I have focused on the impact of climate change, specifically the health impact. The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment is useful as a resource. Where I am living the potential for fire and smoke risk is higher, though I live on the coast. Two themes for me are plastic pollution for which I aligned with a regional beach and river cleanup program(s). The other interest is air quality as smoke and heat are key drives I have learned.

Building resiliency is key to addressing impact from climate change, such as fires and smoke. There are three factors exposure, sensitivity, and adaptive capacity. All three offer potential opportunities/risk – i.e., reduce exposure (e.g., heat/smoke), reduce sensitivity, and/or build adaptive capacity. Even building lung capacity through exercise (preferably in cleaner air) may help one fair better. One could think why I should have to do that?

We have built a DIY air cleaner attributed to Corsi/Rosenthal. We demonstrated this at the parish. There is a clear connection between climate change and air quality. We have offered to a local doctor to build another ten at first if he has vulnerable patients. The cleaners are effective for smoke, allergens, and even Covid.

My belief from prior study in exercise is that adherence is key. Good promises are not enough. Small efforts are better because they are easier to achieve while building the habit. We are less seasoned as stewards so making small steps has great potential.