



MEDICAL ALERT!

Climate Change Is Harming
Our Health in Wisconsin

OUTREACH & ENGAGEMENT TOOLKIT

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MEDICAL ALERT! REPORT

The [Medical Alert: Climate Change is Harming Our Health in Wisconsin](#) report details how climate change is harming our health and the benefits of climate solutions. In particular, **this report highlights the urgency of this challenge and provides direction on how to respond to climate change to improve the health of the people in Wisconsin today and in the future.**

Health professionals have a unique role to play in issuing this alert and closing the gap in public recognition of this serious danger. Impactful communication relies on both the message and the messenger. Recent research has shown that health, above jobs, is the most effective message for increasing climate policy support.¹ For over a decade, health professionals such as nurses, doctors, and pharmacists, have also been rated as highly trusted community members and leaders.² Furthermore, health professionals live and work in communities large and small, across the sociopolitical spectrum, and are already trained to communicate health information to the public.



**MEDICAL
ALERT!**

**Climate Change Is
Harming Our Health
in Wisconsin**

CLICK THE ICONS BELOW TO VIEW:



The Full Report

Medical Alert! Climate Change Is Harming our Health in Wisconsin



The Executive Summary

3 page synopsis for policymakers and community leaders



Report Press Conference

Video panel of in-state experts



7-Minute Report Summary

Video highlights of key insights



TIPS & TRICKS

Social media can be a powerful tool for amplifying advocacy work. Health professionals can use social media to share information with the public, reporters, policymakers, and more. Research shows that **content posted by individuals is shared 25x more often than content shared by organizations and receives 8x the engagement.**³ Follow this link for a video describing [5 Reasons Why Health Professionals Should Use Social Media](#).

@TAG OR MENTION SOMEONE

When you tag someone the post is delivered directly to them, **increasing the likelihood of your message being viewed and responded to.**⁴ This can be especially powerful when you tag reporters, organizations, or elected officials at all levels. For example, if you are sharing an article, tag the reporter in your comment. This **helps build a relationship** with the reporter. Tagging also greatly **expands the audience** that sees a post because it also reaches the followers of the organization or person tagged. This can help you **gain new followers**, as someone may see your post on another page and follow you.

#HASHTAG EFFECTIVELY

Adding a hashtag can increase engagement 2X, but adding 3 or more lowers engagement by 17%.⁵ Shorter hashtags that are used consistently for a campaign are the most impactful.

ATTACH AN IMAGE, VIDEO, OR GRAPHIC

Attaching photos or graphics creates a **150% increase in retweets** on Twitter and an **87% increase in engagement** rate on Facebook.⁶ If you plan on saying a lot, use white space or bullet points to help guide the eye of your viewer.

BUILD AN AUDIENCE

Spend time searching for and following your legislators, community leaders, colleagues, and administrators. When you follow someone, they become far more likely to follow you back.



EXTREME HEAT



WRITTEN POSTS

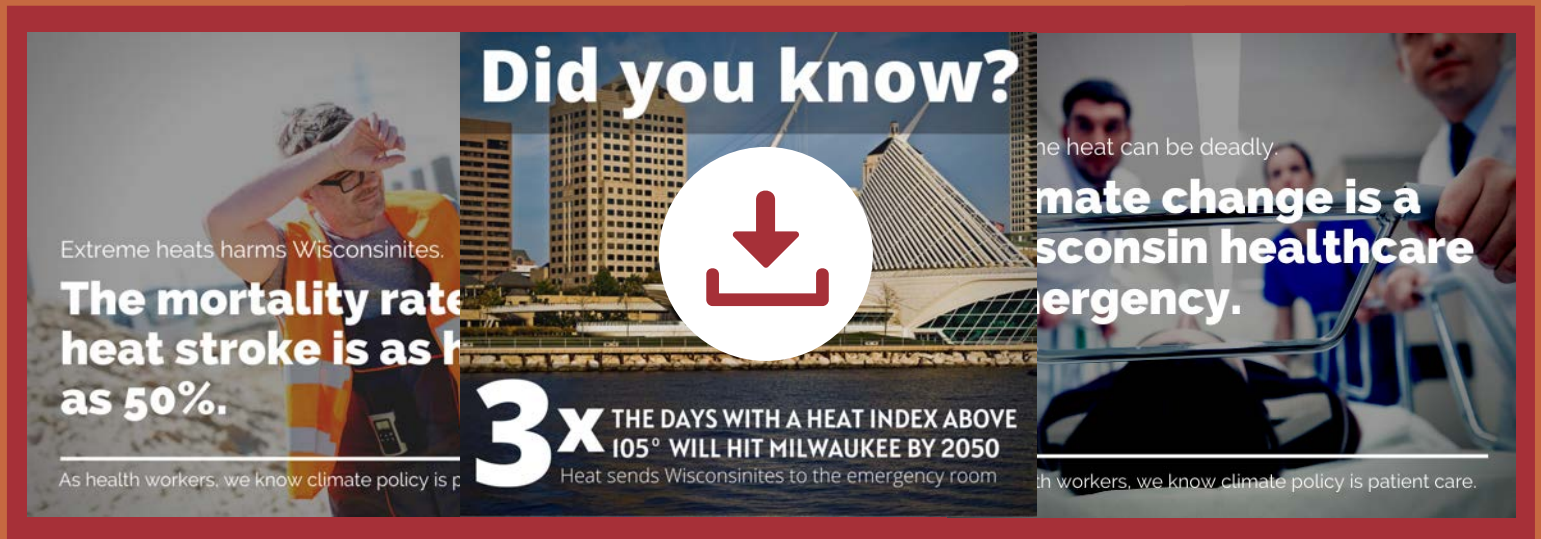
- By 2050, Milwaukee will see 3 times more days with a heat index above 105 degrees. Extreme heat already kills more Wisconsinites than other weather disasters, like tornadoes, floods, & blizzards combined. #WeCantWait #ClimateActionNow
- Without smart, equitable climate policy, extreme heatwaves will become more common and so, too, will deadly heat strokes. It doesn't have to be this way. Call your representative if you don't want this to be your future. #ClimateChangesHealth
- Formerly redlined urban environments can remain as much as 22 degrees hotter than surrounding rural areas at night, which means increased heat-related illness and death. #ClimateActionNow
- Extreme heat can worsen chronic diseases that then lead to costly emergency room visits and hospitalizations. Wisconsin families deserve policies that protect their health. #ClimateActionNow
- Heatwaves in Wisconsin are becoming longer, more frequent, and deadlier. Protect your community by calling for climate change policy. #ClimateHealthEmergency #WeCantWait



