

Everything, Everywhere, All at Once



CA·NURSES
FOR ENVIRONMENTAL HEALTH & JUSTICE



Alliance of Nurses for
Healthy Environments

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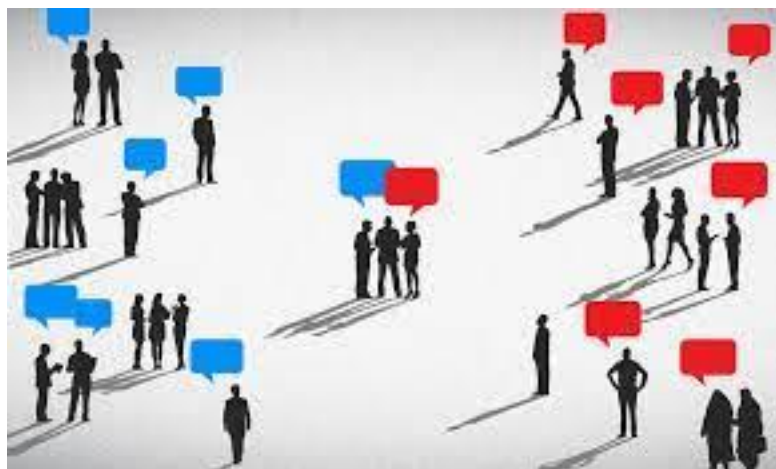




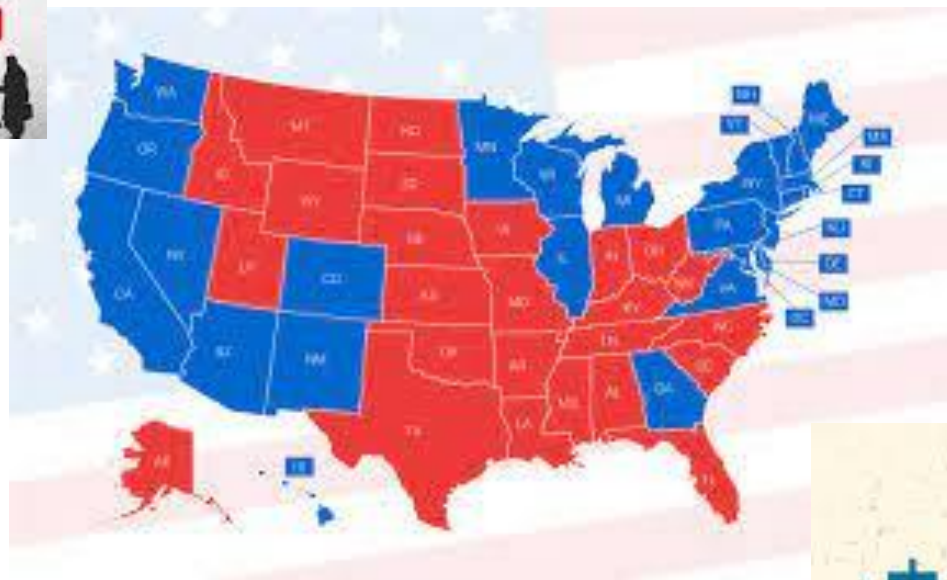


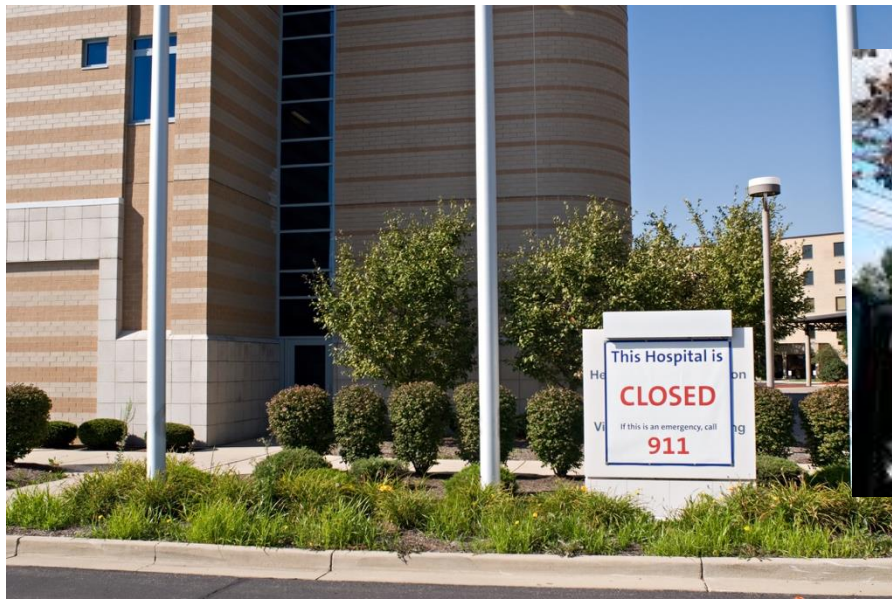
RIGHTS





Ideological Civil War





1:5 Children in the US is HUNGRY



NEARLY \$173
BILLION

a year is spent on
health care for obesity.

