

CLIMATE CHANGE, & HEART HEALTH

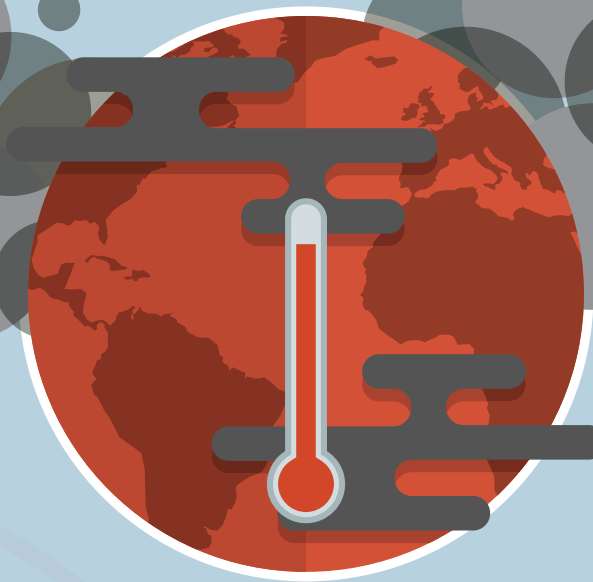
What does climate change have to do with heart disease?

Climate pollution changes our climate and makes the world warmer.



Cars & trucks, industry and power plants all create climate and air pollution.

Warmer temperatures lead to more air pollution, and more extreme heat.



Air pollution increases the risk of heart attacks.



Extreme heat can lead to irregular heartbeat and stroke.



Who is most at risk? Older adults and those living alone • People with existing high blood pressure, diabetes or obesity • People who smoke and people who drink too much • People who don't get enough exercise

You can take action today to make sure we have a healthy planet with healthy places for healthy people!



- Take a brisk 10-minute walk, 3 times a day if it is not too hot or polluted outside
- If you smoke, quit as soon as possible. Visit www.smokefree.gov
- Talk to your doctor about staying safe and healthy on extreme heat days
- Replace car trips with biking, walking and public transit
- Find out how you can be energy efficient or buy clean energy, like wind or solar
- Eat more locally grown fruits and vegetables, eat less red meat and processed foods
- Ask your state and local officials for:
 - Farmer's markets and community gardens in your neighborhood
 - Safe places to walk and bike
 - More trees, parks and green spaces
 - Clean energy, like wind or solar, in your community
- Vote for elected leaders that will act to cut climate pollution
- Join local efforts to fight climate pollution