

~ (Test 4) ~

Date _____ 20_____
MTWTFSS

The Impact of Natural Disasters on Community Health & Wellbeing

Outline

1. Introduction

- 1.1 Attention Grabber
- 1.2 Background Information
- 1.3 Thesis Statement

2. Impact of Natural Disasters on Community Health and Wellbeing

- (2.1^x Extreme Weather Events are affecting Community Health and Wellbeing
 - 2.1.1 Glaciers melting and Avalanches
 - 2.1.2 Droughts
 - 2.1.3 Wildfires and Zombie fires
 - 2.1.4 Floods and cloudbursts.)^x

2.2 Impacts on Humans is affecting Community Health and Wellbeing

- 2.2.1 Loss of Human Life
- 2.2.2 Increased displacement
- 2.2.3 Spread of waterborne and vector borne diseases.
- 2.2.4 Impact on ~~neg~~ mental health

2.3 Reppercussions on economy is affecting community health and wellbeing

2.3.1 Destruction of infrastructure

2.3.2 Increased healthcare costs

2.3.3 Worsening debt trap of the country

2.3.4 Increasing agriculture losses

2.4 Impact on marine life is worsening community wellbeing

2.4.1 Coral Bleaching and ocean Acidification are affecting marine foodchain

2.5 Impact on environment is worsening community wellbeing

2.5.1 Loss of Biodiversity

2.5.2 Pollution intensification affecting air quality

2.6 Natural Disasters are worsening marine leading towards water scarcity^{and food insecurity} which is affecting community health.

2.7 Natural Disasters may lead towards more water sharing disputes

2.7.1 Indus Water Treaty

2.7.2 Kalabagh Dam Dispute

2.8 Natural Disasters are worsening gender inequality

3. Way Forward

3.1 Structural Measures

3.1.1 Shift towards renewable energy to reduce the impacts of natural disasters

3.1.2 Built more dams and canals

3.1.3 Use public transport to reduce carbon emissions

3.2 Non-structural Measures

3.2.1 Improving the performance of NDMA and PDMA

3.2.2 Carry Community based disaster risk reduction (CDRR)

3.2.3 Reduce ~~ero~~ stud laws to prevent infrastructure on floodplains and disaster induced areas

1. Conclusion

(The Essay)

A wedding is supposed to symbolize new beginnings, but in August 2025, one in Buner, Pakistan, ended in devastation and lead to the loss of lives of 200 people. This incident reflects the harsh reality of ~~climate~~ ~~change~~ how natural disasters are affecting the overall wellbeing and health of the community. In recent years, natural disasters

such as flood, avalanches, cloudbursts, wildfires, cyclone and tornadoes have become increasingly common. Thousands of people are losing their lives because of these disasters. Moreover, millions of people are being displaced ~~the~~ because of these disasters which is ~~are~~ adversely impacting the community. Natural disasters are also affecting the economy of a country. ~~Millions loss~~ Destruction of infrastructure is ~~also~~ affecting the wellbeing of the community. ~~Pakistan has also suffered~~ Pakistan is also suffering from this problem. Water scarcity is yet another problem which is worsening owing to natural disaster. ~~In this essay~~ This essay will delve into the numerous consequences of climate change on natural disasters on community health and wellbeing. It will also explore some mitigation strategies to curb these impacts.

To begin with, natural disasters are affecting humans. Millions of people have lost their lives because of natural disasters throughout the globe. In Turkey, Siberia and Syria, droughts have become common in some parts of the area. Drought cause severe dehydration and malnourishment which is taking the lives of people. Millions of people are displaced from their homeland because of natural disasters. Because of flash floods and cloudburst, waterborne and vector diseases have become common. Cholera, Dengue and malaria are taking the lives of people. Many people experience snake bites as well during floods. In addition to this, losing one's family member and house, induces stress and anxiety in that person. Many people lose their entire families. According to a report by UNICEF, 33% of people suffering from natural disasters have signs of PTSD (Post Traumatic Stress Disorder) during later years of their lives. All of these impacts are affecting the wellbeing of the entire community as human

beings are the building blocks of an entire community. If they are experiencing threat to their lives because of natural disasters, a community could will also not feel safe.

Ramifications of natural disasters could also be seen on the economies of the world. According to Piergiorgio

Alessandri and Mumtaz Hasan, one

degree (1°C) rise in temperature volatility or one spell of some natural disaster reduces the GDP

Growth by 0.3%. Infrastructure gets destroyed during floods. According to

the World Bank report, Pakistan experienced 30 billion USD Dollars damaged loss during 2022 flash floods, contributing to a 2% GDP contraction. These losses were because

that infrastructure got destroyed. Moreover, agriculture contribute to over 24%

in Pakistan's GDP, but because of flash floods entire acres of lands got destroyed. ~~Because~~ Natural

disasters are worsening the debt trap of Pakistan. Pakistan is

already facing trade deficit. To

compensate it, Pakistan acquire

loans. If a country is already suffering from natural disasters then it ~~would~~ would not be able to improve its economy. So instead of paying back the previous loans, Pakistan is continuously acquiring foreign loans. All of these are affecting the wellbeing of Pakistan.

