

Climate and Health Resources: IOWA



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.

Most of Iowa has warmed about 0.5°F to 1°F in the last century and floods are becoming more frequent. These and other climate impacts mean increasing risks to health. Examples of risks and actions for Iowa residents include:

- **Heat waves have become more common in the Midwest** over the last 60 years. Heat-related illnesses, hospital visits, and deaths will increase. [Learn how you can take action to protect against heat waves](#), such as:
 - **Respond:** Drink plenty of water.
 - **Respond:** Check on elderly neighbors or anyone else who may need assistance.
- **Extreme weather events, such as floods, can disrupt infrastructure** (damage to roads, bridges, or utilities), which can prevent access to health care. [Learn how you can take action to manage infrastructure disruptions](#), such as:
 - **Respond:** Keep power generators outside to avoid fire and carbon monoxide risks.
 - **Respond:** Discard perishable food if your refrigerator has lost power for longer than four hours.
- **Longer warm seasons mean that ticks will emerge earlier in the season.** Already common in the Midwest, Lyme disease infections will increase. [Learn how you can take action to protect against ticks](#), such as:
 - **Respond:** Check for and remove ticks promptly after coming indoors. Remember that pets may bring ticks into the house.
 - **Respond:** Wear protective clothing (such as high boots and long sleeves and pants), and consider using insect repellent.

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 IOWA RESIDENTS

Resource Topic	Information	Source
Climate Change Impacts	Learn More: What Climate Change Means for Iowa	U.S. Environmental Protection Agency
	Learn more: National Climate Assessment: Midwest	U.S. Global Change Research Program. 2014.
	Learn More: Climate Change Impacts on Iowa, 2010.	Iowa Climate Change Advisory Council. January 2011.
	Find Resources: EPA Region 7 (Midwest)	U.S. Environmental Protection Agency
Public Health Information	Find Resources: Iowa Department of Public Health	State of Iowa
	Find Resources: Iowa Homeland Security and Emergency Management Agency	State of Iowa