

Heat Threatens Public Health

CLIMATE CHANGE & EXTREME HEAT

Extreme heat events, or heat waves, are a leading cause of **EXTREME WEATHER-RELATED DEATHS** in the United States and the number of heat-related deaths is rising!

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

cdc.gov

Heat Related Illness Dashboard

June 15 – 24, 2015

Average maximum heat index during this timeframe (RDU Airport)	Total Emergency Department visits for heat-related illness	Percent of Emergency Department visits Hospitalized
103°F	917	10%

Proportion of ED Visits attributed to Heat Related Illness
2015 compared with previous 2 years

Current trend →

2015

2013 – 2014 Average

Week Ending

Week ending dates displayed are for 2015. Week ending dates may vary by a few days for earlier years.

Data Facts

- 75% of all ED visits for heat-related illness were among adults 18 to 64 years of age.
- Activities include both occupational (e.g., truck driving, warehouse, roofing, landscaping) and recreational (e.g., jogging, beach activities)

Recommendations

- Drink fluids
- Spend some time in air conditioning
- Reduce activity between 11 am – 4 pm
- Consult your doctor if you take medications that impact the body's ability to lose heat

Updated June 30, 2015

<http://publichealth.nc.gov/chronicdiseaseandinjury/doc/2015-JuneHeatIllnessDashboardFinal.pdf>

Air Quality and Heat

- Combined threat more dangerous
- Similar messages

Protect Your Health

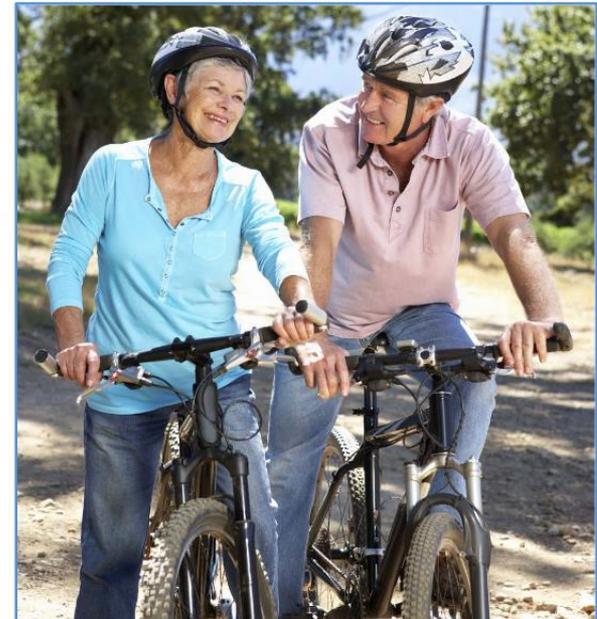


How Older Adults can Protect Themselves from Air Pollution and Heat

Both air pollution and heat can cause health effects, particularly to sensitive groups such as older adults.

