

Climate action is good for your health

Climate action has many great benefits for our health. We can all take these actions to benefit our health and the health of the environment around us. Win-win!

1



Cycling and walking to get around

can improve your heart and lung health and reduce the risk of heart disease, obesity, diabetes, depression and stroke. The more people who do it, the less air pollution from cars — an added health bonus!

2



Eating more plants and less meat

lowers your likelihood of getting bowel cancer, heart disease or becoming obese. It also reduces your carbon footprint — the production of meat and animal products is more carbon-intensive than its plant alternatives.

3



Spending time in nature

is shown to improve our mood, reduce stress, make us more active and boost feelings of relaxation. It can help with chronic mental health conditions, including anxiety and depression. Spending time in nature also increases our likelihood to take up other environmentally friendly behaviours.

4



Increasing your 'green space' at home

can also mimic the positive effects of nature. Plants, whether in a garden, an indoor pot or on a green wall, both absorb carbon dioxide and boost our mental health. They also clean our air and decrease the risk of respiratory illnesses.

5



Going gas free

is good for your health, as gas is a polluting fossil fuel in both our atmosphere and our homes. For instance, gas-fired cooktops are strongly linked with respiratory illnesses, particularly asthma in children. Once your house is gas free, you can go one step further and buy 100% green power to further minimise your impact.

6



Eating food from local sources

means it is fresh, tasty and often more nutritious. Some foods, especially fruits and veggies, lose nutrients during transportation and storage. Eating locally-grown food also means less pollution from transportation, less packaging, and supporting local businesses.

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We can **all** take action in our own lives, but many of the health co-benefits of climate action require **systemic change** by powerful decision-makers. Here are some ways you can encourage broader change.



Vote for climate leadership at all levels of government

Vote for those who are promoting strong and urgent climate action, and who will actively move us away from polluting fossil fuel industries.



Lobby your political leaders once they're in power

Encourage your local council to improve walking and bike paths in your area, or to invest in more green public spaces. Meet your federal or state MPs to discuss policies to shift our power system to clean energy, protect our natural carbon sinks (like bushlands, healthy soils and our ocean) and invest in environmentally sustainable healthcare.



Move your money

Move your money to make sure it's in the hands of ethical super companies and banks who don't invest in fossil fuels or other destructive industries.



Join in with others who are acting for the climate

Joining an action group helps to lessen climate-related anxiety and is good for our mental wellbeing and social connection.

By engaging in climate action and improving our health, we are also protecting the environment and improving the health of the whole population. We also reduce pressure on the health system and health budgets, so it can provide high-quality and timely health care for those who need it.

For more info, go to caha.org.au/cobenefits