Stephanie Chalupka, EdD, RN, PHCNS-BC,FAAOHN,FNAP
Professor and Coordinator
Master of Science in Nursing Program, Department of Nursing
Worcester State University
Visiting Scientist
Mid Atlantic for Children’s Health and Environment (Region 2 PEHSU)
Opportunities for Action

Stephanie M. Chalupka, EdD, RN, PHCNS-BC, FAAOHN, FNAP
Public Health Response

- Mitigation
- Adaptation
- Resilience
“Resilience is the ability to prepare for, and adapt to, changing conditions and withstand and recover rapidly from disruptions. Resilience includes the ability to withstand and recover from deliberate attacks, accidents or naturally occurring threats or incidents.”

Resilience: Cases in Point
It takes a village...
Healthy and Safe Communities: An Effective Community, Statewide, and National Response
Climate-Ready States & Cities Initiative

Currently Funded States and Cities:
- California (CA)
- Oregon (OR)
- Arizona (AZ)
- Minnesota (MN)
- Wisconsin (WI)
- Michigan (MI)
- New York (NY)
- New Jersey (NJ)
- North Carolina (NC)
- Florida (FL)
- Connecticut (CT)
- Massachusetts (MA)
- Rhode Island (RI)
- New York City (New York City)
- San Francisco (San Francisco)
Building Resilience Against Climate Effects

01: Forecasting Climate Impacts and Assessing Vulnerabilities

02: Projecting the Disease Burden

03: Assessing Public Health Interventions

04: Developing and Implementing a Climate and Health Adaptation Plan

05: Evaluating Impact and Improving Quality of Activities
Cool Neighborhoods NYC

What Makes Children Vulnerable?

Exposure: Coming into contact with a climate change threat

Sensitivity: Being biologically susceptible to a climate change threat given factors like health status and age

Ability to Adapt: Being able to adjust or respond to a climate change threat
Around 88% of the global disease burden of climate change falls on children under 5 years.
Climate Resilient Schools

- Drought-tolerant landscapes
- Edible school gardens
- Promotion of resilient energy systems

Photo courtesy of Broward County.
Goal: Educate students, school staff, athletic coaches, and parents regarding heat-related illness and prevention.
<table>
<thead>
<tr>
<th>Air Quality Index</th>
<th>Outdoor Activity Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>green GOOD</td>
<td>Great day to be active outside!</td>
</tr>
<tr>
<td>yellow MODERATE</td>
<td>Good day to be active outside! Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.*</td>
</tr>
<tr>
<td>orange UNHEALTHY FOR SENSITIVE GROUPS</td>
<td>It’s OK to be active outside, especially for short activities such as recess and physical education (PE). For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</td>
</tr>
<tr>
<td>red UNHEALTHY</td>
<td>For all outdoor activities, take more breaks and do less intense activities. Consider moving longer or more intense activities indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</td>
</tr>
<tr>
<td>purple</td>
<td>Move all activities indoors or reschedule them to another day.</td>
</tr>
</tbody>
</table>
Climate Resilient Schools

Ocean Springs, Mississippi
Surveillance and Education: Food, Water and Vector-Borne Disease Risks

- Be alert to shifting timing, locations of diseases
- Food safety
- Ponds and lakes with algal blooms, mosquito/tick precautions
- Outdoor food presentation
- Vector control measures
Protecting Children During Disasters

- Physical harm
- Exploitation and violence
- Psychosocial distress
- Family separation
- Abuses related to evacuation
- Denial of access to quality education
- Emotional impact of disaster
The Emotional Impact of Disaster

Psychosocial programs:

- Rebuild a sense of safety and normalcy
- Express their thoughts and feelings about their experiences
- Strengthen resilience, or coping skills
- Build positive relationships with peers and caregivers
The Emotional Impact of Disaster: Preserving Family Unity
Thank you!