

# Climate and Health Resources: NORTH DAKOTA



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.

In the past century, most of North Dakota has warmed about 2°F. This and other climate impacts, like more intense rainstorms, mean increasing risks to health. Examples of risks and actions for North Dakota residents include:

- **More carbon dioxide causes some plants to produce more pollen.** This will combine with longer growing seasons and other changes to result in more allergy and asthma episodes. [Learn how you can take action to prevent asthma attacks and allergy symptoms](#), such as:
  - **Respond:** Limit time outdoors based on air quality reports, pollen and mold counts, and heat advisories.
  - **Prepare:** Clean and replace air conditioner filters often.
  
- **More frequent and intense rainfall increases health risks for people in flood-prone areas.** After the 1997 Red River flood, more babies were born pre-term and with low birth weight. [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.
  
- **Rising temperatures and changing rain patterns will lead to more mosquitoes.** The northern Great Plains have become a hotspot for West Nile virus. [Learn how you can take action to protect against mosquitoes](#), such as:
  - **Prepare:** Get rid of standing water where mosquitoes can breed.
  - **Prepare:** Keep window and door screens in good condition.

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 NORTH DAKOTA RESIDENTS

Resource Topic	Information	Source
<b>Climate Change Impacts</b>	<b>Learn More:</b> <a href="#">What Climate Change Means for North Dakota</a>	U.S. Environmental Protection Agency
	<b>Learn More:</b> <a href="#">National Climate Assessment: Great Plains</a>	U.S. Global Change Research Program. 2014.
	<b>Find Resources:</b> <a href="#">EPA Region 8 (Mountains and Plains)</a>	U.S. Environmental Protection Agency
<b>Public Health Information</b>	<b>Find Resources:</b> <a href="#">North Dakota Department of Health</a>	State of North Dakota
	<b>Find Resources:</b> <a href="#">North Dakota Department of Emergency Services</a>	State of North Dakota