

Climate & Cardiovascular Health for Adults

Climate Change has been deemed the most significant public health threat of our time, affecting respiratory and cardiovascular health and mental wellbeing, increasing instances of vector-borne diseases, and harm from extreme weather events. Health Professionals are uniquely positioned to lead by example (and encourage their patients) to adopt climate friendly, healthy habits.

The TWO and TWENTY Challenge

The goal is to be active for at least Two hours a week, being physically active at least 20+ minutes in length. Research shows that people who spend at least 2 hours per week have better health outcomes.¹ [Take Part Here](#)

HOW NATURE HELPS CARDIOVASCULAR HEALTH

- *Nature Helps Fight Cardiovascular Disease* - Scientific studies have shown that spending more time in nature reduces your overall risk of developing diabetes, heart disease, and stroke.²
- *Nature Helps with Blood Pressure*- Individuals who engage with nature can lower their diastolic blood pressure by 10 points.³
- *Being in nature can help with blood sugars*- Controlling your blood sugars is one of the biggest challenges for people living with Type I or II diabetes. Being physically active in green spaces reduces your blood sugar levels, regardless of the length of the activity.⁴
- *It helps keep you at a healthier weight*. Spending free time in nature can have a positive outcome on controlling an individual's weight. Someone who "gets outside" is 35 percent more likely to meet physical activity guidelines and significantly lower their risk of obesity and other chronic conditions.⁵

CLIMATE & HEALTH

Tips when talking about climate & health. The subject of climate change can feel overwhelming.

These approaches can help link the impact of personal choices on our health and the health of our environment.

- Respect the environment—and the patients you help. As individuals spend more time in nature, they are more likely to engage in practices that limit their impact on the climate at both a local and global level.
- Outdoor Activities and reducing climate impact can be as simple as "This for That" by substituting outdoor activities for indoor ones.
- Apply the **Precautionary Principle**, developed initially to protect the environment and help to guide health protection activities. Applying the precautionary principle means that risk reduction activities with individuals, families, and communities should minimize creating negative environmental and avoid hazards while maximizing the overall positive effects on people's health and wellbeing. An example of this is riding your bike, riding you bike in high traffic areas can come with more risk then riding your bike on a trail system or in a park.
- Engage with nature in a way that has an impact on you. Love the water? go for a swim, and think about how you can protect the water for future generations.

CITED SOURCES:

¹ Frontiers Psychology. Volume 10, 722 (2019)

² Environmental Research Volume 166, Pages 628-637 (2018)

³ International Journal of Environmental Research & Public Health. 12(3): 2532–2542 (2015).

⁴ International Journal of Biometeorology Volume 41, Pages 125–127 (2013)

⁵ Spatial and Spatio-temporal Epidemiology. Volume 29, Pages 31-41 (2019)