



Climate Change and Older Adults: Alameda County Impacts and Opportunities

Sarah Church and Emily Sadigh, Sustainability
Project Managers

Alameda County GSA



Alameda County
SUSTAINABILITY
Local Action, Global Impact.

Overview

- Who we are
- Climate change and older adults
- Issue areas
 - Increased heat
 - Wildfire smoke



Who We Are

Office of Sustainability: Facilitating County Action on Climate Change



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Key Conclusions

- Older adults are **especially vulnerable** to the impacts of climate change. We have seen this locally with heat waves and wildfire impacts.
- It is important for older adults and their families & caregivers to understand the impact of climate change on their health so they can begin **planning to protect themselves.**
- It is important for them to be connected to avenues for information so they can access **up-to-date tips during an event.**

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Climate Change Is a Big Issue

| ENVIRONMENT |

Climate impacts grow, and U.S. must act, says new report

The 4th National Climate Assessment takes the temperature of climate change across the United States. The message? Adapt.

Climate change will be deadlier, more destructive and costlier for California than previously believed, state warns

By TONY BARBOZA, BETTINA BOXALL and ROSANNA XIA AUG 27, 2018 | 10:00 AM



LATEST CALIFORNIA

San Francisco may ban use of facial recognition by police and city

9:40 AM

What Is the Green New Deal? A Climate Proposal, Explained



Impacts of Climate Change

Increased Temperatures



Sea Level Rise



Precipitation Patterns



Extreme Events



In Our County



Whose Health Is Affected?



**People with
Disabilities**



**Low Income
Communities of Color**



**People Living
Alone**



**People
Experiencing
Homelessness**



Older Adults



Children

Climate Change and Health Profile Report Alameda County



CLIMATE CHANGE EXPOSURES	HEALTH IMPACTS	POPULATIONS MOST AFFECTED
Extreme Heat	<div>Older Adults Very Affected</div>	<ul style="list-style-type: none"> Elderly Children Diabetics Low-income Urban residents People with respiratory diseases Agricultural workers Those active outdoors
Poor Air Quality/ Air Pollution	<ul style="list-style-type: none"> Increased asthma, allergies, chronic obstructive pulmonary disease (COPD), and other cardiovascular and respiratory diseases 	<ul style="list-style-type: none"> Children Elderly People with respiratory diseases Low income Those active outdoors
Severe Weather, Extreme Rainfall, Floods, Water Issues	<ul style="list-style-type: none"> Population displacement, loss of home and livelihood Death from drowning Injuries Damage to potable water, wastewater, and irrigation systems, resulting in decrease in quality/quantity of water supply and disruption to agriculture Water- and food-borne diseases from sewage overflow 	<ul style="list-style-type: none"> Coastal residents, and residents in flood-prone areas Elderly Children Low income
Increased average temperature	<ul style="list-style-type: none"> Cardiovascular disease Increased number and range of: Vector-borne disease, such as West Nile virus, malaria, Hantavirus, or plague 	<ul style="list-style-type: none"> Children Elderly Agricultural workers Those active outdoors

Climate Change and the Health of Older Adults

<https://archive.epa.gov/epa/climate-impacts/communicating-vulnerabilities-climate-change-older-adults.html>

Why Are Older Adults Considered More Vulnerable?

More likely to...

- Have limited mobility
- Have a disability
- Need assistance with daily living
- Require medications/treatment
 - Side effects: increase vulnerability to dehydration and heatstroke