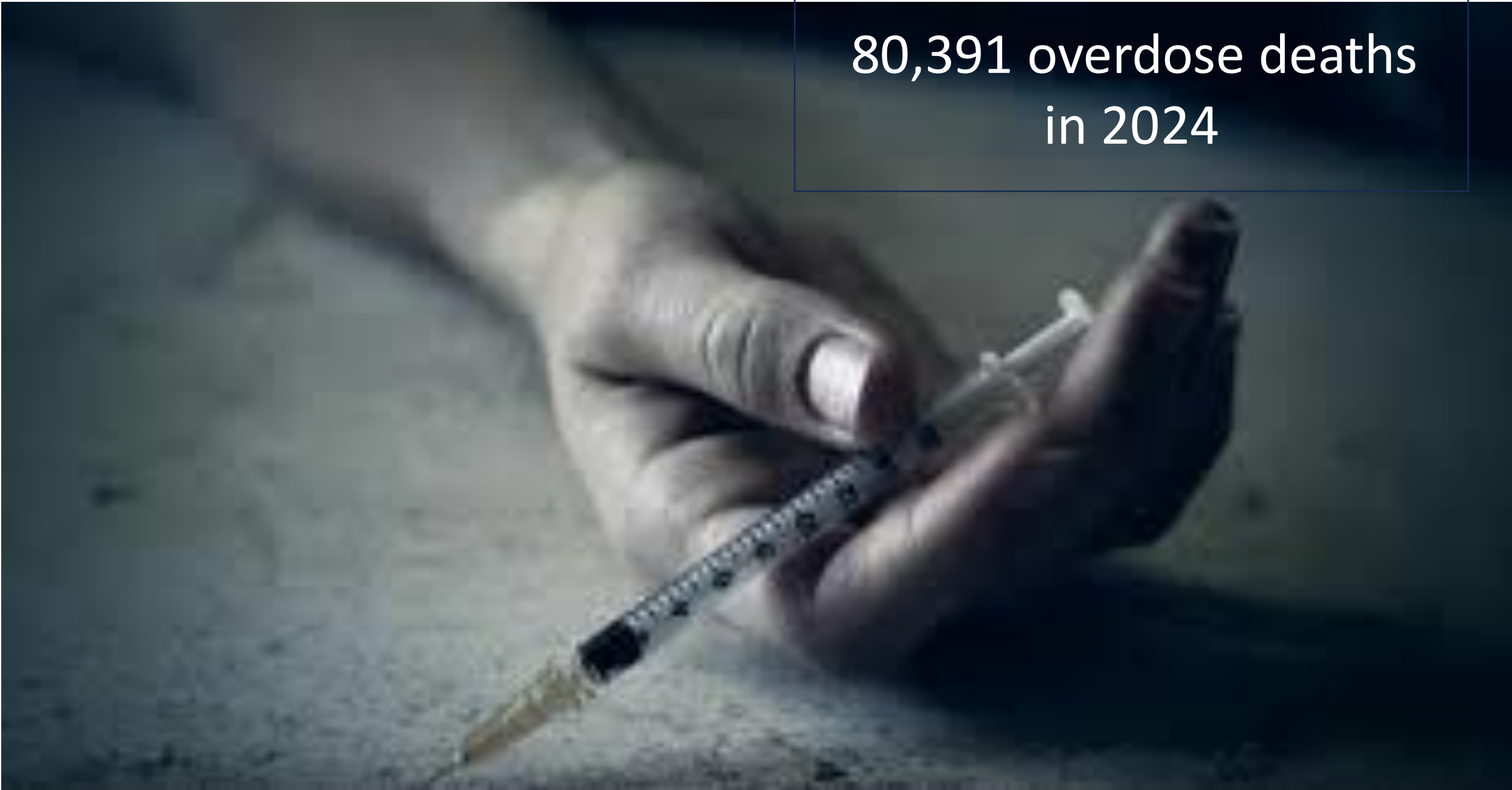


Ultra Processed Foods → Chronic Diseases

**No more *Head Start* for
undocumented
children – no
more meals**



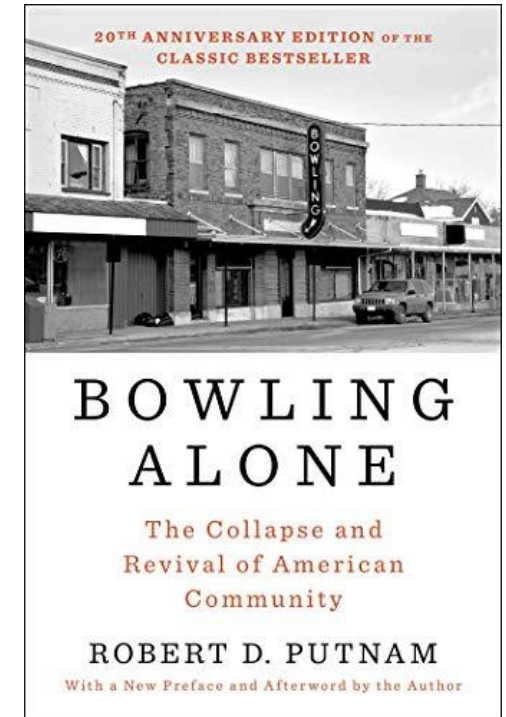
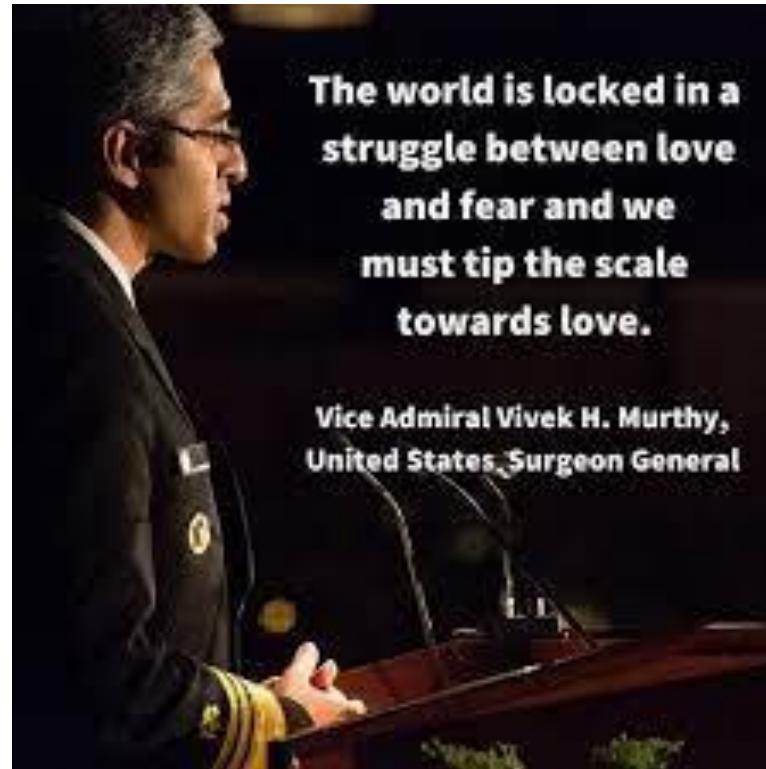
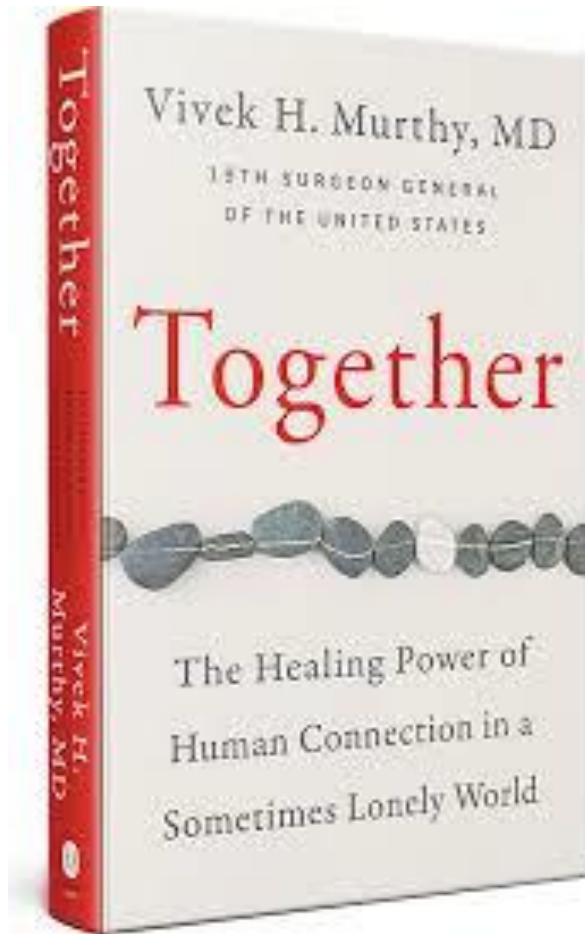
80,391 overdose deaths
in 2024



