Climate & Health Equity Fellowship Presentations

Esmeralda Morales-Weston
Cheryl Holder
Julian Watkins

2023 Climate & Health Equity Fellows
Esmeralda E. Morales, MD, FAAP
Climate Change and Latino Health: Building Physician Advocates/Uplifting Voices
Clinical Assistant Professor of Pediatrics
Division of Pediatric Pulmonary, Asthma and Sleep
Stanford University School of Medicine
Issue/Problem/End Goal

- Latines are underrepresented in medicine and underrepresented in climate advocacy spaces

- The National Hispanic Medical Association (NHMA) is uniquely positioned to amplify climate health and equity advocacy in the Latine community

Goals
- Develop a new NHMA specialty council on climate change and health
- Review process for creating policy statements to meet the needs of the organization and the communities we serve.

¡Sí, se puede!
Climate Change and Latine Health Issues

• Extreme Weather Events
  • Heat Related Health Issues
  • Floods
• Air pollution
• Access to clean water
• Climate Migration
Key Actions

- Met with government and public policy representative from NHMA to discuss drafting policy statement and process; wrote statement and submitted and documented process
- Participated in 2023 GreenLatinos Hispanic Heritage Month Advocacy Days
- Application sent for approval for formation of an NHMA specialty council dedicated to climate and health equity

¡Sí, se puede!
Next Steps

- Co-Chair Specialty Council
  - Application set with Co-Chair identified
  - Set up initial group meeting
  - Build membership
  - Webinars
  - Build Latine Climate Advocacy Tool Kit

- Stay active in regional and national climate groups
  maintaining partnerships to amplify messaging about climate change and advocate for a better world

¡Sí, se puede!
“...hope is not blind optimism. It's not ignoring the enormity of the tasks ahead or the roadblocks that stand in our path. It's not sitting on the sidelines or shirking from a fight. Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it.”

~Barack Obama
Building capacity for Community Climate Resilience at a Local Health Department using a Health Equity and Environmental Justice Lens

Julian L. Watkins, MD
Assistant Commissioner, Bureau of Health Equity Capacity Building Center for Health Equity and Community Wellness
NYC Department of Health and Mental Hygiene

RWJF Culture of Health Leader
de Beaumont Foundation 40 under 40 in Public Health class of 2023
Issue/Problem/Goals

**Issue:** Climate Change is a rapidly accelerating public health concern that is disproportionately impacted marginalized communities

**Problem:** Climate Change is often seen as beyond the scope of traditional public health practice

**Goals:**
- Build the capacity of the NYC Department of Health to respond to Climate Change using a health equity informed, environmental justice lens
- Lead the restructure and transition of an existing Community-Based Climate resilience program into the Agency’s Center for Health Equity and Community Wellness
- Build the capacity of Community Based Organizations, Healthcare Providers, and Community Health Workers across NYC to prepare for and respond to climate emergencies
Key Actions

Actions taken at the NYC DOHMH

- Redesign of the Be a Buddy Climate Resilience Program
- Agency capacity building through engagement and partnership
- Integrating extreme weather response and community resilience into agency emergency preparedness planning
- Community Engagement: CBOs, FBOs, CHWs, Health Care Providers

Strategic Engagement

- **New York City Agencies:** NYC Parks, NYC DOT, NYC Aging, NYCHA, Mayor’s Office of Climate & Environmental Justice
- **Public Health Stakeholder Engagement:** SEIU 1199 presentation w/ Dr. Linda Rudolph, RWJF Culture of Health Leaders Program remarks, Speaker for GLMA annual Conference, named de Beaumont foundation 40 under 40 in Public Health, Climate Week: NYC- Health Equity Panel
- **Community Partnerships:** Board Member at Catskills Agrarian Alliance

Dr. Watkins delivering remarks at Climate Week NYC with CHEF fellow Dr. Marcos Moreno and Paulette Frank of the Johnson & Johnson foundation convening in September, 2023
Next Steps

• Create **Climate & Health Equity** policy platform, Continue capacity building efforts at the NYC Department of Health and the relaunch of **Be a Buddy Climate Resilience Initiative**.

• Publication of a white paper on addressing climate change through a **health equity and environmental justice lens**

• Remain an active member of the Consortium climate and work with leadership to recruit fellows working in the field of Public Health

• Continue community organizing and advocacy efforts

Dr. Watkins delivering remarks at the Culture of Leaders Graduation and final convening in June, 2023
Contact julianlwatkins@gmail.com

Available for lectures, talks, panels, interviews & consulting
Cheryl L. Holder, M.D.
Co-Chair of Miami Dade Heat Health Task Force
Co-Chair Florida Clinicians for Climate Action
MSCCH Annual Meeting
02/11/2024

Miami: Heat and Health
C.C- “I need a refill on my inhaler”

Ms. Anna Mae is a 64 y.o. African American non-smoking, woman living in Opa locka, FL with HTN, T2DM, HLD, Mild Intermittent Asthma, Obesity. Adheres to her meds-Lisinopril 20mg daily, Amlodipine 5mg daily, Metformin 1000mg twice daily, Pravastatin 80mg nightly, Aspirin 81 mg daily, Albuterol prn. She presented for an earlier visit for an albuterol refill. Asked that I complete her Florida Power and Light application form for reduction in her bill.
HOT DAYS AND HOT NIGHTS ARE INCREASING IN THE UNITED STATES

Area of the contiguous 48 states with unusually hot summer temperatures

Source: EPA & NOAA
Miami-Dade County, Florida Minimum Temperature

1901-2000 Mean: 65.1°F

1985-2019 Trend (+0.6°F/Decade)

(NOAA)
How Climate Change Can Impact Health

- Heat illness
- Exacerbate heart and lung conditions
- Asthma
- Traumatic injury
- Water and foodborne illnesses
- Allergies
- Vector-borne disease
- Emotional Stress
In Florida, there is an historical average of **25** days per year with a heat index “Feels like” temperature above **100 degrees** Fahrenheit.

