

Climate & Health Equity Fellowship Presentations



Esmeralda Morales-Weston



Cheryl Holder



Julian Watkins

2023 Climate & Health Equity Fellows



The Medical Society Consortium on
CLIMATE & HEALTH



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



¡Sí, se puede!





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





CLIMATE &
HEALTH
EQUITY
FELLOWSHIP

The Medical Society Consortium on Climate & Health

National Medical Association



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



Source: Developed by the DC Department of Health. ©2004.

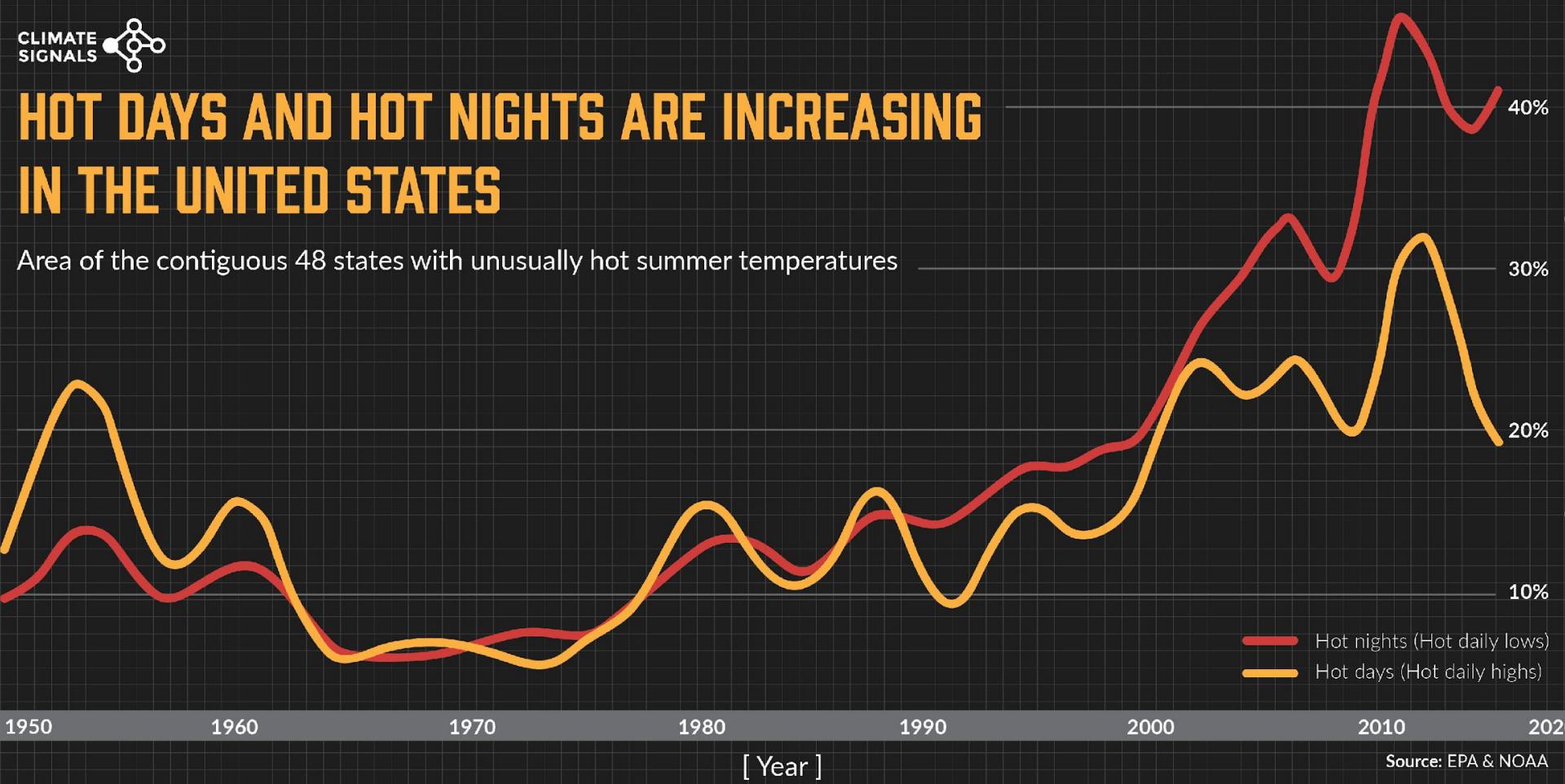
C.C- “I need a refill on my inhaler”