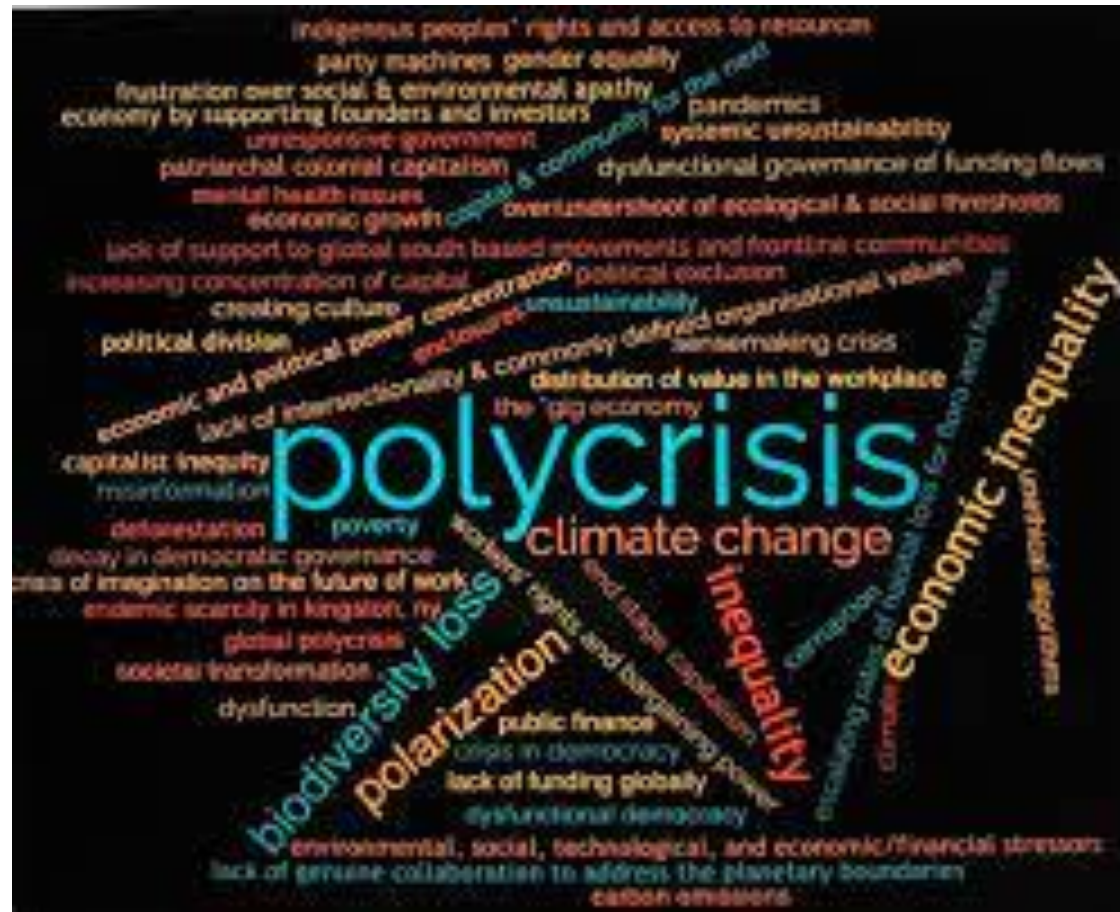




LONELINESS



Polycrisis = multiple crises concurrently



Critical need in a Polycrisis = Resilience



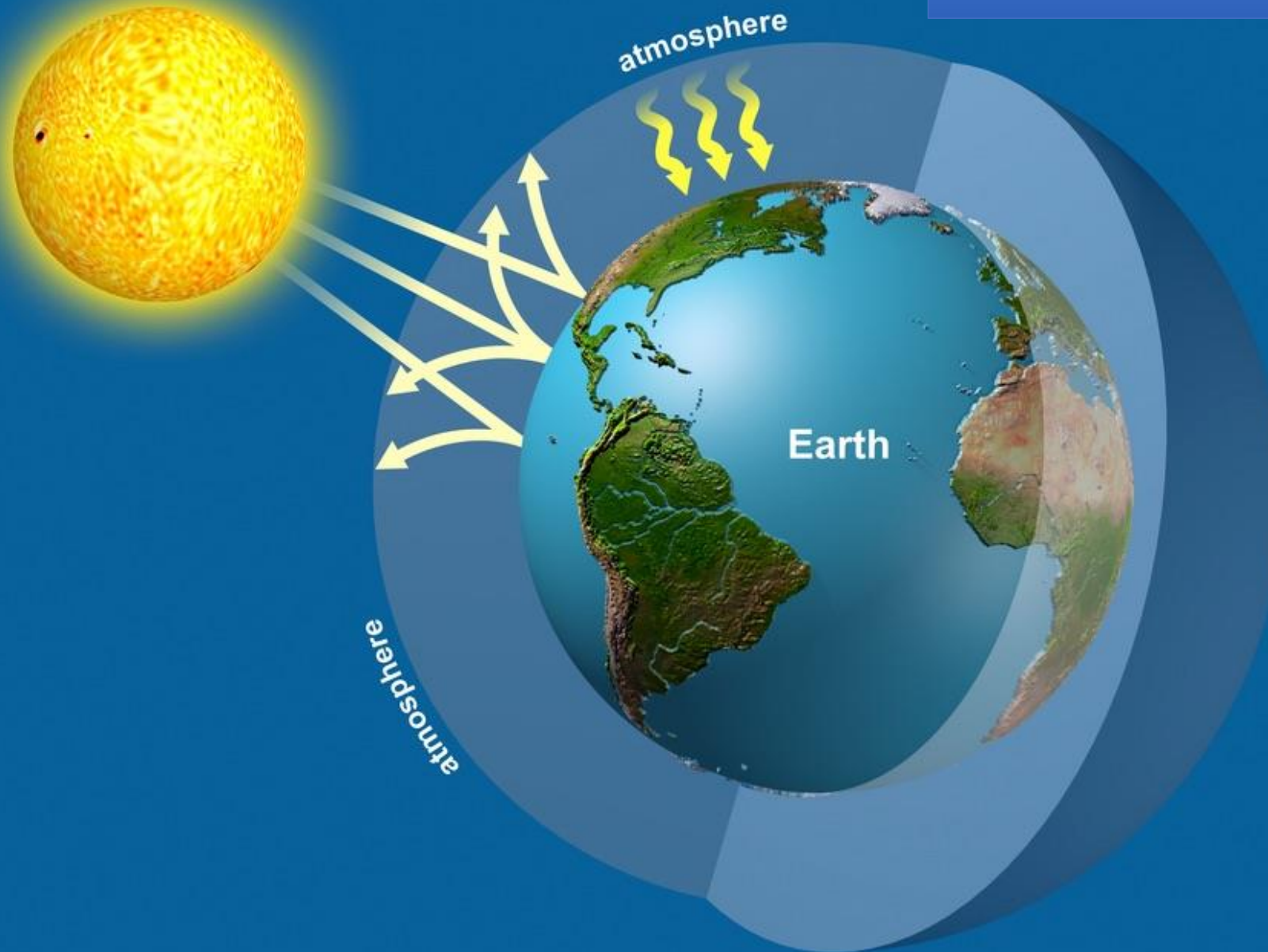
Let's start with one of the most existential threats

WHAT IS CLIMATE CHANGE?