TWITTER IMAGES

[Click here](#) to view or download extreme heat graphics for Twitter





[Click here](#) to view or download Facebook & Instagram sized graphics



FLOODING



WRITTEN POSTS

- The people of Wisconsin are losing their homes, and sometimes their lives, to flooding events. Flooding will continue to get worse and more frequent if climate policies are not enacted now. #ClimateHealthEmergency
- In southern and western Wisconsin, annual precipitation is now 7 inches more than the 1950 – 2006 average. Waste run-off from flooding events can trigger dangerous outbreaks of water-borne illnesses. #ClimateChangesHealth
- Even long after a house floods, mold growth increases respiratory illnesses, such as asthma attacks. #ClimateChangesHealth #ClimateActionNow
- No building is immune to the impacts of flooding, not even our hospitals, which receive an increase in emergency patients during flood events. We need climate policy to protect the health of Wisconsin communities. #ClimateHealthEmergency #WeCantWait
- Standing water left by flooding can become a breeding ground for mosquito-borne pathogens. #ClimateChangesHealth

SOCIAL MEDIA

- Diarrheal diseases are the second leading cause of death among children under the age of 5 and flooding greatly increases diarrheal pathogens, such as E. coli and norovirus. #ClimateChangesHealth #ClimateActionNow



TWITTER

[Click here](#) to view or download flood related graphics for Twitter



FACEBOOK & INSTAGRAM



[Click here](#) to view or download Facebook & Instagram sized graphics



TICKS AND MOSQUITOES



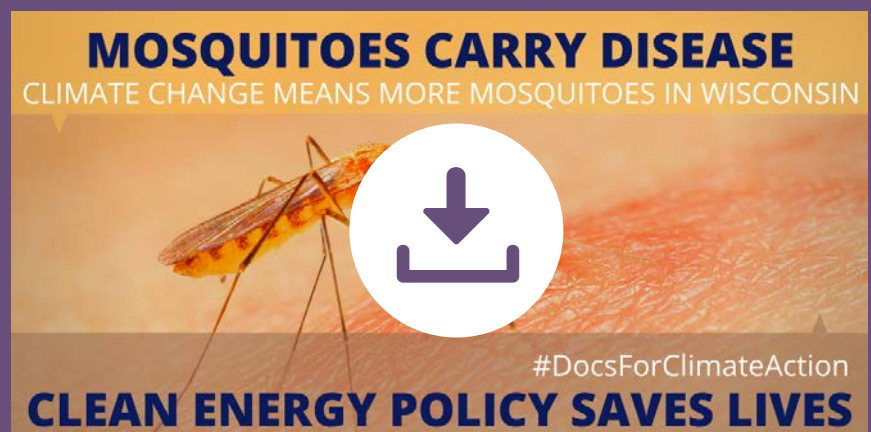
WRITTEN POSTS

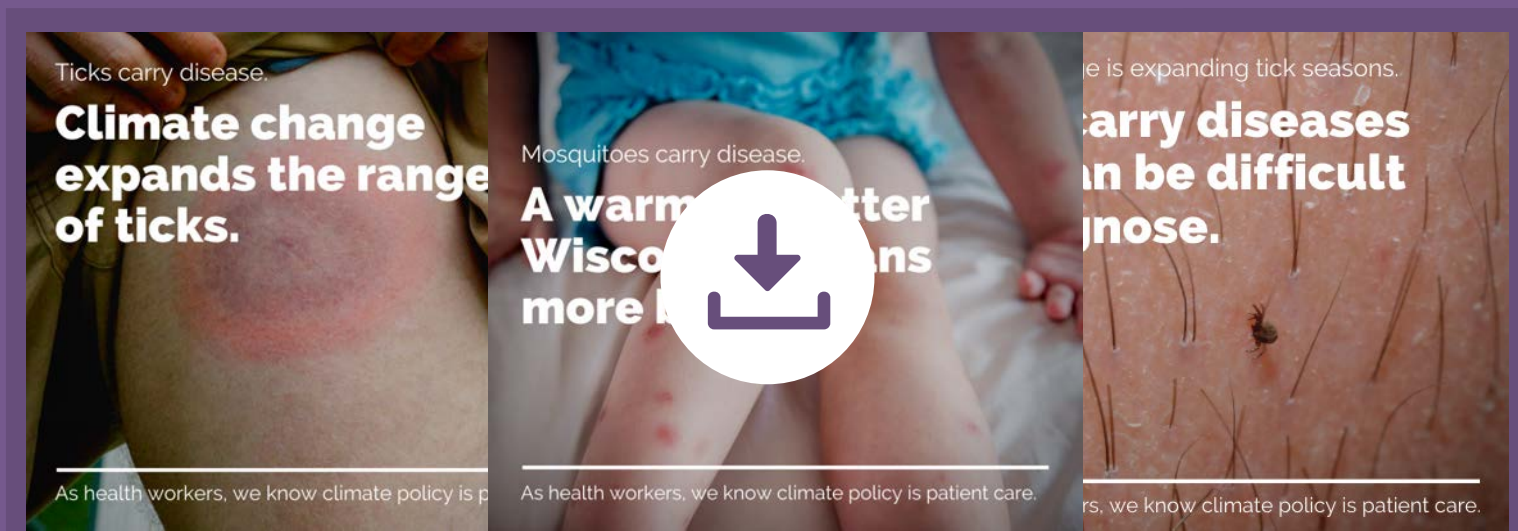
- Warmer winters with fewer hard freezes mean less mosquitoes die off, expanding the period for which West Nile virus can spread. The CDC has already reported a 25% increase in neuroinvasive disease from West Nile. #ClimateHealthEmergency
- Disease-carrying ticks and mosquitoes are becoming more widely distributed in Wisconsin as a result of climate change, threatening the health of our communities. #ClimateChangesHealth #ClimateActionNow
