

nausea. The more severe condition of heat stroke occurs when our body temperature rises to 104 degrees. That can affect the brain and potentially cause fainting or death.

All that can happen in dry heat, but the combination of heat and humidity is worse. That's because humidity prevents our sweat from evaporating enough to cool down. Scientists assess this combination using what's known as "wet-bulb temperature." Even when air temperatures are hovering around 80 degrees, humidity can threaten to overheat our bodies.

Climate scientists predict the heat-humidity combo will hit deadly thresholds as the planet warms. Such scenarios have more than doubled since 1979 across the southern United States, a recent study shows.

Researchers found most of the heat and

systems — must be implemented consistently to be effective. If "efforts lag for months at a time," he said, "then you lose ground."

The response to the problem in these hotspots is as disparate as the landscape itself. In the desert city of Phoenix, **grassroots groups** are partnering with government officials to protect low-income Black and Latino residents from the scorching sun, but targeted and long-term solutions have yet to come. In the beachfront city of Fort Pierce, by contrast, local authorities barely recognize the threat of heat and are doing little to nothing about it.

Adrienne Hollis, a researcher at the Union of Concerned Scientists, studies the effects of the changing climate on the health of historically

Creation of Grassroots Groups

USA

Chispa Arizona, a grassroot group is organised and directed by Masavi Perea a construction worker.

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