Heat and Its Impacts



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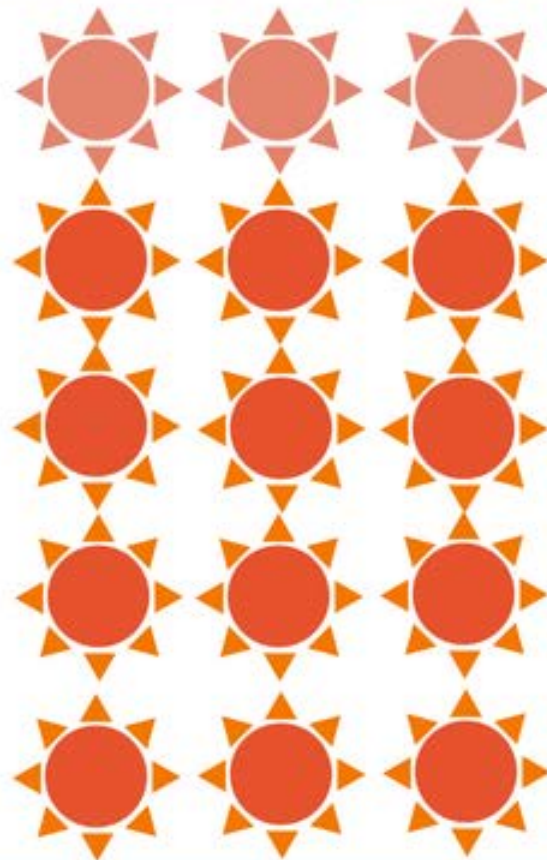
Climate Impact: Extreme Heat

5



NOW

12-15



2050

**Projected
Number of
Extreme
Heat Days
Annually**



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The Impacts Can Already Be Felt

EAST BAY TIMES

WEATHER
TODAY'S EDITION
MANAGE SUBSCRIPTION

NEWS ▾ LOCAL ▾ SPORTS ▾ BUSINESS ▾ ENTERTAINMENT ▾ OBITUARIES ▾ THE CANNIFORNIAN

Search

TRENDING: Rain this week? 'Celebratory' gunfire injuries 2018's first babies New laws for drivers New workplace laws Get the Morning Report

News

A second sweltering day as record-breaking heatwave steams up Bay Area

Facebook Twitter Email

EXCESSIVE HEAT WATCH ⚠

Published: August 30, 2017

...Thursday afternoon through Monday evening...

Temperatures

- Daytime temperatures from 95 to 105 in many inland valley locations and 105 to 115 in the far interior and higher elevations. Overnight lows will range from 55 to 65 in the cooler valleys and 65 to 85 in the higher elevations.

Impacts

- Potential for high risk of heat related illness, especially for sensitive groups, as well as pets and animals. It is dangerous to leave children and pets in vehicles without adequate cooling.

Preparedness

- Stay hydrated
- Limit outdoor, time of the day
- Help elderly, children



L.A. NOW

Six deaths linked to Bay Area heat wave

By VERONICA ROCHA SEP 08, 2017 | 12:30 PM

Heat Impacts on Older Adults

- Older adults may:
 - Have pre-existing health condition that increases sensitivity to heat
 - Sweat less
 - Have difficulty staying hydrated
 - Be less mobile
- Other factors:
 - Air conditioning expensive or nonexistent
 - Isolation
 - Intersecting vulnerabilities increase risk





