

# Plymouth

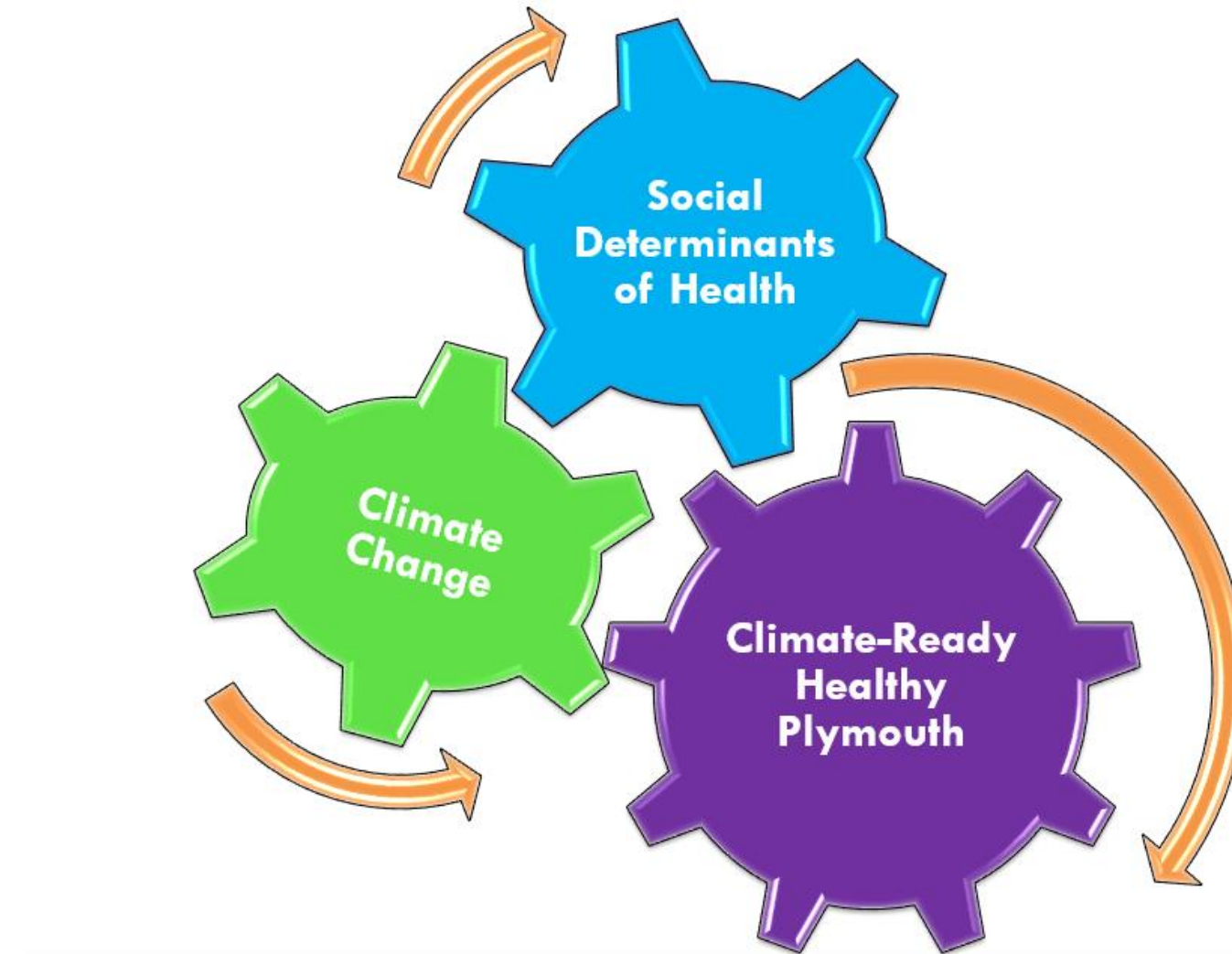
## Public Health

Climate change affects health in numerous ways. Beyond direct impacts, such as heat illness or injury in a storm, climate change affects the social and environmental conditions that contribute to poor long-term health outcomes, such as food insecurity, poor air and water quality, and displacement.

When considered together, many strategies to prevent and adapt to climate change can also offer huge health benefits.

