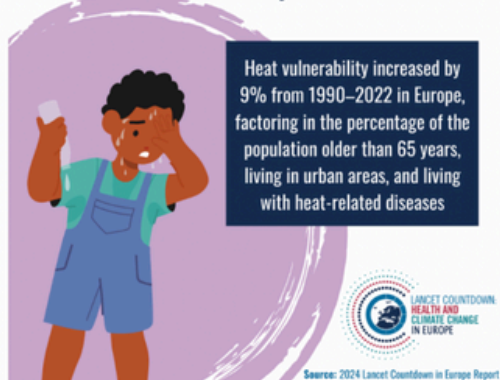


1.1.1 Vulnerability to heat exposure

Increased exposure to high temperatures in Europe leads to a range of negative health impacts



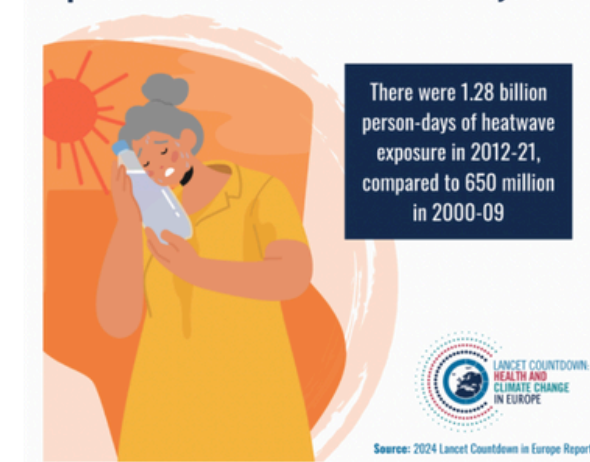
1.1.4 Heat-related mortality

With ongoing global warming, heat-related deaths have increased in Europe



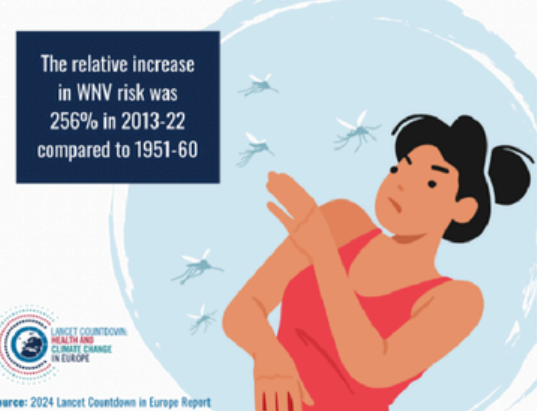
1.1.2 Exposure of vulnerable populations to heatwaves

Heatwaves can be dangerous to health, and place a burden on health and social systems



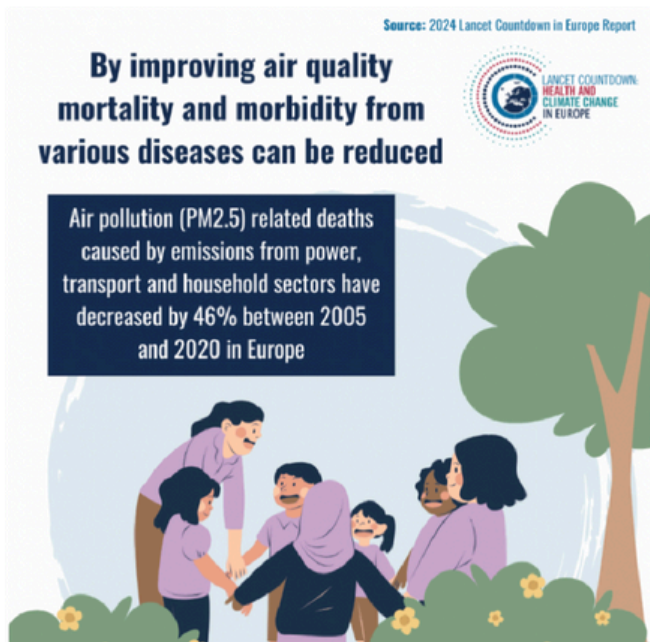
1.3.2 Climatic suitability for West Nile virus

Risk of West Nile Virus (WNV) transmission is steadily increasing due to climate change in Europe



By improving air quality mortality and morbidity from various diseases can be reduced