- Since the 1970s, the mosquito season in Wisconsin has become 14-19 days longer, increasing the risk of disease transmission. #ClimateChangesHealth
- It's more than an itchy bite. Ticks and mosquitoes can transfer dangerous viral and bacterial pathogens and a warmer climate is increasing the length of the disease transmission season. #ClimateHealthEmergency #ClimateActionNow
- Wisconsin families have already lost loved-ones due to illnesses transferred by mosquitoes and climate change is increasing mosquito-borne diseases. #WeCantWait #ClimateActionNow
- A warmer, wetter Wisconsin means more ticks and mosquitoes that transmit disease. Climate solutions are health solutions. #WeCantWait #ClimateActionNow



TWITTER IMAGES

[Click here](#) to view or download vector-borne disease graphics for Twitter





[Click here](#) to view or download Facebook & Instagram sized graphics



GENERAL HEALTH HARMS



WRITTEN POSTS

- More asthma attacks. More heart problems. More deaths. These are just a few ways Wisconsinites are suffering from the deadly effects of climate change. But there is a way you can save lives. Contact your representative to demand they take action on climate now. #ClimateActionNow #WeCantWait #WIDeservesBetter
- Children, athletes, pregnant women, the elderly, communities of color, people with chronic illnesses and allergies, and the poor are more likely to be harmed by climate change. #ClimateChangesHealth
- Unless we take action now, climate health harms, like increased infectious diseases and heat stroke, are going to get much worse. #WeCantWait #ClimateActionNow
- Some of the physical changes in our climate—such as the increased frequency of extreme heat events and weather events—are causing direct harms to health. #ClimateChangesHealth #ClimateActionNow

SOCIAL MEDIA

- Air pollution from fossil fuels kills one in five people worldwide, more than HIV, tuberculosis, and malaria combined. It's time for clean energy, clean air, and a clean bill of health for my patients. #ClimateActionNow #WIDeservesBetter
- I am already treating patients harmed by climate change in Wisconsin. We need equitable climate policy to protect our communities before impacts worsen. #WeCantWait #ClimateChangesHealth