Marine Life which is a source of food and livelihood of individuals especially ~~in~~ coastal areas ~~are~~ is getting affected by natural disasters. Corals consume an algae called zooxanthellae for their colour and food, But because of natural disasters and global warming, they expel this algae hence losing their energy source and colour. Since industrial revolutions, many corals have bleached and hence it is affecting the marine life as it contribute to 25% of marine food chain. Moreover, ocean acidification is weakening the shells and skeletons of many aquatic animals. Hence all of this is affecting ~~community~~ community wellbeing because many countries

in this world depends on aquatic animals for food and livelihood.

Environment is getting impacted due to natural disasters. Natural disasters are intensifying the pollution and ~~lossing~~ biodiversity loss. As a country is busy in trying to untail the impacts of natural disasters, ~~the~~ issues ex pollution and loss of biodiversity get sidelined. Millions of birds, animals and insects get disturbed during natural disasters. If this continues it is possible that many species will extinct.

Water scarcity and food insecurity has become a reality owing to natural disasters. According to Germanwatch Climate Risk

Index, Pakistan is at number One position owing to the exceptional economic damages and the number of people affected by it. Ahsan

Iqbal said that Pakistan is becoming water scarce day by day be as there are no dams and when natural disasters hit like flash floods or cloudburst hits, there is no reservoir for storing it.

and all the water gets dumped into the Arabian Sea. According to Economic Survey of Pakistan, Pakistan has transitioned from water stressed to water scarcity as per capita water availability has reduced to below $1000\text{m}^3/\text{year}$, a standard used for water scarcity. This is a serious life threatening situation as water is one of the most important needs in human life. As Pakistan is an agrarian society, it depends on water to fulfil its economic needs. Water scarcity may lead towards food insecurity. Hence, this is how natural disasters may impact the wellbeing of the communities.

Natural disaster may lead towards more water sharing disputes. Indus water treaty is the major cornerstone of Pakistan's water diplomacy. Any impact on IWT will force Pakistan to enter into war as Pakistan's agriculture heavily depends on it. According to Ismail Seragilde war of the twenty first century

will be fought over water. So countries will not tolerate any dispute over their water basins. Similarly, Pakistan is also suffering from internal water disputes. Sindh, Punjab, Balochistan and KPK are fighting over their share in the Kalabagh dam. Hence, this is how, water disputes will worsen the wellbeing of the community.

Natural Disasters are worsening the gender inequality. According to Human Development Index 2025, Pakistan rank is at 168 out of 194 countries.

Because of natural disasters, millions of people are getting displaced, so there are 22.8 million children out of the age of ~~15-20~~ 5-15 out of school. out of which majority are females. When calamity hits, people are more focused towards the empowerment of males as compared to females so male education is given more priority than female education. UNICEF has also added climate change as a factor of leading towards

gender inequality. A community or a nation could never succeed if its female are not empowered so gender inequality will worsen the wellbeing of the nation. because united we stand, divided we fall.

Now, After looking at the repercussions of natural disasters on communities, let's move towards the structural and non-structural measures to curtail the impacts of natural disasters.

The first structural measure to ensure the wellbeing of a nation from the consequences of natural disasters is to shift toward renewable energy. Natural disasters like floods are becoming increasingly common because of climate change. The second measure would be to build reservoirs and diversion channels to reduce the impacts of natural disaster. The third measure would be replace to use ^{cars} cataly with catalytic converters. Major changes in the lifestyle should be made. Transport contribute to more than 30% of global greenhouse gas emissions. Doing all of

these structural measures will bear fruit in the form of the wellbeing of the citizens of the community.

The non-structural measures would be to prepare National Disaster Management Agency and Provincial Disaster Management Agencies ~~to~~ ~~for~~ in advance instead of ~~merely~~ merely reacting to the disasters. In July 2025, an entire family got ~~submerged~~ stuck in flood for nearly nine hours but no help reached and the locals had to rescue them. Proper allocation of funds should be given to NDMA and PDMA's. Their coordination also needs to be improved. Community should be involved and should be drilled to reduce the risks of natural disaster. Moreover, strict laws should be made to reduce encroachment on floodplains. Areas which are avalanche and earthquake prone should not be used for any construction of infrastructure. ~~This~~ is By following these measures overall wellbeing of the community will improve.

To conclude, natural disasters are negatively impacting the wellbeing of the community. In Pakistan, most of the destruction happens because of the lack of policies and infrastructure. Pakistan can never economically recover if it does not find a solution to this problem. Many people lose their lives because of the poor coordination of NDMA, PDMA's and Pakistan's meteorological department. So the ~~the~~ picture of natural disasters seem to paint a bleak picture of mankind; however, this is not true. By acting out the suggested measures, Pakistan can overcome the negative consequences of natural disaster and improve its overall wellbeing. As Emily Dickinson beautifully reminds us

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words
And never stops at all