



Climate Change, Local Impact: What It Means for Your Health

What Is Climate Change?

Climate change refers to changes in weather patterns over a long period of time. Increasing temperatures and more frequent, dangerous weather events such as flooding, droughts, heat waves, and severe storms can all be tied to climate change.

Health Risks on the Rise

Air Pollution: Climate change negatively affects the quality of the air due to the presence of particulate matter and ozone gas. According to the American Lung Association’s “State of the Air” 2024 report, [131.2 million](#) people in the U.S. live in areas with failing grades for ozone and particle pollution.

Food and Water Quality: Climate change brings higher temperatures and more extreme weather events like floods and droughts. Increased precipitation causes harmful pollutants like sediments, pathogens, and pesticides to seep into our water supply and drought lessens the amount of safe water we can access. Warmer air and water temperatures provide an ideal environment for pathogens to thrive, increasing the risk of infections from bacteria such as Salmonella, E. Coli, and Campylobacter.

To avoid these risks, get your water from a filtered source, wash produce thoroughly before consuming it, and cook all meats to the right temperature.

Mental Health: Floods, wildfires, hurricanes, and other severe weather events can cause trauma and anxiety. Lower-income communities are particularly vulnerable, as natural disasters could significantly limit access to food, water, and shelter. Living in an unpredictable climate impacts everyone, especially those who are at higher risk of being affected. Seek help if you’re feeling overwhelmed.

Beat the Heat: Understanding Heat Stroke and Heat Exhaustion

According to the Weather Channel, more than [2,300 deaths](#) were connected to heat in 2023 in the United States, the highest number ever recorded. While different, heat stroke and heat exhaustion are both directly linked to high temperatures. Understanding the differences and dangers between the two can help keep you safe and prepared in case of an emergency.

What Is Heat Exhaustion?

Heat exhaustion occurs when the body loses too much water and salt due to excessive sweating, typically caused by prolonged exposure to high temperatures and heavy physical exertion.

Symptoms of Heat Exhaustion:

- Heavy sweating
- Weakness or fatigue
- Dizziness or lightheadedness
- Nausea or vomiting
- Muscle cramps
- Headache
- Pale, cool, and clammy skin
- Fast, weak pulse

How to React:

- Move to a cooler place
- Drink water or a sports drink
- Rest
- Seek medical help if symptoms don’t subside or worsen as heat exhaustion can progress into heat stroke

What Is Heat Stroke?

Heat stroke occurs when the body fails to cool itself or regulate its temperature, causing the temperature to rise to dangerous levels, usually above 104°F. Heat stroke, like heat exhaustion, can occur during or after strenuous physical activity in the heat or when the body is exposed to high temperatures for a long time.

Symptoms of Heat Stroke:

- High body temperature (above 104°F or 40°C)
- Hot, red, dry, or damp skin
- Rapid, strong pulse
- Confusion or altered mental state
- Slurred speech
- Seizures
- Loss of consciousness

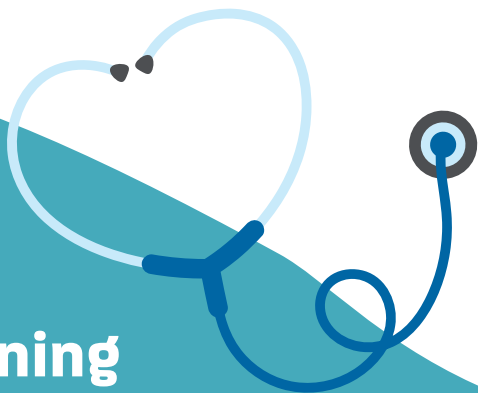
How to React:

- Call 911

While Waiting for Medical Help:

- Move the person to a cooler place
- Use a cool cloth or a cool bath to lower body temperature
- Remove excess clothing
- Give them water only if they are conscious and able to swallow

BENEFIT SPOTLIGHT Biometric Screening

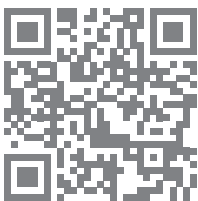


A biometric screening is a clinical test that measures various physical characteristics of the body, to determine an individual's overall health. More importantly, the results of a biometric screening provide insights into potential health risks such as diabetes and heart disease.

A biometric screening usually measures height, weight, blood pressure, cholesterol levels, blood sugar, and waist circumference. It is conducted by taking a blood sample, usually in the form of a finger prick.

Many employers use biometric screenings to assess their employees’ overall health. This allows them to implement personalized, helpful strategies into their wellness program to improve employee health.

Biometric screenings encourage individuals to make healthier lifestyle choices and urge them to participate in activities that promote good health. Our health is the most valuable asset we have and taking care of it should always be a top priority.



BONUS ARTICLE:
Home Safety 101: Must-Know Tips for Summer
LDBLIFESTYLEBENEFITS.COM

DISCLAIMER: The information contained herein is intended to serve as a general guide. Please consult your physician, insurance company and/or tax advisor for information specific to your individual needs.

