

# THE CLIMATE - MENTAL HEALTH NEXUS: HOW A WELL-BEING APPROACH CAN PROVIDE LESSONS FOR WIN-WIN POLICIES

**Session 1:**  
**The interlinkages between mental health,  
nature and our changing climate**



**EARTHLAB**

UNIVERSITY of WASHINGTON



**CENTRE FOR WELL-BEING,  
INCLUSION, SUSTAINABILITY AND  
EQUAL OPPORTUNITY (WISE)**





## INDIGENOUS HEALTH INDICATORS



tal̓xcut

SELF DETERMINATION

Healing & Restoration  
Development • Trust



ḡačusadad

EDUCATION

The Teachings  
Elders • Youth



q̓'iq̓cut

RESILIENCE

Self-Esteem • Identity  
Sustainability



ʔəshig̓'əd tə adʔiḡšəd

COMMUNITY CONNECTION

Work • Sharing  
Relations



sʔutiḡdx̓ ti swatix̓'təd

RESOURCE SECURITY

Quality • Access  
Safety



yayusbid

CULTURAL USE

Respect & Stewardship  
Sense of Place • Practice



time of cold weather

pədtəs  
(pud-TUS)

spring

time of emergence

pəɗʌq<sup>w</sup>ulil  
(pud-TL-KOO-leel)

autumn

time of dog salmon

pəðʎx<sup>w</sup>áy?

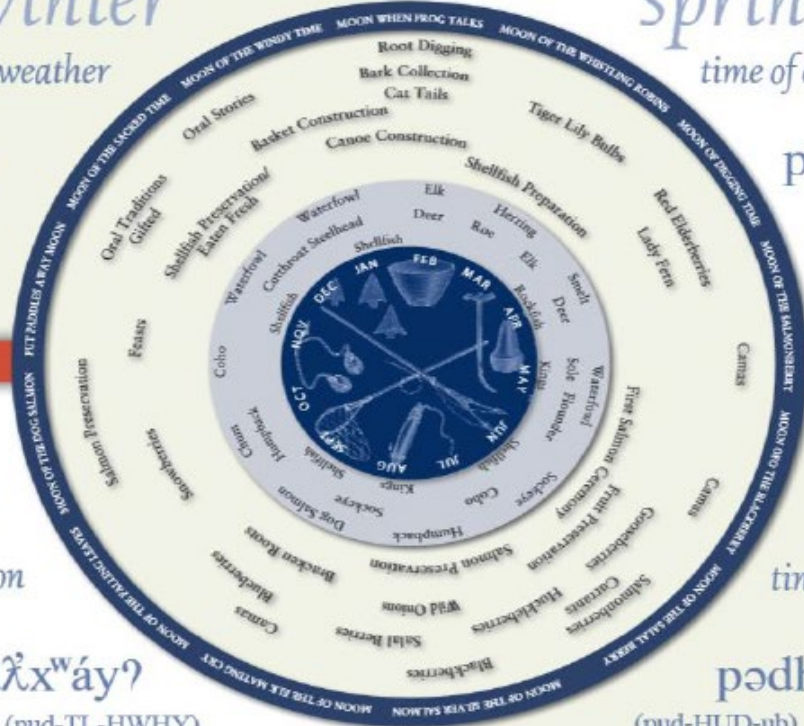
(pud-TL-HWHY)

summer

time when it gets warm

qepəhəb

(pud-HUD-ub)



# Swinomish 13 Moons curriculum



Swinomish clam garden

# The intersection of fire, forest health, and human health

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Environmental Justice, Ethics and Policy (M Tondel and M Jones, Section Editors) | [Open Access](#) |  
[Published: 07 May 2022](#)

# Wildfire, Smoke Exposure, Human Health, and Environmental Justice Need to be Integrated into Forest Restoration and Management

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[Current Environmental Health Reports](#) **9**, 366–385 (2022) | [Cite this article](#)

**7675** Accesses | **3** Citations | **62** Altmetric | [Metrics](#)

# Interdisciplinary Consensus Statements

- 1** **We recognize the need to listen to and integrate other perspectives,** in particular those embodied by Indigenous peoples who have used fire successfully as an ecological tool for thousands of years.
- 2** **Prescribed fires in addition to managed fires are both necessary management techniques** to keep forests resilient and to lessen the negative ecological and public health impacts of wildfires.
- 3** Certain regions of the western US will experience more smoke days with heightened use of prescribed and managed fire however, **we expect the impacts of smoke exposure to be reduced over the long term in comparison with untreated land burned by wildfires.** With these techniques, exposure in affected communities can be planned and lessened.

# Interdisciplinary Consensus Statements

- 4 No degree of smoke exposure is without risk. However, **additional investment in advance preparation for affected populations can lower associated health risks.** A smoke-resilient community is resilient to smoke from any type of fire.
- 5 **We must work to promote both equity in process (e.g. who has a say in decision making) and equity in outcomes (e.g. who gets exposed to the smoke)** within those communities and populations experiencing disproportionate impacts from smoke.
- 6 **We are missing opportunities for positive impact by working as separate disciplines.** We recommend, that further and intentional integration of forest/fire and health disciplines (including the practitioners, tools and resources) needs to occur to lessen the human health effects of smoke exposure due to prescribed and managed fires.