

# မူခိန်ကလံသီဂ်ဂီတၢ်ဆိတလဲသးဒီးတၢ်အိန်ဆူဂ်အိန်ချ

## Climate Change and Health

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### မူခိန်ကလံသီဂ်ဂီတၢ်ဆိတလဲသးမၤဘၣ်ဒိပတၢ်အိန်ဆူဂ်အိန်ချသ့ဒ်လဲဂ်

#### How climate change impacts our environment



မူခိန်ကလံသီဂ်ဂီတၢ်ဆိတလဲသးမၤတၢ်လၢအလီၤဘၣ်ယိဂ်ဒိဂ်ကတၢ်တခါလၢတၢ်အိန်ဆူဂ်အိန်ချအဂီၢ်န့ၣ်လီၤ



တၢ်ဟံပနီၣ်ဝဲလၢတၢ်ကီၢ်သဟီၣ်ကအါထီၣ်တူၤ 2.8-3°C လၢ Loddon Mallee ဟီၣ်ကဝီၤအပူၤ ဝဲ 2050 န့ၣ်လီၤ



တၢ်ဘၣ်ဘၢဘၣ်သီသ့ၣ်တဖၣ်ကမၤဘၣ်အာဝဲဒၣ်ကလံၤ, ထံ ဒီးဟီၣ်ခိၣ်



မူခိန်ကလံသီဂ်ဂီလၢအနးဝဲတဖၣ်အတၢ်လီၤဘၣ်ယိဂ်ကဒိၣ်ထီၣ်ဝဲဒီးကဟဲကဲထီၣ်သးခဲအံၤခဲအံၤ-ပှၢ်မုၢ်အူ, ကလံၤမုၢ်တူၤ ဒီးထံဒိၣ်နီၣ်ယူၤ



တၢ်ကီၢ်သဟီၣ်ဆိတလဲသး ဒီးတၢ်စူၤအတၢ်တဘၣ်လီၢ်ဘၣ်စးကမၤဘၣ်ဒိတၢ်သ့ၣ်တၢ်ဖျးဒီးတၢ်အိန်တၢ်ဆိအတၢ်လၢတၢ်ပုၤ



မူခိန်ကလံသီဂ်ဂီတၢ်မၤသးလၢအနးတဖၣ်ဒုးဆိတလဲဝဲဒၣ်ထံလၢပသ့အီၤတဖၣ်အကံၢ်အစီသ့ဝဲန့ၣ်လီၤ

### မူခိန်ကလံသီဂ်ဂီတၢ်ဆိတလဲသးမၤဘၣ်ဒိပခိန်ဃၢန့ၣ်သ့ဒ်လဲဂ်

#### How climate change impacts our health



ကလံၤအကံၢ်အစီဟဲဘးအါဒိၣ်ထီၣ်အယိဒုးကဲထီၣ်တၢ်သီထီၣ်သီလီၤတၢ်ဂ့ၢ်ကိတဖၣ်



မူခိန်ကလံသီဂ်ဂီတၢ်မၤသးလၢအနးတဖၣ်ဒုးအိၣ်ထီၣ်တၢ်ဘၣ်ဒိဘၣ်ထံဒီးတၢ်သံတၢ်ပှၢ်သ့ဝဲဒၣ်န့ၣ်လီၤ



တၢ်သ့ၣ်ပျံၤသးဖုးဒီးတၢ်ပျံၤတီၢ်တၢ်ဟဲခိဖျိသးလၢမူခိန်ကလံသီဂ်ဂီတၢ်မၤသးလၢအနးသ့ၣ်တဖၣ်, တၢ်ဘၣ်သုးလီၢ်သုးကျဲ ဒီးတၢ်ဘၣ်ယိဂ်ဘၣ်ဘၣ်လၢခါဆူညါအဂီၢ်ဟဲအါထီၣ်ဝဲ



ကလံၤဘၣ်အါဒီးမူခိန်ကလံသီဂ်ဂီတၢ်မၤသးလၢအနးတဖၣ်ဒုးအါထီၣ်တၢ်ဘၣ်ယိဂ်လၢသးပတုၢ်ဖုသတူၢ်ကလၢဒီးတၢ်လီၤဘျုး(ကလံၤဖျး)သ့ဝဲန့ၣ်လီၤ



ထံဒိၣ်နီၣ်ယူၤဒုးအိၣ်ထီၣ်ပစိတၢ်ဂၢၤလီၤသးအါထီၣ်ဒ်သိးကဒုးပြုထီၣ်တၢ်ဆါဒ်အမ့ၢ် Ross River တၢ်ဆါယာ်သ့ဝဲန့ၣ်လီၤ