BACK

LEGEND

Older Adult Isolation

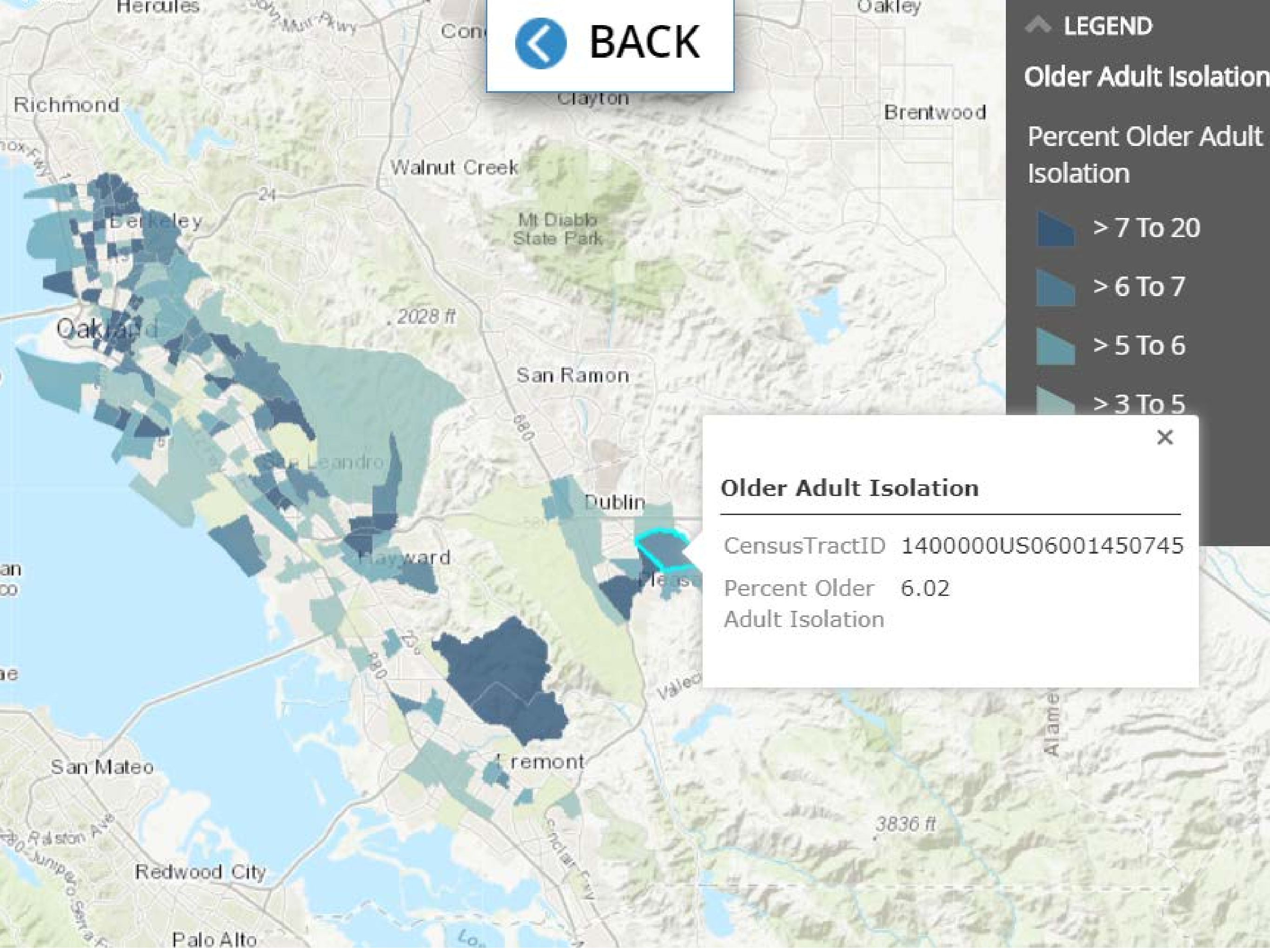
Percent Older Adult Isolation

