



# Member Updates Newsletter

MARCH 29, 2024

NMHPCA's **vision** is a healthy, equitable, sustainable future for all New Mexicans

NMHPCA's **mission** is to mobilize New Mexico healthcare and public health professionals to advocate for climate solutions that protect health and promote equity.

**Tickets**  
**Free in**  
**March!**



**Sunday, April 21**

**EARTH DAY FESTIVAL 2024**

**ALBUQUERQUE, NM**

The Earth Day Festival NM 2024 will be a fun day for the whole family, with a variety of educational exhibits, demonstrations, and hands-on activities. It will also feature students' artistic interpretations with a poetry and art contest, provide free home electrification plans, and host booths focused on sustainability.

**NMHPCA will have a booth, come say hi!**



# Advocacy & Policy Workgroup

CO-LEADS: DRS. PAUL CHARLTON & KRISTIN GRAZIANO

Are you Interested In learning more about the role policy and advocacy plays in shaping climate health?

Are you looking to connect with other professionals?

**JOIN US every 4th Tuesday of the month at 4:00 pm MST**

[ZOOM LINK](#)



## Coming Up

**THE HEALTH IMPACTS OF CLIMATE CHANGE  
ACROSS OUR LIFESPAN**

A 3-part series co-hosted by the UC Center for Climate, Health, and Equity, and the UCSF Academic Senate Committee on Sustainability

[FIND OUT MORE](#)



## Lunch Hour Learning

**NEW MEXICO PUBLIC HEALTH ASSOCIATION PRESENTS  
NMPHA FRIDAYS**

A monthly lunch-and-learn webinar for hearing about the latest in New Mexican Public Health work.

[REGISTER FOR FREE](#)

# Healthy Climate Corner

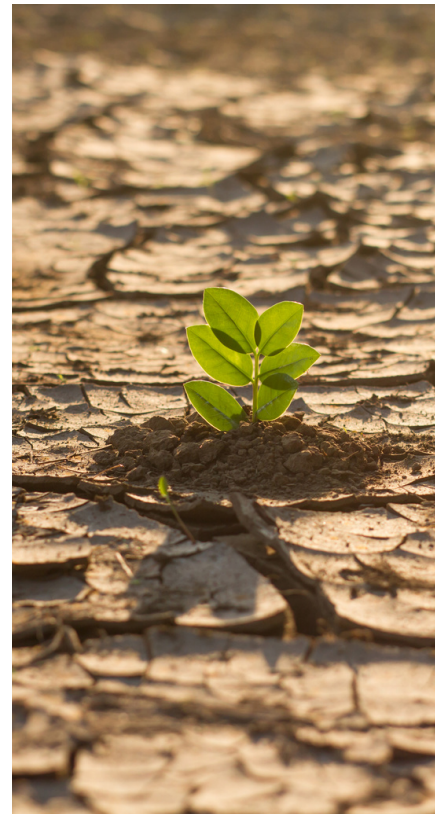
## MENTAL HEALTH AND CLIMATE CHANGE

KELCIE R. CREEL, MPH (SHE.HER)

**A 2021 survey** of American behavioral healthcare providers found that providers' attitudes and beliefs about climate change vary in extent and degree. A significant proportion are experiencing climate-related anxiety, depression, or other behavioral health issues. The researchers found that younger, female, and non-binary practitioners are more likely to report experiencing **eco-anxiety**. Those who report experiencing eco-anxiety are also more likely to report observing similar symptoms in their patients or clients.

As eco-related psychology evolves, providers need to understand adaptive behaviors addressing eco-anxiety and eco-grief. Research has also shown that **collective action is a buffer against climate-related anxiety**. Collective action not only mitigates the effects of eco-anxiety but also improves the individual's sense of eco-empathy. **Eco-empathy** is a term emerging from the field that describes a person's empowerment to take action from caring deeply about something or someone—in this case, the climate crisis.

Regularly engaging in activities related to climate action can help reduce the severity and frequency of eco-anxiety. The New Mexico Health Professionals for Climate Action is a space for healthcare and public health professionals to use their collective power to advance the fight for climate justice. Apathy is the enemy of action. So, **let's mobilize and act**. We will create a healthy, equitable, and sustainable future for all New Mexicans!



## Consider a Donation to NMHPCA

OUR WORK IS MADE POSSIBLE IN PART BY OUR GENEROUS MEMBERS AND PARTNERS

No matter the size, please consider making a donation to NMHPCA today

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**WWW.NMHPCA.ORG**