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

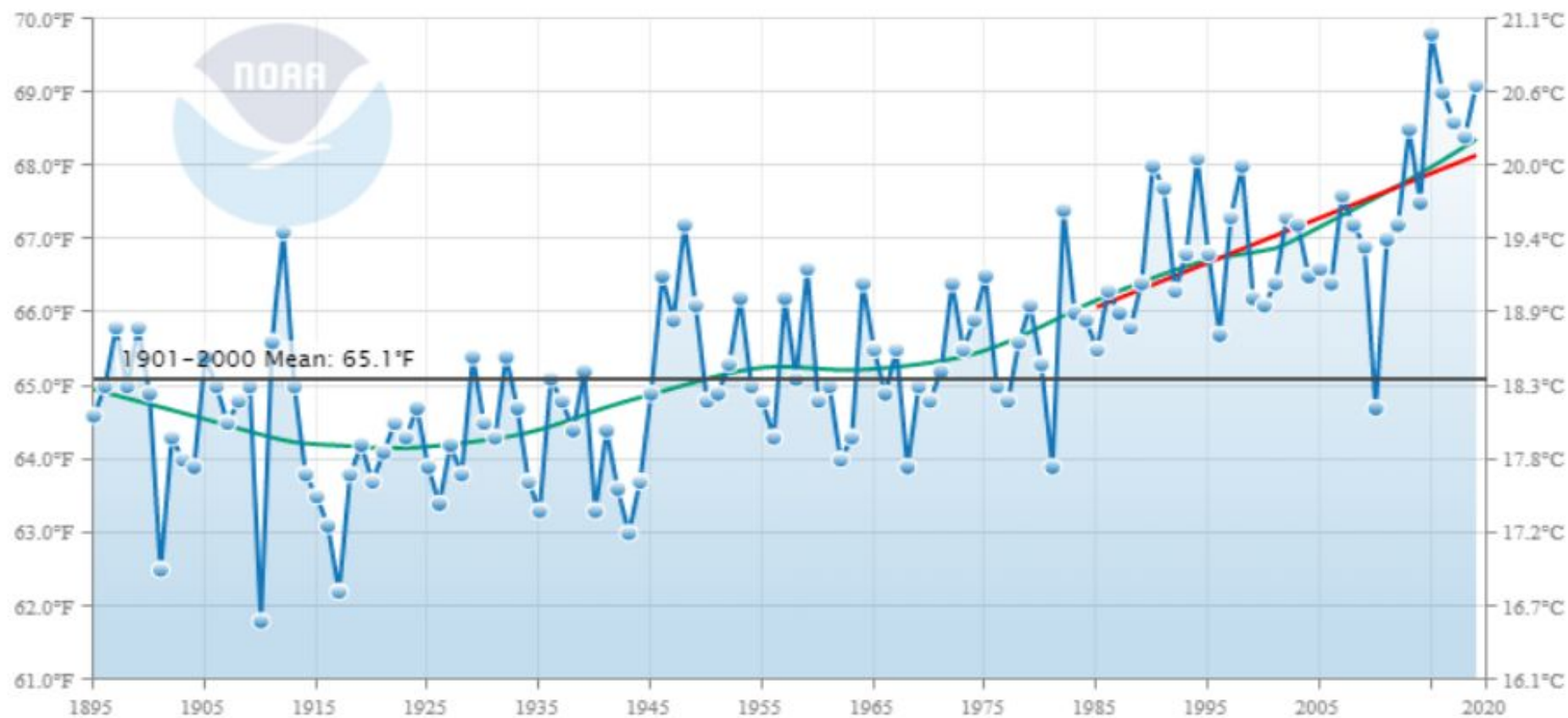


Hot nights (Hot daily lows)
Hot days (Hot daily highs)

