

The longevity equation: climate resilience for health in the Middle East



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Climate change is one of the most complex threats to the health of our people and our planet, expected to cause 250,000 additional deaths per year between 2030 and 2050.¹ The Middle East is among the geographic areas most vulnerable to rising temperatures, air pollution, food and water insecurity and adverse weather events. Without considerable mitigation and adaptation efforts, the health and longevity of current and future generations will be severely impacted.

A global climate change hotspot

Leading drivers of climate change in the Middle East



Impact on human health and wellbeing

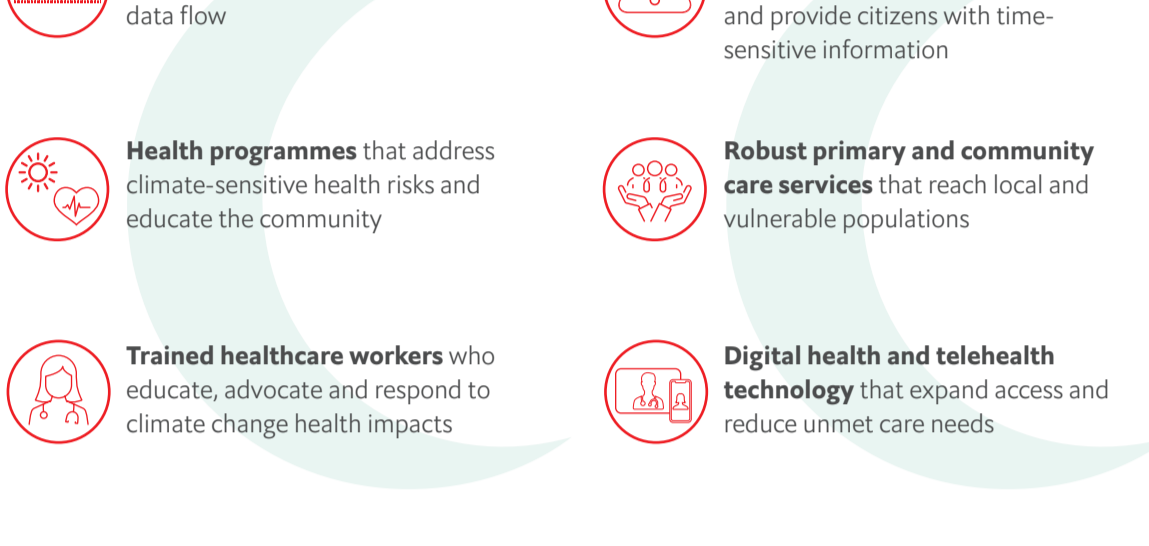


“Climate change affects longevity by altering ecosystems, disease patterns, and public health.”

