Climate change refers to the increase in air temperatures and changing weather patterns observed over the past several decades.

Greenhouse gases like carbon dioxide (CO₂) are created by burning fuel, agriculture, and other sources. CO₂ traps heat, causing overall increased temperatures.

Doctors are concerned that climate change is hurting children's health.

It affects everyone's health, but 88% of illness from climate change occurs in children under 5 years old. (McMichael and Campbell-Ledrum 2004)

How can climate change harm health?

- Extreme heat increases risk of illness and dehydration.
- Poor air quality due to increased pollutants and pollen worsen asthma and other breathing and heart problems.
- Warmer temperatures promote the growth of bacteria, viruses, and insects.
- Extreme weather causes injuries, missed work and school, and mental health issues.
- Food supply problems cause malnutrition.
To climate change:

Each family can make a difference.

Choose locally grown food and eat less meat.

Plant trees and support local parks and green spaces.

Encourage laws that reduce carbon emissions.

Choose companies that use clean energy from the wind and sun.

Carpool, take public transportation, walk, or bike.

Bring reusable bags when you shop and reduce the use of plastics.

Support local climate and health preparedness programs.

Top contributors to climate change:

**TRANSPORTATION**

**AGRICULTURE & LIVESTOCK FARMING**

**DESTRUCTION OF FORESTS**

**PLASTIC PRODUCTION & INDUSTRY**

**ELECTRICITY PRODUCTION**

**COMMERCIAL & RESIDENTIAL USE**

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