Miami-Dade County, Florida Minimum Temperature

Smooth
Trend Line

1985-2019 Trend
(+0.6°F/Decade)





**How Climate
Change Can
Impact
Health**

H

Heat illness

E

**Exacerbate heart
and lung conditions**

A

Asthma

T

Traumatic injury

W

**Water and
foodborne illnesses**

A

Allergies

V

Vector-borne disease

E

Emotional Stress

Killer Heat

- ▣ 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

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

Heat Index = $-42.379 + 2.04901523T + 10.14333127R - 0.22475541TR - 6.83783 \times 10^{-3}T^2 - 5.481717 \times 10^{-2}R^2 + 1.22874 \times 10^{-3}T^2R + 8.5282 \times 10^{-4}TR^2 - 1.99 \times 10^{-6}T^2R^2$

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



MIAMIBEACH



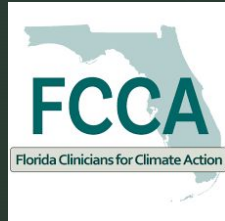
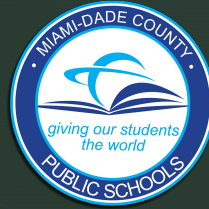
CATALYST MIAMI



CITIES NETWORK



UNIVERSITY OF MIAMI



Collaboration is a critical asset



Climate & Heat Health Task Force

Goals reached:

- World's First Chief Heat Officer
- Created community workshops.
- Urban Heat Research Working Group.
- 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/>





