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CAPE  
Canadian Association  
of Physicians  
for the Environment

Association Canadienne  
des Médecins  
pour l'Environnement  
ACME

# Take Action on Climate Change to Protect Human Health

**According to the World Health Organization, climate change is the greatest health challenge of the 21st century and threatens all aspects of our society.**

**The Intergovernmental Panel on Climate Change (IPCC) says that we must cut climate emissions by 45% by the year 2030 if we want to prevent catastrophic levels of climate change.**

## Climate change is harming the physical and mental health of Canadians:



**Extremely hot days**, that can cause heat stroke and death, are projected to double or triple over the next 30 years if we do not reduce climate emissions.



**Air pollution**, which causes thousands of premature deaths every year in Canada, is expected to increase from wildfires, dust from droughts, and spikes in pollen.



**Mental health impacts** are expected to increase among people who have been affected by extreme weather events and evacuations, and who worry about a future impacted by climate change.



**Insect-borne diseases**, such as Lyme Disease, are spreading with rising temperatures. Lyme Disease has spread across several provinces and affected over 2,000 people.



**Safe water and food security** are threatened by floods and droughts, melting permafrost, and ecosystems that are changing in response to global warming.



**Extreme weather events**, such as hurricanes, tornados, wildfires, and ice storms, are increasing in frequency and severity due to climate change.

## Globally, climate change is having a devastating impact on people around the world:

- People in many countries are suffering intolerable and lethal heat waves.
- Dengue fever and malaria are spreading.
- Drought is increasing, robbing regions of their drinking water and food supplies.
- Hurricanes, rising sea levels, and storm surges are threatening island states and coastal areas.
- In one year alone, the world was hit with 712 extreme weather events that produced US\$326 billion in economic losses.



## What can you do?

- » **Sign on to our Call to Action for Climate Change and Health.** Developed by CAPE with other national health organizations, this is a call to action from health professionals across Canada to reduce our climate emissions by at least 45% by 2030. [Click here to sign on.](#)
- » **In the upcoming Federal election, vote for candidates** who take environmental issues seriously and encourage others to do the same.
- » **Send an email to your Member of Parliament or to candidates running in your riding.** Let them know that you are worried about climate change – that we need urgent action to significantly reduce climate emissions across Canada. For email contact info, [click here.](#)
- » **Use social media to express your opinions,** and talk to friends and family about these issues.
- » **Write a brief letter to the editor for your local paper.** Express your fears about climate change; discuss how it is affecting the health and well-being of your family.
- » **Participate in one of the 100 Debates on the Environment** being organized in communities across the country for the upcoming federal election. For info, [click here.](#)
- » **Participate in climate strikes being organized by Fridays for Future Canada.** If you are a health professional, join the CAPE members who plan to support the student strikes on September 27th. For event info, [click here.](#)
- » **Sign on to the One Earth, One Vote Petition.** To access the petition, [click here.](#)
- » **If you want to get more involved, check out CAPE's Climate Change Toolkit for Health Professionals.** It includes modules and factsheets with evidence-based information on climate change that you can use for submissions, workshops, action in health care facilities, and action in your community. To access the toolkit, [click here.](#)