

















# Climate Change and Kentucky Children's Health



## How Does Climate Change Affect Children?

-  Increasing temperatures cause more heat related illness like exertional heat stroke in student athletes.
-  Decreased air quality and increased ozone exposure cause more asthma attacks, emergency department visits and intensive care unit admissions.
-  Longer warm seasons lead to longer pollen seasons and increase the risk for respiratory illness and asthma attacks.
-  Increasing temperatures, droughts and floods lead to crop destruction, increased food prices and food insecurity locally and globally.
-  Warmer temperatures alter infectious disease patterns and cause more tickborne diseases and diarrheal illness.
-  Climate change contributes to more intense and variable weather like hurricanes, flooding and wildfires which can directly affect children's emotional and physical health through the destruction of homes and communities.

## What Can You Do to Reverse Climate Change?

-  Carry a reusable water bottle instead of buying plastic water bottles
-  Incorporate walking or biking into your daily life or take public transportation
-  Turn off the lights and unplug devices when they're not in use
-  Use energy efficient settings on your home appliances
-  Read and teach your children about climate change
-  Change incandescent light bulbs to LED light bulbs
-  Play outside and connect your family with nature
-  Use a reusable bag when you shop
-  Eat less red meat
-  Recycle



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Resource: American Academy of Pediatrics Council on Environmental Health; Ahdoon SA. Technical report: global climate change and children's health. Pediatrics. 2015; 136(5). Available at: [www.pediatrics.org/cgi/content/full/136/5/e1468](http://www.pediatrics.org/cgi/content/full/136/5/e1468)



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