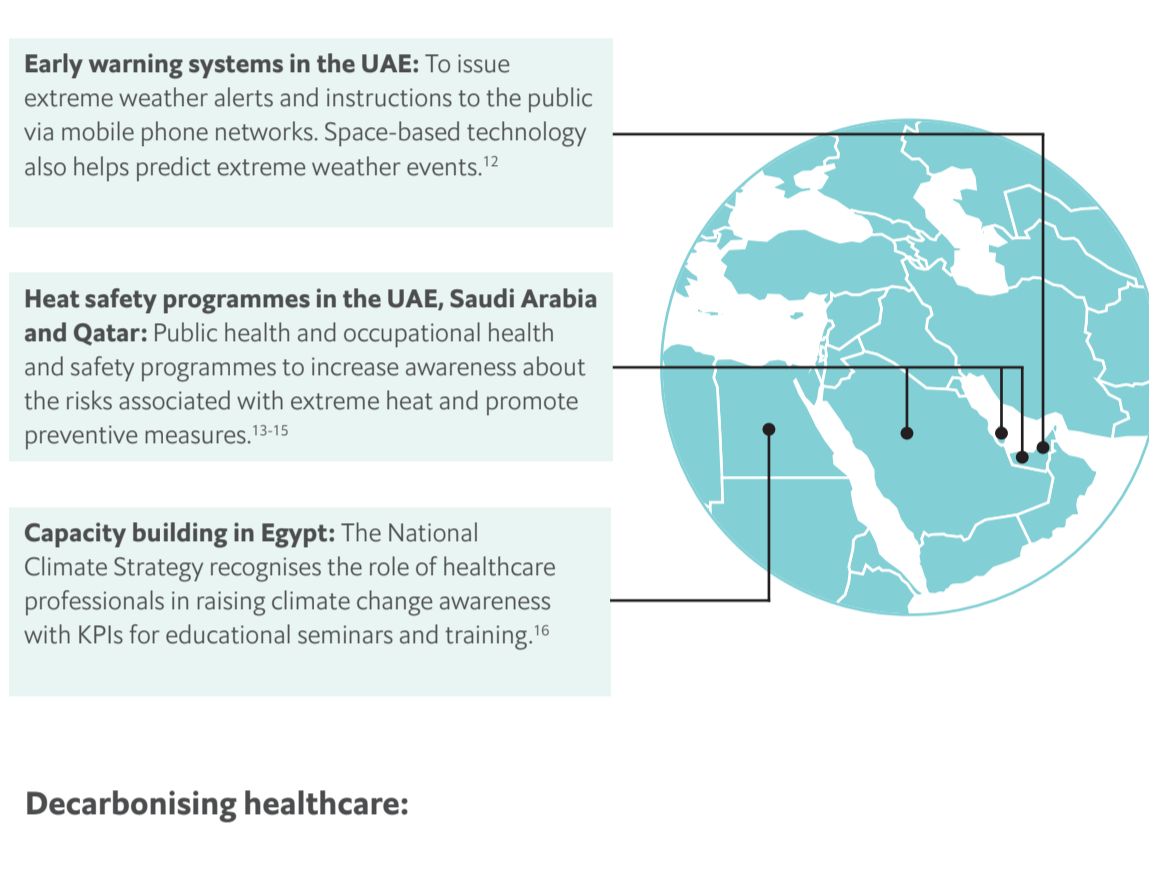
Dr. Noura Khanis Al Ghaithi, Undersecretary at the Department of Health in Abu Dhabi, UAE.

Climate-proofing the region’s healthcare systems

Climate-resilient health systems form the first line of defence in protecting populations from an unstable and rapidly changing climate.¹¹ Interventions include:



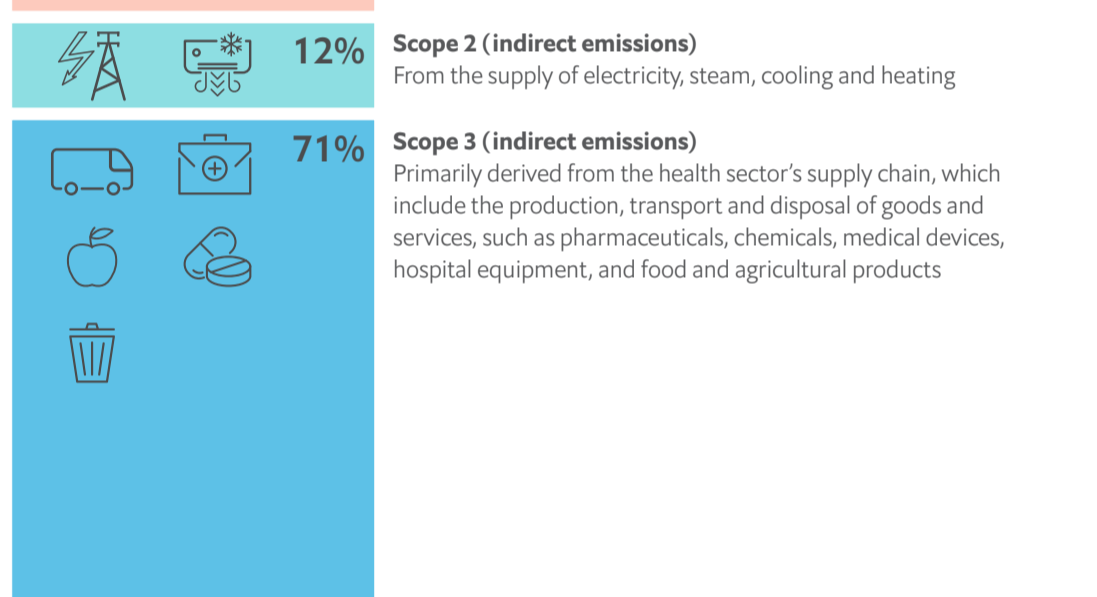
Examples from regional health systems:



