

ENBEL NEWSLETTER NUMBER 1, JULY 2021



Heat and the impact on human health

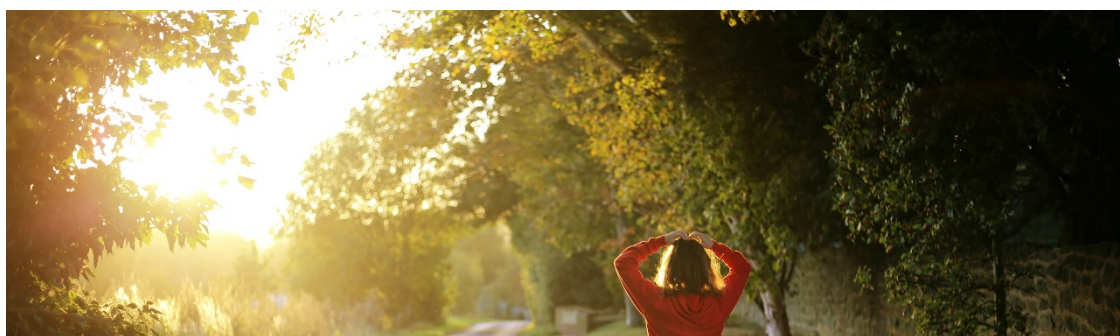
Heat is a key climate change health risk.

The recent severe heatwave in North America with temperatures hitting almost 50°C caused many sudden deaths, but heat also impacts our health in a number of other ways, often worsening existing conditions and vulnerabilities. Mid July, the EU launches the "Fit for 55" package with revision of some of its core climate legislations with the main aim to limiting temperature rise to 1.5°C and avoid severe impacts of climate change on health.

This newsletter brings you new knowledge on heat and the impacts on human health from a number of research projects and experts to raise awareness and promote collaboration to make our societies more resilient to the health effects of climate change.

News

[Connecting health and climate change research – new international project](#)



ENBEL is a project funded by the EU's Horizon2020 programme aimed at connecting health and climate change research. It brings together leaders in climate change and health research and coordinates a network of international

health and climate research projects under the Belmont Forum's Collaborative Research Action (CRA) on Climate, Environment and Health and EU-funded projects. [Find out more](#) and [get in touch](#).

E-mail us [here](#) if you want to receive further information, invitations to events and information on other activities from the project.

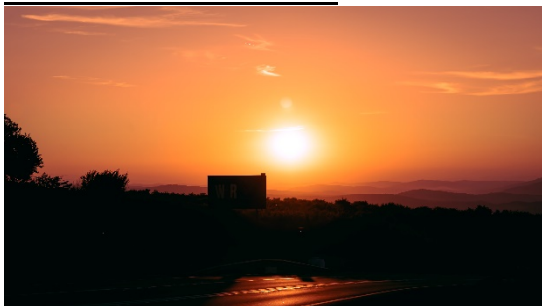
Knowledge from our network of climate and health projects

Bringing together heat & health research projects



The ENBEL project brings together 11 research projects focusing on heat-related health issues, opening up for a range of joint activities in this critical area of research.

Global warming already responsible for one in three heat-related deaths



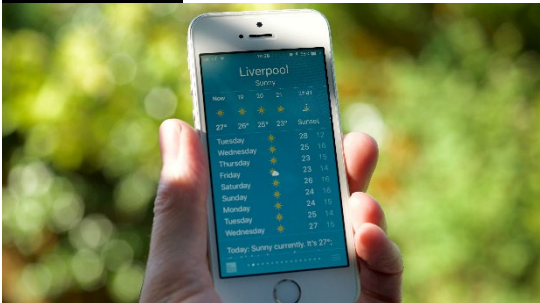
Climate change is happening and we already see the negative health effects. One third of heat-related deaths can be attributed to climate change, according to a new study led by scientists that are partners in the [EXHAUSTION](#) project.

Protecting pregnant women and babies from extreme temperatures



What interventions may help to reduce the impact of heat stress on pregnant women, women who have given birth and their newborn babies? The [CHAMNHA](#) project is engaged in co-design workshops with stakeholders in Kenya and Burkina Faso to co-create locally appropriate and feasible interventions.

Recent evidence from WHO Europe on heat and health prevention

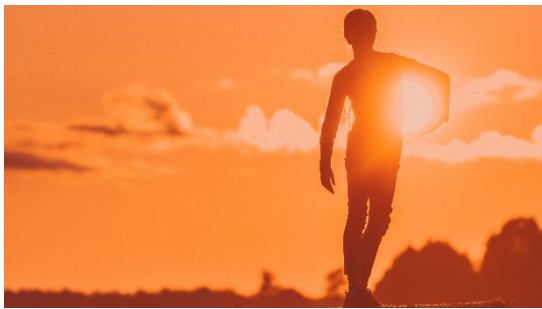


Heat stress is the leading cause of weather-related death. The recent WHO report on evidence for heat and health prevention in Europe provides

useful insights on how to adjust heat health adaptation plans to ensure an effective heat response.

The report shows that there is a need to enhance the link between research, policy and planning, which is also one of the objectives of the ENBEL project.

