

庆祝 2024 年世界家庭医生日

五月 19 日

“健康的地球，健康的人类”

worldfamilydoctorday.org



作者: Chrystal Fong Chern Ying 邝珍莹 博士 (MBBS Melb (Aus) , FRACGP)

家庭医生

发表日期: 19.5.24

邝珍莹博士的愿景是教育和激励个人和人群获得更好的健康结果。

她的使命是通过她的文章帮助理解对普通人的健康很重要的丰富科学文章。

可持续医疗保健系统通过提供所需、想要的、临床有效的、负担得起的、公平的、负责任的资源使用和在全球边界内运作的护理，为患者和社区以及子孙后代提供普遍的适当医疗保健，从而优化患者和社区以及子孙后代的健康和福祉。

“健康的地球，健康的人”是今年世界家庭医生日的主题。

这一主题强调了地球健康与个人福祉之间的内在联系，强调了初级卫生保健在促进可持续健康实践方面可以发挥的关键作用。

环境变化导致传染病和非传染性疾病的增加，影响心理健康，并加剧健康差距。





气候变化是 21 世纪最大的健康威胁。

当我们谈论气候变化时，我们谈论的是过去 150 年来气候变化。温室气体排放量的增加导致全球气温升高，导致我们的气候发生广泛变化。燃烧化石燃料是温室气体排放的主要来源。¹

实施应对气候变化的解决方案为促进健康和保护人们免受气候敏感疾病的侵害提供了巨大的机会。²

¹ worldfamilydoctorday.org

² <https://www.who.int/publications/i/item/9789240090224>

Health effects of climate change

Climate change affects health both directly (through extreme weather, air pollution and more) and indirectly (by affecting the social and environmental determinants of health, like nutrition, healthcare access, etc). **Some examples:**

Almost the entire global population (99%) breathes unhealthy air pollution, which mainly comes from burning fossil fuels. Air pollution is linked to many diseases, including asthma, lung cancer, strokes and more¹

Heatwaves have been linked to a wide range of adverse health effects, including heart attacks, kidney disease, cardio-respiratory diseases, decreased mental wellbeing, and even death²

Climate change is associated with increased water scarcity and contamination, leading to violent competition for scarce resources, forced migration and conflict.

Changing weather patterns and extreme weather events can reduce crop yields, potentially leading to food insecurity and malnutrition³

The geographic range and breeding window for mosquito-borne disease is broadening due to changing weather patterns⁴

Climate change has been linked to adverse mental health impacts for various reasons, such as extreme heat, trauma from extreme weather events, loss of livelihoods and culture, and anxiety about the future⁵

Climate change is affecting our health today

Climate change is here, now, and already affecting people's health. The health risks due to climate change are not equitable between and within regions and communities and contribute to major social inequalities in health.

Everyone is susceptible to the harms of climate change, but some groups of people are more vulnerable than others¹.



Which of the following do you think are more susceptible than average?



- Elderly people
- Infants and children
- Indigenous Peoples
- People in low-lying and coastal areas
- Women, especially pregnant women
- Smallholder farmers, pastoralists, fishing communities
- People who are experiencing socioeconomic disadvantage or unsafe housing
- People with pre-existing health conditions
- People who work outdoors in hot climates

That's right! All these groups are more susceptible.

Climate action is an opportunity to improve health and wellbeing

Good news! The health benefits of implementing climate solutions are immense. Policies and interventions designed to reduce greenhouse gas emissions and mitigate climate change also have the potential to reduce health inequity, build community resilience, and protect and promote better health⁷.

For example, many climate solutions (clean energy and transport, protecting nature, urban greening) rapidly produce health benefits to the local community who has implemented them⁸:



Improved air quality



Increased physical activity



Improved mental health



Reduced urban heat effect

Reducing greenhouse gas emissions pays for itself. For every dollar spent, approximately \$2 are saved in health costs.⁸