Air pollution (PM2.5) related deaths caused by emissions from power, transport and household sectors have decreased by 46% between 2005 and 2020 in Europe



Most European countries need to shift towards less polluting, less-processed, resource-efficient and healthy diets

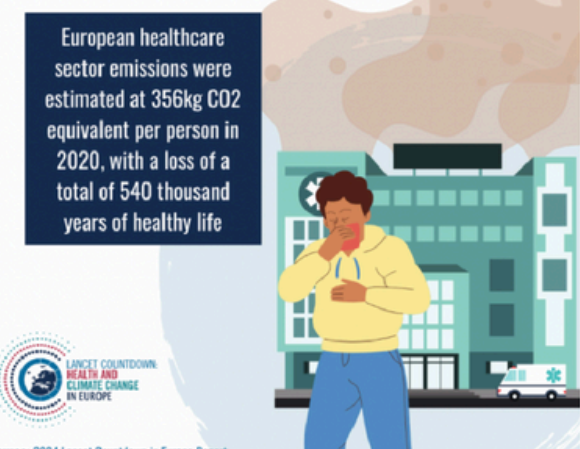
Little progress has been made in reducing emissions associated with European food demand, with emissions being reduced by only 1% (16 MtCO2-eq) between 2010–20



3.5 Health sector emissions and harms

Health systems are a substantial source of greenhouse gas emissions and air pollution

European healthcare sector emissions were estimated at 356kg CO2 equivalent per person in 2020, with a loss of a total of 540 thousand years of healthy life



5.1.1 Coverage of health and climate Change in scientific articles

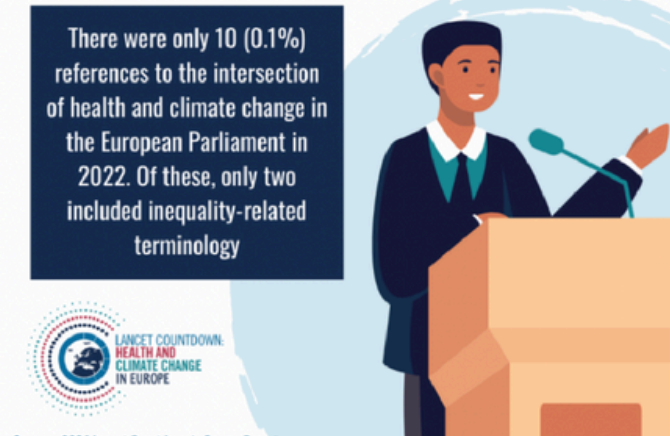
Climate and health research in Europe has rapidly expanded since early 2000, but is mostly focussed on health impacts

In 2022, 340 studies on the nexus between climate and health were identified in Europe, with 91% focused on the impacts, compared to 4% on mitigation and 5% on adaptation actions



The European Parliament has a key role in shaping EU climate change policies, yet legislators' speeches rarely mention the intersection of health and climate change

There were only 10 (0.1%) references to the intersection of health and climate change in the European Parliament in 2022. Of these, only two included inequality-related terminology



Aconsejar no hacer ejercicio en días de calor extremo.



Se debe instruir a la población sobre el riesgo que el cambio climático tiene sobre la salud humana. Explicar cobeneficios (reducir la huella de carbono es buena para ellos, para la comunidad y el planeta). Los médicos deben promover en sus pacientes una conciencia medioambiental, dando consejos para la reducción de la huella de carbono (por ejemplo, cambiar a un suministro eléctrico que provenga totalmente de energías renovables).



Los médicos han de tener acceso a los indicadores de riesgos sobre brotes infecciosos para estar alerta sobre los síntomas y signos de los enfermos en urgencias o consultas y para pedir las pruebas pertinentes relacionadas a los mismos. El zika, chikungunya o la malaria pueden ser endémicos y no importados.



