

Little ways to fight climate change

Climate change is a big problem for public health. But everyone can take small steps to fight its effects. Climate change happens because of the things people do to the environment. Making small changes to your routine can have a big and lasting impact on how healthy the environment is. And it will make your community healthier.



Photo above by Kali9, below by LarsZahnerPhotography, courtesy iStockphoto

Quick facts on climate change:

1 Your carbon footprint is your impact on the environment. You can make yours smaller by eating less meat or traveling by plane and car less. This will reduce the greenhouse gases you are responsible for.



2 The phrase “reduce, reuse, recycle” is a good motto for fighting climate change. Bring your own reusable bag or water bottle instead of getting disposable plastic at stores.

3 How you spend your money can make the environment better. Shopping at a farmers market can be good for your wallet and your health, for example.

4 Your home is a great place to start fighting climate change. You can turn down the temperature on your hot water tank by just a few degrees. You can also adjust your thermostat so it uses less energy.

5 Unplugging electronic devices that are not in use can help reduce your energy use. Swapping old light bulbs for LED bulbs can help, too.



>> For more information on climate change, visit www.apha.org/climate