

# CLIMATE CHANGE'S IMPACT ON MENTAL HEALTH

# 40

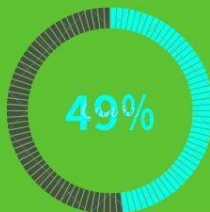
MILLION ADULTS IN THE U.S SUFFER FROM MENTAL ILLNESS DUE TO CLIMATE CHANGE" (2020, AMERICAN PUBLIC HEALTH ASSOCIATION)

"UP TO 54% OF ADULTS AND 45% OF CHILDREN SUFFER DEPRESSION AFTER NATURAL DISASTER" (2020, AMERICAN PUBLIC HEALTH ASSOCIATION)



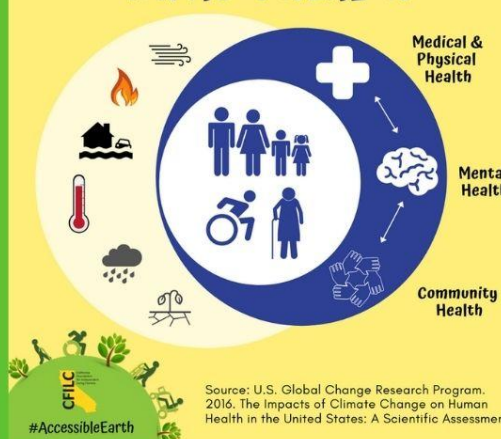
"25-50% OF PEOPLE EXPOSED TO AN EXTREME WEATHER DISASTER ARE AT RISK OF ADVERSE MENTAL HEALTH EFFECTS" (2020, AMERICAN PUBLIC HEALTH ASSOCIATION)

CLIMATE CHANGE CAN INCREASE THE CHANCES OF NATURAL DISASTER SUCH AS HURRICANE KATRINA. AFTER HURRICANE KATRINA AFFECTED RESIDENTS EXPERIENCED DEPRESSION, SUICIDAL THOUGHTS AND MANY ALSO COMMITTED SUICIDE. (2010, AMERICAN PSYCHIATRIC ASSOCIATION)



OF THE SURVIVORS OF HURRICANE KATRINA DEVELOPED ANXIETY OR MOOD DISORDERS" (2010, AMERICAN PSYCHIATRIC ASSOCIATION)

## HOW CLIMATE CHANGE IMPACTS HEALTH



Source: U.S. Global Change Research Program. 2016. The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment.



## BARRIERS AND SOLUTIONS

### COMMUNICATION ISSUE AND SOLUTION



ADDRESSING CLIMATE CHANGE PROBLEMS CAN BE CHALLENGING DUE TO LANGUAGE AND COMMUNICATION BARRIERS.

RECRUITING VOLUNTEERS WHO ARE BILINGUAL AND UNDERSTAND THOROUGHLY DESCRIPTION OF CLIMATE CHANGE ACTIVISM

### PUBLIC ENGAGEMENT ISSUE AND SOLUTION

LACK OF INFORMATION AND LACK OF PUBLIC CONCERN AND ENGAGEMENT AND IT IS EVEN HARDER TO MOVE PEOPLE INTO ACTION.



WE MAKE ACTIVISM FUN AND EASY TO ACCESS FOR YOUTH IN THE BAY AREA BY OFFERING PUBLIC TRANSPORTATIONS FOR VOLUNTEERS.

### MISINFORMATION ISSUE AND SOLUTION

FALSE INFO/MEDIA: SOCIAL MEDIA REPORTS HAVE CREATED A TOXIC ENVIRONMENT WHERE IT'S NOW DIFFICULT TO DISTINGUISH FACTS FROM FICTION. FAKE NEWS CONCERNING BIODIVERSITY LOSS AND CLIMATE CHANGE.

IT IS DIFFICULT TO PREVENT MISINFORMATION FROM SPREADING. BY EDUCATING YOUTH ABOUT HOW TO BE A CAUTIOUS CONSUMER, HOW TO RECOGNIZE ORIGINAL SOURCE AND AUTHORS.

