Healthy People, Healthy Climate:
The Health Benefits of Climate Change Mitigation in Washington

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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.
Inequity in climate change damages

Project ed economic damage from climate change in United States counties

US counties in order of current income per person

Hsiang, Kopp, Jin, Rising, et al. (2017)
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.
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.
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
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
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.
Premature deaths reduced
Fewer hospital visits
Lower rates of asthma
Benefits for cardiovascular health
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 CO2-eq per day

- Heavy meat eaters: 15.8
- Medium meat eaters: 12.4
- Low meat eaters: 10.3
- Pescatarians: 8.6
- Vegetarians: 8.4
- Vegans: 6.4

Source: Scarborough et. al. (2014)
“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
What could you do?