EXTREME HEAT

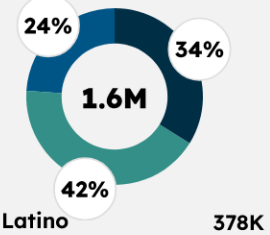
Sacramento County

UCLA Latino Policy & Politics Institute
Climate & Health Dashboard

County Statistics

Factors Influencing Exposure to Extreme Heat

Population



Latino	378K
NL white	667K
Other	534K

*NL white = Non-Latino white

Median Age
Latino: 29 yrs
NL White: 45 yrs

Noncitizen Population
Latino: 13%
NL white: 4%

Limited English Proficiency
Latino: 19%
NL White: 6%

Renter Households
Latino: 51%
NL white: 35%

Poverty Rate
Latino: 16%
NL white: 9%

Median Income (Household)
Latino: $74k
NL white: $91k

SNAP Benefits
Latino: 15%
NL white: 9%

Food Insecurity
Latino: 19%
NL white: 9%

Uninsured Rate
Latino: 9%
NL white: 4%

Fair/Poor Health Status
Latino: 9%
NL white: 11%

Life Expectancy
Latino: 80 yrs
NL white: 78 yrs

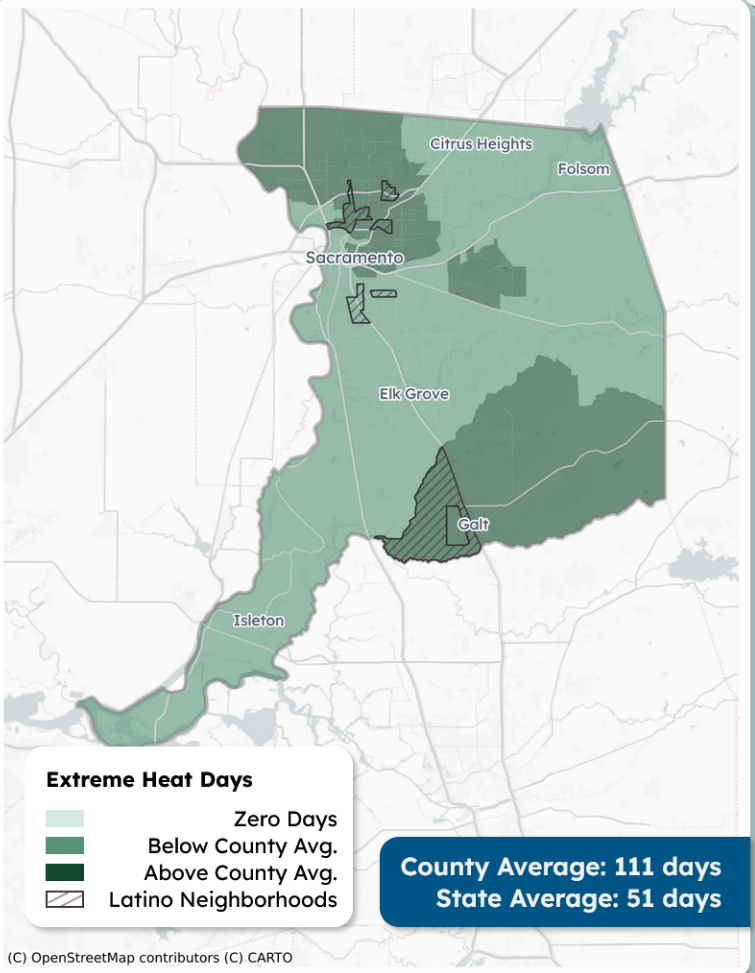
Neighborhood Statistics

Extreme Heat Days

Latino neighborhoods = Census tracts with more than 50% Latino residents
NL white neighborhoods = Census tracts with 50%+ NL white residents

Extreme heat days are defined as days where the temperature is at or above 90°F. Exposure to extreme heat poses significant health risks.