ထံဒီးတၢ်အိၣ်အကံၢ်အစီလီၤစ့ၤအယိဒုးအိၣ်ထီၣ်ပံၣ်တၢ်ဆါတၢ်ဘၣ်ကဲသ့ဝဲန့ၣ်လီၤ

### တၢ်ခိဆၢမူခိန်ကလံသီဂ်ဂီတၢ်ဆိတလဲသးတၢ်မၤသ့ၣ်တဖၣ်ဂ့ၢ်လၢပတၢ်အိန်ဆူဂ်အိန်ချအဂီၢ်ဒ်လဲဂ်

#### How climate change action is good for our health



တၢ်သ့ဝဲဒၣ်ကမုၢ်တၢ်ဟးထီၣ်ဟးလီၤကဟၣ်ပီးလီ အခိပညီန့ၣ်မုၢ်-တၢ်ဘၣ်အါဘၣ်သီစ့ၤလီၤ, သီလုၣ်ကတံၢ်ကတူၢ်ညၣ်လီၤဒီးကလံၤသ့ၣ်တဖၣ်ကဟဲကဲအိၣ်ထီၣ်ဝဲ



တၢ်ပှၢ်ဒီးသ့ၣ်အိၣ်တၢ်ဒီးတၢ်လၢတၢ်သ့ၣ်လၢလီၤကဝီၤပူၤ မၤစ့ၤလီၤကဲးစံးမုၢ်အူလုၢ်ဒီးမၤအါထီၣ်တၢ်အိၣ်တၢ်ဆိလၢဟဲသးလၢတၢ်မုၢ်တၢ်ဘၣ်ဒီးအပှၢ်ဘၣ်သ့ၣ်တဖၣ်



တၢ်လီၢ်လၢအလီၤဟ့ၤဒီးကဆူကဆူမၤဂ့ၢ်ထီၣ်ပုၤတတၢ်ဂ့ၢ်လီၢ်မုၢ်လီၢ်, တၢ်ဆိမိၣ်ဆိမးတၢ်အိၣ်မုၢ်ဆိးပၤဒီးမၤစ့ၤလီၤတၢ်ဆိၣ်သနဲးဟဲခိဖျိသးလၢတၢ်ကီၢ်သဟီၣ်



တၢ်ဒီးလုၣ်ယီၤ အခိပညီန့ၣ်မုၢ်-သီလုၣ်လၢကျဲမုၢ်ပူၤကလီၤစ့ၤ, တၢ်ဘၣ်အါဘၣ်သီလီၤစ့ၤ ဒီးတၢ်ဟ့ၤတၢ်ဂဲၤကအါထီၣ်အယိမၤဂ့ၢ်ထီၣ်သးဖျၢၣ်တၢ်အိၣ်ဆူဂ်အိန်ချ



တၢ်ကွၢ်ကတီၢ်တၢ်ဘၣ်အါဘၣ်သီကဟံကီၢ်ယာ်ဝဲဒၣ်တၢ်ဖိတၢ်လံၤပီးလီတဖၣ်ပူၤပူၤဖျးဖျးဒီးမၤစ့ၤလီၤတၢ်ဖိတၢ်လံၤပီးလီလၢလီၤဘျုးတညီဘၣ်သ့ၣ်တဖၣ်အယိကလံၤ, ထံဒီးဟီၣ်ခိၣ်အကံၢ်အစီဟဲဂ့ၢ်ထီၣ်



တၢ်သ့ၣ်ထီၣ်လၢသ့ဝဲဒၣ်မုၢ်အူသဟီၣ်စ့ၤတဖၣ် မၤစ့ၤလီၤကဲးစံး/မုၢ်လုၢ်ဒီးဒီးသးဝဲဒၣ်ပူၤဟီၣ်ခိၣ်မိၣ်လၢမူခိန်ကလံသီဂ်ဂီလၢအနးသ့ၣ်တဖၣ်ဒီးတၢ်ဘၣ်ဟ့ၣ်အပူၤကလံၤလီၤစ့ၤ



# Climate Change and Health

## How climate change impacts our environment



Climate change is one of the greatest threats to our health



Temperatures are expected to rise by 2.8-3°C in the Loddon Mallee region by 2050



Pollution contaminates air, water and soil



Greater risk and frequency of extreme weather events - bushfires, storms and floods



Changes in temperature and rainfall patterns affect agricultural productivity and food security



Extreme weather events can lead to changes in quality of water sources

## How climate change impacts our health



Worsening air quality leads to breathing problems



Severe weather events can lead to injury and loss of life



Increased anxiety and trauma due to extreme weather events, displacement and concerns about the future



Air pollution and extreme weather events can increase the risk of heart attacks and strokes



Floods can cause mosquito outbreaks which can spread diseases like Ross River Virus



Decreased water and food quality can cause gastrointestinal infections

## How climate change action is good for our health



Taking public transport means less pollution, less road congestion and cleaner air



Buying or growing local produce reduces carbon miles and increases access to affordable and fresh plant-based food



Green spaces foster community connection, mental wellbeing and reduce heat stress



Riding a bike means less cars on the road, less pollution and more exercise which improves cardiovascular health



Waste management conserves resources and minimises landfill waste which improves air, water and soil quality



Energy efficient buildings reduce emissions and protect people from extreme weather for less cost