

Health in the Fourth National Climate Assessment

Impacts from climate change on extreme weather and climate-related events, air quality, and the transmission of disease through insects and pests, food, and water increasingly threaten the health and well-being of the American people, particularly populations that are already vulnerable.

HEALTH CHAPTER KEY MESSAGES

- The health and well-being of Americans are already affected by climate change, with the adverse health consequences projected to worsen with additional climate change. Climate change affects human health by altering exposures to heatwaves, floods, droughts, and other extreme events; vector-, food- and water-borne infectious diseases; changes in the quality and safety of air, food, and water; and stresses to mental health and well-being.
- People and communities are differentially exposed to hazards and disproportionately affected by climate-related health risks. Populations experiencing greater health risks include children, older adults, low-income communities, and some communities of color.
- Proactive adaptation policies and programs reduce the risks and impacts from climate-sensitive health outcomes and from disruptions in healthcare services. Additional benefits to health arise from explicitly accounting for climate change risks in infrastructure planning and urban design.
- Reducing greenhouse gas emissions would benefit the health of Americans in the near and long term. By the end of this century, thousands of American lives could be saved and hundreds of billions of dollars in health-related economic benefits gained each year under a pathway of lower greenhouse gas emissions.



EXAMPLES OF HEALTH-RELEVANT KEY MESSAGES FROM REGIONAL CHAPTERS

Alaska

- ◆ A warming climate brings a wide range of human health threats to Alaskans, including increased injuries, smoke inhalation, damage to vital water and sanitation systems, decreased food and water security, and new infectious diseases. The threats are greatest for rural residents, especially those who face increased risk of storm damage and flooding, loss of vital food sources, disrupted traditional practices, or relocation. Implementing adaptation strategies would reduce the physical, social, and psychological harm likely to occur under a warming climate.

Hawai'i & U.S.-Affiliated Pacific Islands

- ◆ Indigenous peoples of the Pacific are threatened by rising sea levels, diminishing freshwater availability, and shifting ecosystem services. These changes imperil communities' health, well-being, and modern livelihoods, as well as their familial relationships with lands, territories, and resources. Built on observations of climatic changes over time, the transmission and protection of traditional knowledge and practices, especially via the central role played by Indigenous women, are intergenerational, place-based, localized, and vital for ongoing adaptation and survival.

Midwest

- ◆ Climate change is expected to worsen existing health conditions and introduce new health threats by increasing the frequency and intensity of poor air quality days, extreme high temperature events, and heavy rainfalls; extending pollen seasons; and modifying the distribution of disease-carrying pests and insects. By mid century, the region is projected to experience substantial, yet avoidable, loss of life, worsened health conditions, and economic impacts estimated in the billions of dollars as a result of these changes. Improved basic health services and increased public health measures—including surveillance and monitoring—can prevent or reduce these impacts.

Northeast

- ◆ Changing climate threatens the health and well-being of people in the Northeast through more extreme weather, warmer temperatures, degradation of air and water quality, and sea level rise. These environmental changes are expected to lead to health-related impacts and costs, including additional deaths, emergency room visits and hospitalizations, and a lower quality of life. Health impacts are expected to vary by location, age, current health, and other characteristics of individuals and communities.

Northwest

- ◆ Organizations and volunteers that make up the Northwest's social safety net are already stretched thin with current demands. Healthcare and social systems will likely be further challenged with the increasing frequency of acute events, or when cascading events occur. In addition to an increased likelihood of hazards and epidemics, disruptions in local economies and food systems are projected to result in more chronic health risks. The potential health co-benefits of future climate mitigation investments could help to counterbalance these risks.



Northern Great Plains

- ♦ Indigenous peoples of the Northern Great Plains are at high risk from a variety of climate change impacts, especially those resulting from hydrological changes, including changes in snowpack, seasonality and timing of precipitation events, and extreme flooding and droughts as well as melting glaciers and reduction in streamflows. These changes are already resulting in harmful impacts to tribal economies, livelihoods, and sacred waters and plants used for ceremonies, medicine, and subsistence. At the same time, many tribes have been very proactive in adaptation and strategic climate change planning.

Southeast

- ♦ Rural communities are integral to the Southeast's cultural heritage and to the strong agricultural and forest products industries across the region. More frequent extreme heat episodes and changing seasonal climates are projected to increase exposure-linked health impacts and economic vulnerabilities in the agricultural, timber, and manufacturing sectors. By the end of the century, over one-half billion labor hours could be lost from extreme heat-related impacts. Such changes would negatively impact the region's labor-intensive agricultural industry and compound existing social stresses in rural areas related to limited local community capabilities and associated with rural demography, occupations, earnings, literacy, and poverty incidence. Reduction of existing stresses can increase resilience.

Southern Great Plains

- ♦ Health threats, including heat illness and diseases transmitted through food, water, and insects, will increase as temperature rises. Weather conditions supporting these health threats are projected to be of longer duration or occur at times of the year when these threats are not normally experienced. Extreme weather events with resultant physical injury and population displacement are also a threat. These threats are likely to increase in frequency and distribution and are likely to create significant economic burdens. Vulnerability and adaptation assessments, comprehensive response plans, seasonal health forecasts, and early warning systems can be useful adaptation strategies.

Southwest

- ♦ Heat-associated deaths and illnesses, vulnerabilities to chronic disease, and other health risks to people in the Southwest result from increases in extreme heat, poor air quality, and conditions that foster pathogen growth and spread. Improving public health systems, community infrastructure, and personal health can reduce serious health risks under future climate change.

U.S. Caribbean

- ♦ Extreme events pose significant risks to life, property, and economy in the Caribbean, and some extreme events, such as flooding and droughts, are projected to increase in frequency and intensity. Increasing hurricane intensity and associated rainfall rates will likely affect human health and well-being, economic development, conservation, and agricultural productivity. Increased resilience will depend on collaboration and integrated planning, preparation, and responses across the region.



AIR QUALITY CHAPTER KEY MESSAGES

- More than 100 million people in the United States live in communities where air pollution exceeds health-based air quality standards. Unless counteracting efforts to improve air quality are implemented, climate change will worsen existing air pollution levels. This worsened air pollution would increase the incidence of adverse respiratory and cardiovascular health effects, including premature death. Increased air pollution would also have other environmental consequences, including reduced visibility and damage to agricultural crops and forests.
- Wildfire smoke degrades air quality, increasing the health risks to tens of millions of people in the United States. More frequent and severe wildfires due to climate change would further diminish air quality, increase incidences of respiratory illness from exposure to wildfire smoke, impair visibility, and disrupt outdoor recreational activities.
- The frequency and severity of allergic illnesses, including asthma and hay fever, are likely to increase as a result of a changing climate. Earlier spring arrival, warmer temperatures, changes in precipitation, and higher carbon dioxide concentrations can increase exposure to airborne pollen allergens.
- Many emission sources of greenhouse gases also emit air pollutants that harm human health. Controlling these common emission sources would both mitigate climate change and have immediate benefits for air quality and human health. Because methane is both a greenhouse gas and an ozone precursor, reductions of methane emissions have the potential to simultaneously mitigate climate change and improve air quality.

FOR MORE INFORMATION:

Volume II of the Fourth National Climate Assessment

<https://nca2018.globalchange.gov>

U.S. Global Change Research Program

<https://www.globalchange.gov>

**The Impacts of Climate Change on Human Health in the United States:
A Scientific Assessment**

<https://health2016.globalchange.gov/>

Interagency Crosscutting Group on Climate Change and Human Health

<https://www.globalchange.gov/about/iwgs/cchhg>