THE LANCET
Diabetes & Endocrinology

Submit Article

REVIEW | VOLUME 12, ISSUE 3, P196-208, MARCH 2024

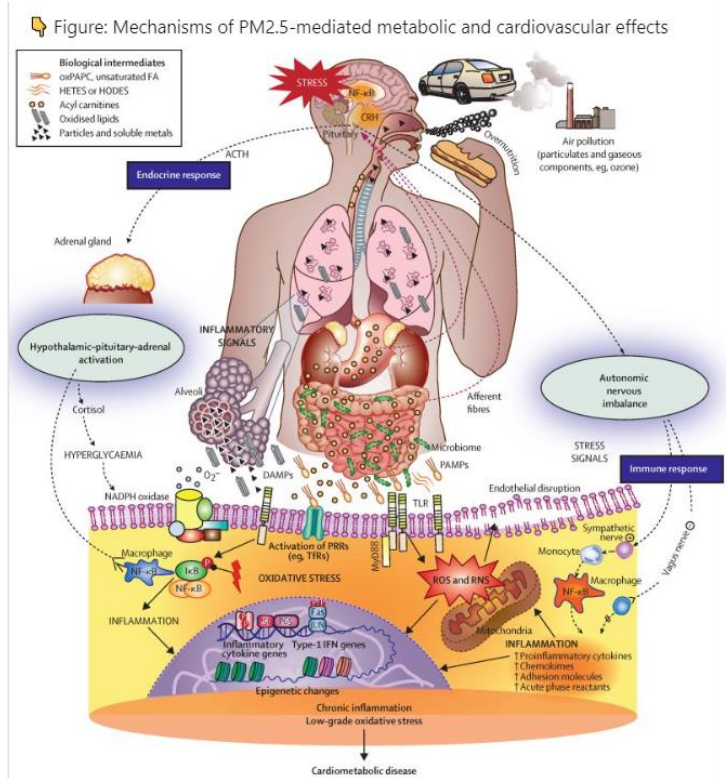
[Download Full Issue](#)

[Purchase](#) [Subscribe](#)

Air pollution exposure and cardiometabolic risk

Prof Sanjay Rajagopalan, MD • Prof Robert D Brook, MD • Pedro R V O Salerno, MD •
Brendan Bourges-Sevenier, BS • Prof Philip Landrigan, MD • Prof Mark J Nieuwenhuijsen, PhD • et al. [Show all authors](#)

Published: February 01, 2024 • DOI: [https://doi.org/10.1016/S2213-8587\(23\)00361-3](https://doi.org/10.1016/S2213-8587(23)00361-3) • [Check for updates](#)



最近一项全球疾病负担研究估计，全球五分之一的 2 型糖尿病可归因于慢性细颗粒物（PM2.5）暴露。

“空气污染是迄今为止最主要的健康环境风险因素，每年导致全球超过 900 万人死亡”，《柳叶刀糖尿病与内分泌学》上一篇新评论的作者写道。

由于世界上 99% 的人口居住在空气污染水平高于世卫组织现行空气质量指南的地区，因此迫切需要更好地了解空气污染与心脏代谢疾病之间的联系，以及解决这一可预防风险因素的途径。

3

³ [https://www.thelancet.com/journals/landia/article/PIIS2213-8587\(23\)00361-3](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(23)00361-3)/摘要

最后的想法:

下次您进行健康检查时，请花点时间反思您的生活习惯，并与您的医生讨论如何改善上述情况，让您和我们的星球变得更好、更健康。

“迈向更好的健康结果”

作者简介:

Chrystal Fong Chern Ying 邝珍莹 医生（墨尔本 MBBS, FRACGP）目前在新加坡先进医学研究所（SAM）控股子公司 Asia HealthPartners 担任家庭医生，该子公司位于新加坡乌节路幸运广场。

方医生被列入亚洲医疗保健、保健和美容医学出版机构 Health365 的健康检查提供者编辑名单。她对健康预防特别感兴趣，并将运动心理学和生活方式医学原理融入她的健康检查和健康促进宣传中。

她将出现在《英国百科全书》即将出版的第六届“马来西亚和新加坡的成功人士”中。

她是一位活跃的运动人士，对生活方式医学、医疗技术和长寿主题的医疗保健有着浓厚的兴趣。她以自己的生活方式医学支柱为荣，并通过她的体育社区和社交媒体平台进行宣传。

她个人的口头禅是“世界是由你的榜样改变的，而不是你的意见”。（

她将自己的咨询与健康教练方法相结合，并从运动心理学的角度激发行为改变。

她是新加坡行为健康协会执行委员会的成员，也是新加坡家庭医生学院的准会员。她也是一名经过认证的私人教练。