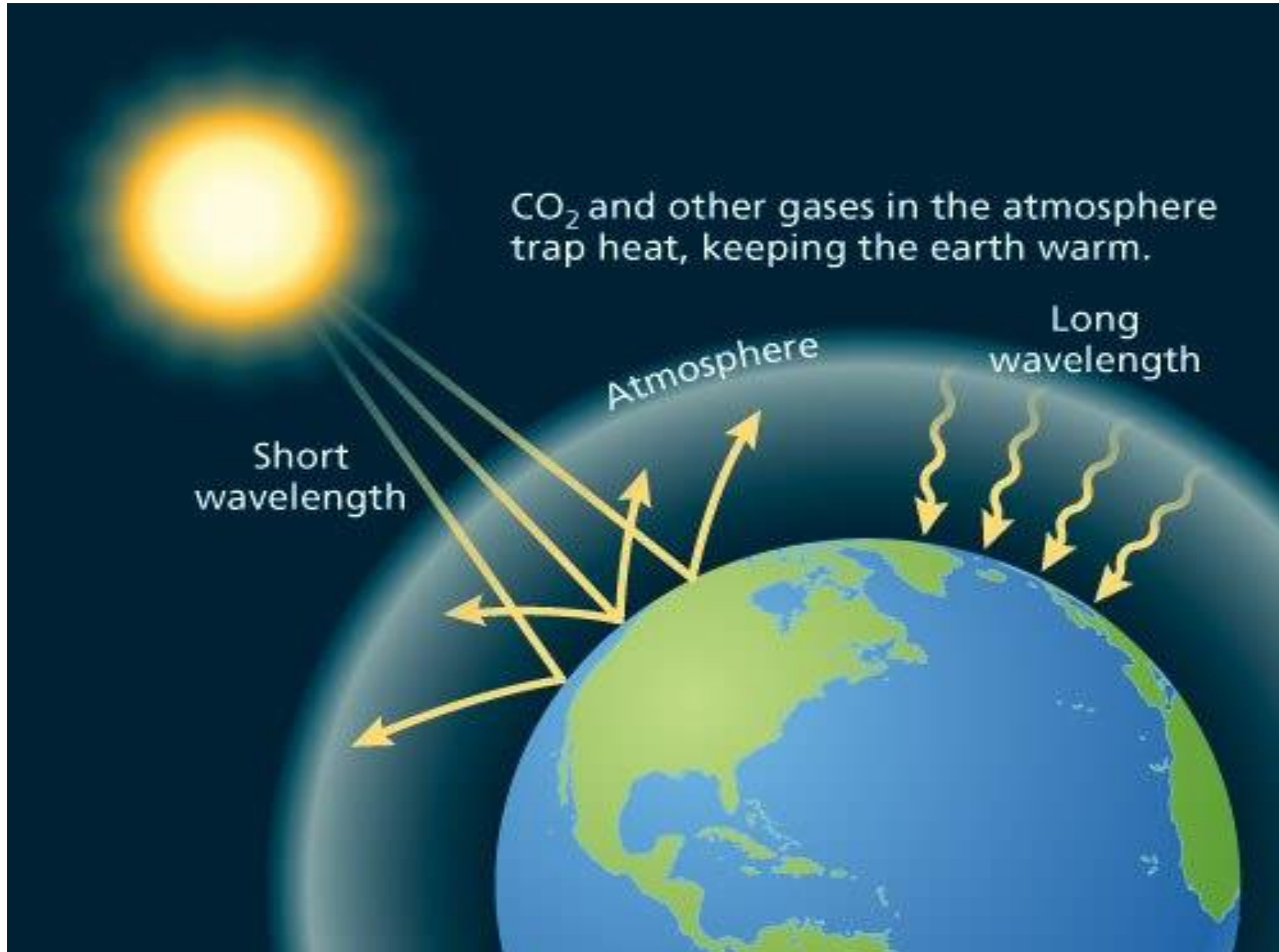


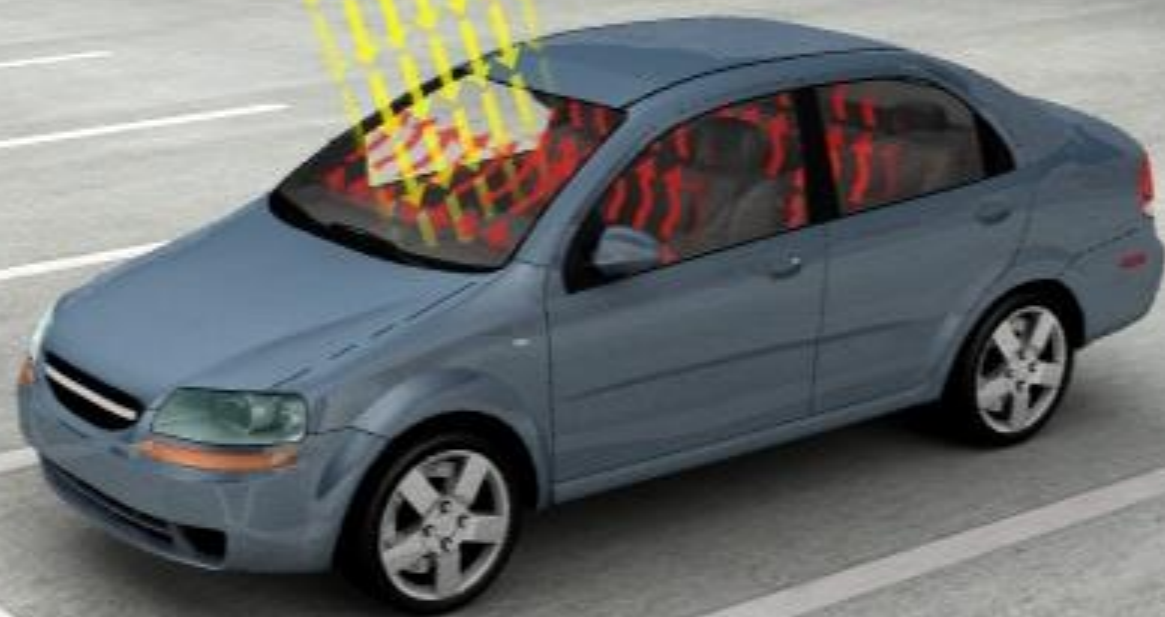
Sun

GLOBAL WARMING



Greenhouse Gases engulf the Earth





TEMPERATURE

80

OUTSIDE

99

INSIDE

ELAPSED TIME

10

MINUTES

Greenhouse Effect → GLOBAL WARMING → Climate Change
(greenhouse gases)



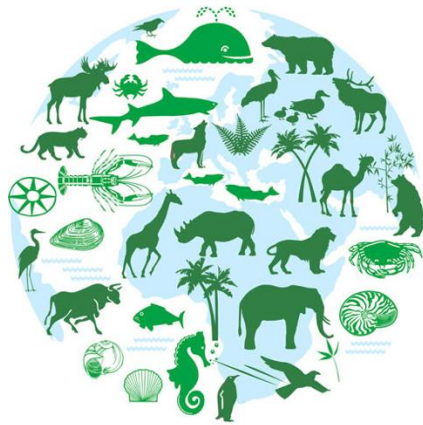


Fever →



What happens if the whole earth is warming?





What are the earth's underlying diseases?



BIODIVERSITY

1970 – 2010

50% loss of biodiversity



**EXISTENTIAL
THREAT**



Globally Air Pollution is Worsening

Main culprit: Fossil Fuels



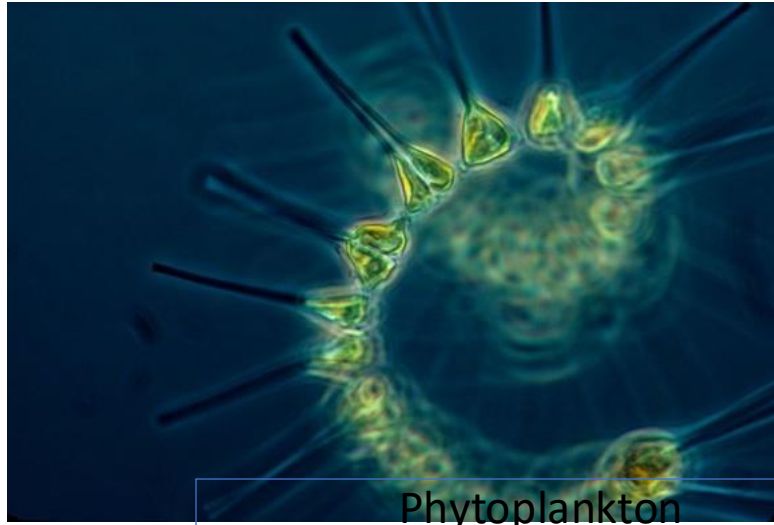


Intentional Fires and Loss of Forests

28% of the world's Oxygen from Tropical Forests



Oceans are dying
30% of the world's oxygen comes from the ocean → Plankton



Phytoplankton



Nature Picture Library

Climate change = public health emergency

Planetary Destabilization =
Health and Safety Implications

- Increased sea levels
- Increased extreme storm activities
- Critical changes in agriculture / food security
- Increased drought / fires
- Increased heat waves
- Decreased access to water
- Increased morbidity and mortality
- Species extinction
- Climate change refugees



Human Frailty and Climate Change Globally

- Pandemics
- Overpopulation
- Extreme Poverty
- Hunger
- Wars
- Homelessness
- Racial injustice
- Vulnerable populations



We cannot have healthy people on a sick planet



Fires of greater frequency, duration and heat.

