

Climate and Health E-News

Connecting People and Raising Awareness in the Interests of Public Health

No. 10, April 15, 2010

ANTHC Releases New Bulletin about Climate Change Effects on Mental Health

The Center for Climate and Health (CCH) at the Alaska Native Tribal Health Consortium has begun investigation into the mental health effects of climate change. An academic review was performed and is being released as a Climate and Health Bulletin entitled "*Climate Change and Mental Health: Uncertainty and Vulnerability for Alaska Natives.*" This is a first step engaging communities and behavioral health professionals in exploring the mental health effects of climate change in rural Alaska. The bulletin is [attached](#) as a PDF and will be available on the CCH website, ANTHC.

Vitamin D Lifts Mood During Winter

The importance of Vitamin D is increasingly being recognized, including the prevention of chronic diseases such as heart disease, cancer, and diabetes. But Vitamin D deficiency is wide spread including, [children](#), [teens](#), the [elderly](#), and especially in [Arctic](#) populations. The linked story looks at some of the implications of Vitamin D for mental health. Science Digest > [full story](#)

If you have an observation or an update you would like to include in our E-News or have added to our [Alaska Climate Events Map](#), you can e-mail me at mbrubaker@anthc.org

Regards - Mike

Michael Y. Brubaker

Center for Climate and Health

Alaska Native Tribal Health Consortium

4000 Ambassador Drive, C-DCHS

Anchorage, Alaska 99508

907-729-2464

907-729-3652 (fax)

mbrubaker@anthc.org

<http://www.anthc.org/chs/ces/climate/index.cfm>

Safe, Healthy, Sustainable Communities

PS - If you would like to be removed from the E-News distribution list, just send me an e-mail.