## Why Public Health and Climate Change?

### Why Climate Change and Health?



People have a right to the resources necessary for health.

People and their physical environment are interdependent.

Climate change threatens the fundamentals that sustain life and health.

Health risks and the impacts of climate change are not equally distributed across people, communities, or nations.

Climate change exacerbates existing health inequities.

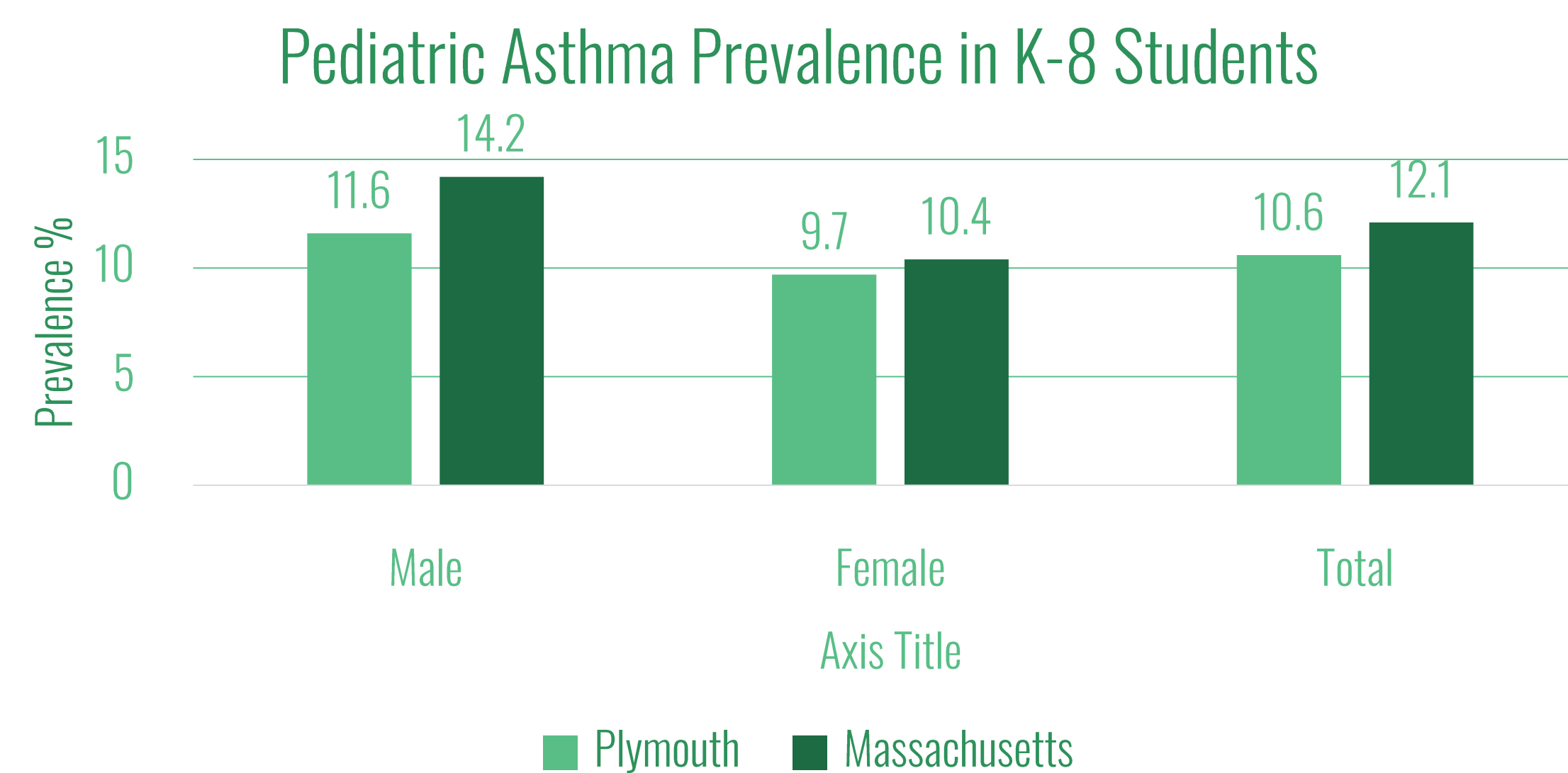
## Social Determinants of Health

The Social Determinants of Health are the conditions in the places where people are born, learn, work, play, and age that affect a wide range of health risks and outcomes. These include:

- Built Environment
- Education
- Employment
- Housing
- Safety and Mental Health
- Social Connectedness

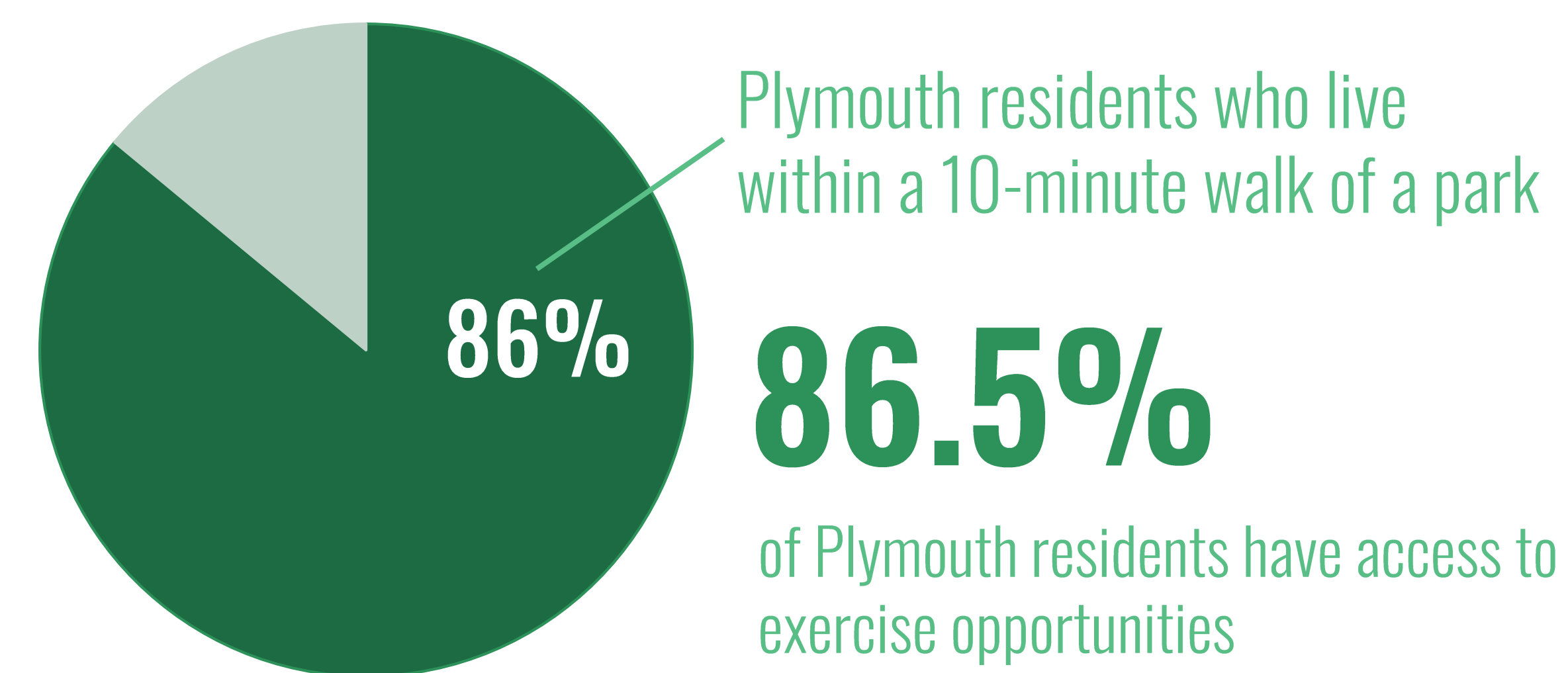
## Respiratory Health

Heat waves and indoor mold growth after precipitation and flood events can exacerbate asthma, allergies, and other respiratory illnesses.



**3x** Black and Latino populations have a much higher rate of asthma hospitalizations than other groups. Black people are three times more likely to be hospitalized in Massachusetts for asthma.

## Physical Activity



Despite this, **23%** of Plymouth County residents are physically inactive, the 3<sup>rd</sup> highest in the state.