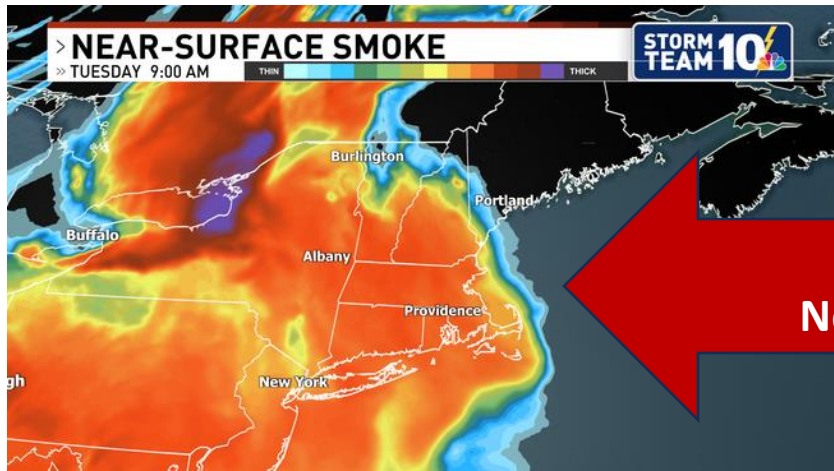


What air pollutants are created when a whole house burns?

- Plastics
- Metals
- Pesticides
- Solvents
- Paint
- Everything



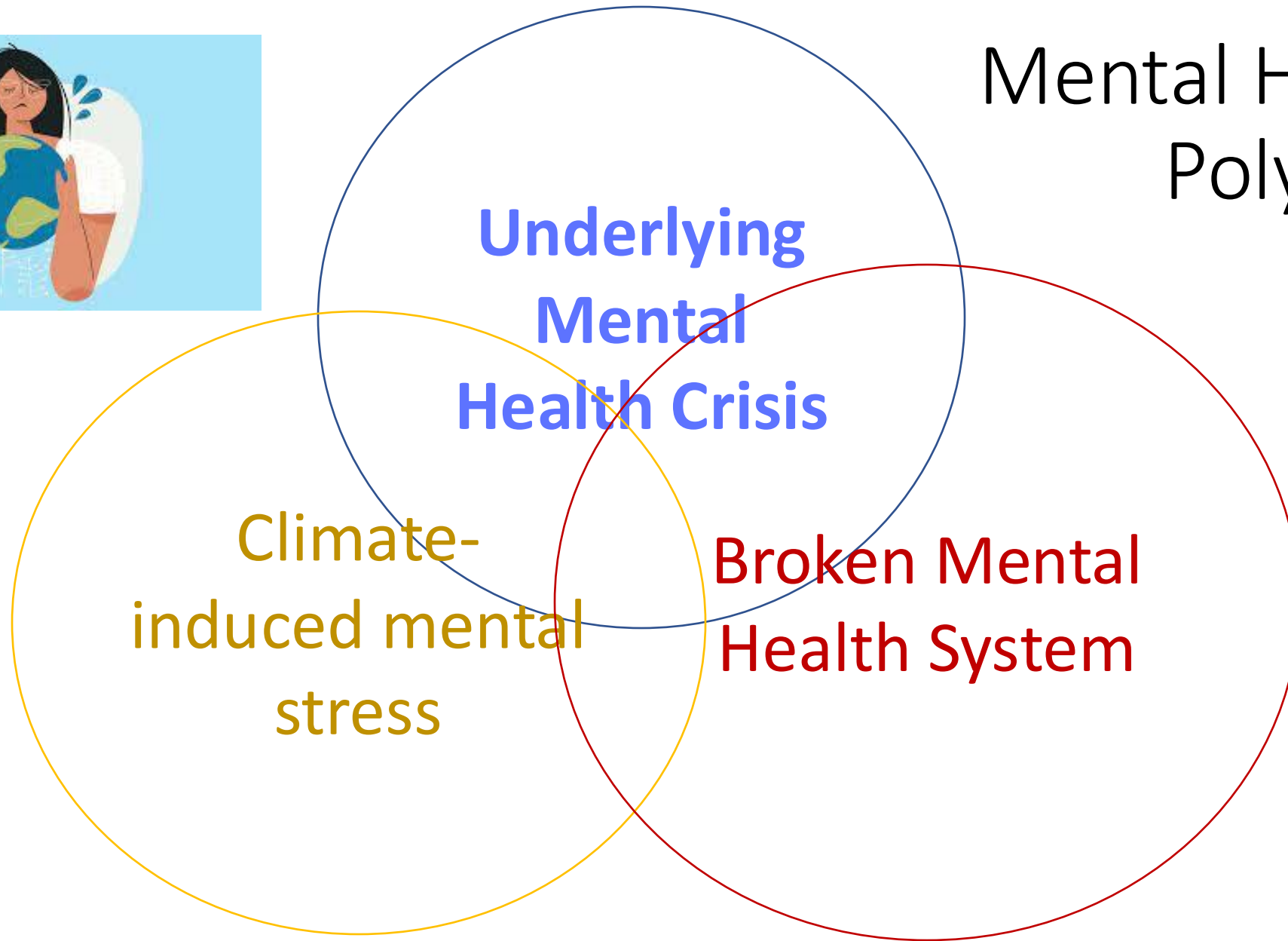
Smoke does NOT go to heaven.



NY and
New England



Mental Health Polycrisis



CHILDREN'S MENTAL HEALTH

- Children's suicides on the rise (ages 5 – 11)
- Suicidal ideation among youth is up



Nation-wide shortage of pediatric beds for kids who need to be hospitalized.

THE PANDEMIC DID NOT HELP CHILDREN'S MENTAL HEALTH

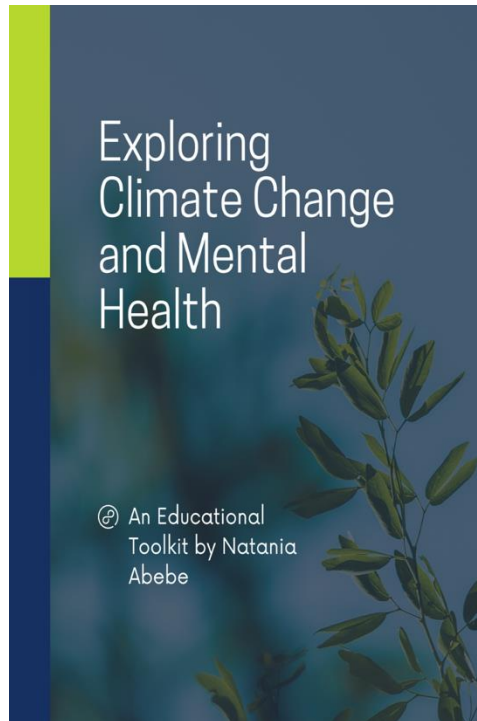
Youth study

10,000 youth in 10 countries

- 58% very/extremely worried
- 50%:
 - SAD
 - ANXIOUS
 - ANGRY
 - POWERLESS
 - HELPLESS
 - GUILTY
- 45% affected daily lives



Youth think people have failed to take care of the planet.



Mental Health and Our Changing Climate

RACE



POVERTY



CLIMATE MENTAL HEALTH REALITY

Displacement from storms, flooding and fires:



Climate and mental health reality: Returning to destruction



“Just Transition” for workers and communities



60,000 workers in oil / gas



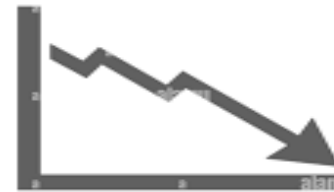
73,000 workers in plastic mftg.

