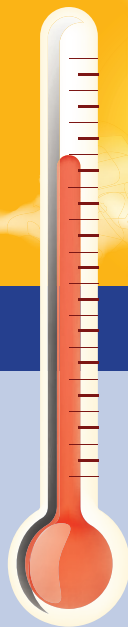


Heat and Health in New York State

New Yorkers are at risk of heat-related illness because summer temperatures are warming and our bodies are not used to long periods of extreme heat. County Heat and Health Profiles help identify populations and neighborhoods at highest risk. Learn more about extreme heat and what can be done to help people keep cool during the hottest days of the year.



WHAT WE KNOW

Heat Exposure

Heat waves or extreme heat events are extended periods of high temperatures and can be harmful to health. Summer temperatures have been increasing across NYS and are expected to continue rising.

Health Sensitivity

The risk of heat stress, dehydration, kidney illness, cardiovascular illness, and death increases for up to 4 days after a heat wave. Children, older adults, and those with preexisting conditions or participating in outdoor activities are at higher risk.

Community Vulnerability

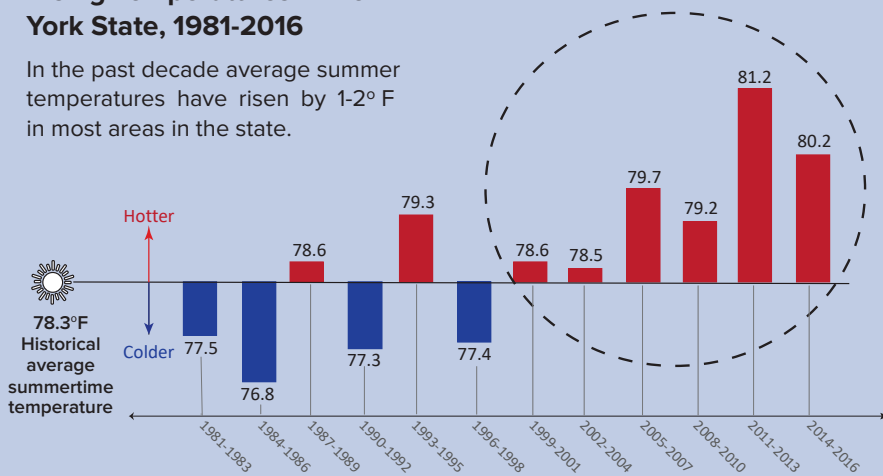
The community and its environment influence heat-related illness. Urban areas or communities with large populations, limited English proficiency, low income, and limited access to air conditioning are at higher risk.

WHAT WE LEARNED

A 5° F change in temperature can double a New Yorker's risk of heat-related illness.

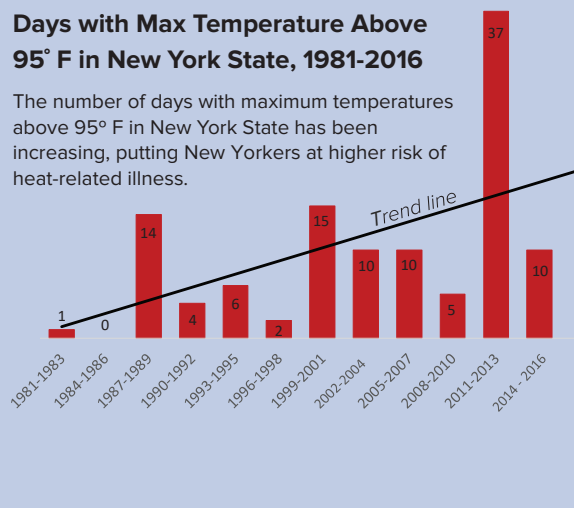
Rising Temperatures in New York State, 1981-2016

In the past decade average summer temperatures have risen by 1-2° F in most areas in the state.



Days with Max Temperature Above 95° F in New York State, 1981-2016

The number of days with maximum temperatures above 95° F in New York State has been increasing, putting New Yorkers at higher risk of heat-related illness.

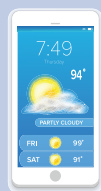


WHAT TO DO ABOUT IT

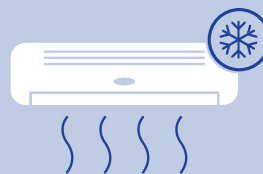
Take steps to prevent heat-related illness



Know the risks and signs of heat-related illness.
www.health.ny.gov/extremeheat



Check your local weather so you can be prepared.
www.weather.gov



Find a place to get cool.
www.health.ny.gov/environmental/weather/cooling



Get involved in community planning.
www.climatesmart.ny.gov/



View your County's Heat and Health Profile at www.health.ny.gov/ExtremeHeat

