

Climate & Respiratory 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 RESPIRATORY HEALTH

- **Helps Protect the Planet and your Lungs**- Individuals who live and / or interact in areas with more trees have a lower risk of illness and death from pneumonia and bronchitis.²
- **Helps your Body in the Fight Against Viruses**- Adults who interact with green spaces have an increased level of **natural killer cells** that can last more than seven days after the time in nature.³
- **Helps Combat Asthma**- Researchers have shown that spending more time in green space reduces your risk of asthma and mortality from lung disease by reducing the inflammatory biomarkers like **IL-6**, which are linked to increased asthma rates.⁴
- **Helps keep the Planet and your Lungs Healthy**- Benefits include the cleaner air you find in nature, and trees act as a carbon sink, reducing greenhouse gases.

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.