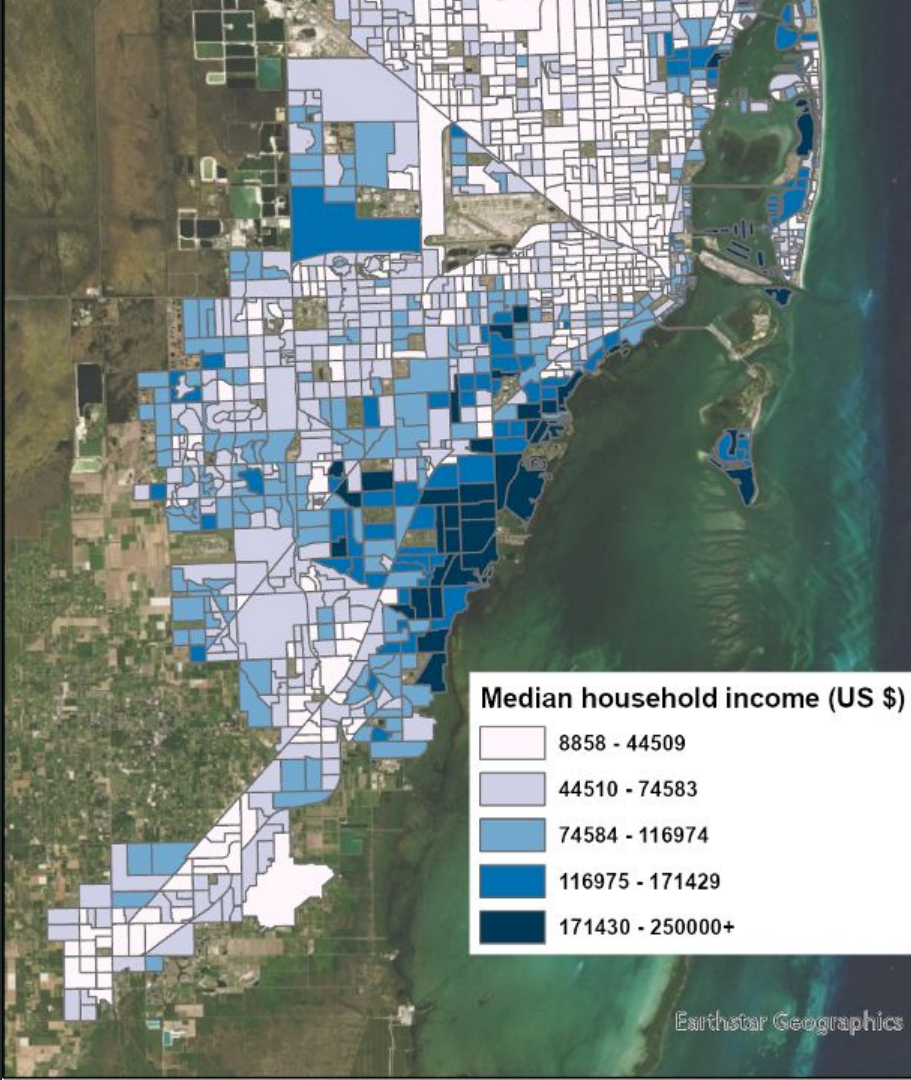
Extreme Heat Action Plan

Goal 1: Inform, Prepare and Protect People

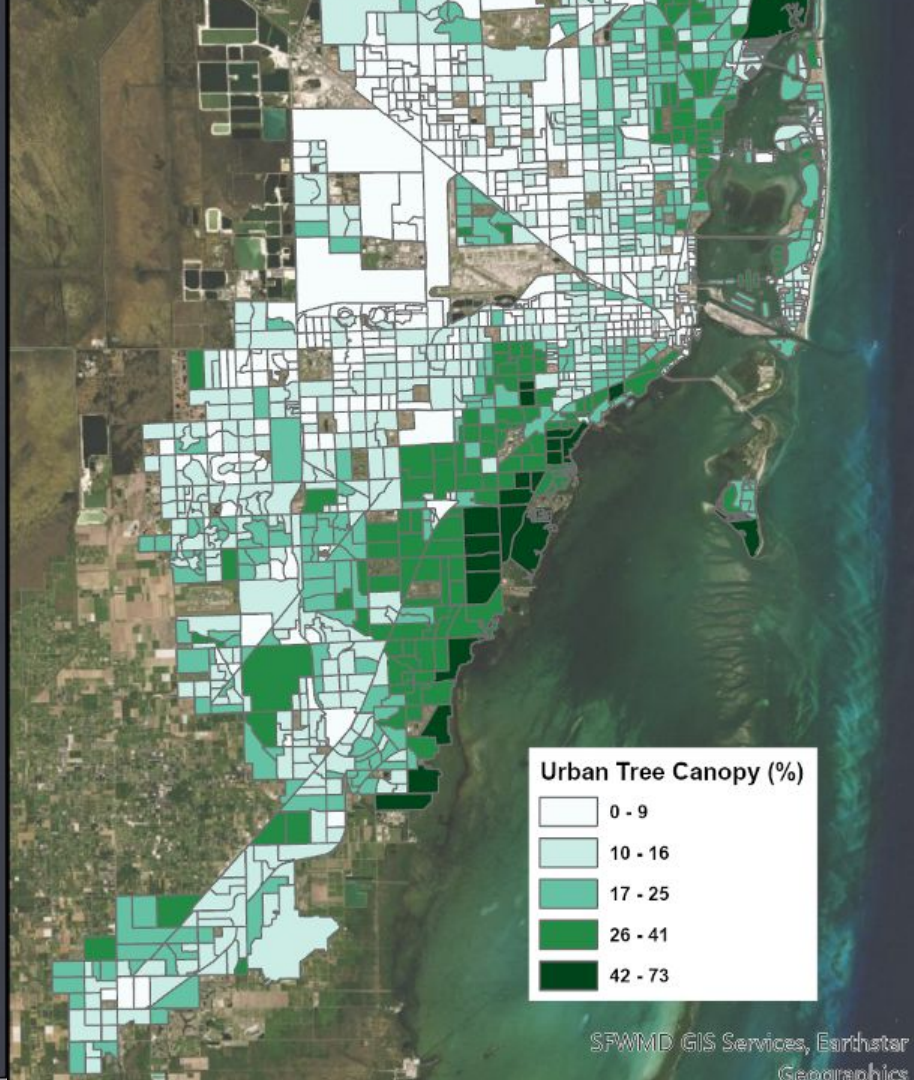
Goal 2: Cool our Homes and Emergency Facilities

