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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, <u>children</u>, <u>teens</u>, the <u>elderly</u>, and especially in <u>Arctic</u> populations. The linked story looks at some of the implications of Vitamin D for mental health. Science Digest > <u>full story</u>

If you have an observation or an update you would like to include in our E-News or have added to our <u>Alaska Climate Events Map</u>, you can e-mail me at <u>mbrubaker@anthc.org</u>

Regards - Mike

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