What's Good for Health is Good for Climate

We care about healthy living in the Capital Region. OutsideIn means that the outside environment (climate) affects us on the inside (health). That is why we are concerned about climate change. Now is the time to come together as a community and talk about how hotter temperatures, water shortages and other changes to our environment could harm our well-being. The good news is that many actions that help reduce climate change also improve the health of our families and community.

Despite improvements, the Capital Region still faces some of the worst air pollution in the US — chiefly ozone and particulate matter. Burning fossil fuels for electricity and vehicles is the largest contributor to air pollution and greenhouse gas (GHG) emissions that warm the earth's temperatures to dangerous levels. Hotter days boost the formation of ozone, a serious air pollutant that worsens asthma, other respiratory impacts, and can increase the risk of heart attacks and other cardiovascular diseases. Ozone can even hurt plant and crop growth. Because of climate change, we are also seeing many more wildfires, more severe fires, and a longer fire season. This in turn pollutes our air with wildfire smoke, ozone, and particulates. Spare The Air alerts are sent out for high-ozone days, and other alerts provide wildfire smoke warnings. The greater the levels of air pollution, the greater the health concerns, and people — especially sensitive populations (such as youth who do outdoor sports, the elderly, isolated, those with chronic illnesses, and some communities of color) – are advised to **stay indoors**. This can impact shopping, outdoor activities, and economic activities.

Keeping Our Air Clean

Generating electricity from renewable sources like wind or solar or reducing our energy use helps to decrease harmful emissions from fossil fuels. Reducing waste helps to reduce the release of harmful methane gases from landfills. Most importantly, choosing a transportation mode with zero or low emissions can make a big improvement for clean air.

What you can do

- Walk and bicycle.
- When you need to drive, carpool, take transit, drive electric, hybrid, or other low- or zero-emission vehicles, or join an electric car share.
- Recycle everything possible and compost food and green waste.
- Use energy- and water-efficient appliances; kill "vampire" energy by powering down computers and unplugging your TV when not in use.
- Conserve water wherever you can, as it takes fossil fuels to pump water.
- Plant shade trees, maintain existing tree canopy.
- Replace your fireplace or wood stove with cleaner, EPA-approved natural gas fireplaces, stoves, or heat pumps.
- Plan your errands and trips — reduce the number of trips and miles you drive.
- Sign up for Spare The Air alerts, or download the free Sacramento Region Air Quality app, to find out when the air quality is poor, and drive less on Spare The Air days!

To learn more and get involved, visit the Climate Readiness Collaborative website at
http://climatereadiness.info/outsidein-capital-region/

CAPITAL REGION CLIMATE READINESS COLLABORATIVE

CDPH PublicHealth

OutsideIn Capital Region is a partnership between the Capital Region Climate Readiness Collaborative and the California Department of Public Health.