Climate change is harming our health now. Everyone is affected, but some people are more vulnerable. If we do nothing, these health threats will increase.

**IMPACTS**

**Eight Impacts**

**Four Categories:**

- **Direct Impact**
  - Extreme Heat
  - Air Pollution
  - Extreme Weather
- **Spread Disease**
  - Insects & Vectors
  - Contaminated Water
  - Contaminated Food
- **Disrupt Food Supply**
  - Hunger & Malnutrition
- **Disrupt Well Being**
  - Emotional stress

**SOLUTIONS**

- Clean energy reduces harmful pollution and protects the climate.
- Active transportation: biking, walking & public transit promote healthier lifestyles.
- Eating less red meat is good for the planet and good for our health.

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