

# Climate change and health in your nursing practice



## Climate change impacts everyone's health

Food and water insecurity related to unpredictable and changing weather patterns<sup>1</sup>

 **104%**

increase in reported Lyme disease cases between 2016 and 2017<sup>2</sup>

Prolonged and more severe allergen seasons<sup>3</sup>

Heat stroke and death from increased heat waves<sup>4</sup>

 **14,400**

deaths per year attributed to air pollution<sup>5</sup>

Negative mental health impacts, including ecological grief and post-traumatic stress disorder from displacement due to climate shifts and extreme weather events<sup>6</sup>

## What can you do?

### INDIVIDUALLY



Improve your ecoliteracy by seeking reliable information about environmental health issues.

Lead by example — work towards creating a healthy environment by reducing your personal waste and carbon footprint.

### WITH YOUR PATIENTS



Educate patients about the ways environmental changes impact their health.

Support healthy lifestyle choices that also reduce greenhouse gas emissions.

Assess risks and provide resources to prevent or mitigate environmental health hazards.

### WITH YOUR COLLEAGUES



Share reliable climate change information.

Encourage your peers to get involved and advocate for change.

Collaborate with colleagues to mitigate environmental health risks at work.

Help create nursing knowledge about environmental health issues.

### WITH HEALTH SYSTEMS AND GOVERNMENTS



Advocate for evidence-informed climate change mitigation and adaptation initiatives.



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**For more information, please refer to CNA's position statements:**

- Nurses and Environmental Health
- Climate Change and Health
- Emergency Preparedness and Response

**Available at [cna-aiic.ca/positions](http://cna-aiic.ca/positions) »**

\*Across Canada

<sup>1</sup> Watts, N., Amann, M., Arnell, N., Ayeb-Karlsson, S., Belesova, K., Berry, H., ... & Campbell-Lendrum, D. (2018). The 2018 report of the Lancet Countdown on health and climate change: shaping the health of nations for centuries to come. *The Lancet*, 392(10163), 2479-2514.

<sup>2</sup> Government of Canada. (2018). Surveillance of Lyme disease. Retrieved from <https://www.canada.ca/en/public-health/services/diseases/lyme-disease/surveillance-lyme-disease.html>

<sup>3,4</sup> Howard, C., Rose, C., Rivers, N. (2018). *Lancet countdown 2018 report: Briefing for policymakers*. Retrieved from <http://www.lancetcountdown.org/media/1418/2018-lancet-countdown-policy-brief-canada.pdf>

<sup>5</sup> Health Canada. (2017). *Health impacts of air pollution in Canada: An estimate of premature mortalities*. Retrieved from [http://publications.gc.ca/collections/collection\\_2018/sc-hc/H144-51-2017-eng.pdf](http://publications.gc.ca/collections/collection_2018/sc-hc/H144-51-2017-eng.pdf)

<sup>6</sup> Cunsolo, A., & Ellis, N. R. (2018). Ecological grief as a mental health response to climate change-related loss. *Nature Climate Change*, 8(4), 275.