



# Climate Change & Health

## How climate change impacts our environment



Climate change is one of the greatest threats to our health



Temperatures are expected to rise by 2.8-3°C in the Loddon Mallee region by 2050



Pollution contaminates air, water & soil



Greater risk & frequency of extreme weather events - bushfires, storms & floods

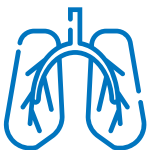


Changes in temperature & rainfall patterns affect agricultural productivity & food security



Extreme weather events can lead to changes in quality of water sources

## How climate change impacts our health



Worsening air quality leads to breathing problems



Severe weather events can lead to injury & loss of life



Increased anxiety & trauma due to extreme weather events, displacement & concerns about the future



Air pollution & extreme weather events can increase the risk of heart attacks & strokes

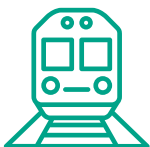


Floods can cause mosquito outbreaks which can spread diseases like Ross River Virus



Decreased water & food quality can cause gastrointestinal infections

## How climate change action is good for our health



**Taking public transport** means less pollution, less road congestion & cleaner air



**Buying or growing local produce** reduces carbon miles & increases access to affordable & fresh plant-based food



**Green spaces** foster community connection, mental wellbeing & reduce heat stress



**Riding a bike** means less cars on the road, less pollution & more exercise which improves cardiovascular health



**Waste management** conserves resources & minimises landfill waste which improves air, water & soil quality



**Energy efficient buildings** reduce emissions & protect people from extreme weather for less cost



Loddon Mallee Public Health Unit



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[bendigohealth.org.au/page/4175](https://bendigohealth.org.au/page/4175)

We acknowledge the First Peoples of Australia who are the Traditional Custodians of the land and water where we live, work and play. We welcome all cultures, nationalities and religions. Being inclusive and providing equitable healthcare is our commitment.