

Take action to reduce your impact

There are lots of things that you can do to reduce your own impact on the climate and improve your health at the same time:

- **Use active or public transport**
Walk, cycle or use public transport to reduce emissions, improve local air quality and health.
- **Cool and heat your home efficiently**
Cool and heat your home efficiently to help you remain comfortable year-round, reduce emissions and save on energy costs.
- **Choose tap water**
Choose tap water over bottled water and sugary drinks. Better for your health and the environment and a lot cheaper too.
- **Eat nutritious food**
Eat a diet rich in fruits, vegetables, legumes, nuts, seeds, and whole grains.
- **Choose fresh, local and seasonal food**
Choose fresh, local and seasonal food to reduce emissions and support local farmers and communities.
- **Advocate for change**
Visit the [Climate Superpowers website](https://climatesuperpowers.org) to discover different ways you can take action.
<<https://climatesuperpowers.org>>

What actions are governments and communities taking?

The Victorian Government, local councils and communities across Victoria are taking action to tackle climate change and its impacts on health.

Visit the Victorian Government's [climate change website](https://www.climatechange.vic.gov.au/) or contact your local council to find out more.
<<https://www.climatechange.vic.gov.au/>>

Get in touch



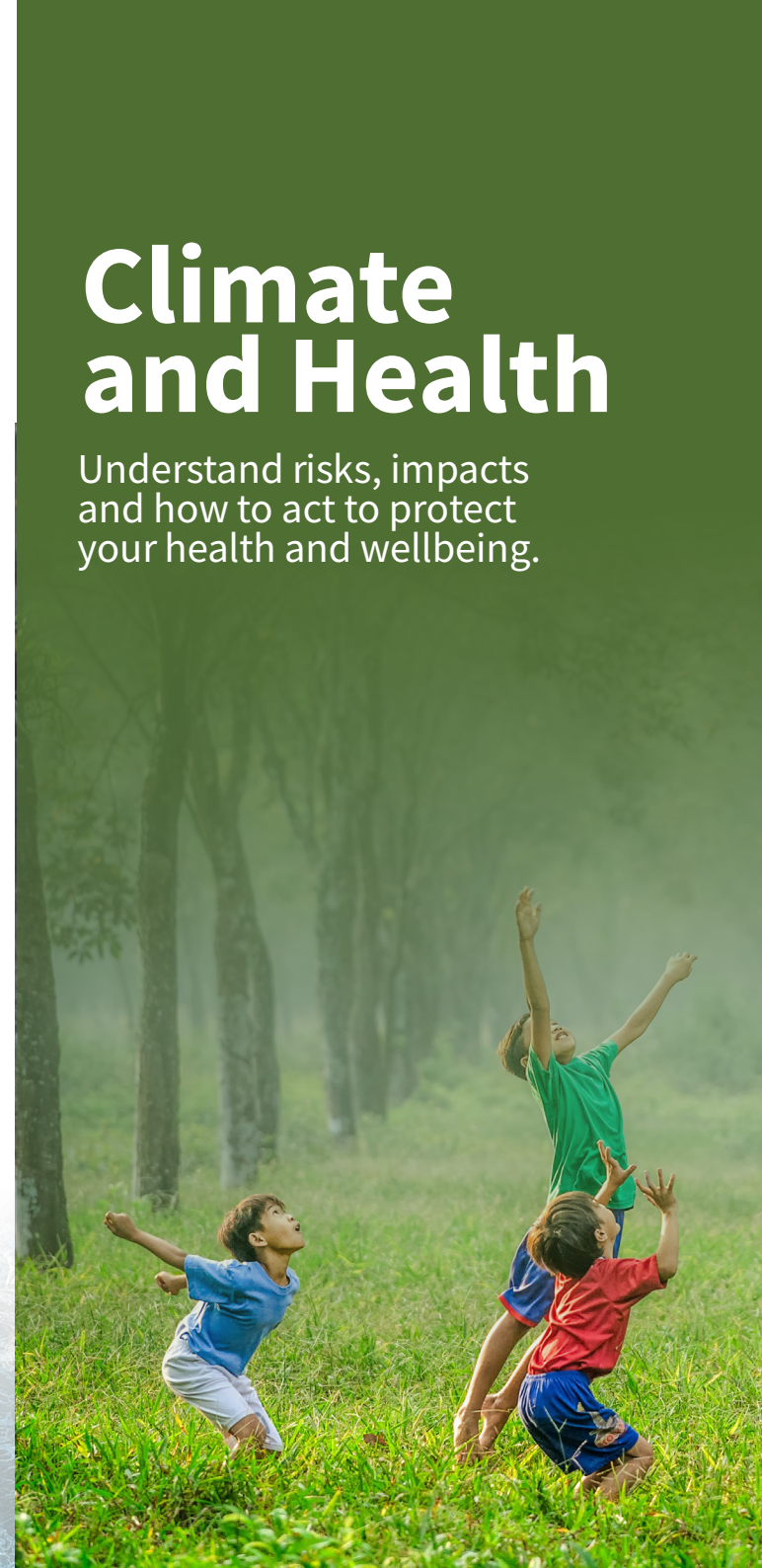
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Climate and Health