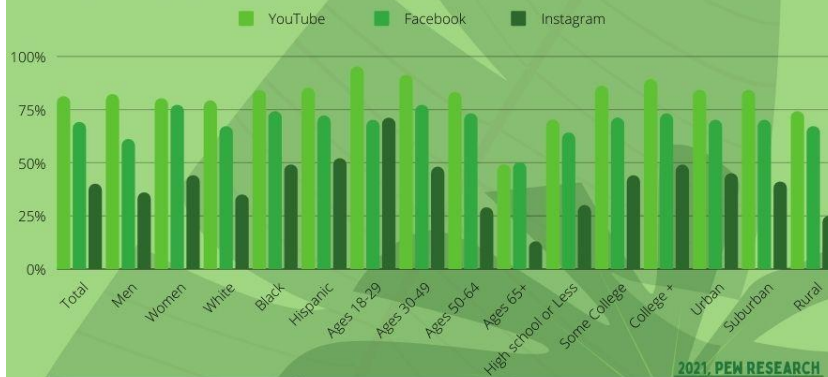


GUIDANCE FOR:  
INCREASED ENGAGEMENT  
&  
DEMOGRAPHIC INSIGHTS

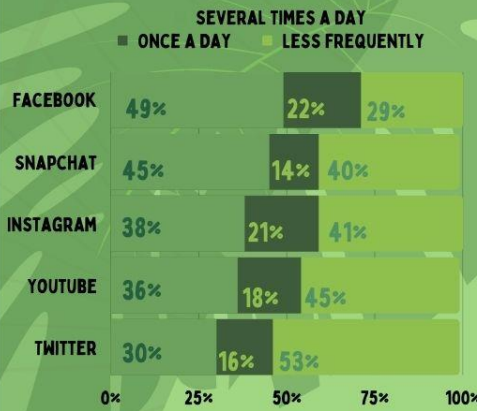
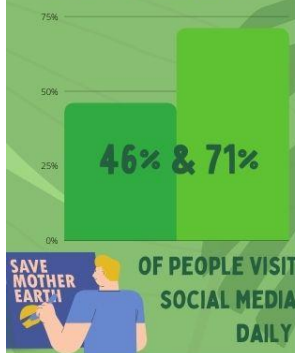
**SOCIAL MEDIA IS  
THE THE MOST  
POWERFUL  
PLATFORM OF  
COMMUNICATION  
NO MATTER THE  
USER**



## SOCIAL MEDIA USE BY DEMOGRAPHIC



## BETWEEN



**“A RUINED PLANET CANNOT SUSTAIN  
HUMAN LIVES IN GOOD HEALTH. A HEALTHY  
PLANET AND HEALTHY PEOPLE ARE TWO  
SIDES OF THE SAME COIN.”**

