



## **Climate Action and Health**

The intersection of climate action and health is vital for promoting environmental sustainability and enhancing overall well-being. At Climate Hub Tanzania, we undertake various initiatives to address both the physical and mental health impacts of climate change, recognizing the profound effects these issues have on youth and the broader community.

### **1. Mental Health Workshops**

Climate anxiety significantly affects many young people. To address this, we conduct mental health workshops aimed at helping youth cope with the emotional and psychological challenges posed by climate change. These workshops provide a supportive environment where participants can share their concerns, learn stress management techniques, and develop resilience.

### **2. Menstrual Health Initiatives**

Every year in May, we conduct events to promote health and reduce waste from disposable sanitary towels, contributing to environmental sustainability. For the past two years, we have organized outreach seminars and charity events to address menstrual challenges faced by young girls.

- May 2022: With support from the French Embassy in Tanzania, over 1,000 students at Chanzige and Kilimani High Schools received menstrual education sessions and sanitary towels.
- May 2023: At Maasai Girls Secondary School in Monduli, Arusha region, 400 girls were reached, and over 2,000 sanitary towels were distributed.

### **3. Sexual Reproductive Health and Climate Action**

At Climate Hub Tanzania, we recognize the intricate link between sexual reproductive health (SRH) and climate action. Our programs aim to address the unique challenges faced by women and young girls in the context of climate change, promoting both environmental sustainability and gender equality.

### **4. Climate-Resilient Health Systems**

We advocate for the development of climate-resilient health systems that can withstand the impacts of climate change while ensuring access to essential health services, including SRH services. This involves working with local communities, health institutions, and policymakers to integrate climate considerations into health planning and infrastructure development.