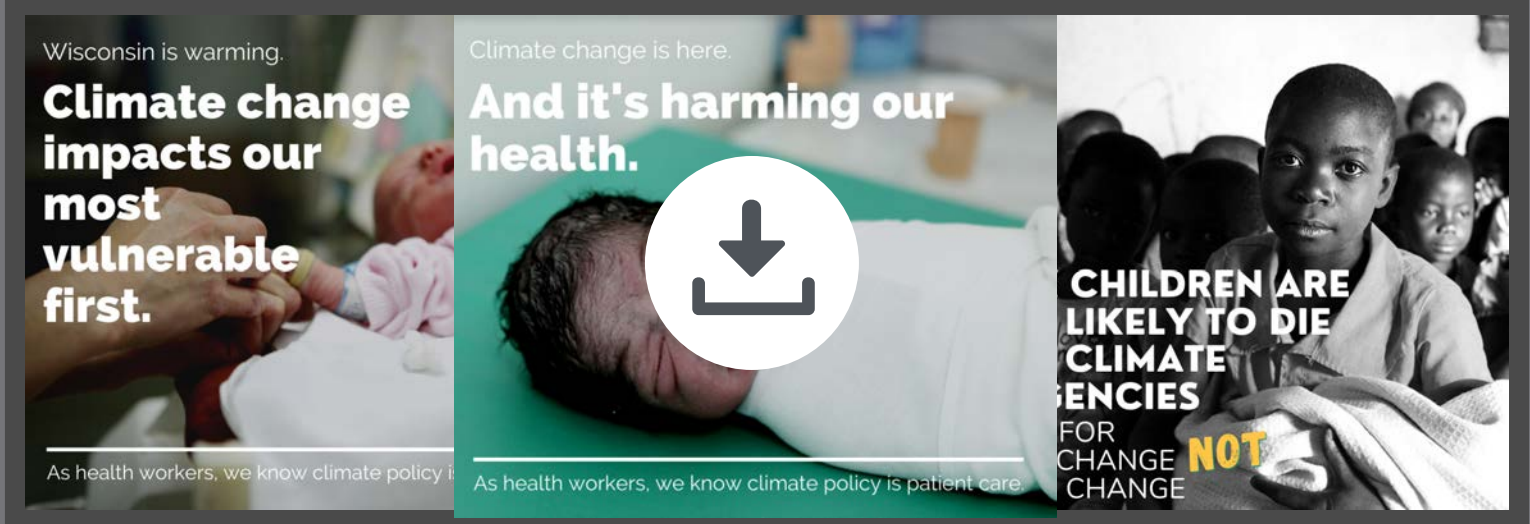


TWITTER IMAGES

[Click here](#) to view or download extreme heat graphics for Twitter



FACEBOOK & INSTAGRAM



[Click here](#) to view or download Facebook & Instagram graphics



HEALTH BENEFITS OF ACTING NOW



WRITTEN POSTS

- 100% clean energy in Wisconsin would reduce air pollution and save \$21 billion EVERY YEAR in avoided health damages. #ClimateActionSavesLives
- Clean energy, efficient buildings, and other climate solutions are available now. These solutions can improve air pollution, water quality, and benefit our health immediately. #ClimateActionSavesLives #WeCantWait
- My patients deserve compassion and a healthy future. That includes clean air free of fossil fuel pollution. Replacing coal with solar would save over 52,000 people a year. #ClimateActionNow
- 100% clean energy in Wisconsin could prevent 34,400 cases of asthma exacerbation each year in our state. #ClimateActionSavesLives
- Climate solutions are health solutions. Clean energy in Wisconsin could prevent 49,400 respiratory symptom cases, 650 heart attacks, and 670 hospital admissions each year. #ClimateActionSavesLives #WeCantWait
- Clean energy can make Wisconsin communities healthier and more just, by reducing air and water pollution from fossil fuels predominately located in communities of color. #ClimateActionSavesLives



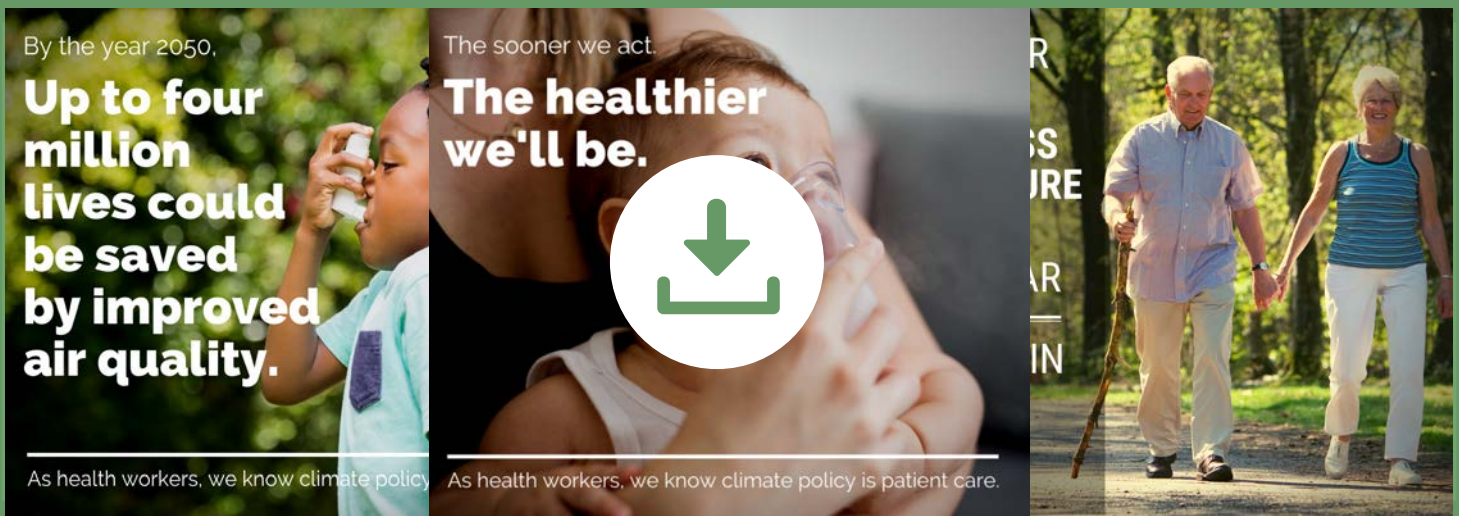
TWITTER IMAGES

[Click here](#) to view or download extreme heat graphics for Twitter





FACEBOOK & INSTAGRAM



[Click here](#) to view or download Facebook & Instagram graphics



AWARENESS OPPORTUNITIES

MONTH-LONG OBSERVANCES

February: Heart Health Month

- Climate change causes more frequent and severe heatwaves and air pollution that can worsen heart conditions. Climate solutions are health solutions. #HeartHealthMonth #ClimateChangesHealth

May: Asthma and Allergy Awareness Month

- A warming climate aggravates allergies. Since 1990, the pollen season has lengthened by 20 days and the air contains 20% more pollen. #ClimateChangesHealth

May: National Bike Month

- Increasing the rate of bike trips in the U.S. to 6% (the rate in Madison, WI) would reduce chronic disease deaths by 20,000 a year. #NationalBikeMonth



May: Mental Health Awareness Month

- The stress and trauma of climate disasters can cause increased PTSD, anxiety, and depression for survivors and first responders. #MentalHealthMonth

