



Small Steps, Big Impact: Strengthening Family Health & Children's Futures

Through Sustainability and Community Action

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*For Our
Daughters*



When you hear these words...



Eco



Going Green



Sustainability

What comes to mind?

Sustainability is...

Caring for today while protecting tomorrow



What is Climate Change?

Long-term changes in our weather and environment that can affect:



Heat



Air Quality



Wildfires



Water



Safety



Health



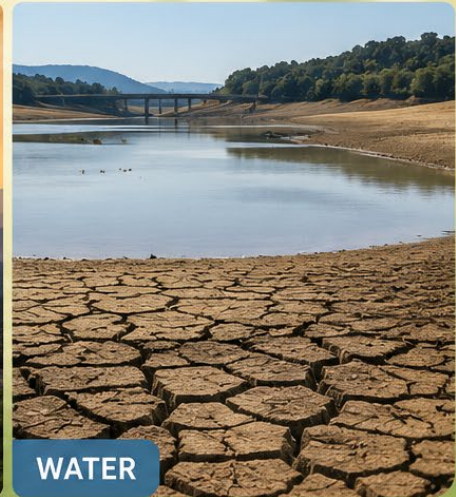
HEAT



AIR QUALITY



WILDFIRES



WATER

Human Health Impacts of Climate Change

Air Pollution & Increasing Allergens

Asthma, allergies, cardiovascular and respiratory diseases

Degraded Living Conditions & Social Inequities

Exacerbation of racial and health inequities and vulnerabilities, loss of employment

Extreme Heat

Heat-related illness and death, cardiovascular failure

Mental Health Impacts

Rising Temperatures



IMPACTS OF CLIMATE CHANGE ON HUMAN HEALTH

Increasing GHG Levels



More Extreme Weather



Stress, anxiety, depression, sense of loss, post-traumatic stress disorder, strains on social relationships

Rising Sea Levels



Changes In Vector Ecology

Lyme disease, West Nile Virus, hantavirus, malaria, encephalitis

Food System Impacts

Malnutrition, food insecurity, higher food prices, foodborne illness

Severe Weather & Floods

Injuries, fatalities, loss of homes, indoor fungi and mold

Water Quality Impacts

Harmful algal blooms, campylobacteriosis, cryptosporidiosis, leptospirosis

Environmental Degradation

Forced migration, civil conflict, loss of jobs and income

Wildfires & Wildfire Smoke

Injuries, fatalities, loss of homes, cardiovascular and respiratory diseases



SEASONALITY

Changes to seasons may increase exposure to aeroallergens like pollen, leading to higher rates of seasonal allergies and asthma. These changes may affect opportunities for outdoor recreation and play.



AIR QUALITY

Climate-driven changes to PM_{2.5}, ozone, dust, and wildfire smoke may increase emergency department visits, new asthma cases, general respiratory illnesses, and preterm birth and low birth weight.



FLOODING

Flood exposure may lead to greater rates of home damage and loss, drowning, stress and mental health impacts, and exposures to waterborne pathogens and mold.



