

## TRANSCRIPTION OF THE PODCAST “HEALTH AND CLIMATE CHANGE”

**Male:** “The arrival of the industrial revolution increased the demand for energy so that factories could function. That energy was achieved by burning fossil fuels on a large scale, especially coal”.

**Female:** “The population increased and more raw materials were demanded. All this has led to increased logging for agricultural and livestock activities and to extending the use of fertilizers. Meanwhile, the transport of both goods and people, multiplied by land, sea and from the second half of the twentieth century also by air”.

**Male:** “This whole set of activities linked to industrialization involves the emission of greenhouse gases, such as carbon dioxide, methane, nitrogen oxide, ozone and fluorinated gases, which have since contributed to air pollution and climate change”.

**Female:** “According to the World Health Organization, air pollution from human gas emissions causes 500,000 deaths annually in the European Union, being the primary environmental cause of death. The most direct and known consequences of climate change are droughts, floods and, above all, rising temperatures, with more frequent and intense heat waves. These effects also have an impact on health, with an increase in diseases”.

**Male:** “As you may have noticed, climate change can affect people's health in many ways. In some areas, higher temperatures and higher humidity create the right conditions for the proliferation of parasites that spread diseases such as dengue or malaria”.

**Female:** “In areas where it rains less or prone to droughts will increase the severity and number of cases of respiratory ailments, such as asthma and allergies. Drought and lack of water will directly affect farmland. There will be fewer harvests and of worse quality, which will increase hunger and malnutrition”.

**Male:** “Water shortages and declining water quality will lead to more disease, and will also affect generation of hydroelectric power, which currently provides about a fifth of all electricity in the world. Thus, energy poverty will become a variant to consider when assessing the evolution of societies”.

**Female:** “For example, with the rise in temperatures caused by climate change, excess heat will mean an increase in global electricity demand for residential air conditioning. This demand can increase by 10 by 2050, as warned the World Energy Council”.

**Male:** “The figures speak for themselves and put us on alert. According to the World Health Organization, between 2030 and 2050 climate change will cause some 250,000 additional deaths each year: 38,000 by exposure to heat elderly; 48,000 for diarrhea; 60,000 to malaria and 95,000 in child malnutrition”.

**Female:** “Extreme air temperatures contribute directly to deaths from cardiovascular and respiratory diseases, especially among the elderly. The World Health Organization sets an example of the heat wave suffered by Europe in the summer of 2003, which saw an increased mortality of 70,000 people”.

**Male:** “High temperatures also lead to an increase in the levels of ozone and other air pollutants that aggravate cardiovascular and respiratory diseases. The levels of pollen and other allergens are also

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higher in extreme heat. They can cause asthma, which already affects about 300 million people. Is expected that the increase in temperatures that is occurring will increase this ailment”.

**Expert:** “Excess heat is usually related to cardiovascular and respiratory diseases, but can also affect the nervous systems, diabetes and the urinary and renal systems”.

**Female:** “Our health is also directly related to food. To give you an idea, as a result of rising temperatures, agricultural production can fall as much as 2 percent every decade throughout this century, according to studies by the FAO, the United Nations Food and Agriculture Organization”.

**Male:** “Thus, another of the impacts of climate change may be the increase in world population suffering from chronic hunger, which is currently about 850 million people, according to the United Nations. By the year 2050, the number of malnourished children in the world is expected to increase by 24 million”.

**Female:** “Responding to climate change could be the greatest opportunity to improve global health in the 21st century, according to The Lancet’s report on Health and Climate Change, published in 2015. It considers it necessary to promote a transition to a low carbon economy and governments proposed measures to address the impacts of climate change on health”.

**Male:** “Research, monitoring and surveillance on climate change and health should be invested as well as increased funding for climate-resilient health systems around the world. To protect cardiovascular and respiratory health, is essential to ensure the rapid elimination of coal from global energy sources”.

**Female:** “Around a third of cancers of the lung, strokes and heart attacks of the world population are caused by air pollution. Health costs, the loss of hours worked or the lower productivity of the agricultural sector, are equivalent to 0.5% of world GDP”.

**Male:** “A transition to cities that support and promote healthy lifestyles for the individual and for the planet should also be encouraged. Adapting urban planning, including bioclimatic constructions, is fundamental to this idea”.

**Female:** “In cities, cars are the main cause of air pollution. Cars cause 80% of carbon dioxide emissions and 60% of particulate emissions. But diesel-engined vehicles are even more polluting and so by 2025 many municipalities in large European capitals are planning to ban the use of these vehicles in their urban centers”.

**Male:** “And the main reason for this ban is the health of the citizens who breathe the polluted air. In general, to mitigate the impact of climate change on health, we must implement all the legislative, technical and social awareness measures that are in our hands to improve urban health and stop global warming”.

**Female:** “The diagnosis is already made, now it must be set in motion to return the planet to the health it had before the human hand intervened and influenced its natural life cycle. Only by respecting the health of the planet we take care of human health”.

