

# Climate Action for Heat Resiliency in California



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California Department of Public Health



**CLIMATE CHANGE IS  
ALREADY HARMING  
HUMAN HEALTH.**

**PEOPLE FACING  
INEQUITIES HURT  
FIRST AND WORST.**

*Image: Public News Service*



*Image: UC Davis*



*Image: CBS SF/Local*



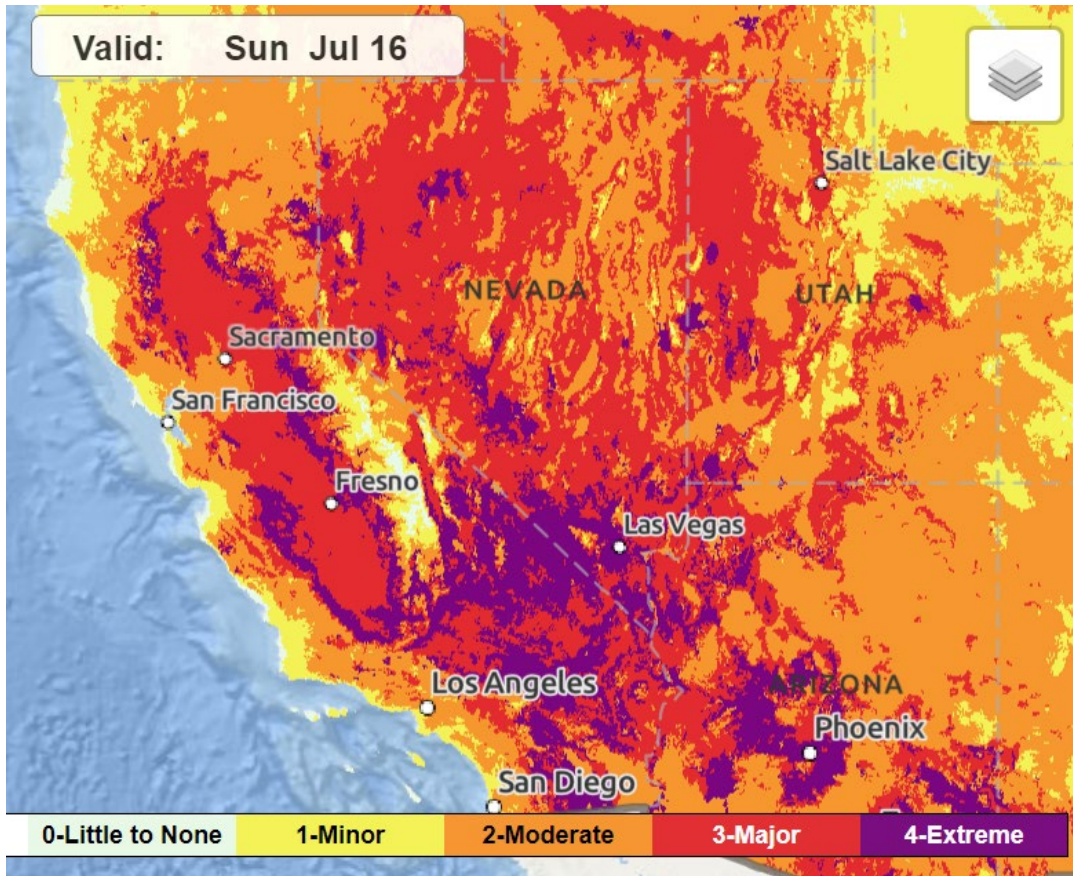
*Image: US News*



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# Extreme Heat



National Weather Service. HeatRisk forecast: Sunday, July 16, 2023.

- **Extreme heat is increasing with climate change** and has significant health impacts – it **kills more people directly than any other climate-related hazard**
- In California, high summer temperatures are projected to result in **~11,300 excess deaths a year by 2050**
- September 2022's record-breaking, widespread extreme heat was associated with **significant increase in deaths in California**
- **Many deaths due to heat are missed** - heat can lead to death from its **impact on other conditions**, such as cardiovascular, respiratory, and other diseases
- **Heat impacts are not felt equally** - disproportionate consequences for Californians facing inequities, those medically vulnerable, and other population groups

# Population Groups at Higher Risk of Heat Illness

## Assess Your Risk

Extreme heat puts a lot of stress on your body and can be deadly. Find out if you are or a loved one are at a higher risk for heat related illness.



Older Adults  
65+



Young Children



People with  
Chronic Health  
Conditions



People with  
Disabilities



Pregnant  
People



People in  
Urban  
Communities



Workers



People  
Experiencing  
Homelessness



# HeatReadyCA.com

## Are you Heat Ready, California?

Heat is deadlier than any other weather hazard. Be prepared for extreme heat events and find resources to help you stay safe.

