhere between 46 and 74 percent of the reductions needed to meet the target.”

[https://www.youtube.com/watch?v=2jtDZXbN-\\_c](https://www.youtube.com/watch?v=2jtDZXbN-_c)



*The Atlantic*



What could you do?