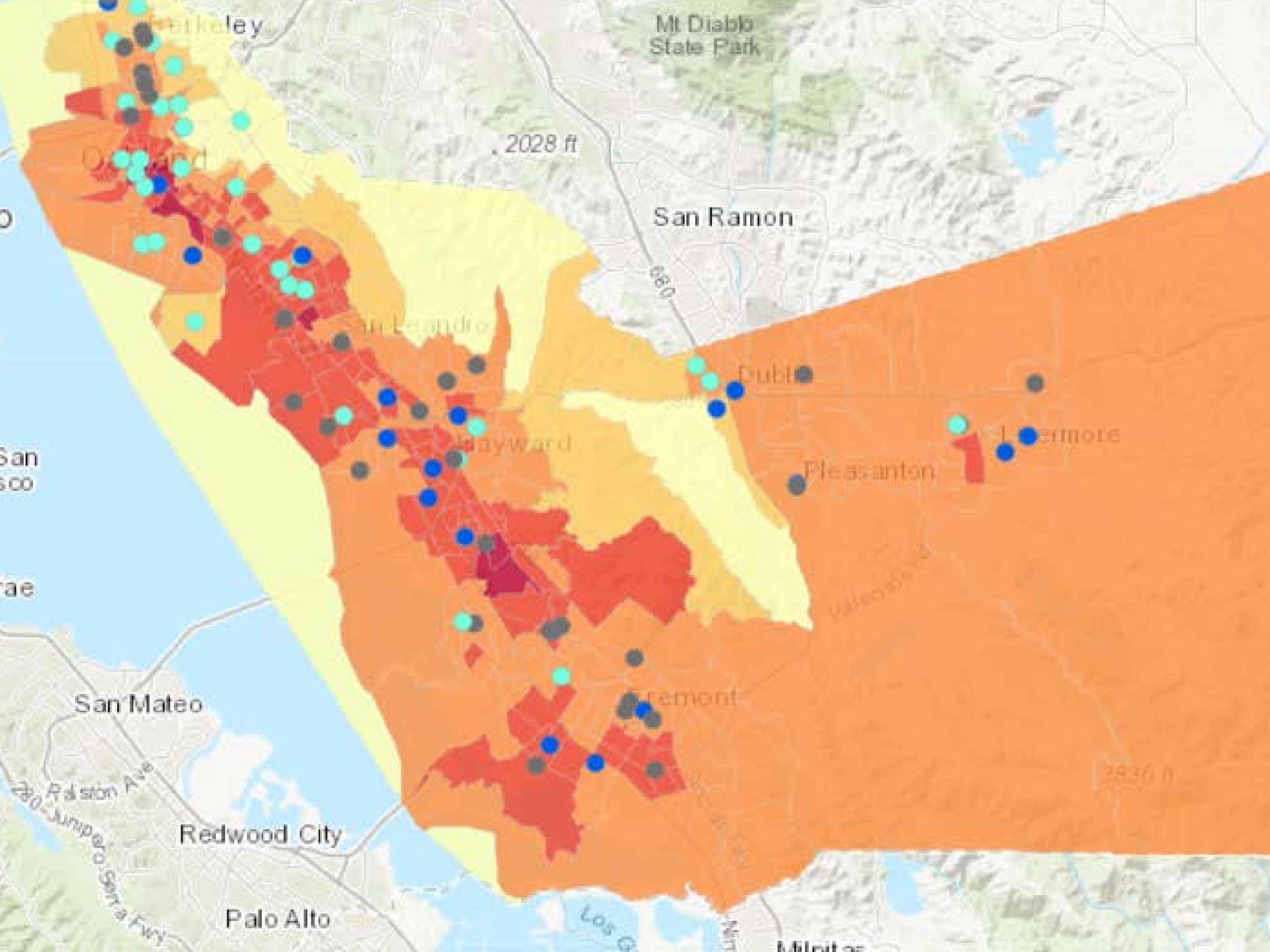
- > 7 To 20
- > 6 To 7
- > 5 To 6
- > 3 To 5