Goal 3: Cool our Neighborhoods





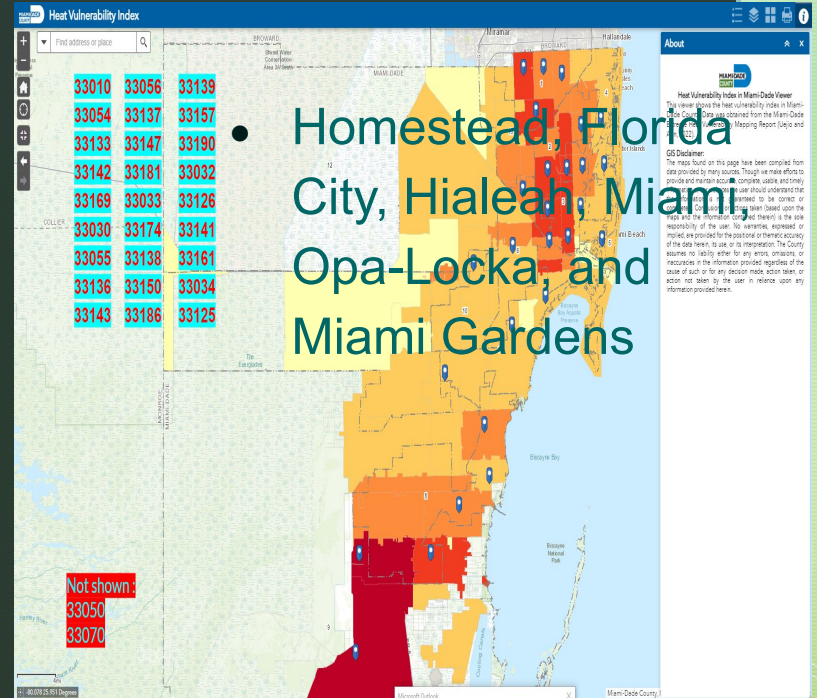
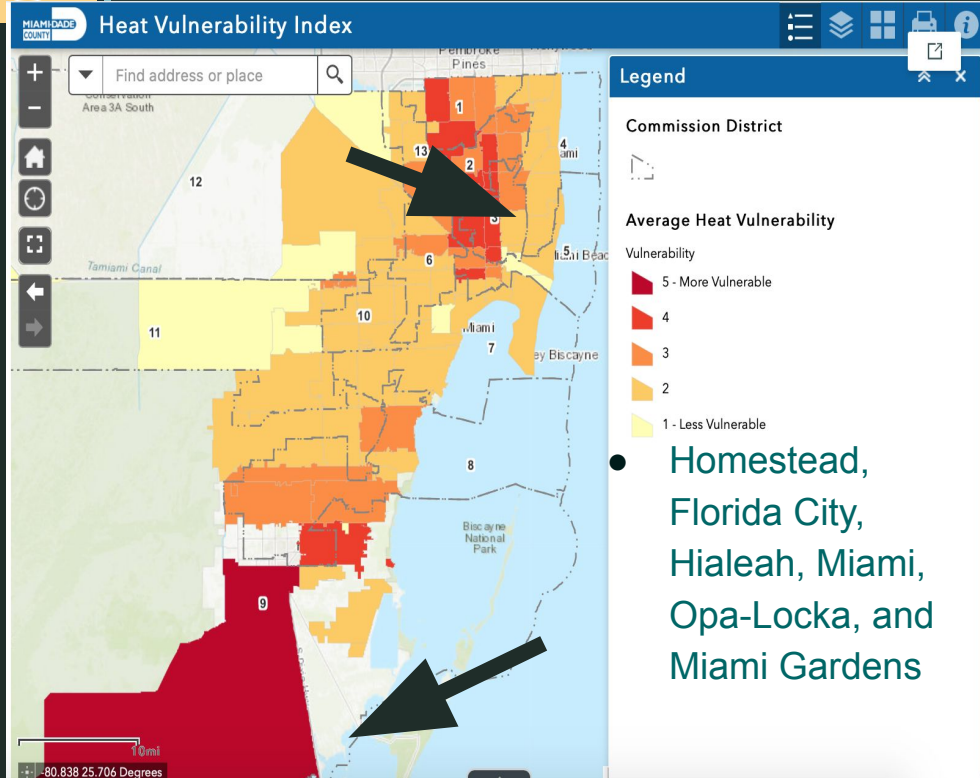
Earthstar Geographics