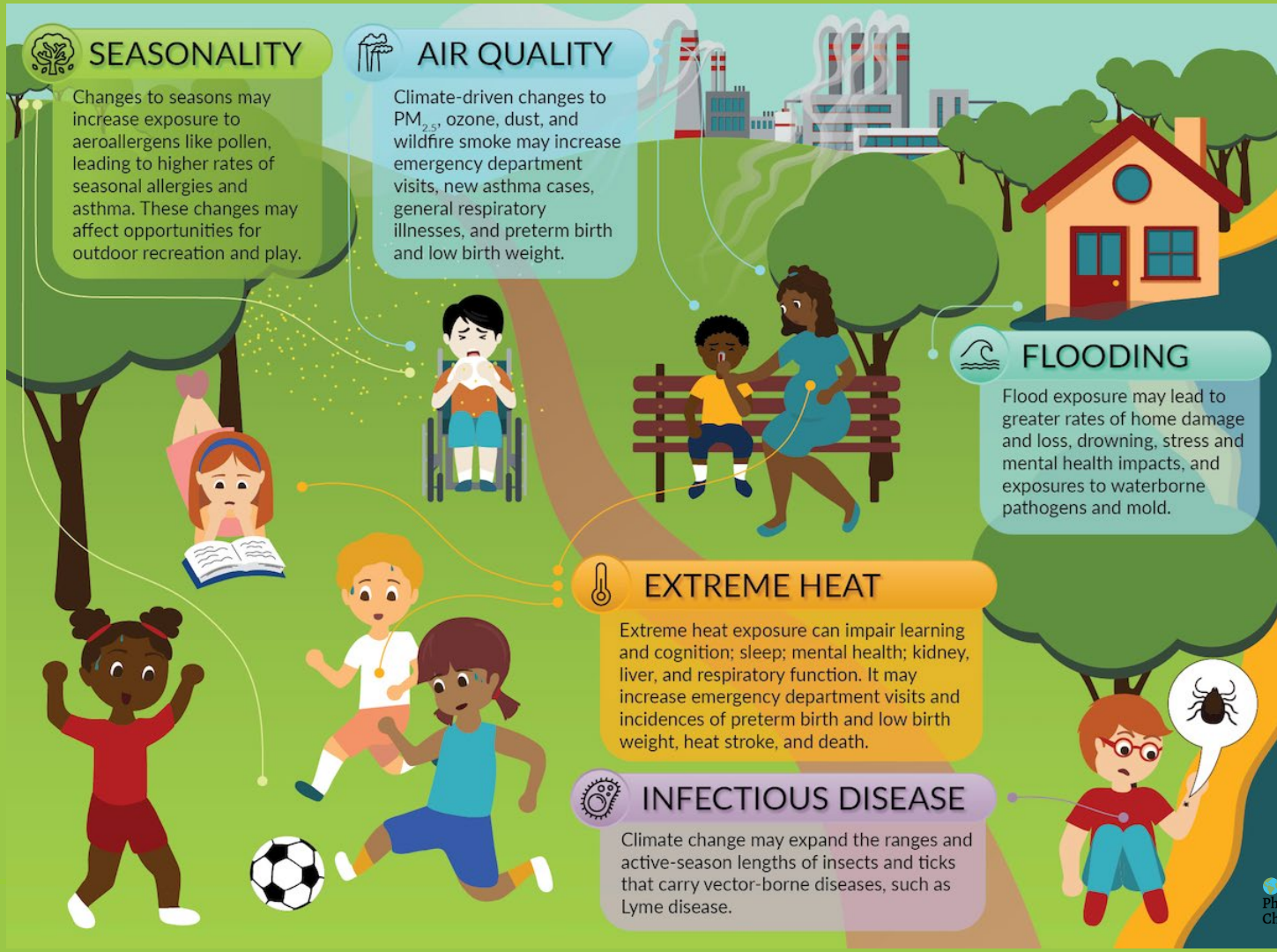
EXTREME HEAT

Extreme heat exposure can impair learning and cognition; sleep; mental health; kidney, liver, and respiratory function. It may increase emergency department visits and incidences of preterm birth and low birth weight, heat stroke, and death.



INFECTIOUS DISEASE

Climate change may expand the ranges and active-season lengths of insects and ticks that carry vector-borne diseases, such as Lyme disease.



Infographic source:

Philadelphia Regional Center for
Children's Environmental Health

Sustainability in Action at CSB

- **Agency-wide**
 - Electric vehicles (EV) for County transportation
 - Recycling bins
 - Raising awareness and sharing simple eco tips on communication platforms such as: Friday Flyers, Family Newsletters, social media, and all-staff emails
 - Earth Day celebrations
 - Represented in County's Green Government Group network
- **Centers & Classrooms**
 - Site gardens/farm-to-table practices (e.g., Balboa and Los Arboles)
 - Children's books on this topic & creative curriculum (e.g., reduce, reuse, recycle)
 - Plenty of fruit, vegetables, and plant-based foods in the menus we serve to our children






Why is the County involved?



In 2020, Contra Costa County declared a Climate Emergency

The County recognized climate change as a threat to the health, safety, and well-being of current and future generations.

Since then, the County has worked to:

-  Reduce environmental impacts
-  Protect community health
-  Support sustainability efforts

Small Steps, Big Impact: Zero Waste Wellness Kit

Simple tools for healthy choices, less waste,
and a better future for our children.



1. REUSABLE TOTE BAG

Use it for groceries, errands, and everyday needs.



2. REUSABLE UTENSILS

Made of bamboo with a travel case—reduce single-use plastic.



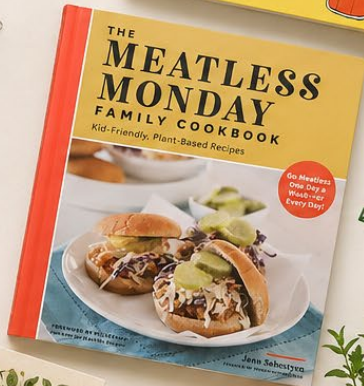
3. GREEN LIVING MADE EASY

101 eco tips, hacks, and recipes to help you live sustainably at home and save time and money.



4. MEATLESS MONDAY COOKBOOK

Kid-friendly, plant-based recipes the whole family will love.



7. HERB KITS

Grow herbs, connect with nature, and add fresh flavor to meals.



5. GLASS STRAWS

Reusable, durable, and better for the environment.



6. SWEDISH DISHCLOTHS

Super absorbent, reusable, and compostable.



Small choices today.
Big impact tomorrow. ♥

**We do not inherit
the earth from
our ancestors,
we borrow it
from our children.**



Native American
www.geckoandfly.com





Thank You!

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