Older Adult Isolation

CensusTractID 1400000US06001450745

Percent Older Adult Isolation 6.02



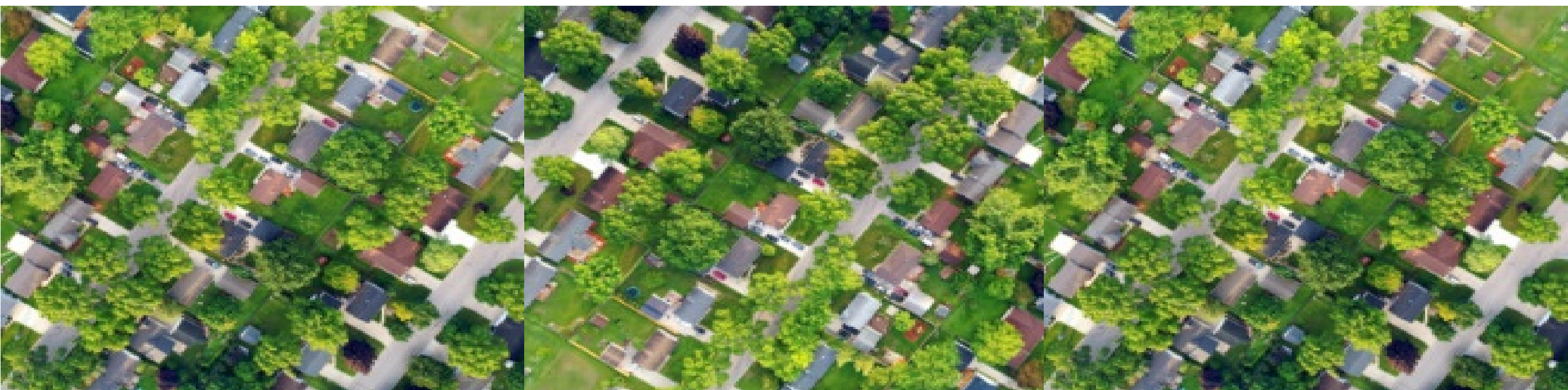


Senior Centers / Cooling Centers

- **Alameda:** Mastick Senior Center
- **Berkeley:** North Berkeley Senior Center, South Berkeley Senior Center
- **Castro Valley:** Kenneth C. Aitken Senior Center
- **Dublin:** Dublin Senior Center
- **Emeryville:** Emeryville Senior Center
- **Fremont:** Fremont Senior Center
- **Oakland:** North Oakland Senior Center, East Oakland Multipurpose Senior Center, Fruitvale-San Antonio Senior Center
- **Newark:** Newark Senior Center
- **Pleasanton:** Pleasanton Senior Center
- **Union City:** Ruggieri Senior Center

Planning Department: Addressing Heat Islands through Built Environment

- Ashland/ Cherryland: unincorporated areas with less than 1% tree cover
- Planting over 400 trees
- Providing information, tools, and resources for climate resilience, via community messengers