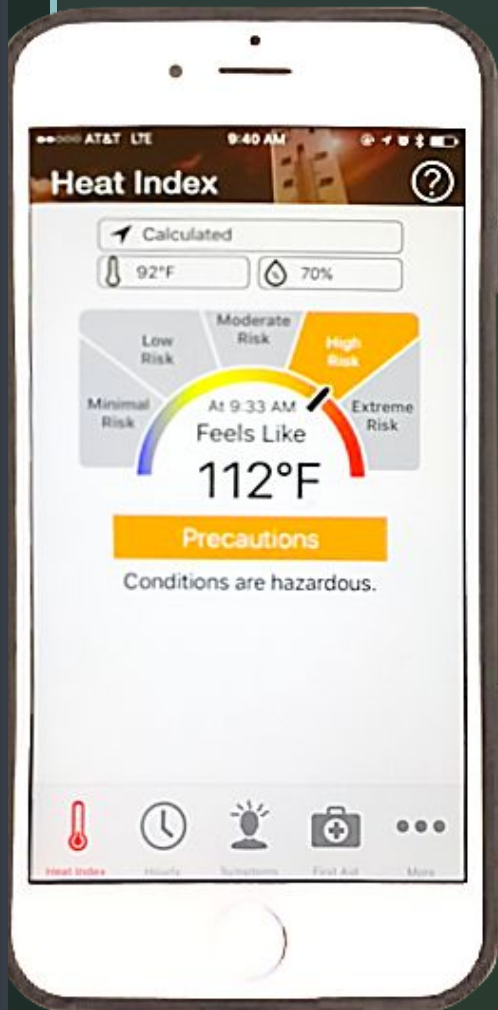


SFWMDC GIS Services, Earthstar Geographics



ArcGIS Story Map: Vulnerability





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



THE WOMEN'S FUND
MIAMI-DADE
WOMEN STRONG ■ WORLD STRONG®



**Baptist
Health**



LEARN MORE!
WOMENSFUNDMIAMI.ORG/HEATHEALTH/
EMERGENCY 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



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



LinkedIn

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness

Muscle cramps

Swelling in your ankles and feet

Nausea and weakness

Rapid pulse

Tips to prevent hot-weather illness:



Drink liquids Limit caffeine and alcohol

Wear light-colored, loose fitting clothes If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety

WEATHER ALERT

HEAT WAVE

Drink Water - Find Shade - Get Rest
Check On Seniors, Babies and Pets

NIH
FCCA
National Foundation for Children and Families

Heat Waves are Dangerous

Changing climates can make heat waves more common and temperatures feel hotter in the event of a heat wave.

