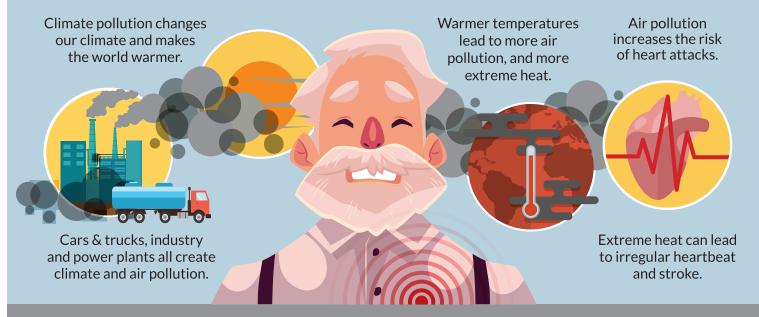
## **CLIMATE CHANGE** & **HEART HEALTH**

## What does climate change have to do with heart disease?



Who is most at risk? Older adults and those living alone  $\cdot$  People with existing high blood pressure, diabetes or obesity  $\cdot$  People who smoke and people who drink too much  $\cdot$  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
- $\cdot \ \, \text{If you smoke, quit as soon as possible. Visit } \underline{\text{www.smokefree.gov}}$
- · Talk to your doctor about staying safe and healthy on extreme heat days
- $\boldsymbol{\cdot}$  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



To learn more and take action, visit: www.climatehealthconnect.org/takeaction

