



THE CLIMATE CHANGE INDICATORS, ITS IMPACTS ON THE HUMAN HEALTH AND SOLUTION TO REDUCE ITS EFFECTS

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ABSTRACT: In this paper, I have studied the effect of climate change on human health and solution to reduce this effect.

Key words: - Disruptions, Criteria pollutants, Greenhouse effects, causes of climate change, Role of student to reduce this impact.

INTRODUCTION:

The present paper deals with the study of climate change and its adverse health consequences and what efforts can be taken to adopt to climate change and mitigate the greenhouse gases emissions that are the main primary reasons for the climate change. Also, the six criteria pollutants like, carbon monoxide (CO), nitrogen dioxide (No₂), Sulfur dioxide (So₂), Ozone (O₃), particulate matter (which is the combination of solid and liquid particles) of 10 microns or less than (PM₁₀) and lead (Pb) are responsible for this climate change. The national health topics are diseases carried by vectors, food security, mental health and stress related disorders, food and water borne diarrheal disease, air pollution, allergens and pollen, wildfires and temperature extremes.

1) The effect of climate change on the public health:

There are the bad dangerous effects of climate change disruptions such as rising temperatures, the sea level rises, increasing Co₂ levels and the more extreme weather.

- **Rising temperatures:**

Due to severe weather human faced to injuries, the mental health impacts and fatalities i.e. the quality or state of causing death or destruction. Also, in increasing temperatures the extreme heat creates the heat related illness such as heat rash,

heat cramps, heat exhaustion or heat stroke, if your body is overheating and you have a high temperature. Also due to extreme heat there is a problem of cardiovascular failure like coronary heart disease, strokes, peripheral atrial disease and aortic disease.

- **The sea level rises:**

There are water quality impacts contains harmful algal blooms for example cyanobacteria is harmful algal blooms in freshwater lakes and rivers where the river flow into the ocean, this blue green algae target the liver of mammals. The cholera, cryptosporidiosis, campylobacter, leptospirosis are also the water quality impacts. Respiratory allergies, asthma caused by proteins in air that are inhaled and trigger airway inflammation.

- **Increasing Co₂ levels:**

Due to this the environmental degradation takes place which contains forced migration, civil conflict, mental health impacts. The second impact is the water and food supply includes the diarrheal disease as a cause and effect of malnutrition which refers to getting to little or too much of certain nutrients.

- **The more extreme weather:**

It contains change in vector ecology due to which the creating diseases are malaria, dengue, encephalitis, hantavirus, rift valley fever, lyme

disease, chikungunya etc. Also the air pollution gives rise to asthma and cardiovascular diseases.

2) We see the health impacts by considering the example of the region Alaska, where there are the six health impacts as:

- **Food safety nutrition and distribution**
- **The impact of the air quality**
- **Mental health and wellbeing**
- **Diseases due to water**
- **Illness about the temperatures rise**
- **Extreme disruptions**
- **Food safety nutrition and distribution:**

The harmful blooms (HABs) produce toxins which can effects the wildlife and pose a health risk to humans through consumption of contaminated shellfish. Also in the region Alaska disruption of ice cellars from thawing permafrost and coastal erosion has increased about food spoilage or infectious outbreaks but the documented human illness are lacking.

- **The impact of the air quality:**

Air conditioning in homes is rare in the Alaska hence the relief is seldom available for at risk persons to escape smoke exposure due to wildfires letting proper filters are not installed The wildfires threaten individual safety in adjacent communities and pose risks downward form smoke in halation particularly for children and persons with cardiovascular, chronic and respiratory conditions.

- **Mental health and wellbeing:**

Here the climate change is associated with the potential of relocation form long established traditional sites. The change in climate is common for Alaskans and is concerned with feelings of depression and uncertainty about the potential changes to communities, subsistence foods, traditional knowledge and culture.

- **Diseases due to water:**

The documented northward range expansion of beavers has been postulated to increase the threat of waterborne Giardia infection in humans

but this illness reports have been stable and shows no increasing regional trends in Alaska.

- **Illness about the temperatures rise:**

The higher winter temperatures and shorter duration of ice seasons may delay or disrupt usual pattern of formation of ice on the ocean, lakes and rivers, which increases the risk of the falling through the ice or taking dangerous routes for the travelers and hunters. Winter travels has long been a key feature of subsistence food gathering activities of rural areas.

- **Extreme disruptions:**

The damage form late-fall or winter storms in likely to be compounded by a lack of sea ice cover, high tides and rising sea levels which can raise the structural damage to tank frames, homes and buildings and can threaten loss of life from flooding in the coastal areas. Such major extreme events like heavier rain events, storms and floods have all happened in Alaska.

3) Other main reasons for the climate change:

The climate changes due to deforestation because living tree absorb and store carbon dioxide the emission of the greenhouse gases like nitrogen oxide and methane due to the increase in the intensive agriculture. New Zealand have built their economies on burning fossil fuels to provide electricity, transport and to develop industries. The same is beginning to do in the developing countries. The increased use of fossil fuel like coal, oil and gas to generate electricity, run cars and other forms of transport and power manufacturing industry.

4) The role of the student to reduce the impact of climate change:

The energy conservation can be as simple as turn off lights or appliances when you do not need them. You can also use energy intensive appliances less by performing household tasks manually such as hang drying your clothes instead of drying in the dryer, take short showers, walk or bike you can instead of having your

parents drive you, switch off your computer if not in use, don't leave it on just to keep facebook or myspace active. Convince the people to save the energy, run the dishwasher and other appliances on energy saver mode, keep the house temperature at 68°F or less and make sure that the heat goes off at night and when everyone is away etc. By taking best education you will help to find scientific, technological, economic or political solutions to the present disruptions of the climate change.

CONCLUSION:

The impact of climate change on public health have been discussed. The students can reduce

the effect of climate change have been also discussed.

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