### What is Extreme Heat?

An extreme heat event is two or more days and nights of unusually high heat for your region. California is experiencing more frequent episodes of extreme heat, creating a greater danger to Californians from heat-related illness.

### Top 3 Heat Tips

**1**

#### Stay Cool

Avoid being outside in the direct heat for a long time. Try to stay in air-conditioned spaces, at home with your A/C set between 75-80 degrees, or at your local library, shopping mall, or community center. If staying home, keep blinds closed and wear loose, light-colored, lightweight clothing.

**2**

#### Stay Hydrated

Sip water all day and consider supplementing with sports drinks. Avoid caffeine and alcohol.

**3**

#### Look After Each Other

Check in on friends and family and have them do the same for you.

Find additional resources to help handle the heat.



# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

#### **Get medical help right away if:**

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour



<https://www.cdc.gov/disasters/extremeheat/warning.html>

## BE INFORMED



### Extreme Heat

Tips for Preventing  
Heat-Related  
Illness

Tips for Treating  
Heat-Related  
Illness

Seniors and Heat-  
Related Illness

Children and Heat-  
Related Illness

## Extreme Heat

Climate change is leading to more frequent, more severe, and longer-lasting episodes of extreme heat in California, posing a greater danger to Californians. Heat kills more people directly than any other weather-related hazard. Certain population groups are at greater risk of heat-related health impacts, including unhoused people, those working outdoors or in unconditioned indoor environments, older adults, infants and children, those with chronic health conditions, people with disabilities, pregnant people, and those with low income. However, **heat-related illnesses and deaths are preventable.**



# Heat Illness Prevention

Water. Rest. Shade.

For questions about indoor heat hazards at work, talk to a Cal/OSHA representative during business hours. Call 833-579-0927.



In California, heat illness prevention training is required for all outdoor workers and a written prevention plan must be available at all outdoor worksites.

Cal/OSHA's [Heat Illness Prevention regulation](#) applies to all outdoor places of employment such as those in the agriculture, construction, and landscaping industries.



<https://www.99calor.org>



# Public Health Efforts to Combat the Health Effects of Climate Change

**Weatherization Programs:** Community-level solution for improving the health and living conditions of people facing climate change and health impacts, through housing improvements.

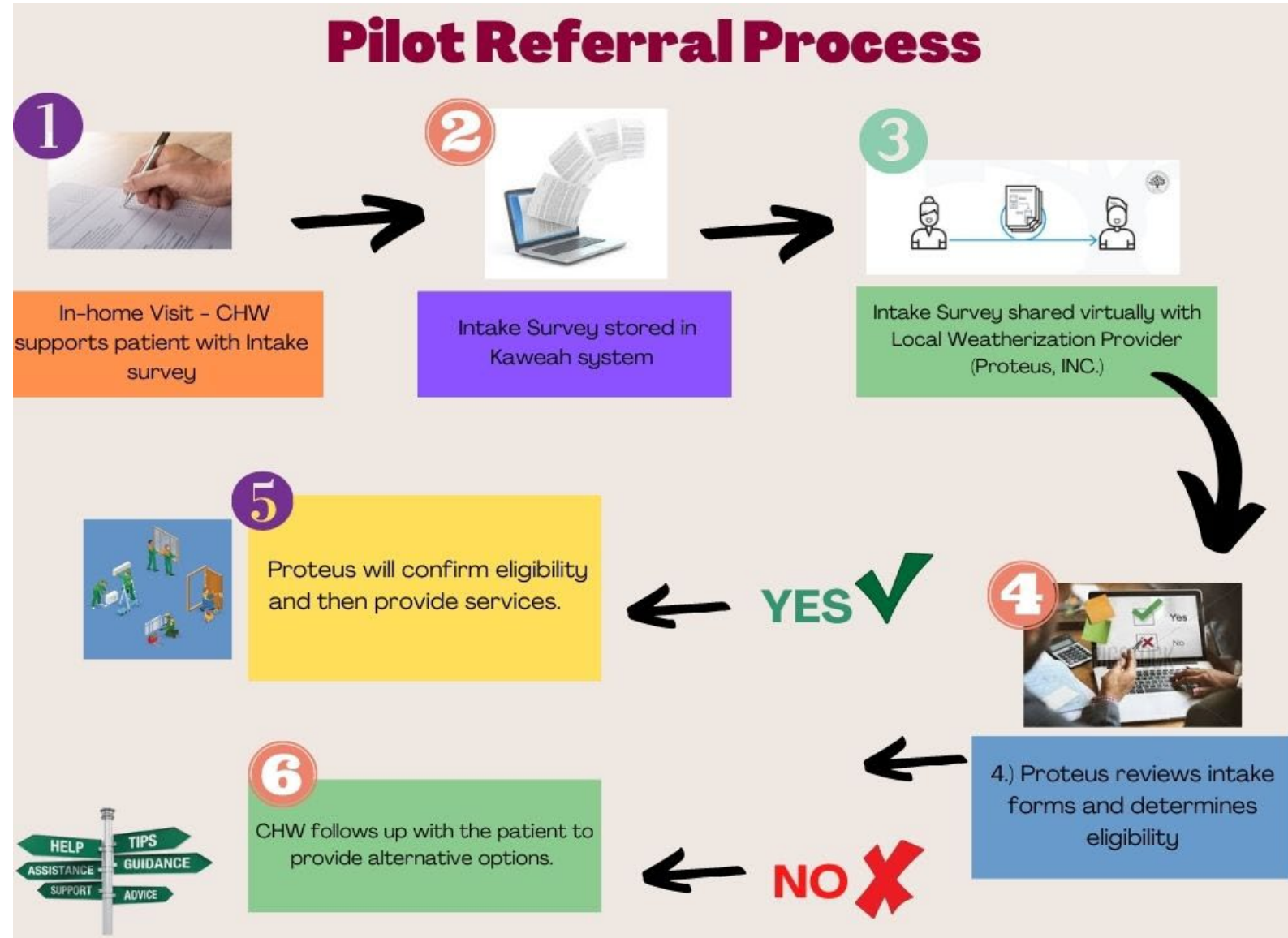
- A public health strategy to address climate change impacts.
- Reduce health risks, reduce energy cost, and improve resilience to heat, wildfire smoke, and air pollution.
- Households served are low-income and priority populations, including disadvantaged and low-income communities most impacted by climate change impacts.