Essential for
Climate
Change

JOB LOSSES

- **Oil drillers**
- **Refinery workers**
- **Plastic mfg. workers**

Declining Tax Base



**Social
Infrastructure
\$\$\$**

What's making people unhealthy?

- SDOH
- RACISM
- Loneliness
- **A sick planet**
- **A POLYCRISIS**



Systems problems requiring system solutions.

Cultivating a **Culture of Connection** Key for Community **Climate Resilience**

- Build / Rebuild Social Infrastructure
- Support family-friendly policies – paid family leave, free daycare
- Design accessible public transportation
- Eat together, Sing together, Dance together, **Be together**



Good Climate Change Policies = Health Co-benefits

- Independence from fossil fuels → cleaner air
- Increased public transportation → active transportation
- More sustainable agricultural practices → less pesticides
- More plant-forward diets → health improvements

**Less
Chronic
Disease**



We cannot have healthy people with a broken health care system

Business model for most US hospitals and hospital systems:

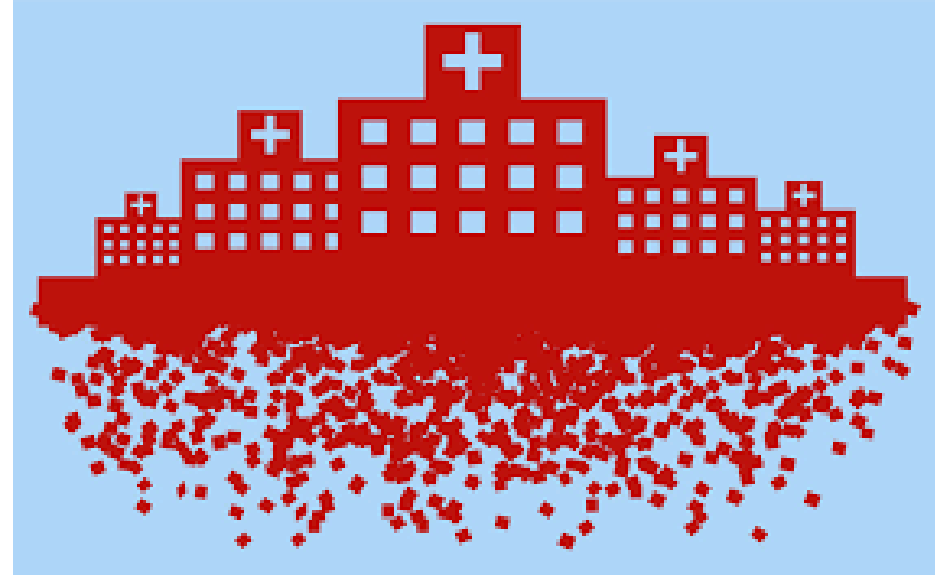
- Make money when people get sick.
- If people are healthy, they don't make money



Where's the incentive and/or capacity to keep people healthy?

Health Care System

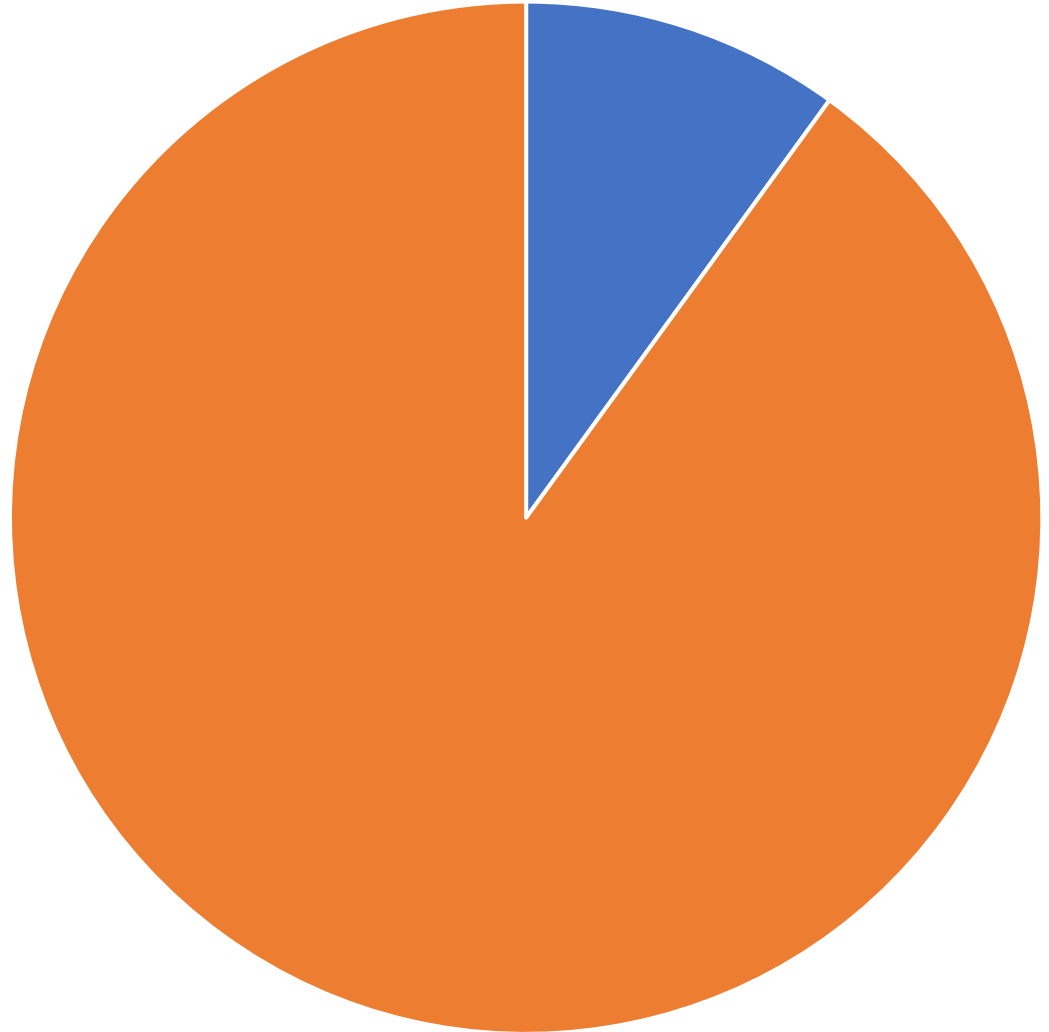
- Not about HEALTH
- Seldom enough time for CARE
- And not a SYSTEM



90% of Americans say our health care system is BROKEN

Estimated percent of nursing curriculum focused on:

- Keeping people healthy
- Systems thinking / change
- How to make change in the world and USE our trusted voices

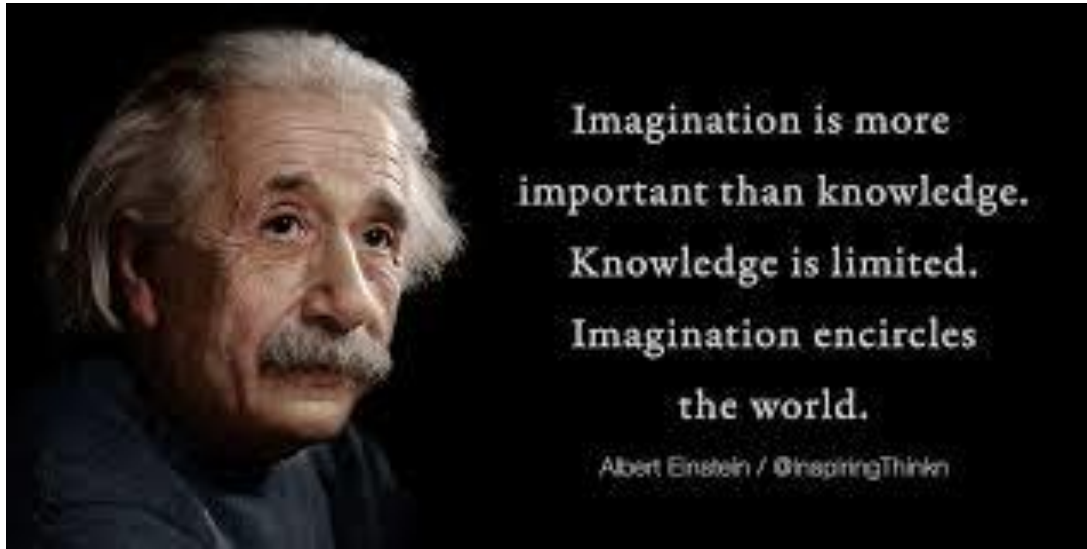


Revolutions start with the Imagination



It is not enough
to learn how we
got here. We
must start to
imagine where
we go *from* here.

