

Impact of Atmospheric Conditions on Human Health

By: Jessica Cao

Changing climate does not just relate to environmental matters. It is a big health issue that impacts human well-being. The globe is getting warmer at an unprecedented rate. This increase in temperatures causes more tropical diseases and breathing problems. We must examine and explain how climate change directly affects human health. Discussions on global warming are crucial. The focus should shift from environmental impacts. We need to address the severe health consequences for humans. Taking action is essential. The text talks about climate change's impact on health. It stresses fast action. Climate impacts human well-being. The effects interact in complex ways. This makes climate change risky. Health suffers from rising temperatures worldwide. Extreme weather also harms health. Effects spread through air, water, food, and disease. Human activity intensifies climate change. We must act quickly to reduce this threat. Inaction risks health dangers.

Our planet's warming is creating a huge health problem. It's a tangled web, connecting climate changes to human health troubles. This issue demands action to keep us safe and well during these trying times. Warmer temps are upsetting nature's balance, tainting our food supply, and contaminating air and water. These disruptions endanger public well-being: heatstroke risk rises while respiratory conditions worsen alarmingly. The older adults are facing higher dangers. They could become ill more easily. This scary condition shows that help is required right now. The aid must focus on those most endangered by climate change's health effects.

After an enlightening conversation with my 80-year-old grandmother, ZiYi Cao, a vivid picture of the immediate impact of climate change on personal health emerged. When she

noticed a sharp increase in fatigue and pain when it rained, she acknowledged her own experiences. This phenomenon is more common in the summer, when it rains more frequently, which has various effects on her health. Curious about her thoughts on the larger implications of these findings, I asked, "Do you think it is important to monitor weather and climate change?" She replied saying, "I think that weather and climate change monitoring is very important because it maintains public safety and health. It helps me prepare, especially now that I'm older. Her insights conclusively reveal direct links to weather systems." and health, the impacts of climate change on vulnerable populations." It emphasizes the importance of understanding and preparedness for mitigation

The interviews with my 85-year-old grandfather revealed another poignant story: As he struggles with heat-induced respiratory complications that shed light on climate change causing climate change on their health, he described his strategy for adapting to my question posed by himself "I stay home and wear a mask to protect myself," he revealed, referring to the drastic change in his life out of the way due to environmental factors. As I reflected on the broader implications of his experience, I went on to explore the extent to which climate change had impacted his well-being. I asked "On a scale of slight to extreme, how did it affect you?" He replied, "This affected me so much because growing up and dealing with this is not fun," highlights an important concern. This highlights how older people are more vulnerable to the impacts of climate change, and highlights the need for greater vigilance and adaptation in this population to meet the challenges posed by factors a emphasizes dealing with the effects of a changing environment.

According to the Environmental Protection Agency (EPA), climate change presents a multifaceted threat that can impact individuals simultaneously, at various life stages, or across

their lifespan, encompassing aspects of exposure, sensitivity, and adaptive capacity. This comprehensive perspective underscores the universality of climate change's impact, emphasizing that individuals of any age can be affected, albeit with the elderly being particularly susceptible due to heightened sensitivity. This rationale informed my decision to engage with elderly interviewees, seeking to understand their unique experiences with climate change. The narratives shared by my grandparents vividly illustrate the practical implications of the EPA's findings. Their struggles, exacerbated by their age, bring to light the significant challenges posed by both exposure to changing environmental conditions and an increased sensitivity to those changes. Through their experiences, the abstract concepts of exposure and sensitivity are given concrete examples, showcasing the pressing need for targeted strategies to safeguard the health and well-being of the most vulnerable populations in the face of climate change.

The extreme weather effects of climate change not only directly threaten lives but also disrupt critical services, including transportation, affecting daily life and access to essential services. This crisis extends beyond mere discomfort, it affects a person's ability to access health care and other essential services, maintain social relationships, and participate in routine activities. These challenges underscore the effects of weather in mobility and emphasize the importance of the use of transport to ensure the well-being of vulnerable populations. However, the importance of walking extends across all age groups, as it is fundamentally associated with physical health and quality of life. The ability to move freely and safely is critical for everyone, regardless of age, to access health care, exercise, socialize, and eat daily needs and responsibilities. This highlights the importance of a flexible and flexible transportation system that can withstand harsh weather conditions, ensuring everyone a personal Condition for those

who are as sensitive as they are seniors can maintain their mobility, health, and quality of life in the face of a changing climate.

Climate change hurts people's health. Hot weather makes people sick. Less food and water causes hunger. Dirty air harms the lungs. Climate change impacts everyone on Earth. We must address it. Climate change disrupts human health. It doesn't only damage bodies, but minds too. According to experts, climate change's impact connects to traumatic experiences like natural disasters. This shows how weather events leave psychological scars. Mental health troubles can shatter communities like ripples in a pond. Climate change affects health in many ways. We must have strong mental health support systems. They help people after climate disasters. They also build strength in communities.

Most Americans may experience health impacts from climate change. This issue requires prompt action. Those residing in floodplains, coastal regions, or vulnerable areas will face greater consequences. Unfortunately, their location dictates this exposure. Climate change effects can harm mental well-being, causing high stress, anxiety, and depression in individuals affected by extreme weather, displacement, or livelihood loss. Specifically, the elderly, children, and those with pre-existing conditions face heightened risks.

Climate change can cause diseases. According to the "World Health Organization," the article states that over 3.6 billion people have suffered through climate change. This case shows that it has a serious impact and everyone must stay aware of the environmental issue.

Researchers say when it hits 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year. This shows that the increase in deaths attributable to climate change underscores the urgent need for mitigation and adaptation measures to protect human health and well-being.

During Climate change, there's a disease called "Vector Borne Diseases" This is an extreme disease for climate change which can be transmitted by mosquitoes, ticks, and fleas. These vectors can carry infectious pathogens, such as viruses, bacteria, and protozoa, from animals to humans. This can cause climate and non-climate factors such as land use, socioeconomic and cultural conditions, pest control, access to health care, and human responses to disease risk.

Due to climate change, it can directly impact the higher concentrations of carbon dioxide in the atmosphere. This can affect the food and nutrition such as it may increase the risk of exposure to chemicals and contamination in food. For instance, foods with higher sea levels will lead to higher concentrations of seafood. When carbon dioxide rises it can directly influence the nutritional content of food. However, carbon dioxide in the air can act as "fertilizer" and lower the level of protein and essential minerals in crops such as wheat, rice, and potatoes making these foods less protein.

The impact of climate change has the potential to affect human health in the United States and around the world. There is a lot we can do to prepare for and adapt to these changes such as gathering food, preparing ourselves for extreme weather events, and taking steps to reduce awareness and improve climate change.

In conclusion, the complex relationship between climate change and human health urgently requires coordinated global efforts. The need to protect health and well-being, especially for the most vulnerable among us, requires significant investment in resilient infrastructure. The reality of climate change goes beyond its effects on the natural world and poses serious threats to human health and safety. Recognizing and seriously addressing these threats can lead to the initiation of new paths toward a future that is not only sustainable but

equitable for all individuals. This future depends on our collective commitment to confronting and mitigating the impacts of climate change and ensuring a healthy planet and safe lives for generations to come. It is through this lens that the urgent challenge of climate change must be viewed—not only as an environmental issue but as a fundamental concern for the well-being and survival of all humanity.

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