Latino Neighborhoods and Exposure to Extreme Heat Days (≥ 90°F), 2018-2022



Annual Number of Extreme Heat Days (2018-2022)

At 90°F, the risk of heat-related illnesses and conditions increases significantly.

Latino neighborhoods	NL white neighborhoods
111 days	110 days

average days ≥ 90°F annually

Longest Period of Consecutive Extreme Heat Days (2022)

The Federal Emergency Management Agency defines a period of extreme heat in most of the U.S. as a period of 2 to 3 days above 90°F.

Latino neighborhoods	NL white neighborhoods
69 days	69 days

consecutive days ≥ 90°F annually

Projected Number of Extreme Heat Days by Mid-Century (2035–2064)

Looking forward, both Latino and NL white neighborhoods are projected to experience a similar number of extreme heat days.

Latino neighborhoods	NL white neighborhoods
122 days	124 days

expected days ≥ 90°F annually

Neighborhood Statistics (cont.)

Barriers and Facilitators To Preventing Heat Exposure

Tree Canopy

- Tree canopy is land shaded by trees.
- **Less tree canopy (fewer trees) = Increased exposure to extreme heat**

% of Land with Tree Canopy

13%	18%
Latino neighborhoods	**NL white** neighborhoods

Impervious Surfaces

- Impervious surfaces are water-resistant surfaces such as concrete, asphalt, and stone.
- **More impervious surfaces (like paved roads) = Increased exposure to extreme heat**

% of Land with Impervious Surfaces

43%	43%
Latino neighborhoods	**NL white** neighborhoods

Older Housing Units

- Older housing units are homes built before 1970 that often have poor insulation and inefficient HVAC systems.
- **More older homes = Increased exposure to extreme heat**

% of Older Housing Units

55%	37%
Latino neighborhoods	**NL white** neighborhoods

Vulnerable Groups

Age

Children and older adults are at higher risk for heat-related illnesses.

28% ages 0-18	11% ages 65+	**Latino neighborhoods**
20% ages 0-18	18% ages 65+	**NL white neighborhoods**

Workers in Heat-Exposed Industries

Industries with the highest exposure to extreme heat include agriculture, construction, waste management, and warehousing. Jobs in these sectors carry increased risks of heat-related illnesses such as heat stroke, dehydration, chronic heat stress, and even premature death.

% of Workers in Heat-Exposed Industries

28%	17%
Latino neighborhoods	**NL white neighborhoods**

Health

Extreme heat poses serious health risks, especially for people with conditions like heart disease, asthma, diabetes, and obesity. These individuals are more vulnerable because heat places extra stress on the body, worsening symptoms and increasing the risk of medical emergencies.

% of Adults (18+) with Pre-Existing Conditions

14%	9%	**Diabetes**
Latino neighborhoods	**NL white** neighborhoods	
38%	31%	**Obesity**
Latino neighborhoods	**NL white** neighborhoods	

Emergency Department Visits (per 10,000 people)

20	15	**Heart Attacks**
Latino neighborhoods	**NL white** neighborhoods	
102	61	**Asthma Attacks**
Latino neighborhoods	**NL white** neighborhoods	

Heat-Related Emergency Department Visits

Heat-related emergency room visits serve as a critical indicator of a neighborhood's vulnerability to extreme temperatures and the effectiveness of its heat mitigation strategies.

per 10,000 people

5
Latino neighborhoods

3
NL white neighborhoods

Disadvantaged Communities

The CA Environmental Protection Agency defines disadvantaged communities based on their environmental pollution burden and population characteristics. Under Senate Bill 535, revenue from CA's Cap-and-Trade Program is partly directed toward these communities through the CA Climate Investments program to reduce pollution, enhance climate resilience, and improve health and economic well-being.

% of Disadvantaged Communities

75%	5%
Latino neighborhoods	**NL white** neighborhoods