

# The Potential Effects of Climate Change on Human Health

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## Abstract:

Climate change is currently one of the biggest threats to human health and survival. Because of rising temperatures, more frequent heavy rains and runoff, and the consequences of storms, climate change raises the risk of illness. The implications for health can range from liver and kidney damage to neurological and respiratory system disorders to gastrointestinal problems like diarrhea. It is crucial to comprehend the extent and nature of climate effects to avoid their effects on human health.

**Keywords:** autoimmune ailments; reversal; diet; food; record of what happened; patient happening

## Introduction

Regarding the effects of climate change, dangers to the economy, industries that are susceptible, real estate, parks, and iconic ecosystems have dominated much of the public discourse. Although these are significant social assets, people's health and survival are more fundamentally vital [11]. It is anticipated that climate change would have an impact on mental health in addition to physical health [15]. The effects of heat waves, hurricanes, flooding, wildfires, and drought are already being felt. While it is sometimes thought of as a problem that primarily affects polar bears, it is becoming more and more clear that human wellness is involved in climate change [1]. Certain individuals will continue to be more impacted. According to Dougen et al [7], these categories include women, children, elderly adults, first responders, military personnel, people with previous mental health conditions, people with limited financial means, and entire communities with limited resources.

Women typically encounter more mental health problems than males do, such as higher levels of stress and anxiety, increased feelings of vulnerability, and higher incidence of actual condition known as post-traumatic stress disorder (PTSD) arises when someone experiences or witnesses a frightful, frightening, or dangerous incident [5,11]. During disasters, pregnant women are especially vulnerable [21]. After a disaster, there is an increase in domestic abuse, which mostly targets women [8]. Children have unique difficulties. After a disaster, children frequently experience PTSD, sadness, violence, social disengagement, and clinginess [20]. Children are more prone than adults to experience persistent and impaired symptoms [12]. They might also change how kids react to stress, which could lead to mental health issues like anxiety and depression as well as eventual physical health issues [17]. When migrants fleeing climate change look for new, safe homes abroad, it puts traditional cultures at risk of extinction [13,16]. In addition to the effects on the emigrants' own mental health and cultural collisions with the new

circumstances, this perceived or actual cultural disruption, along with the loss of social and environmental ties, is likely to cause increased grief, anxiety, and adjustment disorders in the host community [6]. Climate change affects food production, which has an indirect effect on human health. Compared to the average of 1981–2010, 98 million more people faced food insecurity in 2020. Variations in precipitation and temperature facilitate the transmission of diseases carried by vectors. In the absence of preventive measures, the nearly 700 000 fatalities from these diseases that occur each year could increase. The World Health Organisation projects that between 2030 and 2050, malnutrition in children, heat stress, diarrhoea, and malaria will result in 250,000 mortalities annually due to climate change (WHO, 2023). Sources of resilience and social support mitigate the effects, which are more likely to be felt by those who have suffered more harm [3,4]. The negative effects on health are greatest in low-income nations and small island developing states.

## Conclusion:

Before creating and implementing services meant to address or avoid the effects of climate change on health, it is crucial to comprehend the extent and nature of those effects [9,10,14]. Indirect effects of climate-related events include economic loss, threats to health and well-being, forced migration and displacement, collective violence and civil conflict, and alienation from a degraded and possibly uninhabitable environment. Direct effects of climate-related events include heat stress and exposure to extreme weather events. Social justice is a problem with climate change. Individuals with less financial resources are particularly susceptible to its effects [6].

For instance, they are less likely to live with health and mobility issues, are less likely to be able to flee in the event of an emergency, are more frequently exposed to poor air quality and the effects of extreme heat, and have less access to goods, services, and resources that could mitigate the

effects of extreme weather [2,18]. Promoting a just and equitable transition to a sustainable energy economy; giving health top priority in climate change mitigation policies; moving quickly on initiatives that will have the greatest positive impact on health outcomes; and using the health community's clout to drive policy changes and win support from the public; assessing health risks and developing health plans; incorporating climate considerations and creating frameworks for monitoring and responding to extreme heat and infectious diseases; enhancing resilience and adaptation in health-related sectors, such as food and water; and addressing the financial gap for health adaptation and resilience.

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