— DR. MARGARET CHAN, EXECUTIVE DIRECTOR  
OF THE WORLD HEALTH ORGANIZATION



FIGHT CLIMATE CHANGE AND  
ADVOCATE FOR MENTAL  
HEALTH AWARENESS

<https://www.sfbaypsr.org>





## IDENTIFY COMMUNICATION STRATEGIES TO HELP YOUNG PEOPLE STAY MENTALLY HEALTHY DURING CLIMATE CHANGE.

**program for colleges students about mental health.**



**CONFIDENT COMMUNICATOR WITH AUTHENTIC VOICE**

**BALANCE MENTAL HEALTH WITH POSITIVE ENVIRONMENTAL ACTIONS IN ALL EDUCATIONAL LEVELS**  
(NEIGHBOR TRASH CLEANING)

**'DISCUSSIONS ABOUT CLIMATE CHANGE WITH STUDENTS ADDRESSING THEIR MENTAL HEALTH.**



**INCREASE ENVIRONMENTAL DIVERSITY THROUGH BIODIVERSITY**  
(NEIGHBORHOOD TREE PLANT DRIVE)

**group of students dealing with mental health during climate change together**



**RESOLVING ISSUES EARLY AS POSSIBLE**

**- IT CAN BE DIFFICULT FOR YOUNG PEOPLE TO ASK FOR HELP**

**"MANY YOUNG PEOPLE EMERGE AS LEADERS OF MOVEMENTS FOR SOCIAL CHANGE"**

**- YOUNG PEOPLE TAKE CHARGE IN HELPING OTHERS RETAKE THEIR COMMUNITY.**



### REFERENCES

Written by Sonia Elks, J. (n.d.). Struggling with climate anxiety? here's 10+ tips from mental health experts. World Economic Forum. Retrieved March 9, 2022, from <https://www.weforum.org/agenda/2022/02/the-rise-in-climate-anxiety-expert-tips-on-how-to-beat-it/>

<https://www.brennancenter.org/our-work/analysis-opinion/inaction-climate-change-taking-toll-young-peoples-mental-health>

**practice self care and not pay attention to the myths on social media**



# Health Impacts of Climate Change on Students



"As the climate continues to change, the risks to human health will grow, exacerbating existing health threats and creating new public health challenges worldwide" (NIH).

As students consider numerous health effects of changing climate, it is important that they are tasked with identifying adaptation and mitigation strategies that can be implemented to protect human health with respect to climate change.

## The World Health Organization States

**23%** of all global deaths are attributed to environmental factors

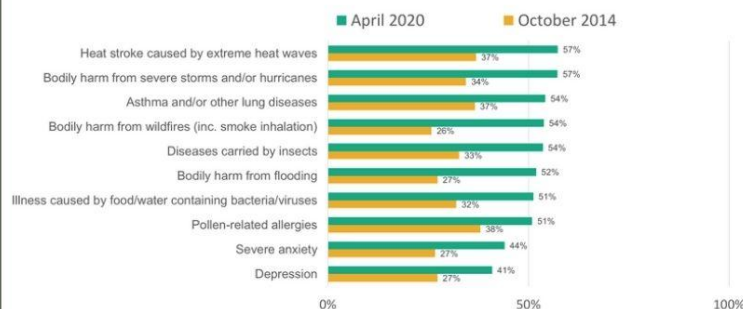
**250,000** predicted additional climate-related deaths annually by 2030

The World Health Organization's study consisted of 74 women and 40 men with a response rate of 54%. The study looked to address educational gaps on students' understanding of, "The Impact of Climate Change on Human Health".

The study evaluated its effectiveness by completing a pre/post-course survey that measured changes in their beliefs, attitudes, and knowledge about the health effects of climate change.

### An Increasing Number of Americans Think Global Warming's Harms to Human Health Will Become More Common

– % responding "Much more," "Somewhat more," or "a little more" common –



\*Do you think each of the following will become more or less common in your community over the next 10 years as a result of global warming if nothing is done to address it? If you're not sure, please provide your best estimate.\*

October 2014 (N = 1,275) and April 2020 (N = 1,029)



THE PROGRAM ON  
CLIMATE CHANGE  
COMMUNICATION



GEORGE MASON UNIVERSITY  
CENTER FOR CLIMATE CHANGE  
COMMUNICATION

## Public Health Impacts of Climate Change on Students

**"As the climate continues to change, the risks to human health will grow, exacerbating existing health threats and creating new public health challenges worldwide" (NIH).**

As students consider the numerous health effects of a changing climate, it is important that they also be tasked with identifying adaptation and mitigation strategies that can be implemented to protect human health with respect to climate change.