## Food Security

**9%** of Plymouth County residents are food insecure.

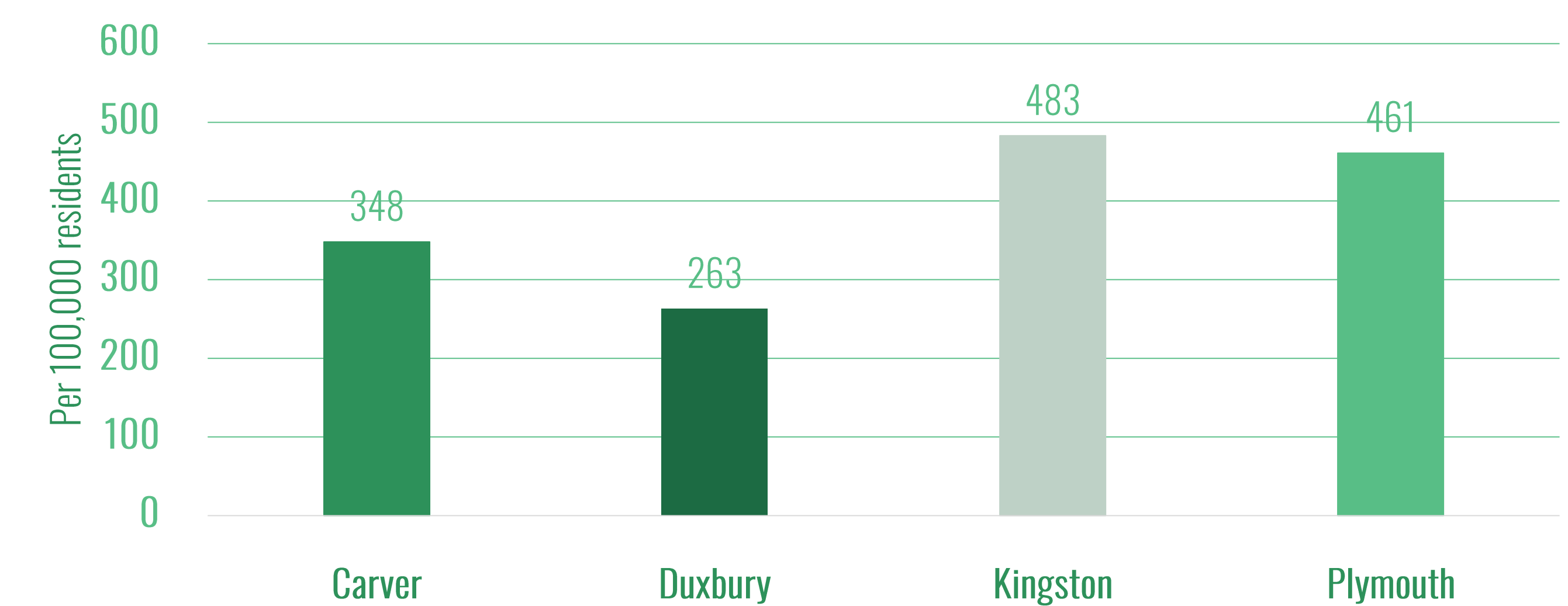
**11%** of Plymouth County adults have diabetes.

Food insecurity is more common among low-income people who have less ability to absorb rising food prices. Food insecurity is associated with higher rates of chronic disease, including diabetes. Climate change threatens to disrupt global food production, leading to healthy foods being less affordable and accessible.

## Mental Health

Exposure to extreme weather events, such as floods or hurricanes, is associated with a range of mental health impacts, including post-traumatic stress disorder (PTSD), depression, anxiety and suicide, increased rates of substance abuse, and interpersonal violence. BID-Plymouth identified mental health and substance use as a community health priority in its 2019 Community Health Needs Assessment.

### Mental Health Inpatient Discharge Rates, 2018



**37** Drug overdose deaths in Plymouth County per 100,000 residents, 2<sup>nd</sup> highest rate in MA

**373** Reported violent crimes in Plymouth County per 100,000 residents, lower than across MA

## People with Disabilities

People with disabilities have higher rates of illness, injuries or death during extreme weather events. Limited mobility can also increase the risk of isolation, a risk factor for heat illness.

**1 in 12** of Plymouth seniors (age 65+) report an independent living difficulty.