

Engaging healthcare providers and patients on climate action through physical, emotional and social wellness

Minna Allarakhia

Volume 9, Number 1, 2022

Congress October 2021

URI: <https://id.erudit.org/iderudit/1085641ar>

DOI: <https://doi.org/10.26443/ijwpc.v9i1.319>

[See table of contents](#)

Publisher(s)

McGill University Library

ISSN

2291-918X (digital)

[Explore this journal](#)

Cite this document

Allarakhia, M. (2022). Engaging healthcare providers and patients on climate action through physical, emotional and social wellness. *The International Journal of Whole Person Care*, 9(1), 8–9. <https://doi.org/10.26443/ijwpc.v9i1.319>

© Minna Allarakhia, 2022



This document is protected by copyright law. Use of the services of Érudit (including reproduction) is subject to its terms and conditions, which can be viewed online.

<https://apropos.erudit.org/en/users/policy-on-use/>

érudit

This article is disseminated and preserved by Érudit.

Érudit is a non-profit inter-university consortium of the Université de Montréal, Université Laval, and the Université du Québec à Montréal. Its mission is to promote and disseminate research.

<https://www.erudit.org/en/>

ENGAGING HEALTHCARE PROVIDERS AND PATIENTS ON CLIMATE ACTION THROUGH PHYSICAL, EMOTIONAL AND SOCIAL WELLNESS

Minna Allarakhia

University of Waterloo, Waterloo, Ontario, Canada
amallara@uwaterloo.ca

Keywords: Climate change action, Physical wellness, Emotional wellness, Social wellness

According to the World Health Organization, the health challenges from climate change are many and varied including: Malnutrition due to lack of quality food access. Mental health challenges in addition to severe socioeconomic challenges, through the loss of homes, jobs and needed social connections due to extreme events. Acute illness and the risk of water-borne diseases associated with lack of access to clean water. The increased risk of vector-borne diseases with warmer temperatures. Chronic illnesses associated with heat stress and pollution. Death from cardiovascular and respiratory disease, particularly among vulnerable people as temperatures rise to extreme levels.

Both healthcare providers and patients must be engaged on climate change and action. While several medical training institutions are exploring opportunities to embed climate change and health education into their curricula, of importance are the holistic strategies to engage patients on climate action. The challenges are complex, and the data is overwhelming. Patients may not fully comprehend the personal implications of climate change and as citizens, may not understand their role in climate action.

We suggest through the creation of a sustainable living mindset based on wellness, it is possible for healthcare providers to create a personal and emotional connection to climate action. The results from workshops with older adults are shared in this paper, demonstrating how the link to physical, emotional and social wellness, can encourage behavior change with respect to dietary and consumption practices as well as increased connection to and protection of greenspaces for health and well-being. ■