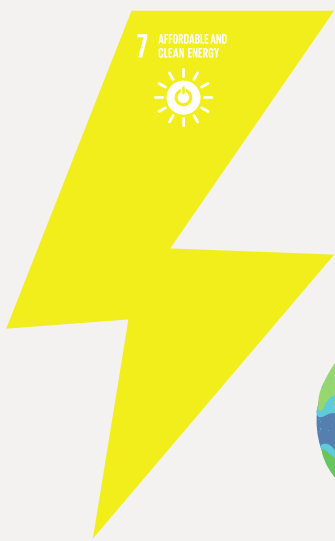


Energy and Health

Sustainable energy use and sources, and their link to health



Access to **clean and affordable energy** is fundamental for human beings and businesses.

But, **energy production and use is responsible for pollution**, global warming and climate change.

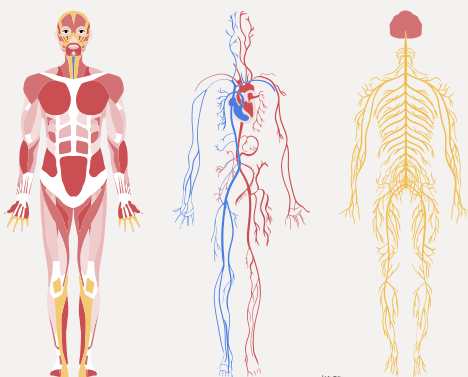
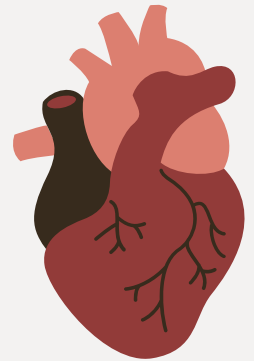
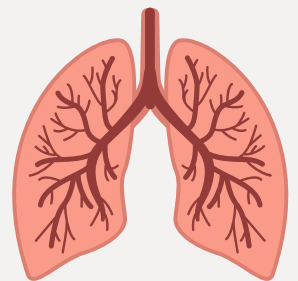
Over 1 billion people don't have access to sustainable energy sources, forcing them to use highly pollutant ones. This means, **over 1 billion people suffer from energy poverty**.



Ideal (outdoor) temperature for correct body functioning is of about **23°C** (temperature should not exceed 32°C). **Climate change causes harm to our brain**. More specifically, to our **hypothalamus**, which is responsible for controlling body temperature and maintaining homeostasis.

When body temperature increases or decreases too much, besides our brain, our **heart, circulatory system, gastrointestinal tract, lungs and kidneys** are also affected.

- **Outdoor temperature rises** -> increase in body temperature (heat generation exceeds heat loss -> **core temperature rises**).
- **Outdoor temperature lowers** -> decrease in body temperature (heat loss exceeds heat generation -> **core temperature drops**).



When these events occur, a series of cellular, local, organ-specific, system effects are triggered, which may lead to short or long term system dysfunction.

Key points:

- Climate change **harms our brain** (physical and mental health). We can get heat cramps, heat exhaustion, heat stroke, hypothermia... but also, when **heat spikes, so does suicide, crime, violence** (linked to an increase in anxiety and depression levels, caused by impaired sleep due to **hypothalamus dysregulation**).
- **Global warming has neurological impact**.
- Brains of teens and children are more susceptible.

Global warming is a major threat to human existence. We must put efforts into **mitigating global warming** immediately, **decrease pollution**, and work towards the achievement of the **sustainable development goals!**