

Health and Climate Resilience: Series Snapshot

Series Description

This webinar series explored how climate change interacts with physical health, mental health, and community health. It featured expert insights, case studies, and Atlantic Canadian examples of prioritizing health in adaptation. Recordings are permanently available on our [YouTube channel](#).

Table of Contents

1. [December - Breathing Together: Connecting Climate Change and Respiratory Health](#)
2. [January - Nurturing Connection: Nature, Mental Health, and Climate Change](#)
3. [February - Mapping our Future: How Spatial Health Data Can Enable Climate Resilience](#)
4. [About CLIMAtlantic](#)
5. [Background Information](#)
6. [What is climate change adaptation, and how can it support communities?](#)
7. [Still have questions? Reach out to us directly for FREE adaptation support services!](#)

December- Breathing Together: Connecting Climate Change and Respiratory Health



Topics covered:

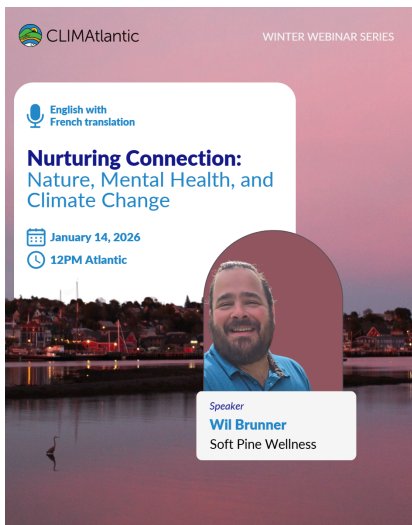
- An introduction to NB Lung
- An overview of New Brunswick's Lung Health
- How climate change is impacting human health
- How to mitigate and adapt to climate change

Helpful links shared during the webinar:

- [NB Lung](#)
- [Health Impacts of Air Pollution in Canada in 2018](#)
- [Health risks of air pollution](#)
- [Health of Canadians in a Changing Climate](#)

👁️ Watch the recording [here](#).

January- Nurturing Connection: Nature, Mental Health, and Climate Change



Topics covered:

- Overview of climate emotions
- Mindful practices and resources available in Nova Scotia
- Forest bathing, nature therapy, and nature-based interventions

Helpful links shared during the webinar:

- [Softpine Wellness](#)
- [Our Well-Being in a Changing Climate: A Wellness Tool](#)
- [Climate Emotions Wheel](#)
- [Forest Bathing Resource](#)
- [Open source article on Nature-Based Interventions](#)
- [How We Thrive](#)

👁️ Watch the recording [here](#).

February- Mapping our Future: How Spatial Health Data Can Enable Climate Resilience




Topics covered:

- Overview of UPEI Centre for Health and Community Research
- How to integrate social and health factors in data and climate adaptation planning
- What is spatial mapping?
- Indigenous Data Sovereignty
- Example of using data for provincial and community decision-making
- Overview of the Interactive Mapping tool and Story Map

Helpful links shared during the webinar:

- [UPEI Centre for Health and Community Research](#)
- CBC Article titled "[Rural areas of P.E.I. lead in household income, census shows.](#)"
- [The First Nations Principles of OCAP](#)
- [Interactive Mapping Tool](#)
- [Story Map Tool](#)

 Watch the recording [here](#).

About CLIMAtlantic

CLIMAtlantic is a non-profit organization that facilitates access to regionally relevant climate information and supports its effective use in planning and decision making for New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador.

We are user-driven, focusing on the needs of Indigenous communities, academia, provincial governments, municipalities, local service districts, non-profits, industry, and landowners.

Background Information

What is climate change adaptation, and how can it support communities?

Climate change causes new issues for communities and exacerbates existing ones. In order for communities to tackle the climate crisis, it's essential to address these problems while leveraging opportunities. This is where climate change adaptation comes in.


At its simplest, climate change adaptation includes four important steps:

1. Assess the impacts, vulnerabilities, and risks associated with climate change
2. Plan for measures that improve resilience while avoiding adverse impacts
3. Implement these strategies
4. Evaluate performance

Climate adaptation measures may often have far-reaching co-benefits like strengthening the local economy through employment opportunities and procurement from local companies, improved tourism opportunities, increased biodiversity, and positive outcomes for human health, to name a few. Adaptation measures may be multi-solving and provide many benefits through one action. This 5 minute video about [Mnikgu](#) (Chapel Island, NS) demonstrates multi-solving in climate adaptation.

While projects can contribute to adaptation, adaptation itself is not a project; it is an **ongoing, iterative** process that requires adjustments as conditions change.

Are you more of a visual learner? Check out our **3-minute video** on climate change adaptation!

 [Climate Change Adaptation | CLIMAtlantic](#)

Still have questions? [Reach out to us directly](#) for **FREE** adaptation support services!

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