

Climate and Health Resources: NEW HAMPSHIRE



Climate change poses risks to human health. [Already in the United States](#), we are seeing rising temperatures, increased frequency and intensity of some types of extreme weather, sea level rise, and other changes in weather and climate patterns. We are all vulnerable to the health impacts associated with climate change. However, these climate and health risks vary across the country.

Most of New Hampshire has warmed 2°F to 3°F in the last century. This and other climate impacts, like more intense rainfall, mean increasing risks to health. Examples of risks and actions for New Hampshire residents include:

- **Higher temperatures and other weather changes will increase levels of ozone pollution** (a component of smog), increasing health risks like asthma-related hospital visits. [Learn how you can take action to protect against poor air quality](#), such as:
 - **Prepare:** Check news or airnow.gov for local air quality reports.
 - **Respond:** Reduce outdoor activity when pollution levels are high.

- **Intense hurricanes are becoming more common.** Flooding associated with hurricanes (like Superstorm Sandy) increases the risk of injury and disease. [Learn how you can take action to protect against floods](#), such as:
 - **Respond:** Fill bathtubs, sinks, and plastic containers with clean water.
 - **Respond:** Avoid driving or walking in or near flood waters, even after the flood or during cleanup.

- **More intense rain can overwhelm combined sewer systems** (where storm water and sewage share pipes). This can contaminate recreational water and sources of drinking water, and lead to disease outbreaks. [Learn how you can take action to ensure drinking water safety](#), such as:
 - **Prepare:** Have an emergency water supply ready for your family (1 gallon per person/pet per day).
 - **Respond:** Check the news for tap water safety notices, such as boiling water before use.

Learn more in the [USGCRP Climate and Health Assessment](#).

The examples of risks and actions provided in this document are not a comprehensive list. They provide users with illustrative impacts and resources for further information. Examples were selected based on relevance to the state or region and representation of a diversity of health threats. Selection does not imply ranking of severity of impacts nor prioritization of actions. The examples of impacts are based on "The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment," available at <https://health2016.globalchange.gov>, as well as the National Climate Assessment at <http://nca2014.globalchange.gov/>

RESOURCES FOR NEW HAMPSHIRE RESIDENTS

| Resource Topic | Information | Source |
|-------------------------------------|---|--|
| Climate Change Impacts | Learn More: What Climate Change Means for New Hampshire | U.S. Environmental Protection Agency |
| | Learn More: National Climate Assessment: Northeast | U.S. Global Change Research Program. 2014. |
| | Explore Actions: The New Hampshire Climate Action Plan: A Plan for New Hampshire's Energy, Environmental and Economic Development Future, 2009 <i>Includes Health Concerns for: Coastal Flooding, Extreme Heat</i> | State of New Hampshire |
| | Explore Actions: Portsmouth, New Hampshire Coastal Resilience Initiative: Climate Change Vulnerability Assessment and Adaptation Plan | City of Portsmouth, New Hampshire, University of New Hampshire, Rockingham Planning Commission. April, 2013. |
| | Explore Actions: City of Keene, New Hampshire - Adapting to Climate Change: Planning a Climate Resilient Community | City of Keene, New Hampshire. November 2007. |
| Public Health Information | Find Resources: EPA Region 1 (New England) | U.S. Environmental Protection Agency |
| | Find Resources: New Hampshire Department of Health and Human Services | State of New Hampshire |
| Climate and Health Resources | Find Resources: New Hampshire Homeland Security and Emergency Management | State of New Hampshire |
| | Learn More: Climate Change and Human Health in New Hampshire: An Impact Assessment | New Hampshire Department of Health and Human Services, Centers for Disease Control (CDC), University of New Hampshire. May 2015. |
| | Explore Actions: Preparing for Climate Change: A Strategic Plan to Address the Health Impacts of Climate Change in New Hampshire | New Hampshire Department of Environmental Services, New Hampshire Department of Health and Human Services. July 2010. |