New normal, now diseases too

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This is not just a new normal affecting life as we know it, but also impacting the health of our planet. The COVID-19 pandemic has reminded us of the importance of maintaining a healthy environment and prioritizing public health. In recent years, we have witnessed a rising number of diseases linked to climate change. The increasing temperatures and extreme weather conditions have led to the spread of vector-borne diseases, such as malaria and dengue, which are transmitted by mosquitoes. Additionally, the melting of ice caps and the rising sea levels have contributed to the spread of diseases caused by waterborne pathogens.

The World Health Organization (WHO) has estimated that climate change could cause an additional 200,000 deaths per year by 2030. The impact of climate change on public health is not limited to the direct effects of extreme weather events and vector-borne diseases. It also affects the health of communities through indirect effects, such as air pollution and food insecurity. Air pollution, a consequence of climate change, contributes to respiratory and cardiovascular diseases.

Moreover, climate change is exacerbating existing health disparities. Low-income and vulnerable populations are disproportionately affected by the impacts of climate change. These communities often have limited access to healthcare and are more susceptible to the effects of extreme weather events, such as floods and heatwaves.

In conclusion, the increasing number of diseases linked to climate change underscores the need for urgent action to mitigate its impacts. It is essential to address the root causes of climate change, such as reducing greenhouse gas emissions, increasing renewable energy, and promoting sustainable practices. By taking these steps, we can not only reduce the number of diseases caused by climate change but also improve the overall health and well-being of our communities.