What Older Adults Can Do to Prevent Heat Illness

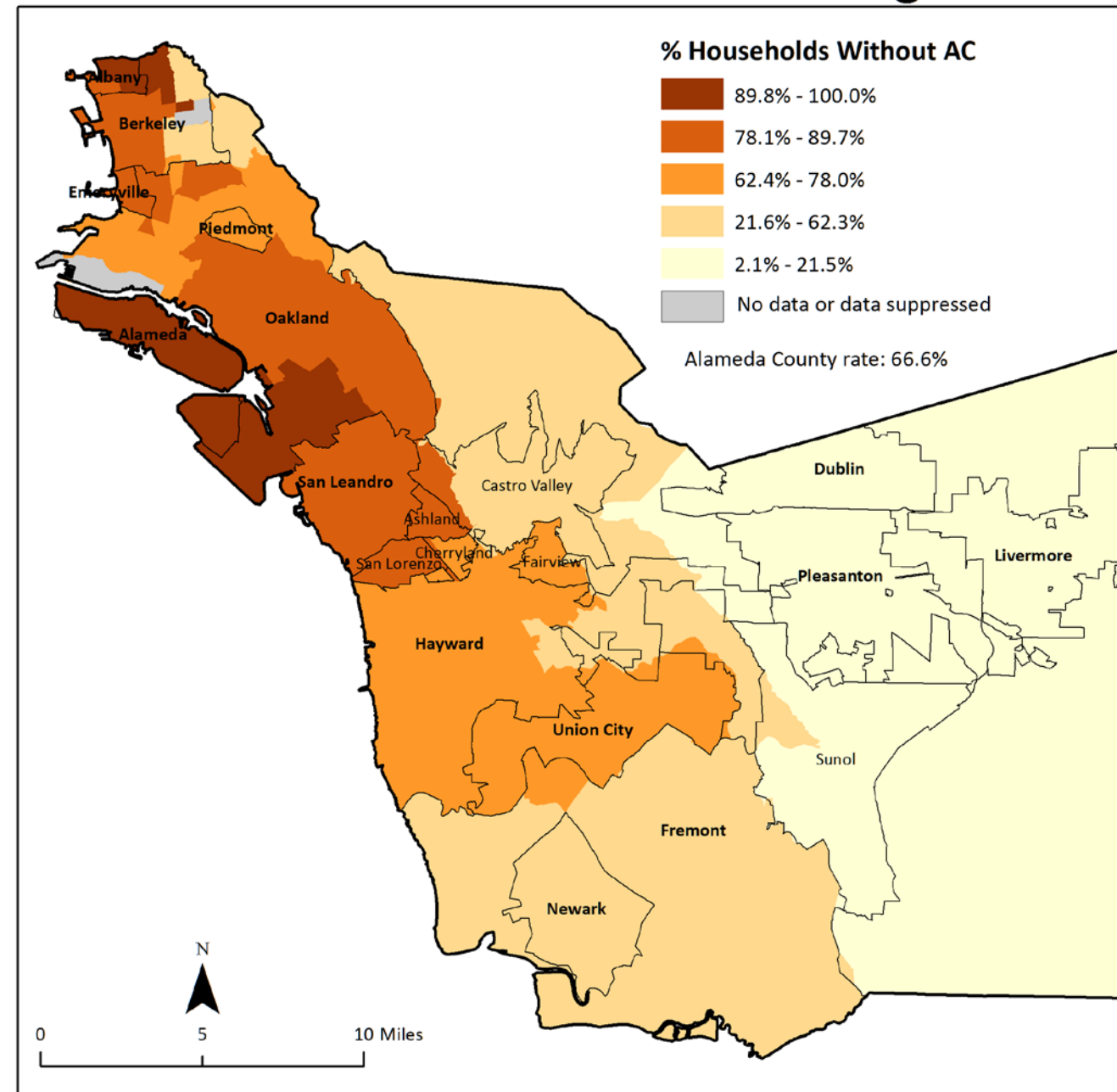


- Check on neighbors
- Stay hydrated
- Stay in air conditioning as much as possible
(esp. when temp.'s high 90s or above)
- Wear loose, lightweight, light-colored clothing
- Shower/bathe in cool water
 - Cool cloths on neck
- Avoid strenuous activities

How Can County Agencies Support You?

- What do you need to serve older adults before and during heat waves?
- How do you want to receive info? What is the chain of information?
- How to promote neighbor check-ins?

Households Without Air Conditioning



Source: CAPE, with data from

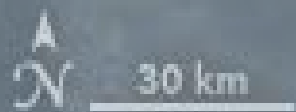
A satellite map of California and the surrounding Pacific Ocean. A large, dense white smoke plume is visible in the central-eastern part of the state, originating from a point labeled 'Camp Fire'. Another, more diffuse smoke plume is visible in the southern part of the state. The Pacific Ocean is labeled in the bottom left. A north arrow and a 30 km scale bar are in the bottom left corner.