September: National Preparedness Month

- Extreme heat and flooding from our changing climate are affecting the health of our community. Our hospitals need to prepare now to save lives. #ClimateChangesHealth

OBSERVANCE DAYS**Third Monday of January (Jan 17, 2022): Martin Luther King Jr. Day**

- Did you know that Black Wisconsinites have a rate of asthma-related hospitalizations 6x higher than white Wisconsinites? Take a moment to learn about the environmental justice issues in your community this Martin Luther King Jr. Day. #ClimateJusticeNow

March 8: International Women's Day

- Did you know that 80% of people displaced by climate change are women? Women's health depends on their inclusion in climate policy. #InternationalWomensDay

April 7: World Health Day

- A lot can be harmed by climate change — including your health. Extreme weather, heatwaves, increased flooding, and more infectious disease spread all pose significant health impacts. #WorldHealthDay #ClimateChangesHealth

April 22: Earth Day

- Extractive industries such as fossil fuels collapse Earth's ecosystems, harming the health of all living species, including us. Over 150 medical organizations representing 650,000+ health professionals have declared climate change a public health emergency. #EarthDay #ClimateChangesHealth

May 7: Asthma Awareness Day

- Milwaukee already has the second highest rate of asthma-related emergency room visits in the country. Increasing temperatures and flooding from climate change create ground level ozone and mold that can worsen asthma conditions. #AsthmaAwareness

Last Friday of May (May 27, 2022): National Heat Awareness Day

- As our climate changes, Wisconsinites living in 'urban heat islands' are at a higher risk for heat illness and death. Formerly redlined areas are more likely to be urban heat islands and can be up to 22 degrees hotter than surrounding areas. #ClimateChangesHealth

Second Tuesday in June (June 14, 2022): National Call Your Doctor Day

- Over 150 medical organizations representing 650,000+ health professionals have declared climate change a public health emergency. Talk to your doctor about what you can do to protect yourself and your family. #ClimateChangesHealth

June 27: National PTSD Awareness Day

- Climate change is causing more frequent and more extreme weather events. Post-traumatic stress disorder (PTSD) levels are increasing among survivors of these events, even among people with no history of mental illness. #PTSDAwarenessDay

August 12: International Youth Day

- The health of children is harmed by fossil fuels, even before they are born. Heat & air pollution significantly increase the likelihood of preterm birth. #InternationalYouthDay

August 20: World Mosquito Day

- In Wisconsin, a warming climate is extending the mosquito and tick seasons. This means that the diseases they transmit are infecting more people. #WorldMosquitoDay #ClimateChangesHealth

August 21: Senior Citizen Day

- The climate crisis is intensifying heat waves. This heat can harm all Wisconsinites, but the health of older adults can be at higher risk. Check on your older neighbors during severe weather events. #NationalSeniorCitizenDay #ClimateChangesHealth

September 7: International Day of Clean Air

- Clean energy will create a healthier world. Did you know that air pollution from fossil fuels currently kills one in five people worldwide? The sooner we act, the more lives we save. #WIDeservesBetter #CleanAirForAll

September 7: World Patient Safety Day

- If the global health care sector were a country, it would be the fifth-largest greenhouse gas emitter on the planet. It is time for health systems to protect their patients by implementing clean energy and sustainable practices. #WorldPatientSafetyDay

September 29: World Heart Day

- The heart health of our neighbors, friends, and family depends on air quality. 100% clean energy in Wisconsin could prevent 650 heart attacks every single year. #ClimateChangesHealth #WorldHeartDay

October 10: World Mental Health Day

- Climate disasters such as wildfires, hurricanes, and floods threaten livelihoods, homes, and lives. Living through a traumatic disaster can cause PTSD, depression, and anxiety. Climate action is mental health care. #ClimateChangesHealth #WorldMentalHealthDay

Second Monday of October (Oct 10, 2022): Indigenous Peoples day

- Although climate change directly threatens human health in all communities, Indigenous Peoples are among the first and most severely affected. Climate-related events impact their practices, lifeways, self-determination, and physical and cultural health. #IndigenousPeoplesDay #ClimateJusticeNow

First Wednesday of November (Nov 3, 2022): National Stress Awareness Day

- Feelings of climate anxiety, which include panic attacks, insomnia, and obsessive thinking, can compound on daily stressors to negatively impact mental health, potentially leading to stress-related problems such as substance use disorders, anxiety disorders, and depression. #NationalStressAwarenessDay #ClimateChangesHealth

November 22: World Diabetes Day

- Extreme weather events and rising temperatures in Wisconsin can be life threatening for patients living with diabetes, especially for those with cardiovascular complications. #WorldDiabetesDay #ClimateChangesHealth

Third Thursday of November (Nov 17, 2022): National Rural Health Day

- The climate crisis will bring more extreme weather and increased disease incidence to Wisconsin. Our rural health system is already under-funded, under-equipped, and infrastructurally scarce, and climate change will only worsen these issues in our rural health infrastructure. #RuralHealthDay #ClimateChangesHealth

