

Environmental Injustices:

Severe Winter Weather and Homelessness

- Homeless and low-income individuals face significant health disparities and lack resources to protect themselves during times of severe winter weather
- Homelessness increases risks for weather-related injuries, such as hypothermia and frostbite
- Lack of proper housing, mental health services, and health care access puts this population at higher risk for injury and illnesses
- Healthy People 2020 targets: To decrease health disparities, increase mental health services for homeless adults, and address housing and economic instability

How Can Nurses and Nursing Students Help?

- Start a donation drive within your community
- Volunteer at local non-profit organizations and health departments
- Call on Congress to open more safe spaces and allocate funding for resources and services
- Distribute bus/metro tickets to those in need
- Create "street-outreach teams" to check in with the communities
- Educate individuals on how they can protect themselves and their loved ones from serious injuries



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Helpful Links

Healthy People 2020 Overview and Resources for Social Determinants of Health

<https://bit.ly/3nfF7Qn>

How to Prevent Hypothermia and Frostbite

<https://bit.ly/3nJ3oyF>

The Effects of Cold Weather on Those Facing Homelessness

<https://bit.ly/3nEjc5z>

How to Help the Homeless Population During Extreme Cold Weather

<https://cnn.it/3nRdZrt>