Global warming causes uneven changes in heat stress indicators



Various indicators for heat stress have been developed to quantify different facets of how heat impacts people. We use data from climate models to calculate the future evolution of eight heat stress indicators for highly populated regions of the world.

Different indicators change in different ways, but climate models project a clear trend of increasing heat stress, according to a scientific publication from the [EXHAUSTION](#) project.

The 5th European Climate Change Adaptation Conference - climate and health webinar



The webinar presented state-of-the-art knowledge on the health effects of global warming, with a particular focus on increasing temperature and heat stress in a European context, and discussed how alternative climate policy options and measures can help safeguard the health and wellbeing of citizens.

The webinar was organised under the lead of ENBEL and EXHAUSTION coordinator Kristin Aunan from CICERO.

Cardiovascular risks of climate change



According to a recent scientific publication written by Annette Peters and Alexandra Schneider, extreme heat events are now more frequent in many parts of the world as a result of climate change.

The combined effects of heat, air pollution, individual age, and socioeconomic and health status need to be considered in order to prevent and treat cardiovascular diseases effectively. This scientific

publication was supported by the [EXHAUSTION](#) project.

Click [here](#) to receive our next newsletter on climate & health!

ENBEL
Connecting HEALTH & CLIMATE CHANGE

Heatwaves

How people think heatwaves impact us:

- Hot weather for the beach, swimming pools.
- Icecream, popsicles, watermelon.
- Heat stroke for people exercising or working outside.
- Other people affected (not me!).

How heatwaves actually impact us:

- Infrastructure damage (buckling roads, twisted train tracks etc.)
- Power outages
- Wildfires

Human health impact

- Exacerbate conditions related to heart, lungs, kidneys.
- Mental health impacts.
- Impacts to people taking certain medications.
- Heat rash, heat exhaustion, heat stroke.
- Impact to infants, pregnant women, elderly, outdoor workers.

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PODCAST - 'Can't Take the Heat'

The 'Can't Take the Heat' podcast from Red Cross Red Crescent Climate Centre explores how people will adapt to a warming world.

In [this episode](#) we are zooming into the interface of climate and health. Kristin Anun tells us why climate and health research needs to inform climate adaptation and policy, while Antonio Gasparrini talks about how climate change is already impacting human health, by playing a role in a third of heat-related deaths globally. Francesca de'Donato shares the most up-to-date evidence on whose most vulnerable to extreme

heat and the biggest gaps in our knowledge that still need to be filled.



Host Roop Singh approaches the biggest challenges posed by climate change, like more intense and frequent heatwaves, from a humanitarian perspective.

Climate change is affecting our health! Please share [this video](#) to raise awareness of how extreme heat may affect you and the importance of adapting.



Interview: Heatwaves in Africa

We had the opportunity to sit down (virtually) with Kiswendsida Guigma and ask him some pressing questions that were on my mind about heatwaves in Africa. We learned about heatwave impacts and why we often don't hear about heatwaves in Africa. [Read the interview](#)

Featured project

HEATCOST - Health effects and socio-economic costs of increasing temperatures and wildfires



How does climate change impact the health of the people you study?

Extreme heat is identified as a key climate risk globally. Around 30 percent of the world's population is currently exposed to climatic conditions exceeding the threshold where recent heat events have been reported to be lethal. This number is projected to increase to 48 percent under moderate and to 74 percent under high-emission scenarios.

Rates of heart and lung diseases are particularly sensitive to increasing temperatures. Heart and lung diseases are highly prevalent, especially with aging population, ranking as the first four causes of deaths worldwide.

Why is the HEATCOST project important?

HEATCOST aims to quantify the changes in death and disease from heart and lung disease and associated economic costs due to extreme heat and air pollution (including from wildfires) under selected climate and socioeconomic scenarios.

HEATCOST addresses where future hotspots for extreme temperatures and high level of air pollutants, including from wildfires, are likely to occur; the potential for reduction of health costs by adopting better fire-related legislation, behavioural change and practices; how exposure to extreme heat and heart and lung health differ across regions and potential inequities.

[Read more about HEATCOST.](#)

Apps to help you cope with heat stress where you are



[ClimApp](#) provides personalized heat and cold stress warnings and advice to cope with thermal stress when facing extreme weather events such as heat waves and cold spells.

[hackAIR](#) gives information on extreme heat events, air pollution and probability of forest fires where you are and offer personalized recommendations.

Upcoming events

24 AUGUST 2021 (online)

Climate and Health: from research to policy in the context of EU and Belmont Forum funded projects - symposium at the 33rd Annual Conference of the International Society for Environmental Epidemiology (ISEE 2021)

10 NOVEMBER 2021 (online)

Pre-conference to the European Public Health conference 10th November 2021: **Public Health Measures to address the impact of climate change on population health**

Past events

Understanding the physiology behind the impact of heat-stress on pregnant women, childbirth and newborns - CHAMNHA expert workshop (June 2021)

**Diarrheal disease risk and extreme weather - AWARD-APR
Symposium (June 2021)**

Heatwaves and health in Turkey - webinar organised by ENBEL partner Health and Environment Alliance (HEAL) as part of activities of the Health Collaboration on Climate Change and Environment Project. (2020)



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