



HOW A CHANGING CLIMATE WILL IMPACT

HEALTH & WELLNESS

From the 2019 Climate Adaptation Plan for the La Jolla Band of Luiseño Indians

NATIVE PEOPLE ARE RESILIENT AND HAVE ALWAYS ADAPTED TO CHANGE. CLIMATE CHANGE POSES NEW AND UNIQUE CHALLENGES IN THE FORM OF EXTREME FIRE, HEAT, DROUGHT, AND STORMS THAT PUT PEOPLE AND COMMUNITIES AT RISK. WE CAN TAKE STEPS NOW TO PREPARE FOR THESE CHALLENGES AND REDUCE IMPACTS. THE TRIBAL RESILIENCE PLAN CAN BE A COMMUNITY VISION FOR KEEPING OUR EARTH AND OUR PEOPLE HEALTHY.



FIRE

More intense and frequent fires



- Injury and/or mortality directly from wildfire
- Reduced air and water quality causing illness, disease, and infection, and/or exacerbating pre-existing conditions like asthma
- Fire-induced isolation and relocation can have financial and emotional impacts (depression, anxiety, substance abuse, PTSD, and chronic stress) resulting from financial stress, inability to be outdoors, and attend work/school



HEAT

Increased average temperatures and more intense and frequent heat events



- Reduced night time cooling and less relief from daytime heat causing impacts for mental and physical health, especially for elders, children, and/or disabled
- Hotter temperatures causing unsafe working conditions, especially for those working outdoors
- Unsafe heat conditions resulting in heat stroke, exhaustion, dehydration, and illnesses



DROUGHT

More frequent and intense droughts



- Higher dust levels leading to greater risk of air-borne illnesses
- Increases in vector-borne disease, such as West Nile Virus, as species establish new areas of breeding grounds
- Water scarcity causing economic stress and impacts on mental health
- Lower water levels/pressure resulting in backflow and growth of bacteria in residential water resources



STORMS

Increased precipitation variability leading to more extreme storms



- Severe storms causing flooding and debris-flow that can result in severe injury and/or mortality
- Reduced water quality
- Increased mold infestation and the spread of insects that host/transmit diseases
- Damage/destruction of infrastructure, homes, and cultural sites can impact mental health and wellness



YOU CAN MAKE A DIFFERENCE!

Check out the *10 Things You Can Do to Support Tribal Resilience* flyer for ideas

Our Climate Adaptation Plan involves three approaches to adapt to climate change:



PLANNING

- Design assistance programs and develop plans to prevent isolation and dislocation
- Elect “emergency ambassadors” and social contacts for elders, youth, and compromised
- Develop and invest in more cool/AC spaces and safe zones
- Maintain ongoing collaboration with other Tribes in the region to support the health and wellness of regional Tribal communities



COMMUNITY

- Organize educational programs outlining climate change impacts on health and wellness
- Publicize community areas and facilities that can serve as cool and/or safe zones
- Create family evacuation plans, emergency supply kits, and guidelines for checking on neighbors and elders
- Utilize and maintain the community garden as a location to promote health, culture, and wellness



RESEARCH

- Map and identify locations that are at high risk of climate events, especially where vulnerable populations are located (elderly, youth, and/or disabled)
- Map cool/AC spaces and safe zones
- Identify community’s concerns and vulnerabilities for health and wellness

View the full list of actions in the 2019 Climate Adaptation Plan!



HAVE AN IDEA? SHARE IT WITH US AT: INFO@CLIMATESCIENCEALLIANCE.ORG



The Climate Adaptation Plan was prepared by the La Jolla Band of Luiseño Indians Environmental Department in collaboration with the Climate Science Alliance, with funding from the Bureau of Indian Affairs at the U.S. Department of the Interior.