# Tulare County Weatherization Pilot Project (CHWs, Healthy Homes, and Healthy Families)

## Program Goal:

Connect farmworkers and low-income Tulare residents with energy-efficiency and weatherization services to reduce health risks and improve resilience to heat, wildfire smoke, and air pollution.





# Weatherization Services and Energy Efficiency

## Weatherization:

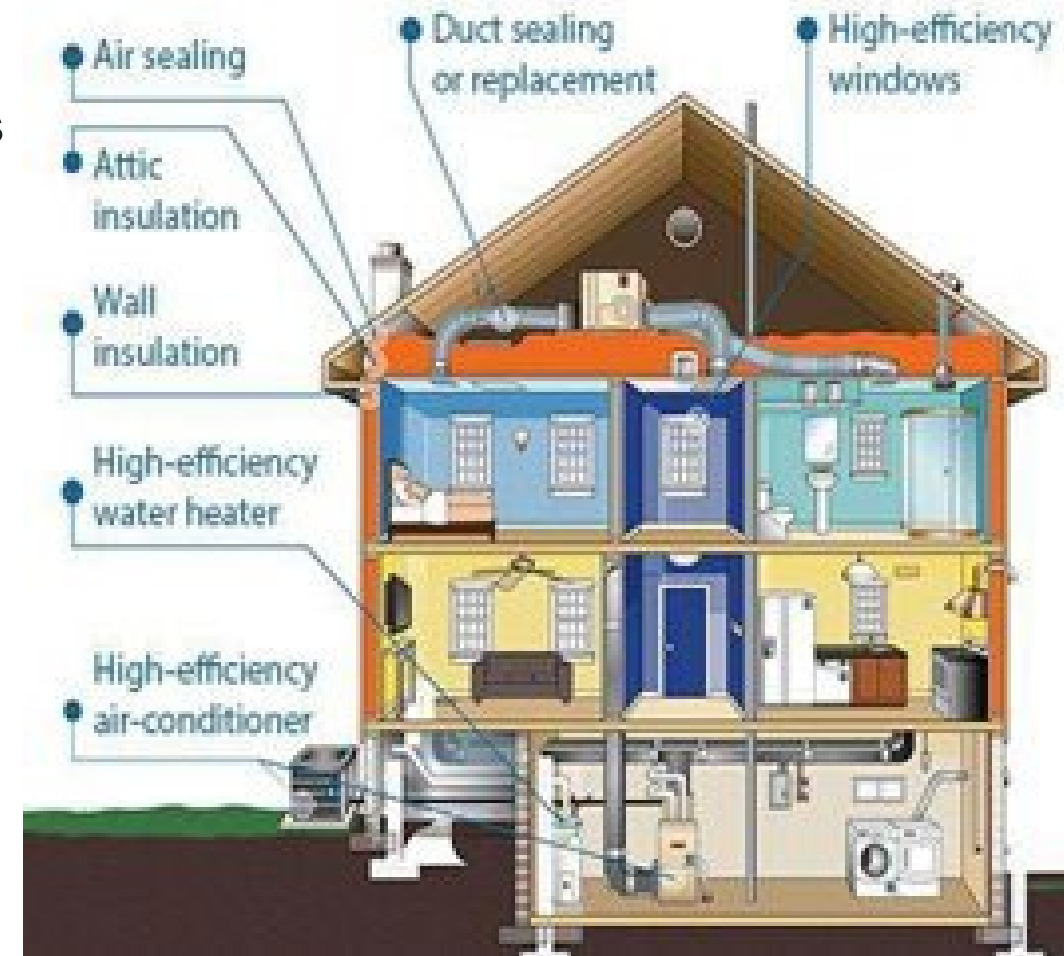
- Weatherization is the practice of improving physical aspects of a building to reduce energy cost, optimize energy efficiency, and support health and safety measures