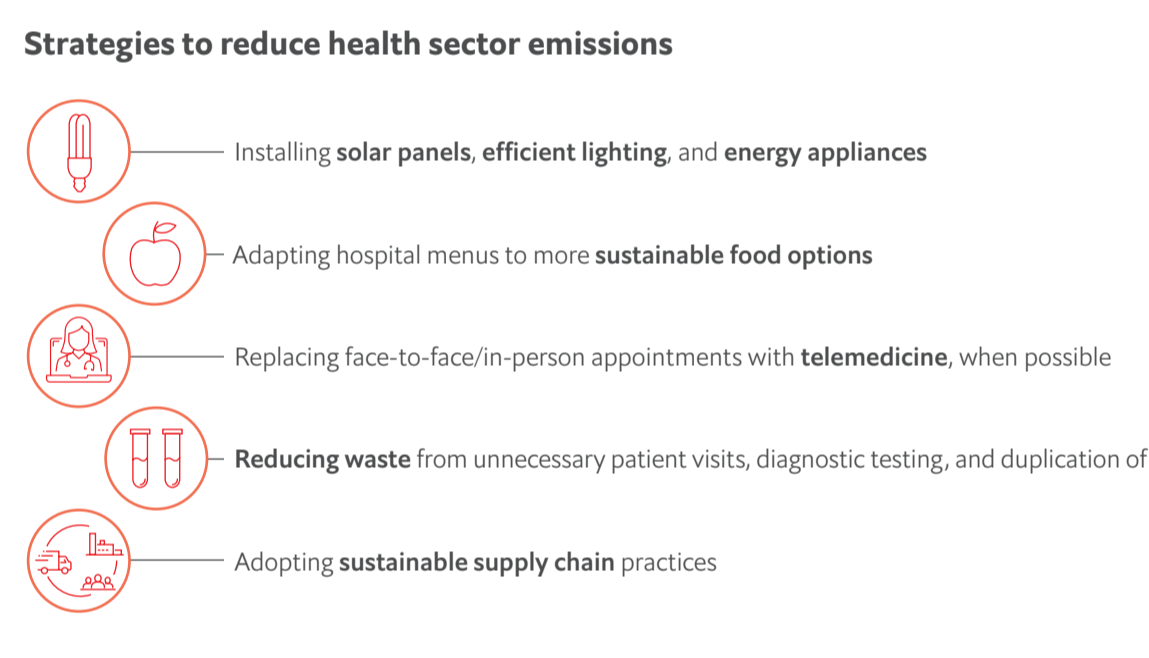
Decarbonising healthcare:

4.6% of global CO2 emissions are generated by the healthcare sector, more than aviation or shipping.¹⁷ Making healthcare systems more sustainable can support progress towards national net-zero goals and the wellbeing of populations.

