

CLIMATE CHANGE AND HEALTH CHALLENGES – A CALL FOR ACTION IN LOW MIDDLE INCOME COUNTRIES

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ABSTRACT

Climate change is a global issue affecting quality of life and economy around the globe. The health affected by climate change has a number of pathways, including extremes of weather, air pollution making children and elderly population the most vulnerable. Recent event of smog in different regions of Pakistan, floods for past few years and extreme heat has badly affected human health and economy of the region. There is dire need to strategies to develop climate change resilience in these regions. The connection between climate change and public health is undeniable. As the planet warms, so too does the urgency to act. By addressing the root causes of climate change and investing in adaptive measures, we can protect both the environment and human health. The time to act is now—for our planet, our health, and future generations.

Key Words: Climate change, human health, low-middle-income countries

INTRODUCTION

Climate change significantly impacts public health, manifesting through various pathways such as extreme weather, air pollution, and the spread of diseases. Vulnerable populations, including children and low-income communities, face heightened risks due to their limited adaptive capacity. Addressing these challenges requires a multifaceted approach that combines mitigation and adaptation strategies. The editorial discusses about the effects of climate change and a call for action to develop strategies for climate change resilience.

Health risks associated with climate change

Rising temperatures lead to increased cases of heat exhaustion and heat stroke, particularly affecting the children, elderly and those with pre-existing health conditions. Air pollution, exacerbated by climate change, contributes to respiratory issues and heart diseases, with pollutants like PM 2.5 and ozone posing significant threats. Changes in climate patterns facilitate the sprd of diseases such as malaria and dengue fever, impacting public health globally. When there are floods then the rise in gastrointestinal diseases. The stagnant water after floods affect ground water level such rise in arsenic the water which may also be used for consumption in these areas. Thus posing a great risk of arsenic toxicity which is a known carcinogen and having a number of other health hazards. Food security is another critical concern. Prolonged droughts, unpredictable rainfall, and other climate-related disruptions are affecting agricultural yields, leading to malnutrition and hunger in many parts of the world. Additionally, ocean warming and acidification threaten fisheries, a primary protein source for millions of people.

For these health issue low middle income countries are most vulnerable as they have to face these issue with their limited resources. In addition this is no longer a climate issue but also immenat major health issue. Thus governement and conerned agencies have to take necessary actions.

Call for action for climate change resilience

Mitigating the health impacts of climate change requires a multifaceted approach. Governments must prioritize policies that reduce greenhouse gas emissions and promote renewable energy sources. Strengthening healthcare systems to prepare for climate-related health challenges is equally essential,



including improving disease surveillance, disaster preparedness, and public health education. Individuals also play a vital role. Simple actions such as conserving energy, reducing waste, and supporting sustainable practices contribute to larger climate mitigation efforts. Healthcare professionals can advocate for climate-smart policies and educate communities about the health risks associated with climate change.

CONCLUSION

The connection between climate change and public health is undeniable. As the planet warms, so too does the urgency to act. By addressing the root causes of climate change and investing in adaptive measures, we can protect both the environment and human health. The time to act is now for our planet, our health, and future generations.