Stay hydrated. Don't sweat until you're thirsty. Avoid drinking alcohol, caffeine and salty drinks.

Be a cool environment. Turn on Cooling Fans or Ceiling Fans. In Main-Cube during Heat Season (May - October), Cooling Centers may be open to the public to get out of the sweltering heat during a heat wave. There will be limited medical and hydration services available at these sites.

Avoid strenuous activities and limit time spent in hot areas. Your environment if you never leave infants, children or pets in a car. Never use a Back Seat Reminder System such as STEADY STATE, iCheck or Side Remind, etc.

Use a Buddy System. Check on the health of your family or friends especially if they are children, elderly, or are disabled or physically disabled.

Your light-colored, lightweight, loose fitting clothing and hat covering.

Use cooling towels. Shower or bathe in cool water frequently and cool off with a fan.

Keep your home cool. Close curtains and avoid sleeping during the hottest part of the day.

For more info on Preventing Heat-Related Illness, please go to cfs.gov/heatwaves

Pay Extra Attention To Vulnerable Communities

- Infants and children
- Seniors
- People with disabilities
- Pregnant women
- People living alone
- Pets

Recognize The Signs Of Heat Illness – What To Look For

HEAT EXHAUSTION	HEAT STROKE
Faint or dizzy	Throbbing headache, confusion
Excessive sweating	No sweating
Cool, pale, moist skin	Body temperature 104°F or above
	Red, warm, dry skin
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness

Treatment – What To Do

HEAT EXHAUSTION	HEAT STROKE
Move to a cooler place	Call 911 immediately
Hydrate, sip water	Do not give anything to drink
Use cool compresses or take cool showers	Call 911 if symptoms worsen or last longer than 1 hour
	Move to a cooler place

HEAT Toolkit: Educational Brochures in English, Spanish & Creole

PROTECTING YOUR COMMUNITY

SURVIVING EXTREME HEAT

"Saving money, healthier communities"

BEING SAFE DURING EXTREME HEAT EMERGENCIES

To Do on hot days:

- Make preparations if the temperature might be 90°F (32°C) or warmer, or at least temperatures in the 80s/low 90s.
- Stay indoors, close the curtains, stay cool with fans or air conditioning.
- Use fans, but turn them off if the temperature is over 95°F (35°C) because fans may make conditions worse.
- Wear loose clothing, plus a hat if you go outside.
- Drink lots of water.
- Consider wearing cool (better: a floral, breathable) hats or cooling center.
- Check on your neighbors who may need help.
- Call 911 for unresponsive neighbors, dizziness, confusion or death, or check pulse, or no pulse.

DO NOT on hot days:

- Do not do strenuous exercise outside on hot days.
- Don't barbecue, have open fires, or use non-vented machinery on hot days.
- Don't drink alcohol, beer/wine.
- Never leave children or pets alone inside a vehicle, not even for a minute, even on a cool day.

MY GREEN DOCTOR

www.MyGreenDoctor.org

HEAT STRESS Overview

Understanding heat stress can help you to stay safe while working in hot environments.

Types of Heat Illness

Heat rash, "prickly heat"

- Red cluster of pimples or small blisters, usually on neck, upper chest, groin, under breasts, and in elbow creases

Heat cramps

- Muscle cramps, pain, or spasms in the abdomen, arms, or legs

Heat syncope (fainting)

- Fainting, dizziness, or light-headedness after prolonged standing or suddenly rising from a sitting or lying position

Heat exhaustion

- Headache
- Nausea
- Dizziness, weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature, decreased urine output

Heat stroke

- Confusion, altered mental status, slurred speech, loss of consciousness
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature
- If treatment is delayed

Workers need to look out for each other! Use a buddy system!

Often it is a coworker who first notices signs of heat stress in another employee.

