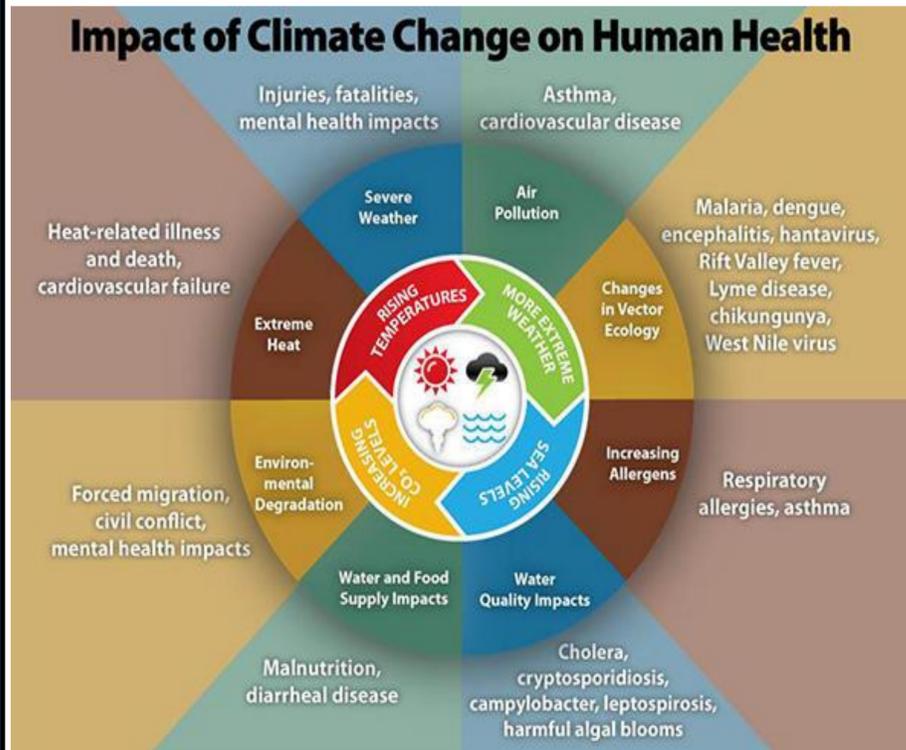


Impacts of Extreme Weather Conditions on People's health

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BIO 208, Environmental Problems



What is Extreme weather? How can it affect people's health?

Extreme weather can have many different types of health effects on the people of the world. A few examples of extreme weather are floods, heat, tornados, lightning, and winter weather.

Extreme heat and droughts can cause heat stroke leading to illness or death. Floods can lead to drowning, injuries, and mental health issues due to PTSD. Tornados can destroy land and crops and lead to injury, starvation, and PTSD increasing mental health problems.



Mental Health is a leading illness in the United States. A lot of PTSD and trauma can come from extreme weather conditions and effects many people every year.



What is Causing Extreme Weather Conditions?

We are experiencing global warming because of the greenhouse gases in the atmosphere.

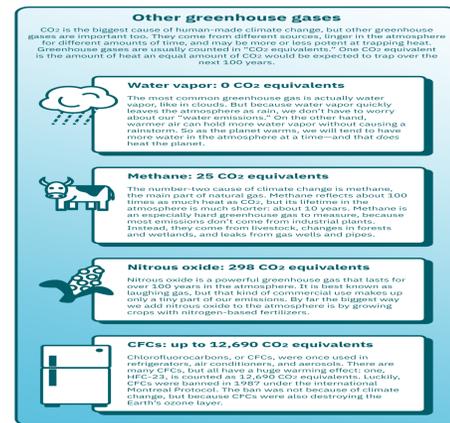


Image Source: Climate portal

Overview of Greenhouse Gas Emissions in 2018

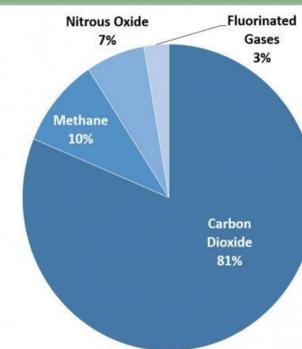
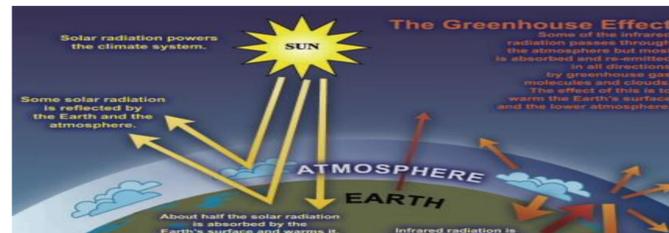
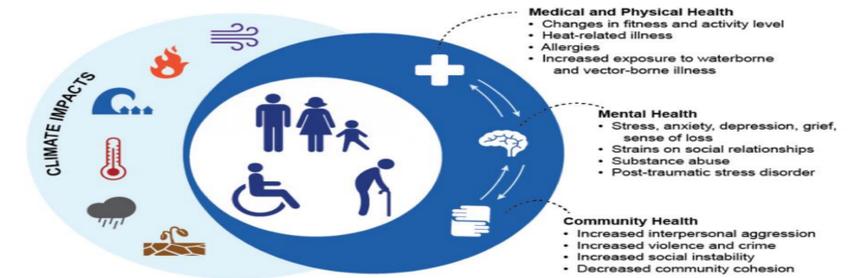


Image Source: Environmental Protection Agency (EPA)

As a result, global temperatures have risen in the last years causing severe weather conditions.



An Illustration on How Climate Change Impacts Physical, Mental, and Community Health



At the center of the diagram are human figures representing adults, children, older adults, and people with disabilities. The left circle depicts climate impacts including air quality, wildfire, sea level rise and storm surge, heat storms, and drought. The right circle shows the three interconnected health domains that will be affected by climate impacts—Medical and Physical Health, Mental Health, and Community Health.

Image source: U.S. Global Change Research Program. 2016. The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment.

Solutions ...

In order to stop global warming, we can reduce carbon dioxide by using solar or nuclear power, promoting climate-smart agriculture, using public transportation, etc. Some of the implementations made by the public health system to help people affected by extreme weather events are targeting communities at high-risk, early warning systems, improvement of cooling center, evacuation planning, equip cities with shelters and food to assist individuals. In addition, the public health system is creating awareness about mental health illnesses, especially with communities during and after natural disasters. They want to eradicate the existed stigma linked with mental health care and be able to help everyone who needs it. Lastly, different organizations are doing research regarding extreme weather conditions to prevent illnesses and improve people's health.



Image source: Tamir Kalifa/ The New York Times via Redux

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