- Radically changing the health care system → **keeping people healthy**
- Bold climate change action – ending fossil fuel dependency
- A food system that prioritizes nutrition security & healthy environments



Setting the table for *imagining*



Have you heard that we are the most trusted voices?

What's the point of having the most trusted voices, if we don't use them?



ORGANIZING our trusted voices for maximum **impact** –
we have (untapped) **POWER**

If you think some other nurse will be an awesome advocate and systems changer....

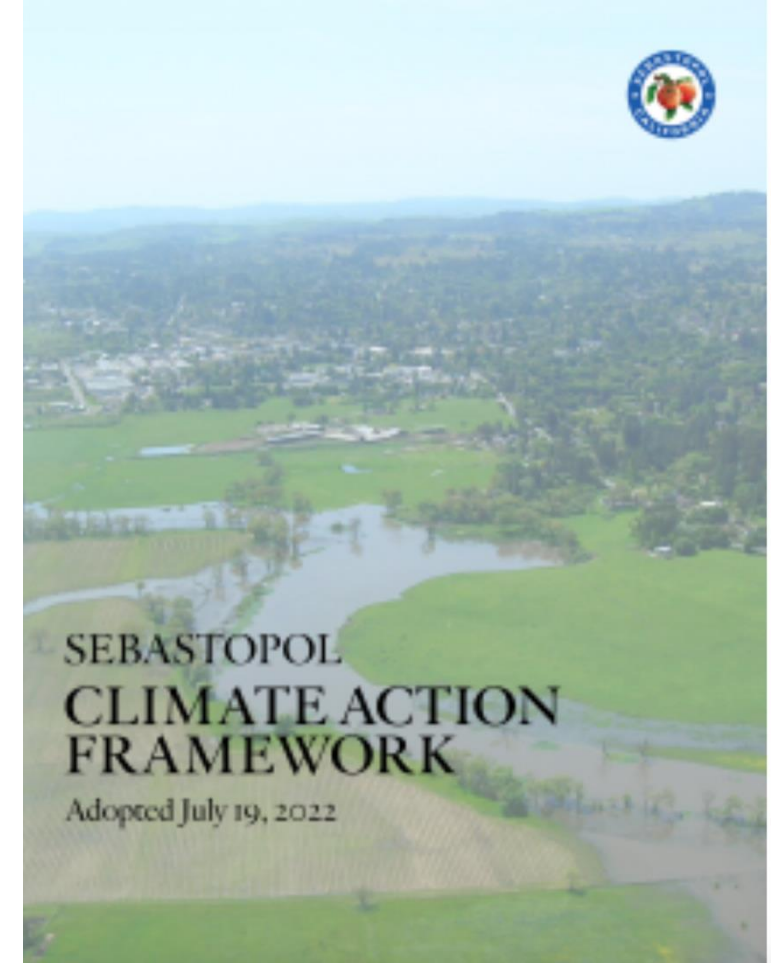
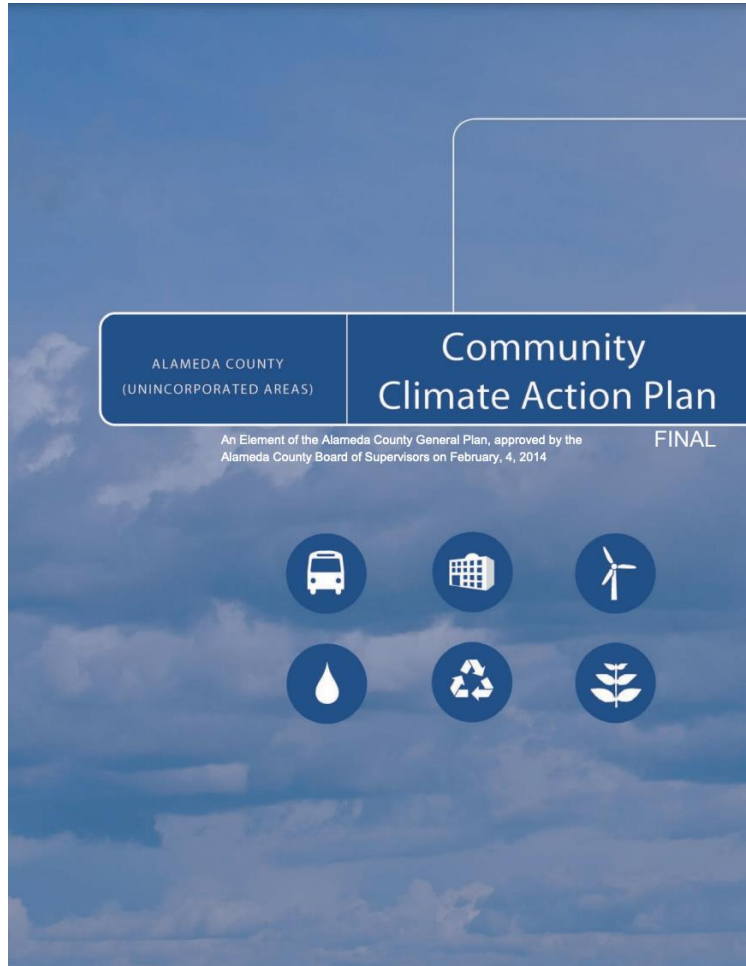
Think again.....

All faculty and nursing students should experience real life advocacy.

Political Action Through:
State nurses' association
Nursing specialty orgs
(by race, practice, setting, etc.)
UNIONS



Check out your **Climate Action Plan!**



What is nursing's role in this? What's our role as educators?

Revolutionary Culture Shifts?

- Less Consumerism / More Community
- Less internet connection / More real connection
- Less car / More active transport
- Less isolation / More engagement
- Less built environment / More time in Nature
- **And...MORE FUN AND JOY!!**





Community Gardens, block parties, concerts, Farmers' Markets, book clubs....



My theory of making change makers

- Don't create the doom and gloom club
- Provide equal parts education and inspiration
- Talk facts but speak to the heart
- And.....



**Help people imagine the
future we all would want to
live in.**



Think Globally and Act...

- At home
- **Locally**
- Institutionally
- Nationally
- Regionally
- And Globally



Thank you!



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Disaster Preparation

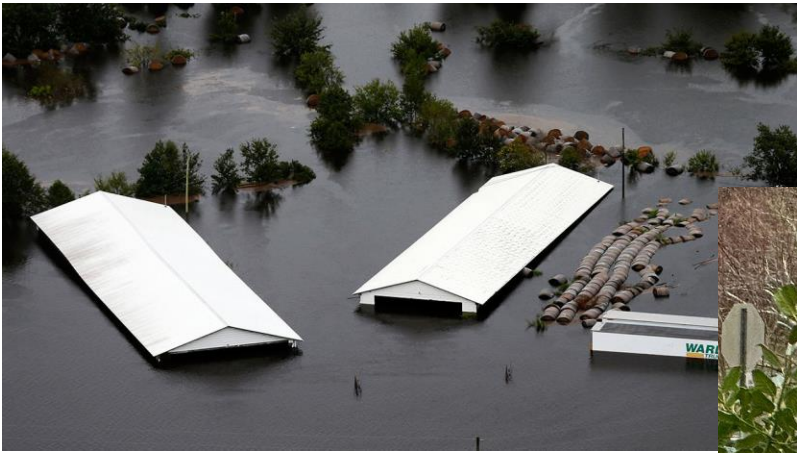
In 2022, [18 climate extremes](#) costing \$1 Billion each → Total >\$165 billion.

