

An Education into Action Program: Climate Change A to Z.

Kids Campaign to Cool Our Earth



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Health and Climate Change



Humans are burning more and more fossil fuels like coal and oil to heat homes, factories and gas for cars and trucks. This puts too much carbon into the air. This carbon blocks heat from escaping our Earth's atmosphere so Earth warms more than it should. We have already discussed many problems caused by global warming and found ways to slow climate change. In our Kids Campaign to Cool our Earth we are studying global warming A to Z. So now let's learn about Health Issues (H).

What most scientists say:

Scientists who study global warming like those at [The Natural Resources Defense Fund](#), [The American Academy of Pediatrics](#) and [Physicians for Social Responsibility](#) have discovered how climate change is hurting our health.

1. We need to slow climate change to slow down the number of very bad storms and floods we are now having on our planet. These storms can cause harm to us and our communities and also impact our water supply.
2. Global warming has increased hot weather. Extreme heat can cause heat stroke and make other diseases worse.
3. Higher temperatures increase smog pollution. More air pollution increases [asthma](#) and other lung diseases.
4. Warmer weather and higher CO₂ in the air causes plant pollen to increase. This will increase breathing problems like asthma.
5. Hotter weather can increase the number of insects. Some bug bites can cause illnesses like Lyme Disease.
6. Climate change can cause more wet and dry periods of weather that can harm farmers crops limiting food sources.
7. Climate change can warm oceans that can cause fish habitat problems, limiting a healthy food source for us.

It all sounds kind of scary doesn't it? Lots of people want to ignore global warming and hope it will go away. But it won't go away unless we work hard to make that happen.



Don't worry!
Working
together
we can make
our Earth
healthy and
beautiful!



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Healthy for Us Healthy for Earth



Let's get busy protecting our health and Earth!



Our environment surrounds us. The KSE Promise says, "It's the land, the air, the water and all living creatures." It's important that everything in our environment is healthy so we are healthy.



So here is what we can all do.

1. Plant Trees

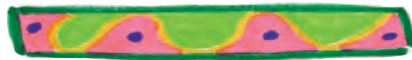


Plant lots and lots of trees and other plants to help cool Earth and clean the air. Try to plant trees that grow naturally in the area where you live.

Help protect rainforests. Some people call them the lungs of our Earth. The more rainforests we have the more we can cool Earth. Learn about the [Kids for Saving Earth Rainforest](#) and then help protect it!



2. Write-On



Do you know you can write letters to government leaders? Or you can send them to [Kids for Saving Earth](#) and we will send them to your local, state and federal leaders. You may want to ask your leaders to pass the [Clean Power Plan](#) that will lower carbon in our air.

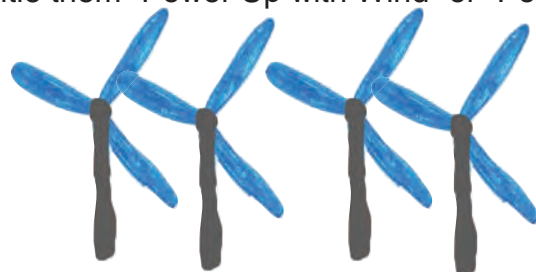
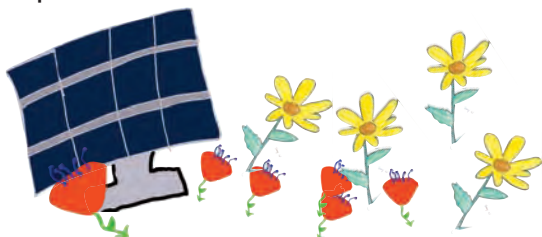
3. Join Campaigns

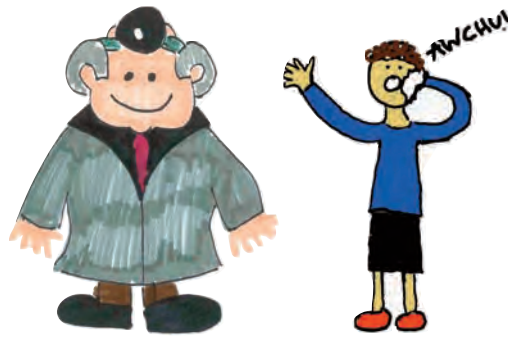
To encourage your state to find ways to lower carbon pollution in our air, [Join the PSR Clean Energy Saves Lives Campaign.](#)

[Join the Kids for Saving Earth Cool Earth Team](#) to receive your membership certificate!

4. Draw pictures to post on a bulletin board at school or church.

To help remove carbon from air first learn about [solar power](#) and [wind power](#). Next draw pictures of solar and wind farms. Put them in a public place like a bulletin board in your classroom, school hall or maybe even your church. Title them "Power Up with Wind" or "Power up with Sun." Then add "Save the Earth!"





Resources used in Health and Climate Change.

American Public Health Association

http://www.apha.org/topics-and-issues/climate-change?gclid=CKaG_-36csCFRloaQodMMQNjQ

Adaptation in Action

http://www.apha.org/~media/files/pdf/topics/environment/adapt_in_action.ashx

World Health Organization

<http://www.who.int/mediacentre/factsheets/fs266/en/>

National Resource Defense Fund.

<https://www.nrdc.org/sites/default/files/climatehealthfacts.pdf>

Physicians for Social Responsibility PSR

<http://secure.psr.org/ea-action/action?ea.client.id=1898&ea.campaign.id=47013>

American Academy of Pediatrics.

<http://pediatrics.aappublications.org/content/136/5/992>