

# Investing In Our Future: Taking Action for a Healthier Community

It is critical to protect the health and well-being of our region. Without taking steps to prepare, impacts such as increased heat and air pollution and decreased water quality will affect our mental and physical health and can increase illnesses and mortality, especially for vulnerable populations. Fortunately, we have many solutions to help us prepare for climate impacts, realize long-term health benefits and grow more equitable, resilient and vibrant neighborhoods.

## How Will Climate Change Affect Our Health and Well-Being?



### Heat Related Illnesses

Extreme temperatures and heat waves, magnified by the heat-trapping effects of pavement and buildings, can trigger dehydration, cardiovascular and respiratory illness, and deadly heat strokes.

### Air Quality

Higher temperatures will damage our air quality, leading to heightened asthma and other respiratory and cardiovascular issues. A longer pollen season and more wildfires will also threaten our clean air and respiratory health.



### Water Quality and Scarcity

With California likely to face more droughts in the upcoming decades, water quality could deteriorate, presenting a public health hazard.

### Food Security

Drought and shifting temperatures are threatening our farms. Food scarcity will disproportionately harm low-income families as food costs go up, especially for fresh fruit and vegetables, which could lead to higher rates of obesity and malnutrition.



### Disease

As temperatures warm, disease-bearing insects are expanding their range and active season. This means greater risk of Lyme disease, West Nile Virus, and tropical diseases previously unknown in California.

### A Local Perspective



#### **"California's local public health agencies are on the front lines**

dealing with health-related issues made worse by climate change. We must work together, alongside county public health officers and public health agencies, to ensure that jurisdictions have what they need to address climate change in a way that fosters healthy, sustainable and livable communities."

— Sacramento County Supervisor Phil Serna



#### **"Keeping people healthy is more than just treatment.**

As a physician, I try to understand how the air we breathe, the food we eat, and the places we live affects our health. Preventative measures are key to lifelong health, and by adapting to the impacts of climate change we can ensure that our patients truly live long and thrive."

— Dr. Cathy Dyaico, Physician,  
Kaiser Permanente

*The Capital Region Climate Readiness Collaborative is exploring strategies and solutions to strengthen the climate resiliency of our region. Join us to learn more!*  
[www.climatereadiness.info](http://www.climatereadiness.info)



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## Local Solutions for a Stronger Community

### Design 4 Active Sacramento

The Design 4 Active Sacramento (D4AS) coalition works to create changes to the built environment that benefit health. Active design solutions such as parks, green space, bicycle and pedestrian-friendly streets improve health through physical activity, and also improve local air quality, accessibility, resilience, and neighborhood livability. In 2015, D4AS successfully incorporated Active Design language into the County's Zoning Code and Design Guidelines. [walksacramento.org/our-work-2/d4as](http://walksacramento.org/our-work-2/d4as)



## CLIMATE CHANGE BY THE NUMBERS



Urban trees can reduce air pollution by **7-24%**.



Cool roofs stay **50-60 F** cooler than conventional roofs during peak summer weather.



Sacramento had a heat-related death rate **1.6 times** higher than the State between 2000-2013.



Almost **70%** of California will be at increased probability for West Nile virus by 2050.

(Sources: "Planting Healthy Air," The Nature Conservancy, 2016; [epa.gov/heat-islands/using-cool-roofs-reduce-heat-islands](http://epa.gov/heat-islands/using-cool-roofs-reduce-heat-islands); [climatereadiness.info/wp-content/uploads/2016/10/02\\_heat\\_localgovt\\_10\\_16.pdf](http://climatereadiness.info/wp-content/uploads/2016/10/02_heat_localgovt_10_16.pdf); [climateralityproject.org/blog/not-pretty-picture-climate-change-and-health-four-infographics](http://climateralityproject.org/blog/not-pretty-picture-climate-change-and-health-four-infographics); "A continental risk assessment of West Nile virus under climate change", Global Change Biology, 2014)

## Become a Leader



### Cool our community:

New technologies – such as cool pavements and roofs – combined with natural elements – such as trees and parks – can cool neighborhoods by increasing shade and reflecting heat while also

providing many other benefits. Update regulations, codes and industry practices for buildings, land uses and design elements to include cooling strategies.

### Ensure accessibility:

Ensure that drinking water infrastructure is well-maintained. Site public facilities such as cooling centers and swimming pools in accessible locations. Hospitals should be accessible via public transportation.



**Monitor and educate:** Implement early warning systems for heat waves, poor air quality, and other impacts in multiple languages and media. Monitoring and public education can also help safeguard against disease outbreaks and help reduce heat-related illnesses.

**Have a plan and be prepared:** Update preparedness plans to reflect climate impacts. Ensure that emergency responders and public health officials have the necessary resources.



### Foster neighborhood connections:

Encourage neighbors to check in on each other. During the 1995 Chicago heat wave, communities with good social infrastructure that fostered interpersonal connections had some of the lowest death rates in the city, regardless of income level.



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