The Federal Emergency Management Fund is being defunded.



- **Dare and Hyde Counties** (NC) among highest hurricane FEMA recipients since 2010
- Do you live in community that ever required FEMA funds?

Drought, flooding, tornados, and high temps are climate threats to North Carolina



JAN 2024



Greensboro, NC



How can we prepare ourselves, our patients,
and our communities for disasters?

Go Bags

- Each family member in the house should have their own (including your pets)
- Not a one sized fits all
- Batteries
- Radio



Financial First Aid Kit							
		Have	N/A				Have
Household ID					Accounts	Checking	
	Birth Certificate					Savings	
	Marriage Certificate					Debit cards	
	Divorce Certificate					Retirement	
	Adoption					Investment	
	Child Custody Papers				Insurance	Homeowners	
						Renters	
Personal ID						Auto	
	Passport					Life	
	Drivers License					Flood	
	Social Security Card					Earthquake	
	Green Card					Umbrella	
	Military Service Card						
Pet					Sources of Income	Paystubs	
	Ownership papers					Government Benefits	
	Vaccine documents						
					Tax Statments	Federal Tax Return	
Financial/Legal						State Tax Return	
Home	Lease/rental document					Property Tax	
	Mortgage					Vehicle Tax	
	Home Equity Line of Credit						
	Deed				Estate planning	Will	
Vehicle	Loan					Trust	
	VIN					Power of Attorney	
	Registration						
	Title				Medical Planning	Health Insurance	
						Dental Insurance	
Utility	Bills					Medicare	
	Credit Cards					Medicaid	
	Student Loans					List of Meds	
	Alimony					List of Immunizations	
	Child support					Medical Equipment	
	Elder Care					Caregiver Agency Contact	
	Automatic payments					Disabliity Documentation	

Prepare Now



Video / Photograph
Your WHOLE home
Indoors and Out
Inside your closets and draws

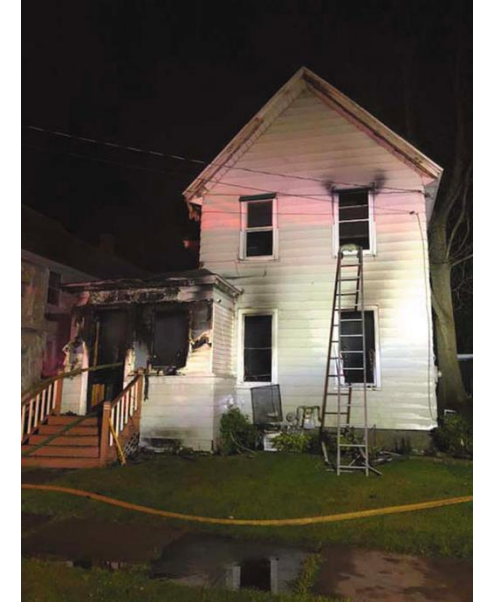


How to create a home inventory:
<https://www.iii.org/article/how-create-home-inventory>
from the
Insurance Information Institute



What's YOUR PLAN?

- Emergency exit from your home
- Emergency Routes from your neighborhood
- Know alternative routes!!
- Establish family gathering places
- Have a plan for large animals
- Cell phones may be down or may be superseded by emergency personnel



Take action now

- Sign up for the emergency alert system in your community
- Make a list of your “first grab” valuables from the house
- Have a First Aid Kit in your car(s)
- Make your Financial First Aid Kit
- Back up computer, photos, recipes
- Get involved with neighborhood groups



... but I don't even know my neighbors.



- [COOL BLOCK](https://coolblock.org/welcome)
- <https://coolblock.org/welcome>



Supporting the most vulnerable
Making a PLAN



Shelters

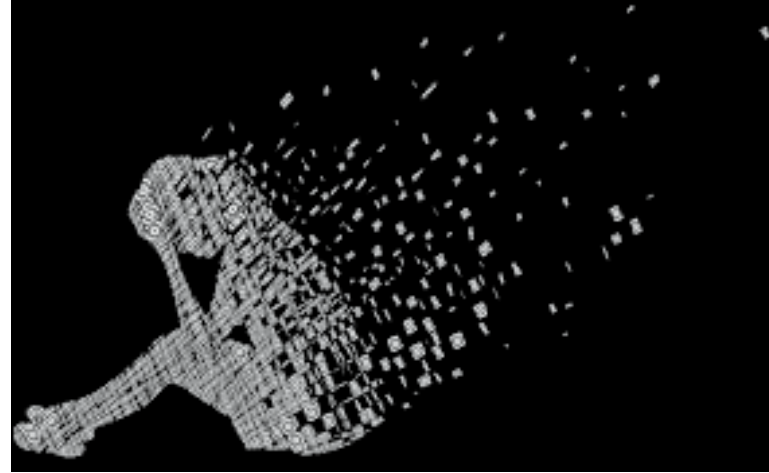
- Self organizing
- Organizationally supported



Mental health

During and After

- PTSD
- Depression / Numb
- Anxious
- Triggered by disasters



Individual and Small Group Activity

A massive flashflood is predicted for later today, what do you need?

Become your Avatars

Take a couple of minutes to write down what you need?

- Share with your tables, who you are and say what you need?
- As you listen to your fellow avatars, write down other things you think they might need.
- When everyone has had a chance to say what you need, then have a table-wise discussion

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do
with your one wild and precious life?

Tell me, what is it you plan to do
With your one wild and precious life?

Last Part of *A Summer Day* by Mary Oliver

Thank You

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- Here are details of the national strategy, according to the U.S Department of Health and Human Services:
- Strengthen Social Infrastructure: Connections are not just influenced by individual interactions, but by the physical elements of a community (parks, libraries, playgrounds) and the programs and policies in place. To strengthen social infrastructure, communities must design environments that promote connection, establish and scale community connection programs, and invest in institutions that bring people together.
- Enact Pro-Connection Public Policies: National, state, local, and tribal governments play a role in establishing policies like accessible public transportation or paid family leave that can support and enable more connection among a community or a family.
- Mobilize the Health Sector: Because loneliness and isolation are risk factors for several major health conditions (including heart disease, dementia, depression) as well as for premature death, healthcare providers are well-positioned to assess patients for risk of loneliness and intervene.
- Reform Digital Environments: We must critically evaluate our relationship with technology and ensure that how we interact digitally does not detract from meaningful and healing connections with others.
- Deepen Our Knowledge: A more robust research agenda, beyond the evidence outlined in the advisory, must be established to further our understanding of the causes and consequences of social disconnection, populations at risk, and the effectiveness of efforts to boost connection.
- Cultivate a Culture of Connection: The informal practices of everyday life (the norms and culture of how we engage one another) significantly influence the relationships we have in our lives. We cannot be successful in the other pillars without a culture of connection.

Surgeon General Loneliness an epidemic May 3, 2023

- <https://www.wtae.com/article/loneliness-teen-mental-health-surgeon-general/43786916#>
- Next slide bullets on the new national strategy

World Health Organization recommends:

- Integrate climate considerations with mental health programs;
- Integrate mental health support with climate action;
- Develop community-based approaches to reduce vulnerabilities;
- Close the large funding gap that exists for mental health and psychosocial support; and