Source of the health sector’s global carbon footprint



Strategies to reduce health sector emissions

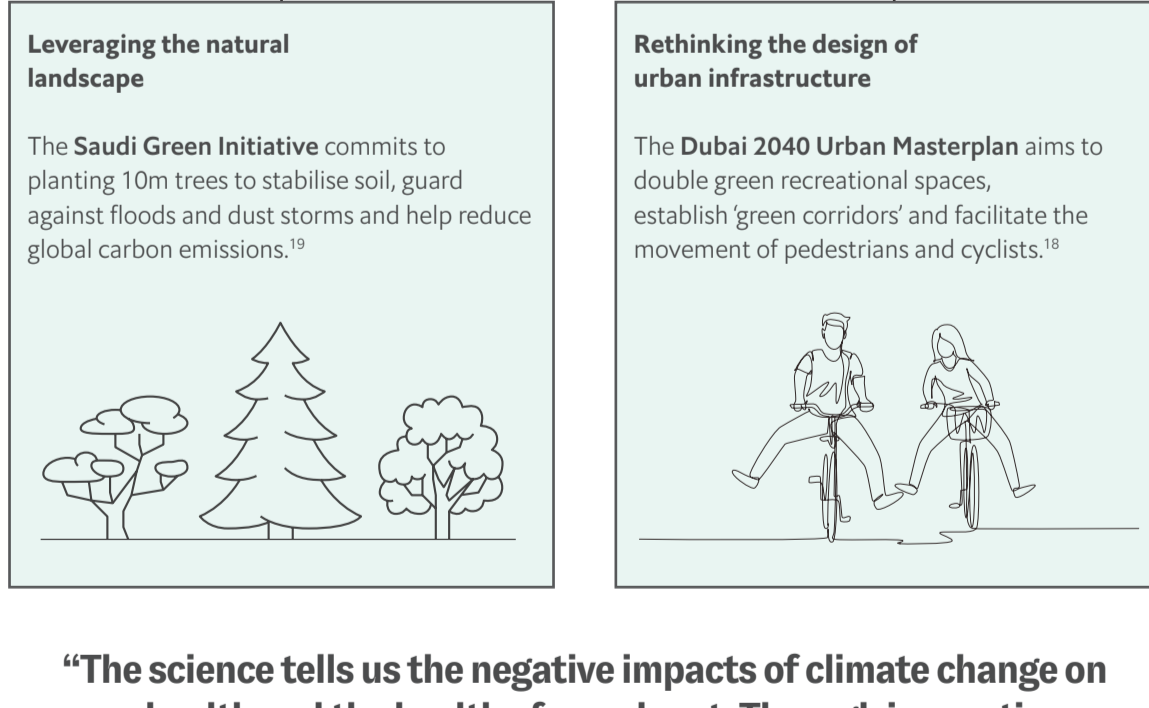
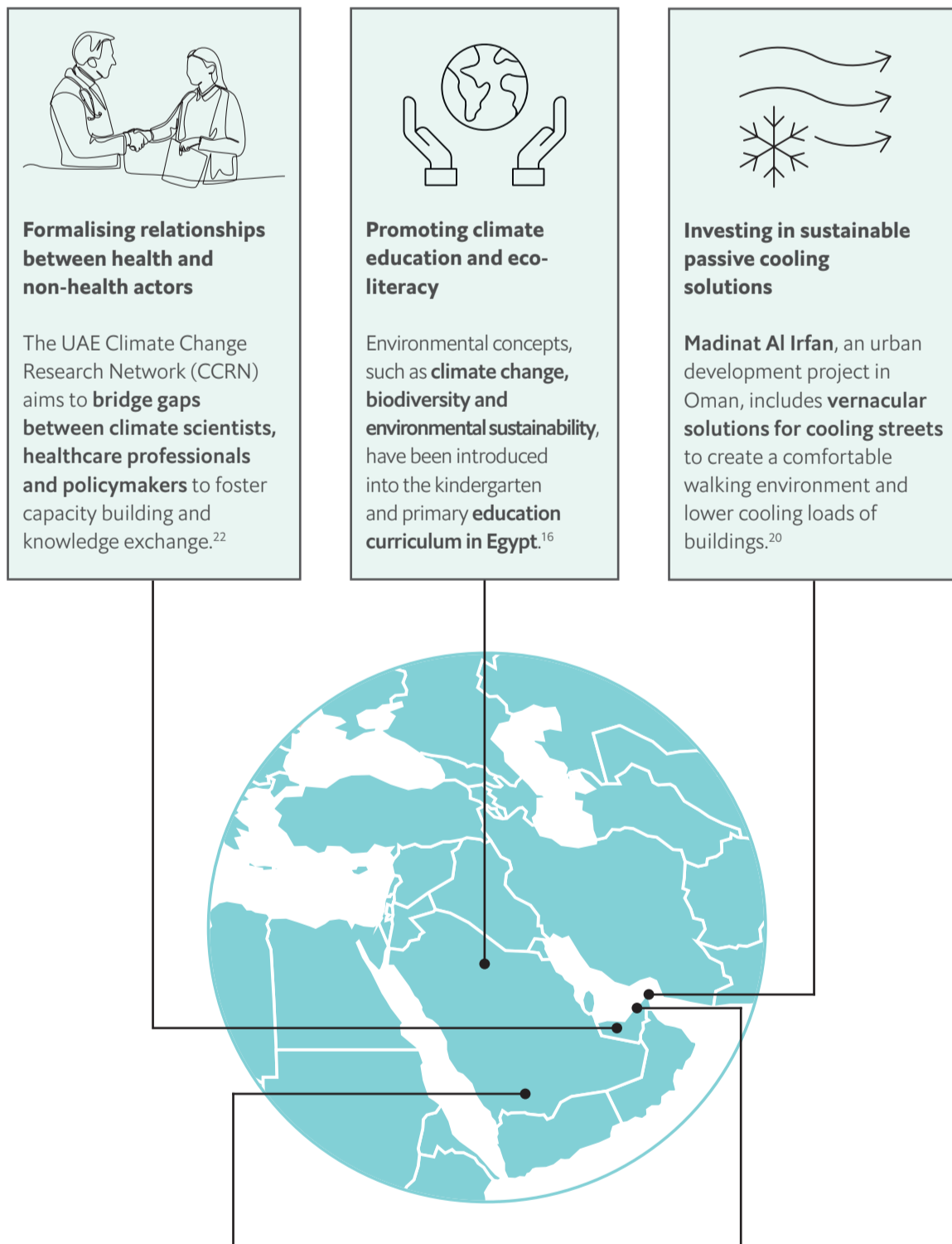