Camp Fire

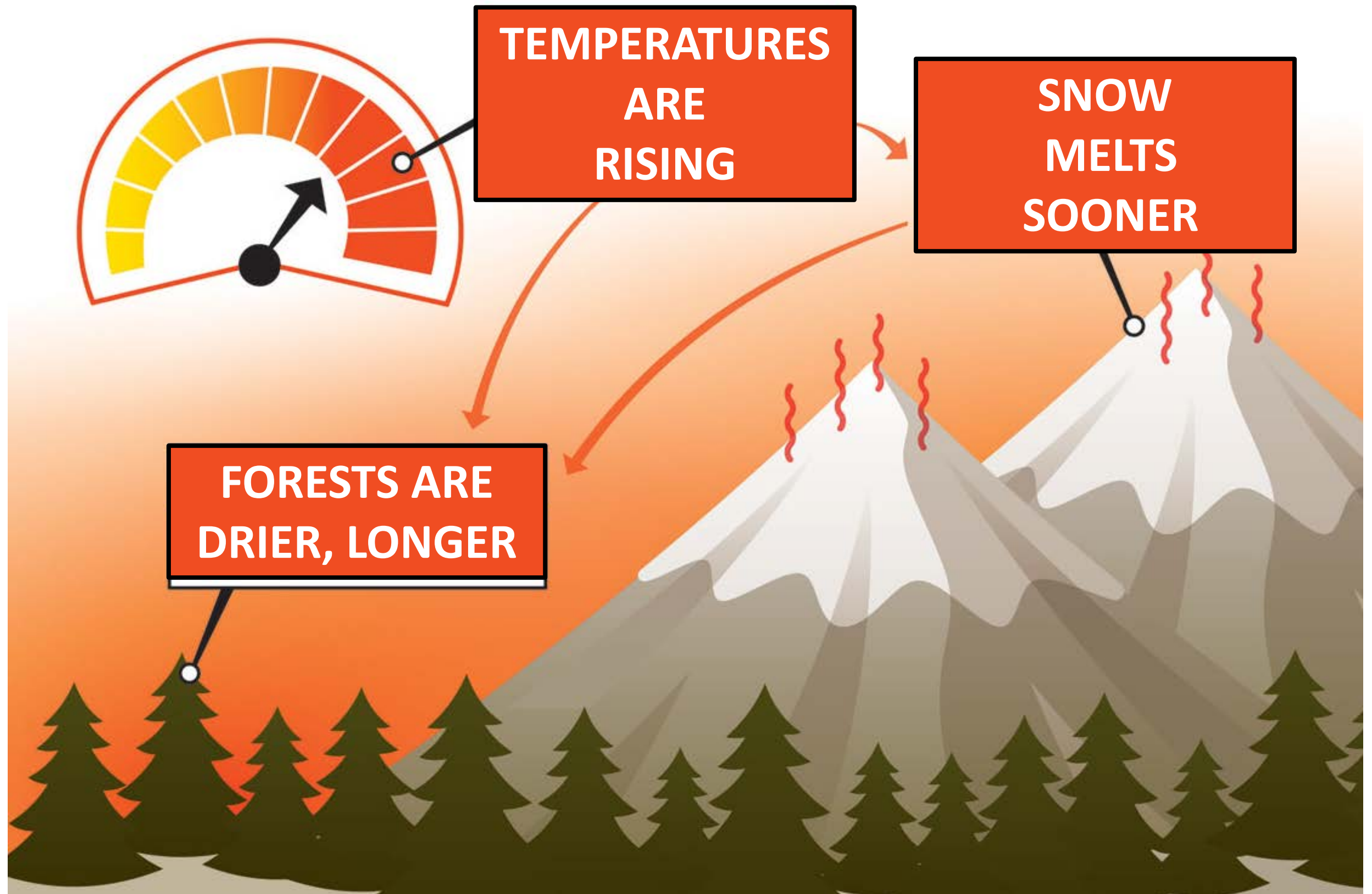
Wildfires/ Smoke

Smoke

Pacific Ocean



Climate Impact: More Frequent and Severe Wildfires



Longer Wildfire Season

1970



Jun

July

Aug

Sept

Oct

TODAY



Jun

July

Aug

Sept

Oct

Nov

Dec

“This is the new normal...We're about ready to have firefighting at Christmas.”

-Jerry Brown, former Governor of CA, in 2017

Air Quality Readings: *Nov 16, 2018*



Older Adults Can Be Especially Impacted

Poor Air Quality:

- Worsens common respiratory conditions, such as asthma and COPD
- Can increase risk of heart attack, worsen cardiac issues
- Higher risk of long-term effects



Smoke Communications Grant

- Collaboration: Office of Emergency Services, Public Health, Fire, Sustainability
- Will create a protocol for Wildfire Smoke communications



Hearing From Older Adults and Service Providers

- Community engagement
 - Targeting older adults, unhoused population (of which 50% in Bay Area are >50), and outdoor workers
- Focus groups and other outreach
 - Identifying preferred methods of communication



Your Help Reaching Older Adults

- Hosting a focus group
- Provide email for provider survey re air quality communications:



www.surveymonkey.com/r/WildfireSmokeCommunications

- Other ideas?

Questions?



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Thank you!

Sarah Church & Emily Sadigh

acsustain@acgov.org

www.acsustain.org