

MYTH #1: Climate change only affects the environment, not people.

1. **FACT:** Climate change directly affects human health—especially among Indigenous communities. It increases risks of heat stroke, respiratory illness, waterborne diseases, food insecurity, and mental health struggles.

MYTH #2: Cold weather is more dangerous than heat.

1. **FACT:** Extreme heat is now one of the leading weather-related causes of death in the U.S. On the Navajo Nation, homes often lack air conditioning, increasing vulnerability during heat waves.

MYTH #3: Only coastal or urban areas are at risk.

1. **FACT:** Rural and tribal areas face serious climate health risks, such as: Water scarcity due to drought, Poor air quality from dust and wildfire smoke and Limited access to healthcare during extreme weather events.

MYTH #4: Traditional knowledge has no role in addressing climate change.

1. **FACT:** Indigenous knowledge systems offer crucial solutions—like dry farming, land stewardship, and seasonal cycles—that promote resilience and sustainability.

MYTH #5: There's nothing individuals can do to protect their health.

1. **FACT:** Community action matters. You can: Drink safe, clean water and advocate for water rights, Grow food using traditional methods, Join workshops on climate resilience and Support local efforts to improve air and water monitoring



DNR CENTRAL DISPATCH:

(928)-871-6491

(928)-871-7041

NON-EMERGENCY LINE:

(928)-871-7298

REFERENCES

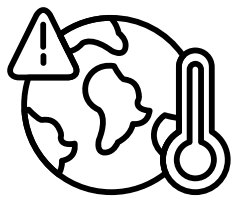
- REDSTEER, M.H., ET AL. (2013). "INCREASING VULNERABILITY TO DROUGHT AND CLIMATE CHANGE ON THE NAVAJO NATION." NATURAL HAZARDS.
- U.S. GLOBAL CHANGE RESEARCH PROGRAM. (2018). FOURTH NATIONAL CLIMATE ASSESSMENT.
- NAVAJO EPIDEMIOLOGY CENTER. (2021). NAVAJO HEALTH SURVEY: HEALTH STATUS REPORT.
- INTERGOVERNMENTAL PANEL ON CLIMATE CHANGE (IPCC). (2021). CLIMATE CHANGE 2021: IMPACTS, ADAPTATION AND VULNERABILITY.
- CDC. (2022). CLIMATE EFFECTS ON HEALTH. RETRIEVED FROM [HTTPS://WWW.CDC.GOV/CLIMATEANDHEALTH/EFFECTS](https://www.cdc.gov/climateandhealth/effects)



Climate Change
&
Human Health:
Impacts On the
Navajo Nation
Protecting Our People,
Land, and Future!

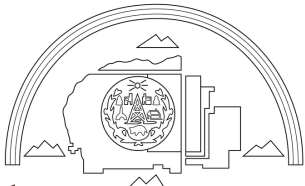


WWW.NAVAJOCLIMATECHANGE.ORG



What is Climate Change?

Climate Change Refers to the long term shifts in temperature and weather patterns. These changes are driven primarily by human activities such as burning fossil fuels which release greenhouse gases (GHG's) into the Atmosphere.



Why does it matter for the Navajo Nation?

Our land, water and traditional ways of life are deeply connected to the natural environment. Climate Change disrupts these connections and impacts our physical, mental, and cultural well-being.



How Climate Change Affects Our Health:

O1 | WATER INSECURITY:

- Droughts reduce access to safe drinking water.
- Decrease water quality leads to gastrointestinal illnesses.

O2 | EXTREME HEAT:

- Higher Temps. increase the risk to heat related illnesses.
- Elders and those with chronic illness are especially vulnerable.

O3 | AIR QUALITY & RESPIRATORY HEALTH:

- Wildfires and dust storms contribute to asthma and other respiratory issues.
- Increased pollen seasons can worsen allergies.

O4 | FOOD INSECURITY:

- Changing precipitation patterns affect crops and traditional foods.
- Livestock face increased stress from heat & limited grazing areas.



What Can We Do:

TRADITIONAL KNOWLEDGE & ADAPTATION:

- Reviving Dry farming, sheep herding, and traditional food practices.
- Protecting sacred places & medicinal plants.

WATER STEWARDSHIP

- Promoting rainwater harvesting and water conservation techniques.
- Community-led water testing and protection programs.

HEALTH EDUCATION:

- Raising awareness of climate-related health risks.
- Supporting clinics with resources for climate affected health issues.
- Educating yourself & remember to have Check ups!

YOUTH INVOLVEMENT:

- Engaging youth in environmental monitoring and community gardens.
- Supporting Diné language and cultural programs tied to land stewardship.