Protect yourself from

EXTREME HEAT



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](https://www.baptisthealth.net/CME)

Faculty

Disclosure



Miami-Dade County
Florida Clinicians for Climate Action



HEAT HEALTH EDUCATION! FOR CLINICIANS AND COMMUNITY

STAYING SAFE IN **HOT** WEATHER



LEARN TO RECOGNIZE HEAT ILLNESS!

- Stay Cool
- Drink Water - Stay Hydrated
- Dress in Lightweight, Light-Colored Clothing

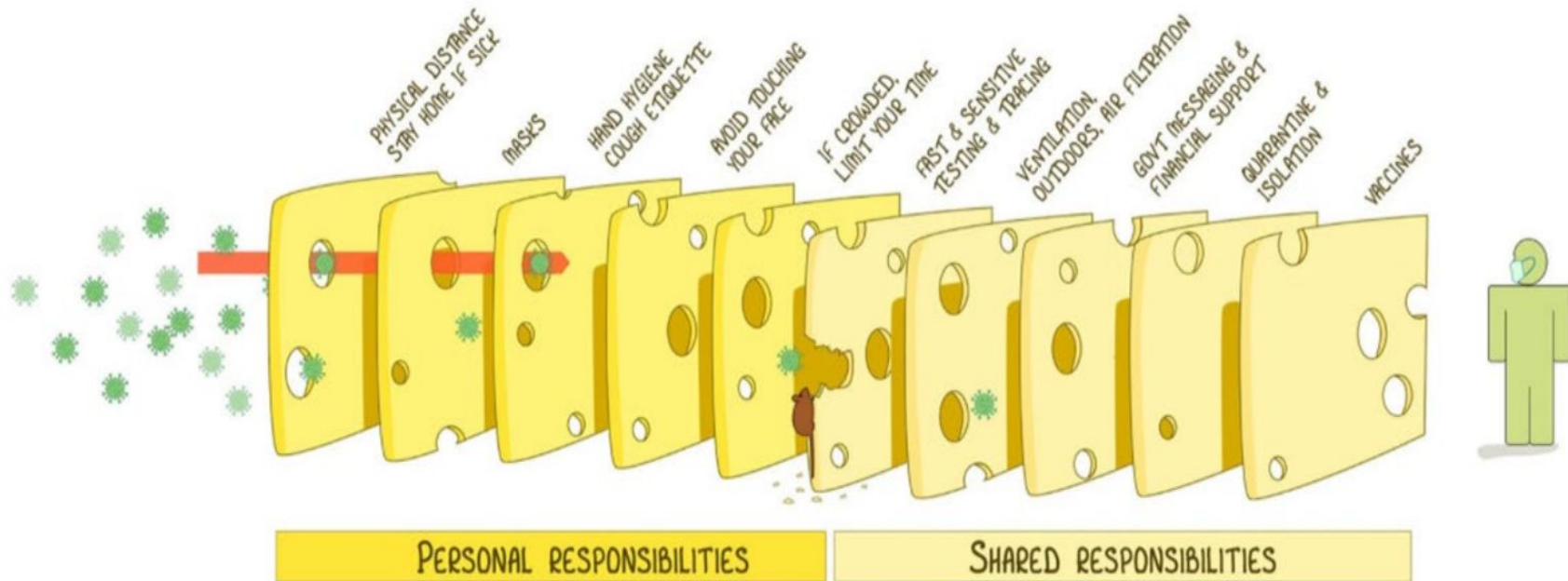


BAPTIST HEALTH HOMESTEAD HOSPITAL
Outside the Carambola Cafe
October 18th & 20th
11 am - 1 pm

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.
- IRB approved research ongoing Goal-250 responses. Current -60.

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!



Visit our website

Artwork by Haitian artist James Brutus



FCCA

Florida Clinicians for Climate Action

Learn more at
www.FloridaClinicians.org
Free to Join