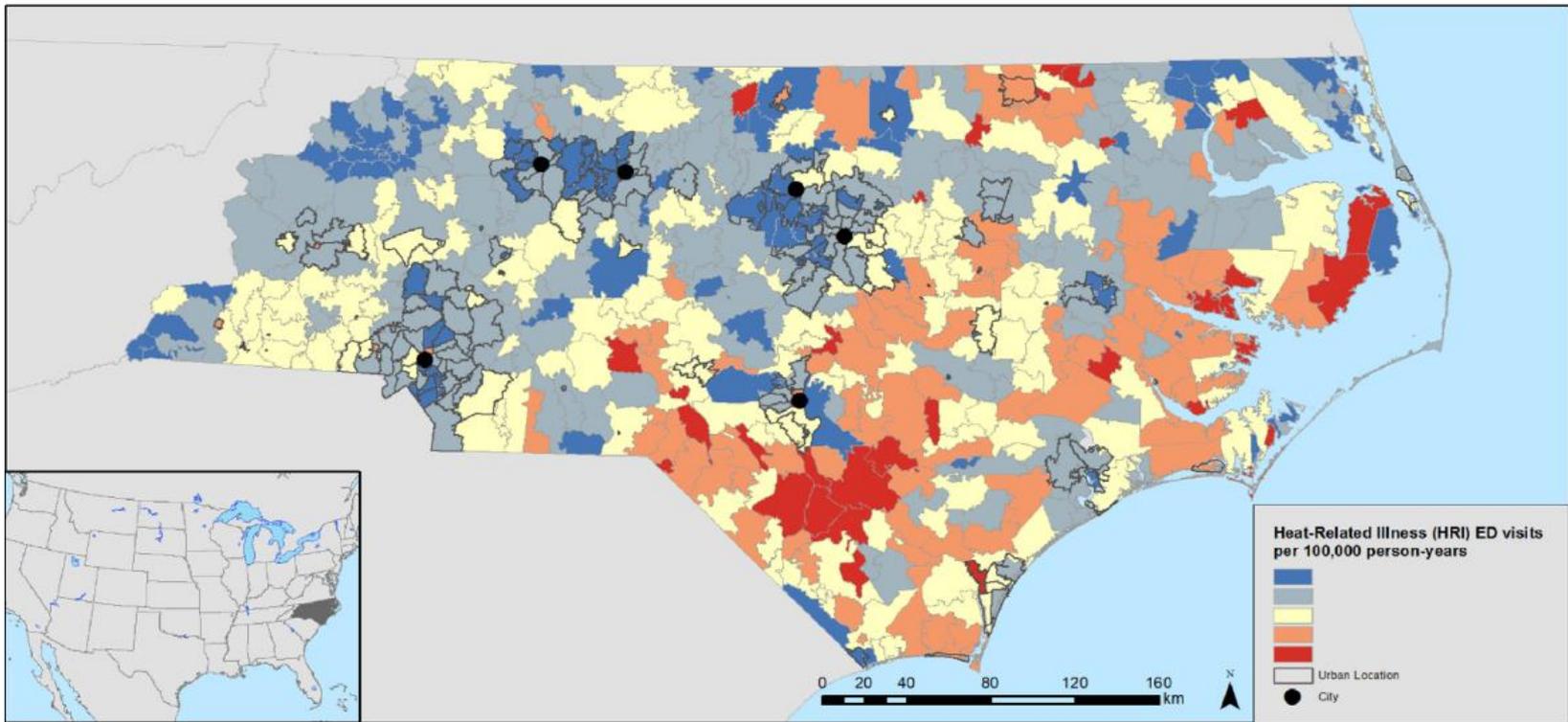
Air Pollution and Health Effects

In North Carolina, two major types of air pollution are particulate matter and ground-level ozone. Particulate matter is a mixture of microscopic solids and liquid droplets suspended in the air. Ground-level ozone is a highly reactive form of oxygen that is formed when pollutants react chemically with the presence of sunlight. Exposure to particulate matter and ground-level ozone can cause varying health effects, including irritation of eyes, nose and throat, coughing, chest tightness, shortness of breath, and aggravation of respiratory diseases. Long-term exposure can reduce lung function. For more information please visit: <http://www.ncair.org/airaware/knowthecode/>



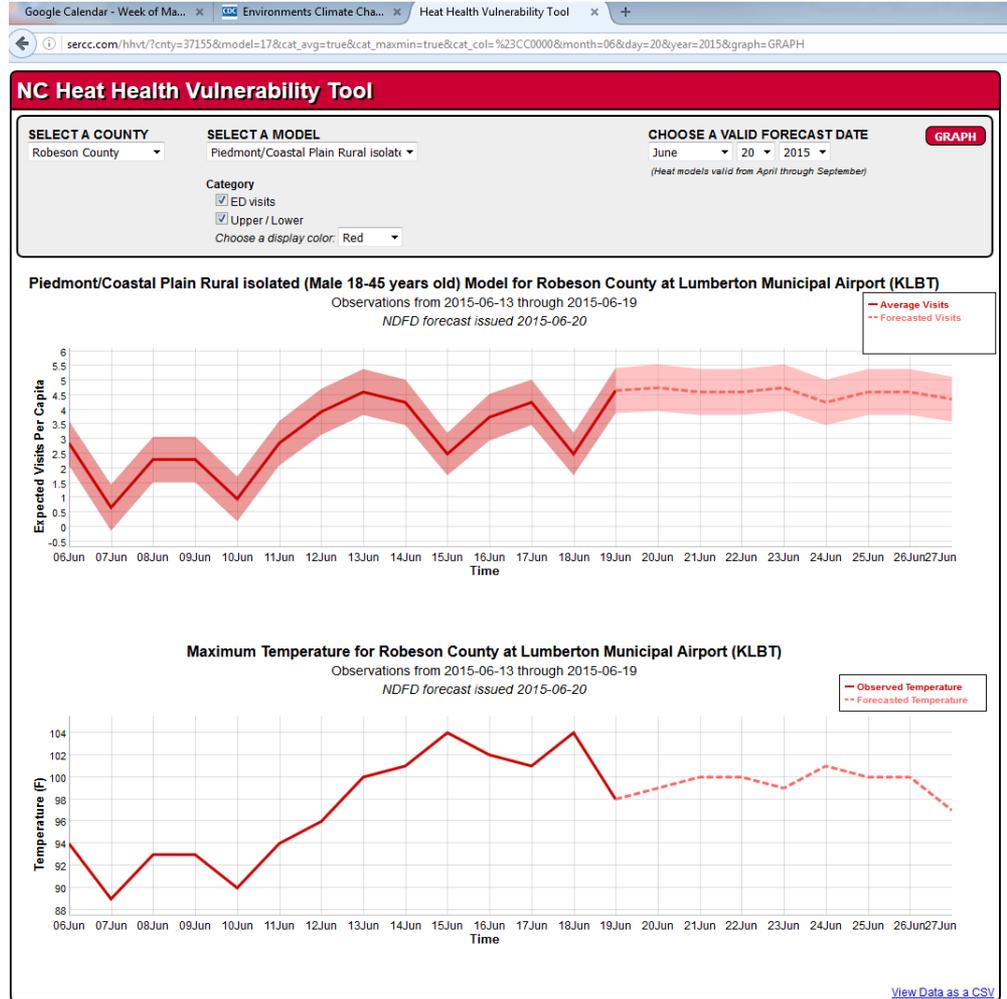
<http://publichealth.nc.gov/chronicdiseaseandinjury/heat.htm>

Mapping Heat Vulnerability



Kovach et al. Applied Geography 60 (2015) 175-83

Heat-Health Vulnerability Tool



sercc.com/hhvt