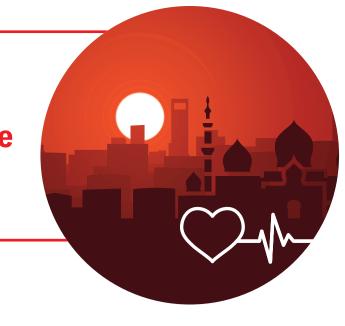
The longevity equation: climate resilience for health in the **Middle East** 





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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

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,

Leading drivers of climate change in the Middle East



of 2°C.2



pollutants considered safe by the WHO.1 Impact on human health and wellbeing

projected to increase from 2.1 to 124.4 per 100,000 people.4



# Cardiovascular disease



**Heat-related mortality** 

Heat exposure is an important risk factor for cardiovascular disease (CVD), the leading cause of death in the region.6



Increase in the prevalence of asthma, chronic obstructive pulmonary disease (COPD) and impaired lung function.7 Mental health

**Increase in the prevalence of vector-borne and waterborne diseases** such as

Between 2023 and 2100, the annual heat-related death rate in the region is



70% of Arab youth report feeling anxious about the future of the environment and the impact of climate change.8

dengue fever, malaria, cholera, leishmaniasis, and West Nile virus.9



**Resource scarcity** The adverse impacts of food and water insecurity could contribute to a 6% reduction in GDP by 2050.<sup>10</sup>

Dr. Noura Khamis Al Ghaithi,

**Communicable diseases** 

disease patterns, and public health."

Undersecretary at the Department of Health in Abu Dhabi, UAE.

"Climate change affects longevity by altering ecosystems,

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:

## data flow and provide citizens with timesensitive information

**Health programmes** that address **Robust primary and community** climate-sensitive health risks and care services that reach local and educate the community vulnerable populations



Trained healthcare workers who

educate, advocate and respond to

climate change health impacts

Integrated surveillance systems

that monitor disease and improve



Digital health and telehealth technology that expand access and reduce unmet care needs

Early warning systems that

anticipate adverse weather events



also helps predict extreme weather events.<sup>12</sup> Heat safety programmes in the UAE, Saudi Arabia

via mobile phone networks. Space-based technology



# preventive measures. 13-15

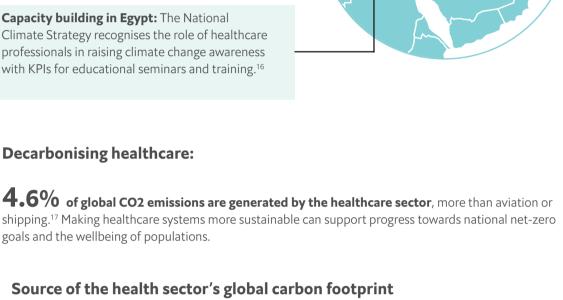
and Qatar: Public health and occupational health and safety programmes to increase awareness about the risks associated with extreme heat and promote

Capacity building in Egypt: The National Climate Strategy recognises the role of healthcare professionals in raising climate change awareness with KPIs for educational seminars and training.<sup>16</sup>

**Decarbonising healthcare:** 

goals and the wellbeing of populations.

17%



## 12% **71**%

include the production, transport and disposal of goods and services, such as pharmaceuticals, chemicals, medical devices, hospital equipment, and food and agricultural products

**Scope 1 (direct emissions)** 

Scope 2 (indirect emissions)

Scope 3 (indirect emissions)

owned vehicles

Emanating directly from healthcare facilities and healthcare-

From the supply of electricity, steam, cooling and heating

Primarily derived from the health sector's supply chain, which



and Climate Change.

Formalising relationships

The UAE Climate Change

Research Network (CCRN)

between climate scientists,

healthcare professionals

and policymakers to foster

between health and

non-health actors

aims to bridge gaps

capacity building and

knowledge exchange.<sup>22</sup>



Reducing waste from unnecessary patient visits, diagnostic testing, and duplication of processes

"Healthcare professionals need to be the most outspoken

aggravates chronic conditions."

about climate change...Climate change is the biggest risk to our health, and it harms our physical and mental health and

Dr Marina Belén Romanello, executive director, Lancet Countdown: Tracking Progress on Health

**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.

**Promoting climate** 

education and eco-

Environmental concepts,

such as climate change,

have been introduced

into the kindergarten

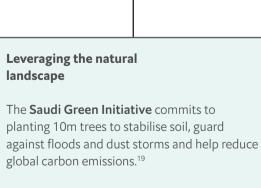
and primary **education** 

curriculum in Egypt.<sup>16</sup>

environmental sustainability,

biodiversity and

literacy



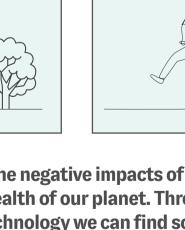


• Improve surveillance, data

Switzerland, 2022.

research-network.aspx#page=1

collection and monitoring



**Advancing climate action Educate all members of Develop climate-smart** society health systems collaboration • Integrate health into • Build **awareness**, **education** • Progress from planning to implementation of national national mitigation and and accountability across health adaptation plans all sectors and all levels of adaptation strategies society (HNAPs)

prepare and respond to

climate change

## on the link between climate national and regional change and health decarbonisation efforts

• Reinforce **regional evidence** • Lead by example on

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Rethinking the design of urban infrastructure The **Dubai 2040 Urban Masterplan** aims to double green recreational spaces, establish 'green corridors' and facilitate the movement of pedestrians and cyclists.<sup>18</sup> "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

Investing in sustainable

Madinat Al Irfan, an urban

Oman, includes vernacular

solutions for cooling streets

development project in

to create a comfortable

lower cooling loads of

buildings.20

walking environment and

passive cooling

solutions

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Foster multi-sector • Realise the co-benefits of • Strengthen the capacity of health systems to prevent, healthy urban design

• Expand the scope of climate

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