CLIMATE + HEALTH

Climate and Health Adaptation Plan for the Public Health Council of the Upper Valley

Prepared by:
Public Health Council of the Upper Valley
With Assistance From:
Upper Valley Lake Sunapee Regional Planning Commission
Public Health Council

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Project History

- Feb 2015: NH Division of Public Health Services offered funds to public health networks to create adaptation plans to address the health effects of climate change

- Opportunity for collaboration with Upper Valley Adaptation Workgroup and its partners to begin looking at health impacts of climate change

- **Principles:**
  - Build on what we have and on what we know
  - Use a defined project to build capacity for future work
  - Now is the time to learn how to build community resiliency because health impacts are likely to increase
Planning Partners

- Dartmouth-Hitchcock Community Health
- Upper Valley Adaptation Workgroup
- Upper Valley Emergency Preparedness Coordinator
- Upper Valley Housing Coalition
- Upper Valley Lake Sunapee Regional Planning Commission
- Vital Communities
- Members of the Public Health Council
What is the Public Health Council?

- Community leaders and representatives from a diverse group of community sectors working together to create a more healthy, safe, supportive, and vital Upper Valley.
  - Advancing collaboration
  - Delivering core public health services
  - Establishing public health priorities, and
  - Mobilizing resources to achieve measurable outcomes.
What is the Public Health Council?

- **Vision:**
  - Working together, our Upper Valley community will be healthy, safe, supportive, and vital.

- **Mission:**
  - To improve the health of Upper Valley residents through shared public health initiatives and services within a network of community stakeholders.
PLAN: We looked at...

**Geography**
- Population Centers
- Topography
- Infrastructure

**Demographics**
- Population
- Age Cohorts
- Projections

**Existing Work**
- Regional & Municipal Emergency Response Plans
- Hazard Vulnerability Assessments
PLANNING: What are the potential health risks?

Direct and Indirect Impacts of Climate Change on Health and Wellbeing; Source: *Health and Climate Change*, 2015, The Lancet Commissions
Health Vulnerability Prioritization Summary

High Priority Exposure:
- Increasing occurrence of extreme heat events (increase in days over 90°F)
- Increased extreme precipitation and occurrence of extreme weather events
- Threats to mental health

Health Impact:
- Heat stroke
- Complicates chronic disease
- Injury
- Drowning
- Carbon Monoxide
- Mold
- Stress, Depression
Medium Priority Exposure:
• Longer Growing Seasons
  • Vector-borne disease
  • Allergens
• Water and food security, food and water-borne diseases

Health Impact:
• Lyme & West Nile
• Aggravates respiratory illness
• Crop contamination
• Water Supply
PLANNING: What is the significant demographic trend?

<table>
<thead>
<tr>
<th></th>
<th>PHC Total Pop</th>
<th>Pop 65 yrs +</th>
<th>Percent 65 yrs +</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010 Census</td>
<td>44,020</td>
<td>7,568</td>
<td>17%</td>
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<tr>
<td>2015 Est.</td>
<td>44,015</td>
<td>9,098</td>
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<tr>
<td>2025 Est.</td>
<td>45,463</td>
<td>13,354</td>
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<td>2040 Est.</td>
<td>46,676</td>
<td>16,727</td>
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</tbody>
</table>

Population estimates for study area based on 2013 NHOEP Population Projections
Reducing the Impact of Severe Heat: Goals

- Help older adults remain healthy when we experience very hot days in the summer
- Build partnerships with organizations that serve older adults so they can help us get information and resources out
- Figure out the strategies that are going to work best in our communities
- Strengthen our capacity to address this and other health impacts of climate change.
Reducing the Impact of Severe Heat

**Effective Interventions**
- Outreach and Education
  - Heat Alert Systems
  - Access to Cooling Shelters

**Upper Valley Approach**

**Phase One (until 9/2016)**
- Outreach and Education
  - Community Forum
  - Work with Partners in Contact with Older Adults
    - What strategies might work?
    - What are the barriers?
    - Pilot Project

**Phase Two (after 9/2016)**
- Heat Alert Systems
  - Determine thresholds & strategies
- Access to Cooling Shelters
  - Build off current work of Emergency Planning