

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 much 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. In the beachfront city of Fort Pierce, b local authorities barely recognize the t and are doing little to nothing about it.

Adrienne Hollis, a researcher at the Un Concerned Scientists, studies the effe changing climate on the health of histo



# Creation of Grassroots Groups

USA

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

Creating grassroot g

Creating long-term s

Coping with climate

3 GOOD HEALTH  
AND WELL-BEING



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AND INFRASTRUCTURE



11 SUSTAINABLE CITIES  
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ACTION