This would increase to **105** days per year on average by midcentury (2036 – 2065) and **141** by the century’s end.
# Heat Index

<table>
<thead>
<tr>
<th>Classification</th>
<th>Heat Index</th>
<th>Effect on the body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caution</td>
<td>80°F - 90°F</td>
<td>Fatigue possible with prolonged exposure and/or physical activity</td>
</tr>
<tr>
<td>Extreme Caution</td>
<td>90°F - 103°F</td>
<td>Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity</td>
</tr>
<tr>
<td>Danger</td>
<td>103°F - 124°F</td>
<td>Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity</td>
</tr>
<tr>
<td>Extreme Danger</td>
<td>125°F or higher</td>
<td>Heat stroke highly likely</td>
</tr>
</tbody>
</table>

Heat Index = -42.379 + 2.04901523T + 10.14333127R - 0.22475541TR - 6.83783 x 10-3T2 - 5.481717 x 10-2R2 + 1.22874 x 10-3T2R + 8.5282 x 10-4TR2 - 1.99 x 10-6T2R2

T - air temperature (F)
R - relative humidity (percentage)
Key Points

- Heat is the leading weather-related killer in the United States

- High heat and humidity can lead to heat-related illness, including heat cramps, heat exhaustion, heat stroke and exacerbating chronic conditions (heart failure, COPD, kidney function, mental health)

- WE can prevent heat related illness and deaths

- SOME (children, elderly, pregnant women, people with mental illness and/or disabilities and outdoor workers) are affected MORE than others.

- Outdoor workers are up to 35 times more vulnerable to heat related illnesses and deaths
Collaboration is a critical asset
Climate & Heat Health Task Force

Goals reached:
- World’s First Chief Heat Officer
- Created community workshops.
- Clinician education programs

The Task Force included
- County appointed policy makers,
- Volunteer scientific experts
- Volunteer healthcare professionals
- Two community members (ensure community voices are heard and lifted up)

https://miamifoundation.org/extremeheat/
Extreme Heat Action Plan

Goal 1: Inform, Prepare and Protect People
Goal 2: Cool our Homes and Emergency Facilities
Goal 3: Cool our Neighborhoods
ArcGIS Story Map: Vulnerability

- Homestead, Florida City, Hialeah, Miami, Opa-Locka, and Miami Gardens
NWS Tested New Heat Index Advisory and Excessive Heat Warnings: Advisory changed from 108F + to 105F+ for at least two hours

Warnings changed from 113F to 110F, for at least two hours.

NOAA-OSHA Tool
Public Awareness Campaign

Prevent Heat Stress
Pregnant People Face Extra Risk

Heat can be dangerous
Stay cool & drink plenty of water

Learn more!
WomensFundMiami.org/HeatHealth/Emrgency help: Call 911

Sponsored by Baptist Health
Miami-Dade County Heat Season Campaign + Toolkit

Save the Date
MON 5TH DEC
CAMP LAUNCH
8:30 AM

History Miami

UNIVERSITY OF MIAMI
OFFICE OF CIVIC & COMMUNITY ENGAGEMENT

MIA-MI-DADE COUNTY
FLORIDA CLINICIANS FOR CLIMATE ACTION

FCCA
Florida Clinicians for Climate Action’s Education Strategy

- Free CME Climate Change and Health Webinars with Baptist Health System
- On-site Clinician and Patient Education in high (heat) vulnerability communities’ health centers and hospitals.
- Quarterly “Lunch and Learn” webinars for all Florida Clinicians (non-CMEs)
- Community Practicums for Medical Students
- Climate and Health Training Program to develop community educators (16+ y/o volunteers)
- Social Media Presence
HEAT Toolkit: Educational Brochures in English, Spanish & Creole
Heat Stress and Heat Illness Prevention Series:
Malaria in Florida

September 27, 2023  |  6:00 p.m. - 7:00 p.m. EST

An estimated 34 heat-related deaths occurred annually in Miami-Dade County from 2015 to 2019 and 6,804 emergency room visits in the state of Florida were attributed to heat-related illness in 2019. The risk of heat related illness persists due to a warming climate. Scientific evidence indicates that patient health is already impacted by increased days of extreme heat. Join presenters from the Miami-Dade Heat Task Force and Florida Clinicians for Climate Action as they address how to identify signs and symptoms of heat stress and heat illness and explore cost-effective strategies to treat and prevent heat illness in our patients.

Enroll today at BaptistHealth.net/CME

Faculty Disclosure
RESULTS

- 12 webinars on Baptist Health System Continuing education platform; four, on-demand and five virtual.
- 407 CME attendees
- Four Federally Qualified Health Centers – Providers Meetings and onsite patient education sessions
- Free Clinic providers and staff education sessions.
- Largest safety net hospital – Grand Rounds and onsite patient education.
The Swiss Cheese Respiratory Virus Pandemic Defense:
Recognizing that No Single Intervention is Perfect at Preventing Spread

Each intervention (layer) has imperfections (holes).
Multiple layers improve success.
Jorge
Physicians, Nurses, and other Health Professionals,

“Mitigating climate change presents unrivaled opportunities for improving public health” – Ian Roberts, Clinical Medicine 2009

Health Professionals are key to the solution.

Please join us!

FCCA
Florida Clinicians for Climate Action

Learn more at www.FloridaClinicians.org
Free to Join