Los médicos deben comprobar la calidad del aire y recomendar a sus pacientes medidas como las mascarillas o la no exposición. También deben aconsejar a sus enfermos medios de transporte sostenibles, que será bueno para el medioambiente y por lo tanto para su salud



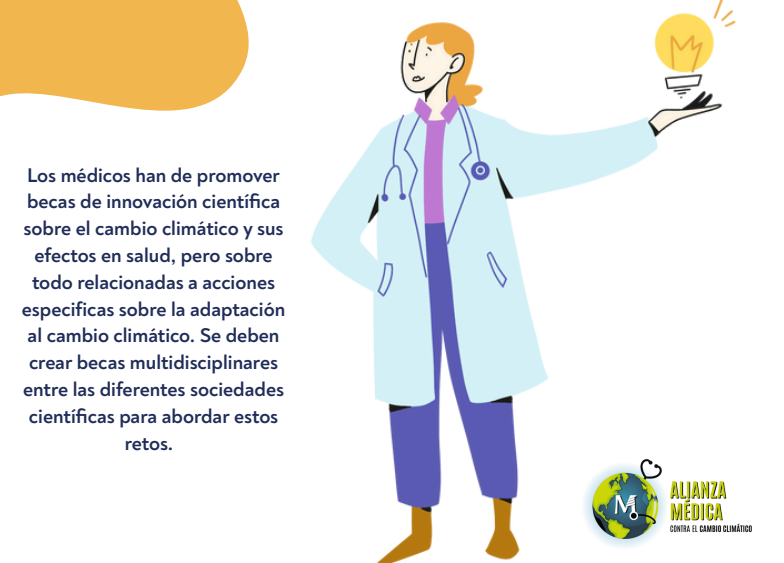
Los médicos deben recomendar a sus pacientes dietas saludables con alimentos de cercanía, evitando el consumo excesivo de carne. La dieta cardiosaludable es al mismo tiempo sostenible.



Los médicos deben hacer un uso responsable de las instalaciones y de los recursos: pedir las pruebas imprescindibles, promover la teleconsulta y las reuniones on line, abogar por instrumental reutilizable, gestionar correctamente los residuos, utilizar exclusivamente el material necesario, apostar por los medicamentos más sostenibles e insistir a los responsables de los centros sanitarios que se comprometan en la sostenibilidad de los mismos. Los profesionales sanitarios han de convertir sus centros de trabajos en puntos sostenibles que promuevan la asociación entre la salud humana y la planetaria.



Los médicos han de promover becas de innovación científica sobre el cambio climático y sus efectos en salud, pero sobre todo relacionadas a acciones específicas sobre la adaptación al cambio climático. Se deben crear becas multidisciplinares entre las diferentes sociedades científicas para abordar estos retos.



La sociedad médica debe actuar con los políticos en cualquier nivel para centrar la lucha contra el cambio climático en el ámbito de la sanidad y la salud pública. Ayudar a la política a promover sistemas de salud cero emisiones así como a la creación de legislación que promueva entornos más saludables que benefician a la salud pública.



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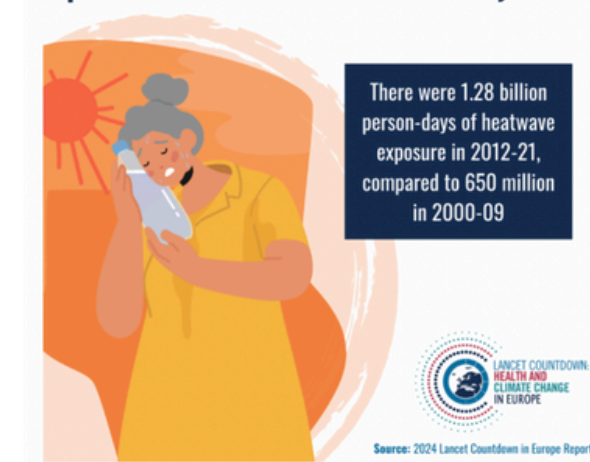
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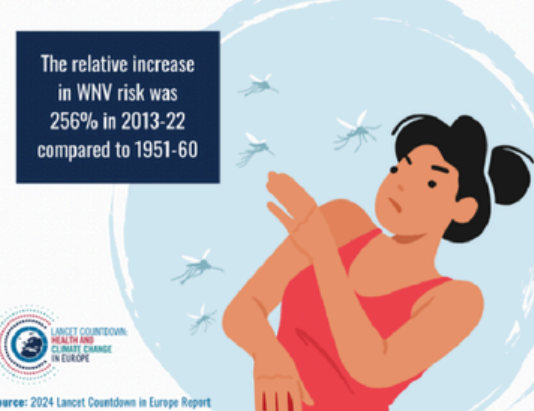
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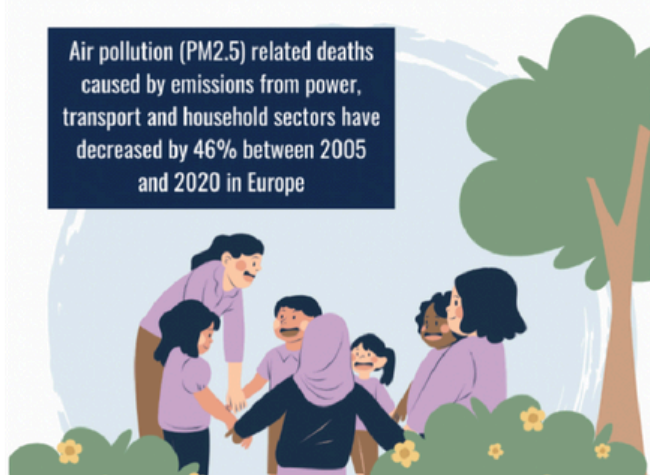
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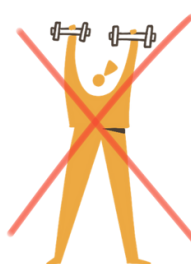
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Doctors should advise patients—especially those with respiratory or cardiovascular diseases, pregnant women, children, and the elderly—to stay hydrated, avoid heat, and remain in cool environments.



