Heat and Health in New York State

New Yorkers are at risk of heat-related illness because summer temperatures are warming and our bodies are not used to long periods of extreme heat. County Heat and Health Profile Reports help identify populations and neighborhoods at highest risk. Learn more about extreme heat and what can be done to help people keep cool during the hottest days of the year.

WHAT WE KNOW

Heat
Exposure

Heat waves or extreme heat events are extended periods of high temperatures and can be harmful to health. Summer temperatures have been increasing across NYS and are expected to continue rising.

Health
Sensitivity

One's overall health significantly impacts the body's response to extreme heat, influencing your risk of heat-related illnesses. This risk can begin at lower summer temperatures for some individuals. The heat index threshold for increased risk of heat illness, kidney, and cardiovascular disease varies across the state.

Community
Vulnerability

The community and its environment influence heat-related illness. The frequency of exposure to high temperatures, health of the population, and ability to adapt to high temperatures impact the overall risk of heat-related illnesses.

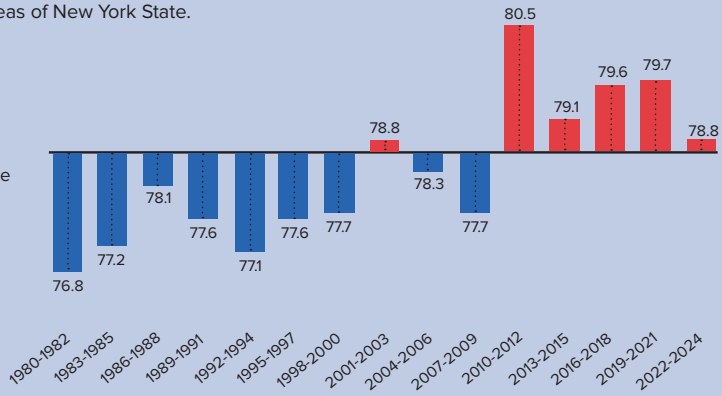
WHAT WE LEARNED

A 5° F change in temperature can almost double a New Yorker's risk of heat-related illness.

Rising Temperatures in New York State, 1980 - 2024

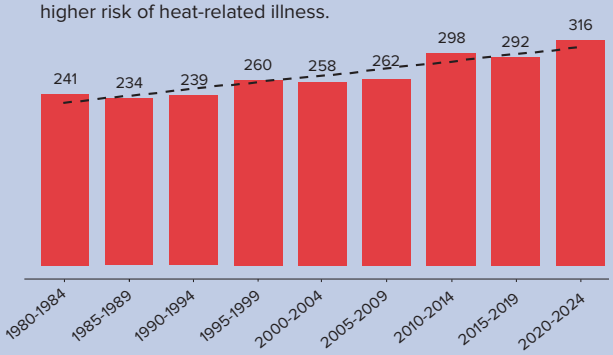
In the past decade, average summer temperatures have risen by 1-2° F in most areas of New York State.

78.6° F
Historical average summertime temperature



Days with Maximum Heat Index Above 85° F in New York State, 1980 - 2024 (5-year intervals)

The number of days with maximum heat index above 85° F in New York State has been increasing, putting New Yorkers at higher risk of heat-related illness.

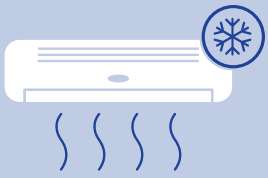


WHAT TO DO ABOUT IT

Take steps to prevent heat-related illness

Know the risks and signs of heat-related illness.
www.health.ny.gov/extremeheat

Check your local weather so you can be prepared.
www.weather.gov



Find a place to get cool.
www.health.ny.gov/environmental/weather/cooling

Get involved in community planning.
www.climatesmart.ny.gov/

New York State Tracking

View your County's Heat and Health Profile at www.health.ny.gov/ExtremeHeat

NEW YORK STATE Department of Health

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