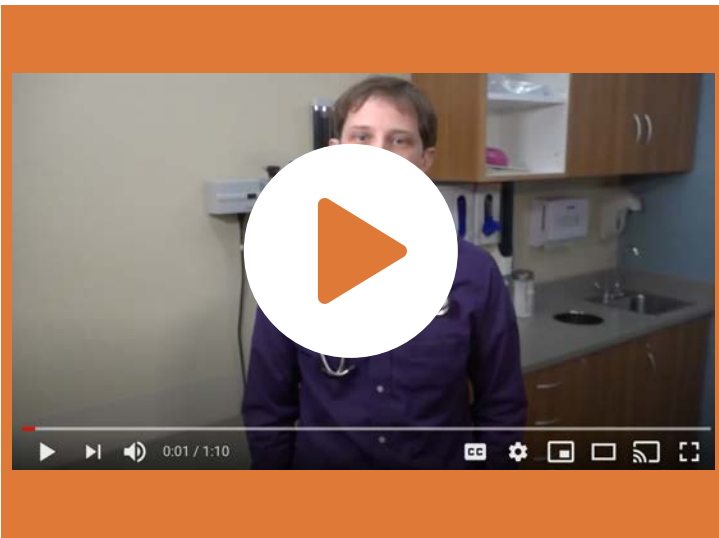
December 3: International Day of Persons with Disabilities

- Persons with disabilities have higher rates of morbidity and mortality in a climate disaster, but are often among those with the least access to emergency support. Learn more about how climate change impacts persons with disabilities [here](#). #IDPWD #ClimateChangesHealth

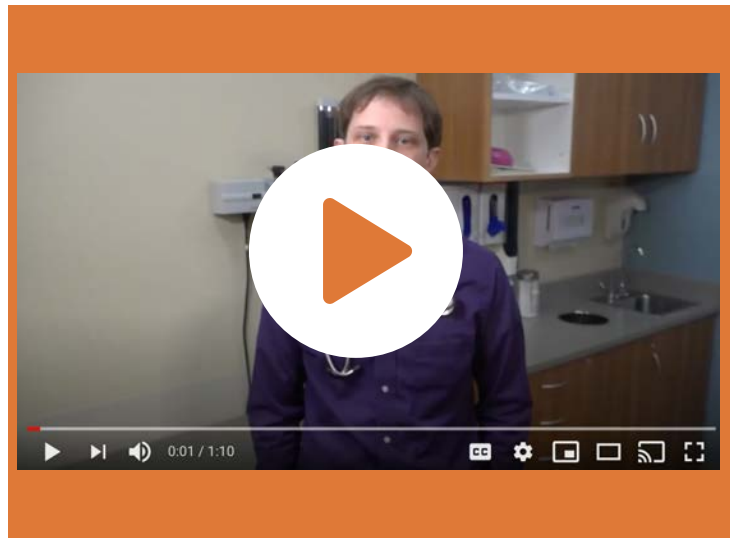
THE POWER OF VIDEO

Not only do **videos generate 1200% more shares on social media than text and image content** combined, but viewers retain 95% of a message when they watch it in a video compared to 10% when reading it in text.⁷ Don't forget about also using YouTube to amplify your video content. [You can find the Wisconsin Health Professionals Climate Action's YouTube channel here, which contains additional content.](#)

Climate Harms Our Children's Health



Clean Energy & Community Health



Climate Policy Can Improve Wisconsin Health



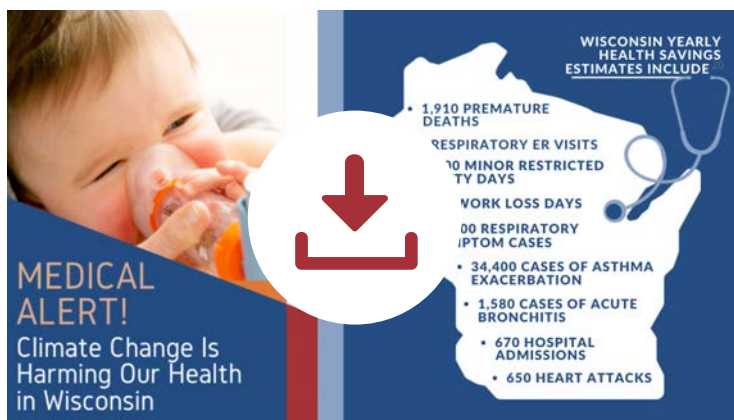
Medical Alert! Climate Change Is Harming Our Health in Wisconsin



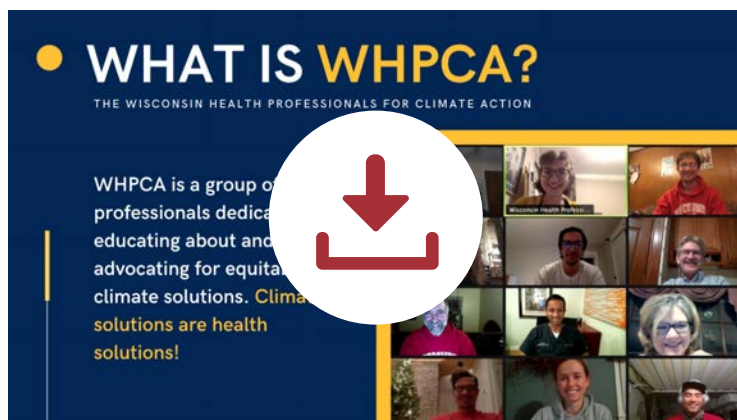
PRESENTATION TIPS

- Prioritize your visuals first: During a presentation, people take in information 55% visually, 37% vocally, and 7% through the text.
- Don't use jargon or acronyms.
- Tell Stories: Data is important, but emotions also help information resonate.
- Use bullet points and blank space: This helps guide the eye. Shorten sentences to quick bulleted statements and only use numbers to show sequence or ranked elements.
- Less is more: Keep to one topic per slide and fewer elements per slide when possible.
- Use effects sparingly.
- Color: Use a set of colors consistently and choose a background with minimal patterns.
- Text: Pick a title font & body text and stick with it (standardize sizing and type-face).
- Practice: Go through your presentation with your audience in mind and use a timer as you go. Spend longer and speak slower on key elements.