“Healthcare professionals need to be the most outspoken about climate change...Climate change is the biggest risk to our health, and it makes our physical and mental health and aggravates chronic conditions.”

Dr Marina Belén Romanello, executive director, Lancet Countdown: Tracking Progress on Health and Climate Change.

Enabling the health co-benefits of collaboration on climate action

Collaboration between health and non-health stakeholders in the pursuit of regional development and climate protection can also yield significant public health benefits and reduce greenhouse gas emissions.



“The science tells us the negative impacts of climate change on our health and the health of our planet. Through innovation, collaboration and technology we can find solutions to mitigate these impacts and improve our lives.”

Dr Nawal Al Hosani, acting undersecretary for the Green Development and Climate Change Department, Ministry of Climate Change and Environment, UAE.

Advancing climate action

Educate all members of society	Develop climate-smart health systems	Foster multi-sector collaboration
<ul style="list-style-type: none"> Build awareness, education and accountability across all sectors and all levels of society Improve surveillance, data collection and monitoring Reinforce regional evidence on the link between climate change and health 	<ul style="list-style-type: none"> Progress from planning to implementation of national health adaptation plans (HNAPs) Strengthen the capacity of health systems to prevent, prepare and respond to climate change Lead by example on national and regional decarbonisation efforts 	<ul style="list-style-type: none"> Integrate health into national mitigation and adaptation strategies Realise the co-benefits of healthy urban design Expand the scope of climate mitigation and adaptation beyond national borders

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