### Series Information

This is part of a series of educational models on climate and health. Additional versions in the series include:

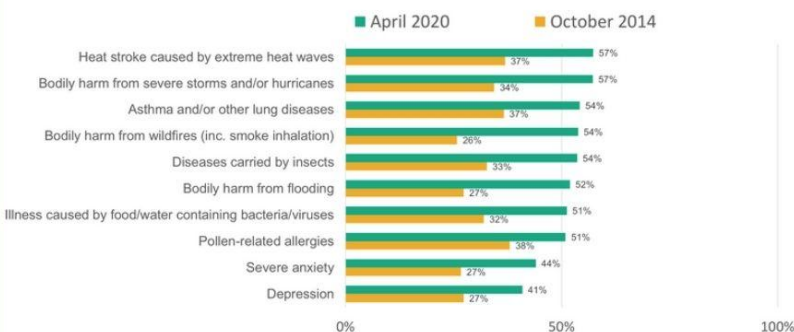
- A Student Exploration of the Impacts of Climate Change on Human Health in the United States
- A Student Exploration of the Global Impacts of Climate Change on Human Health
- A Clinical Health Care Student Exploration of the Impacts of Climate Change on Human Health in the United States

The World Health Organization attributes **23%** of all global deaths to environmental factors, and it projects an additional **250,000** climate-related deaths annually by **2030**

To address this educational gap on students, "The Impact of Climate Change on Human Health." **Students (40/74, 54% response rate)** evaluated its effectiveness by completing a pre/post-course survey that measured changes in their beliefs, attitudes, and knowledge about the health effects of climate change.

### An Increasing Number of Americans Think Global Warming's Harms to Human Health Will Become More Common

– % responding "Much more," "Somewhat more," or "a little more" common –



\*Do you think each of the following will become more or less common in your community over the next 10 years as a result of global warming if nothing is done to address it? If you're not sure, please provide your best estimate.

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YALE PROGRAM ON  
Climate Change  
Communication



GEORGE MASON UNIVERSITY  
CENTER for CLIMATE CHANGE  
COMMUNICATION



# OPPORTUNITIES IN CLIMATE CHANGE ACTIVISM FOR YOUTH

## VOLUNTEER OPPORTUNITIES

### JOIN "GARDEN VOLUNTEER"

AGE 16+ COME HELP AT FREMONT (CA) PARK FOR  
OPTIONAL TASKS INCLUDING WEEDING, PLANTING,  
SPREADING WOOD, RAKING LEAVES  
WHENEVER YOU HAVE FREE TIME !!

[HTTPS://WWW.GARDENFORTHEENVIRONMENT.ORG/VOLUNTEER](https://www.gardenfortheenvironment.org/volunteer)



### VOICES OF YOUTH COMMUNITY

THIS IS A UNICEF DIGITAL COMMUNITY WHERE  
YOUTH ARE IN CHARGE OF INSPIRING OTHERS  
ON SOCIAL MEDIA PLATFORMS BY MAKING  
DECISIONS AND SUGGESTIONS OF CLIMATE  
CHANGE ISSUES THAT MATTER TO THEM

[HTTPS://WWW.VOICESOFYOUTH.ORG/](https://www.voicesofyouth.org/)

## MORE CLIMATE CHANGE ACTIVISM FOR YOUTH



### SIGN UP FOR "JOIN YOUTH STRIKE FOR CLIMATE CHANGE" IN CALIFORNIA

STRIKING FOR CLIMATE CHANGE, ESPECIALLY FOR  
VULNERABLE COMMUNITIES SUCH AS COMMUNITIES  
OF COLOR, DISABLED COMMUNITIES AND LOW-  
INCOME WHO ARE IMPACTED BY CLIMATE CHANGE

[HTTPS://WWW.BRIGHTEST.IO/CAUSE/YOUTH-CLIMATE-STRIKE-  
US/ACTIVITY/JOIN-YOUTH-STRIKE-FOR-CLIMATE-CALIFORNIA/](https://www.brightest.io/cause/youth-climate-strike-us/activity/join-youth-strike-for-climate-california/)

### IN ORDER TO MAKE THIS HAPPEN

WE NEED HELP FROM PARENTS AND SCHOOLS TO EMBRACE YOUTH  
RESILIENCE BY MAKING A VISIBLE CLIMATE COMMITMENT AND ENCOURAGE  
THEM TO VOLUNTEER!!!