## Measures can include:

- Air sealing
- Repair or replacement of windows
- AC installation
- Solar panels
- Repair or Replace Cooking Appliances

## Why Tulare County?

- Tulare County has the highest number of projected extreme heat days per year in mid-century (2040-2060)- 42 extreme heat days per year vs. state average of 27
- 3rd highest concentration of outdoor workers (19.7% vs. 7.6% state average)



# Benefits of Weatherization

- Improved health, safety, and quality of life of residents.
- Reduce energy costs and high energy burden for low-income families.
- Improvements in thermal comfort.
- Decrease energy consumption- reduction in air pollution and greenhouse gas emissions associated with energy production.
- Improvements in housing stability, affordability, and quality.
- Healthcare cost savings and reduced health care utilization.
- Reduction in mortality rates associated with asthma and thermal stress



# **Tulare County Weatherization Pilot Project** ***(CHWs, Healthy Homes, and Healthy Families)***

## **Why is this pilot unique?**

### **1. Engagement of Community Health Workers in Pilot Process**

- Trusted community leaders.
- Extensive experience communicating and interacting with patients.
- Culturally and linguistically competent outreach.
- Provide feedback and guide all aspects of pilot process (Training guide, Trainings, Intake survey, in-home visits, pre-post outreach)

### **2. Health Equity Lens**

- Connect vulnerable patients who experience adverse health impacts to weatherization services.

### **3. Multisectoral Partnerships**

- Health care systems, non-profits, weatherization providers, public health state agency.



# Extreme Heat Resources & Guidance

**Heat Ready California:** <https://heatreadyca.com/>

**CDPH Extreme Heat:** [https://www.cdph.ca.gov/Programs/EPO/Pages/Extreme Heat Pages/BI\\_Natural-Disasters\\_Extreme-Heat.aspx](https://www.cdph.ca.gov/Programs/EPO/Pages/Extreme%20Heat%20Pages/BI_Natural-Disasters_Extreme-Heat.aspx)

- **CDPH Heat & Summer Safety Communications Toolkit:**  
<https://www.cdph.ca.gov/Programs/OPA/Pages/Communications-Toolkits/Heat-Summer-Safety.aspx>
- **CDPH Guidance for Local Health Jurisdictions and Community Service Providers for Extreme Heat:**  
<https://www.cdph.ca.gov/Programs/EPO/Pages/Extreme%20Heat%20Pages/extreme-heat-guidance-for-LHJs.aspx>
- **CDPH Health Guidance for Schools on Sports & Strenuous Activities During Extreme Heat:**  
<https://www.cdph.ca.gov/Programs/EPO/Pages/Extreme%20Heat%20Pages/extreme-heat-guidance-for-schools.aspx>

**CDC Extreme Heat:** <https://www.cdc.gov/disasters/extremeheat/index.html>

**National Weather Service - HeatRisk Forecast Tool:** <https://www.wrh.noaa.gov/wrh/heatrisk/>

**CalOES - 2023 Cooling Centers List:** <https://www.caloes.ca.gov/cal-oes/active-incidents/cooling-centers/>

**OSHA-NIOSH Heat Safety Tool App:** <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

**Cal/OSHA - Heat Illness Prevention (99 Calor):** <https://www.99calor.org/english.html>

**Weatherization Service Provider Locator** <https://www.csd.ca.gov/Pages/Assistance-HomeEnergyEfficiency.aspx>



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*Questions? Thank You!*



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<http://bit.ly/cchep>



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