Understand risks, impacts and how to act to protect your health and wellbeing.



Understanding climate change

What is climate change?

The climate is changing due to global warming, driven by human activities such as the burning of fossil fuels. The environmental consequences of climate change are a threat to human health and wellbeing.

The changing climate can also create negative social, political and economic changes, such as disruptions to food production.

Environmental consequences



Rising temperatures

Higher temperatures contribute to heatwaves, droughts, and changing environments, affecting nature and human communities.



Rising sea levels

Melting ice caps and warmer ocean temperatures cause sea levels to rise, leading to coastal erosion, flooding, and loss of land.



Increased extreme weather

Climate change increases the frequency and intensity of extreme weather events such as floods and droughts, causing widespread damage to infrastructure, ecosystems and communities.



Ecosystem and biodiversity impacts

Climate change is affecting ecosystems and habitats at a rate that makes it difficult for animals and plants to adapt. This can affect air, water and food quality and availability and the spread of diseases.

How could climate change affect my health?

- Injuries, mental health impacts and loss of life due to extreme weather events such as floods, droughts and bushfires
- Increased heat-related deaths and health problems such as dehydration, heat exhaustion and heatstroke due to higher temperatures and heatwaves
- Worsening of heart and lung conditions, including asthma due to higher temperatures, poorer air quality and increased pollen
- Poorer health and wellbeing from rising food, insurance and power costs, disruption to essential services, property damage or loss and temporary relocation due to extreme weather events
- Food and water insecurity from changes in crop yields and freshwater from reduced rainfall
- More diseases spread from animals and mosquitoes due to warmer temperatures, flooding and changes in habitats
- Increased food and water-borne illnesses due to increased temperatures and extreme weather events.

Who is most at risk?

Some people are at greater risk of climate-related health impacts, including:

- Children and young people
- Pregnant women and their unborn babies
- People over 65 years of age
- People on low incomes
- Aboriginal and Torres Strait Islander people
- Culturally and linguistically diverse people
- People who already have a medical condition

How can I protect my, and others' health and wellbeing?

Stay informed

- Visit the [Better Health Channel](https://www.betterhealth.vic.gov.au/health/healthyliving/climate-change-and-health) to find out how you can protect yourself from climate-related health risks
<<https://www.betterhealth.vic.gov.au/health/healthyliving/climate-change-and-health>>
- Visit the [VicEmergency website](https://emergency.vic.gov.au/respond/) or app for up-to-date incident and emergency information
<<https://emergency.vic.gov.au/respond/>>
- Visit the [HeatWatch website](https://heatwatch.sydney.edu.au) or app to understand your heat health risk
<<https://heatwatch.sydney.edu.au>>
- Visit [EPA Victoria's website](https://www.epa.vic.gov.au/) to access air quality information, including information on smoke and health.
<<https://www.epa.vic.gov.au/>>

Plan for extreme weather events

- Visit the [Red Cross website](https://www.redcross.org.au) to access emergency planning resources
<<https://www.redcross.org.au>>
- Visit the [Victoria State Emergency Service \(SES\) website](https://www.ses.vic.gov.au/) to learn how you can prepare for floods and storms
<<https://www.ses.vic.gov.au/>>
- Visit the [Country Fire Authority \(CFA\) website](https://www.cfa.vic.gov.au/) to learn how you can prepare for bushfires
<<https://www.cfa.vic.gov.au/>>

Spend time in nature

Reduce stress and build your fitness by enjoying outdoor spaces like parks or gardens. Practice mindfulness and meditation to reduce climate distress.

Stay connected

Check in on, and stay connected with friends, family, neighbours, and your local community. Don't hesitate to ask for help yourself.