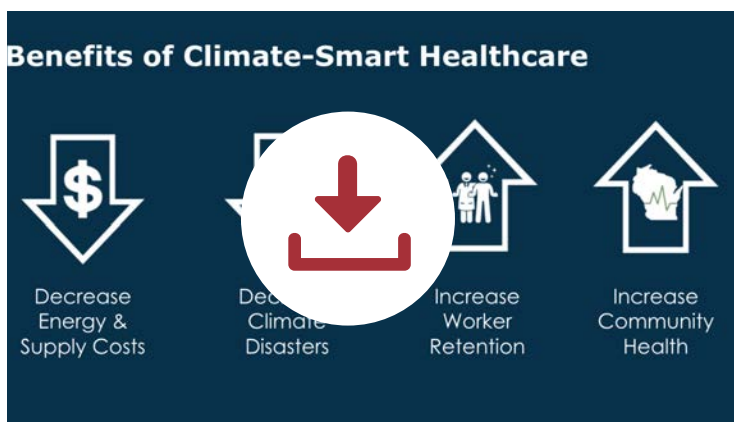
Medical Alert Slides



About WHPCA Slides



Climate-Smart Healthcare Slides



Mixed Slide Deck



POSTER AND INFOGRAPHICS

DID YOU KNOW THAT CLIMATE CHANGE HARMS THE HEALTH OF CHILDREN IN WISCONSIN?

HEAT SICKNESS & STROKE
Wisconsin summers are getting hotter, which can endanger health. In fact, extreme heat kills more Wisconsinites than other weather disasters (i.e. tornadoes, floods) combined. Student-athletes are especially vulnerable. Some signs of heat illness include dizziness, nausea, and rapid breathing.

RESPIRATORY ILLNESSES & ASTHMA EXACERBATION
Climate change affects us in multiple ways. Heatwaves can worsen air quality and trigger asthma attacks, longer pollen seasons worsen allergies, and more frequent flooding events increases the risk of mold and other respiratory attacks.

RASHES
Warmer air temperatures and toxic algae in Wisconsin lakes and swimming in warm water can result in a rash or illness. Warmer temperatures also extend the disease transmission season for ticks and mosquitoes that can carry dangerous viral and bacterial pathogens.

MENTAL HEALTH CHALLENGES
Climate disasters can cause anxiety-related responses as well as chronic and severe mental health disorders. Flooding, prolonged droughts, and trauma from disasters have been associated with elevated levels of anxiety, depression and post-traumatic stress disorders.

GASTROINTESTINAL ILLNESS
Contamination of drinking water from waste run-off during more frequent flooding events can trigger outbreaks of water-borne illnesses such as the diarrheal diseases legionella and campylobacter.

THESE ARE ONLY SOME OF THE HEALTH HARMS, LEARN MORE AT WWW.WICLIMATEHEALTH.COM/MEDICAL-ALERT

CLEAN ENERGY CAN BENEFIT YOUR HEALTH

CLEAN ENERGY MEANS BETTER AIR AND WATER QUALITY, IMPROVING HEALTH FOR WISCONSIN FAMILIES IMMEDIATELY

In-state production of 100% clean energy would:

- Reduce air pollution and thereby save \$21 billion every year in avoided health damages
- Create 162,000 net new jobs, these are good, high paying jobs that will indirectly improve the health of the workers and their families
- Grow Wisconsin's GDP by 5%, and increase tax revenue by more than \$500 million— funds that can be used to address local state priorities, such as strengthening public health and education systems that will benefit the health of all people in Wisconsin

The yearly health benefits in Wisconsin include:

650 HEART ATTACKS	1,910 PREMATURE DEATHS	34,400 ASTHMA EXACERBATION CASES	1,580 CASES OF ACUTE BRONCHITIS	670 HOSPITAL ADMISSIONS
650 RESPIRATORY ER VISITS	873,000 MINOR RESTRICTED ACTIVITY DAYS	49,400 RESPIRATORY SYMPTOM CASES	148,000 WORK LOSS DAYS	

THESE ARE ONLY SOME OF THE HEALTH BENEFITS, LEARN MORE AT WWW.WICLIMATEHEALTH.COM/MEDICAL-ALERT

HEALTH HARMS OF COAL IN WISCONSIN

MINING
Coal mining is incredibly dangerous. Miners are at high risk for many lung conditions such as pneumoconiosis (black lung disease), cancer, silicosis, and massive fibrosis.¹ Researchers have also found higher rates of chronic heart disease, respiratory, birth defects, and kidney disease mortality in communities near coal mines.²

TRANSPORT
Although there are no coal mines in our state, coal trains cross through Wisconsin neighborhoods, causing harm. Coal dust pollution from trains or uncovered coal piles increases the risk of premature death, stroke, cancer, asthma, and heart attacks.³

COAL ASH & WATER-FOUNDED POWER PLANTS
After coal is burned, the byproduct is coal ash. Coal plants are the dominant emitters of byproduct which contains carcinogens, mercury (50% of all emissions), acid gases (over 75%), and many toxic metals (20-60%) in the U.S.⁴ Mercury harms the brain and nervous system and can cause tremors, memory and hearing loss, speech problems, congenital defects, psychological problems, and permanent cognitive effects. Furthermore, mercury negatively impacts the kidneys, lungs, digestive system, and immune system.⁴

These toxic substances are especially destructive to children and developing fetuses. Coal plants are associated with pregnancy and fetal abnormalities— up to 30 miles away from the nearest plant.⁵

THIS CYCLE OF HEALTH HARMS CONTINUES TO REPEAT ITSELF. STOPPING COAL CAN HELP STOP IT.