Patients should be advised to avoid physical activity during extreme heat.



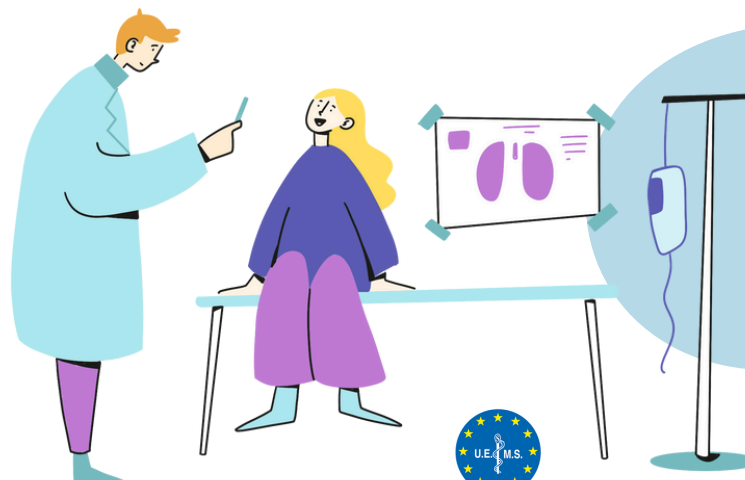
The population should be informed about the health risks of climate change. Co-benefits must be explained: reducing carbon footprints improves individual, community, and planetary health. Physicians should promote environmental awareness among their patients, offering advice on how to reduce their carbon footprint—for example, switching to electricity from 100% renewable sources.



Physicians should engage in the development and implementation of specific plans against heatwaves and extreme weather events led by health authorities.



Physicians should have access to risk indicators for infectious disease outbreaks to remain alert to signs and symptoms in emergency or outpatient settings, and to request appropriate diagnostic tests. Diseases such as Zika, chikungunya, or malaria may become endemic rather than imported.



Physicians should check air quality and recommend protective measures such as face masks or avoiding exposure. They should also encourage patients to use sustainable transport, which benefits both the environment and their health.



Physicians should recommend healthy diets based on local foods and reduced meat consumption. A heart-healthy diet is also environmentally sustainable.



Physicians should use healthcare facilities and resources responsibly: order only essential tests, promote telemedicine and online meetings, advocate for reusable equipment, manage waste properly, use only necessary materials, choose more sustainable medications, and urge healthcare administrators to commit to sustainability. Healthcare professionals must turn their workplaces into sustainable centers that foster the link between human and planetary health.



Physicians should promote scientific innovation grants focused on climate change and its health impacts, but especially those aimed at specific adaptation measures. Multidisciplinary grants should be established across scientific societies to address these challenges.



The medical community should work with policymakers at all levels to place climate action at the core of healthcare and public health. It should support efforts to promote zero-emission health systems and advocate for legislation that fosters healthier environments benefiting public health.

