

The Regional Impacts of Climate Change

Climate change may cause extreme weather events and changes in rainfall that increase the risk of death and disease. These effects and impacts will vary by region and location — creating differing public health threats and challenges across the country.

ALASKA: Loss of deep winter ice and retreating sea ice is already changing the lives of native people and causing an increase in pest outbreaks.

NORTHWEST: Heavy rainfall may lead to flooding and overflow of sewage systems, causing an increase in the spread of disease.

SOUTHWEST: Increased temperatures and decreased rainfall are likely to put a strain on already-limited water sources, increasing the likelihood of wildfires and air pollution.

THE GREAT PLAINS: Increased temperatures could mean scorching summers and more mild winters — which would significantly impact food production and create new challenges for cities facing extreme heat.

MIDWEST AND NORTHEAST: Communities could experience extreme temperatures that would mean more heat stress and heatstroke, with the poor and elderly hit especially hard.

NORTHEAST: Rising temperatures could mean a harder time for people with allergies, while diseases carried by insects or animals — such as Lyme disease and West Nile virus — could increase.

SOUTHEAST ATLANTIC AND GULF COAST: Hurricanes and other weather events are expected to last longer and be more intense, resulting in bigger storm surges, more damage to buildings and roads, and contaminated food and water.

Public Health...Every day, Everywhere, Everyone

JCPH Locations

Lakewood

645 Parfet Street, Lakewood, CO
303-232-6301

Arvada - WIC

6303 Wadsworth Bypass, Arvada, CO
303-271-5780

Edgewater - WIC

1711 A & B Sheridan Blvd.
Edgewater, CO
303-271-5780

* Information compiled from content provided by the American Public Health Association, 2008 and Energy Star, a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy

Jefferson County Public Health

645 Parfet Street
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(303) 232-6301

jeffco.us/public-health

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Our Health in the Balance

Little Changes Make a

BIG Difference



**Jefferson County Public Health
Environmental Health Services**

303-232-6301

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Public Health...Every day, Everywhere, Everyone

Climate change is a global issue with serious impacts felt across the U.S. and throughout the world. Each region will experience varying public health challenges and threats depending on geographical location. Health issues such as heat stroke and hypothermia, asthma, cardiovascular and pulmonary illness, animal borne diseases, and gastrointestinal illnesses associated with water contamination are all possible outcomes of our changing climate.

There are many simple things you can do in your daily life — what you eat, what you drive, how you build your home — to improve the health of our planet.



USE COMPACT FLUORESCENT BULBS

Replace 3 frequently used light bulbs with compact fluorescent bulbs. Save 300 lbs. of carbon dioxide per year.



INFLATE YOUR TIRES

Keep the tires on your car adequately inflated. Check them monthly. Save 250 lbs. of carbon dioxide per year.



CHANGE YOUR AIR FILTER

Check your car's air filter monthly. Save 800 lbs. of carbon dioxide per year.



FILL THE DISHWASHER

Run your dishwasher only with a full load. Save 100 lbs. of carbon dioxide per year.



USE RECYCLED PAPER

Make sure your printer paper is 100% post consumer recycled paper. Save 5 lbs. of carbon dioxide per ream of paper.



ADJUST YOUR THERMOSTAT

Move your heater thermostat down two degrees in winter and up two degrees in the summer. Save 2000 lbs of carbon dioxide per year.



CHECK YOUR WATERHEATER

Keep your water heater thermostat no higher than 120°F. Save 550 lbs. of carbon dioxide.



TAKE SHORTER SHOWERS

Showers account for 2/3 of all water heating costs. Save 350 lbs. of carbon dioxide per year.



BUY PRODUCTS LOCALLY

Buy locally and reduce the amount of energy required to drive your products to your store.



BUY ENERGY CERTIFICATES

Help spur the renewable energy market and cut global warming pollution by buying wind certificates and green tags.



BUY A HYBRID CAR

The average driver could save 16,000 lbs. of CO₂ and \$3,750 per year driving a hybrid.



BUY A FUEL EFFICIENT CAR

Getting a few extra miles per gallon makes a big difference. Save thousands of lbs. of CO₂ and a lot of money per year.

CARPPOOL WHEN YOU CAN

Own a big vehicle? Carpooling with friends and co-workers saves fuel. Save 790 lbs. of carbon dioxide and hundreds of dollars per year.



REDUCE GARBAGE

Buy products with less packaging and recycle paper, plastic and glass. Save 1,000 lbs. of carbon dioxide per year.



PLANT A TREE

Trees suck up carbon dioxide and make clean air for us to breathe. Save 2,000 lbs. of carbon dioxide per year.



REPLACE OLD APPLIANCES

Inefficient appliances waste energy. Save hundreds of lbs. of carbon dioxide and hundreds of dollars per year.



INSULATE AND WEATHERIZE YOUR HOME

Make sure your walls and ceilings are insulated. Caulk and weather strip your doorways and windows. Save 2,500 lbs. of carbon dioxide per year.



USE A PUSH MOWER

Use your muscles instead of fossil fuels and get some exercise. Save 80 lbs of carbon dioxide per year.



BUY ORGANIC FOOD

The chemicals used in modern agriculture pollute the water supply, and require energy to produce.



BRING CLOTH BAGS TO THE MARKET

Using your own cloth bag instead of plastic or paper bags reduces waste and requires no additional energy.

*Little Changes Make a
BIG Difference*