STOPPING COAL HAS IMMEDIATE HEALTH BENEFITS FOR WISCONSIN COMMUNITIES.

ZOOM

Zoom meetings are now commonplace. A Zoom background can help you get a message across even when you don't have a speaking role. Plus, they have the added benefit of concealing your office space if it happens to not be as neatly organized as you'd like! [Click here](#) to download Zoom backgrounds.



EMAIL SIGNATURES

Take a moment to think about how many emails you send in one week. Multiply that number by the likelihood of some of those conversations being forwarded. Now imagine if every single one of those emails could help spread an important message. Adding a sentence or small graphic to your email signature is simple to do and spreads information fast. Find some examples below and don't forget to hyperlink the report in your signature!

- Climate change is a public health emergency in Wisconsin, [learn more here](#).
- The health of Wisconsinites is already being harmed by climate change, read the [Wisconsin Medical Alert to find out more >>](#)
- Clean energy is a major opportunity to improve the health of Wisconsinites, [learn more now >>](#)
- Climate solutions are health solutions, [learn more here](#).
- The sooner we act on climate change, the more lives we can save. [Read the Wisconsin Medical Alert here >>](#)



WRITE AN LTE OR OP-ED

Writing a letter to the editor (LTE) or an Op-Ed for your local or regional newspaper is an effective way to reach a large audience with the message that climate change is a health emergency. LTEs are published on the editorial page, which is one of the most-read sections in the paper. Most papers now also have an online format, which allows you to share the article with others or tag an elected official.

Check out our [LTE & OP-ED Toolkit](#) for tips on writing your article.

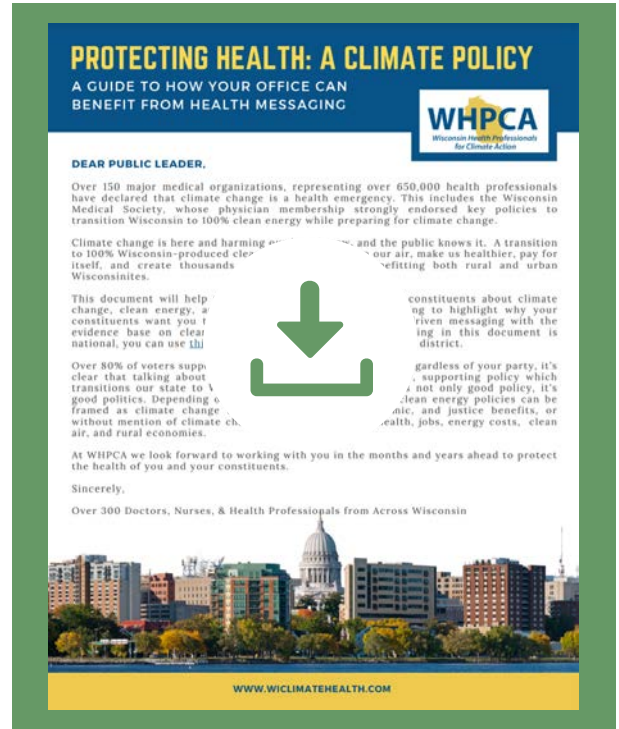
VOTE & BUILD A HEALTHY DEMOCRACY

Did you know that over 80% of voters support clean energy policy? So why are we struggling to see change? The answer is complicated, but major barriers in Wisconsin include voter suppression laws, campaign finance regulations, and gerrymandering- the practice of manipulating the boundaries of electoral districts to establish an unfair political advantage.

The ability to live a healthy life should be a nonpartisan right. [Get a free Vot-ER Healthy Democracy Toolkit designed for health professionals and share resources guiding others through the voting process.](#)

BECOME A CLIMATE-HEALTH ADVOCATE

A healthy democracy requires participation beyond voting. Reach out to the policymakers that represent you (on the local, county, state, and federal levels) and let them know why you support climate policies that protect health. The *Medical Alert* and *Protecting Health: A Climate Policy* provide helpful data that demonstrate climate impacts and policy benefits in Wisconsin. You can attach both documents to an email. If you feel comfortable doing so, also request a meeting with the policymaker in your message.



JOIN THE MOVEMENT

One of the best ways to create change is to join the Wisconsin Health Professionals for Climate Action (WHPCA) because advocacy is more powerful when more hands are lifting, more ideas are shared, and more voices are at the table. WHPCA is committed to communicating that the global climate crisis is a public health emergency, and advocating for equitable solutions to decrease the impact of climate change on human health. We have four action teams (Climate-Smart Healthcare, Anti-Racism, Education & Clinical Integration, and Policy & Advocacy) that meet regularly and can connect you with opportunities to create change.

If you are not located in Wisconsin, you can see other state groups or find national opportunities on the Medical Society Consortium on Climate and Health webpage.

CLICK THE ICONS BELOW TO FOLLOW, DONATE TO, OR JOIN WHPCA:

FOLLOW WHPCA



Twitter: @WIClimateHealth



Facebook: @WIClimateHealth



Instagram: @WIClimateHealth

DONATE TO WHPCA



JOIN WHPCA





ENDNOTES

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**CLIMATE CHANGE IS A
HEALTH EMERGENCY**

Social media can help you sound the alarm.