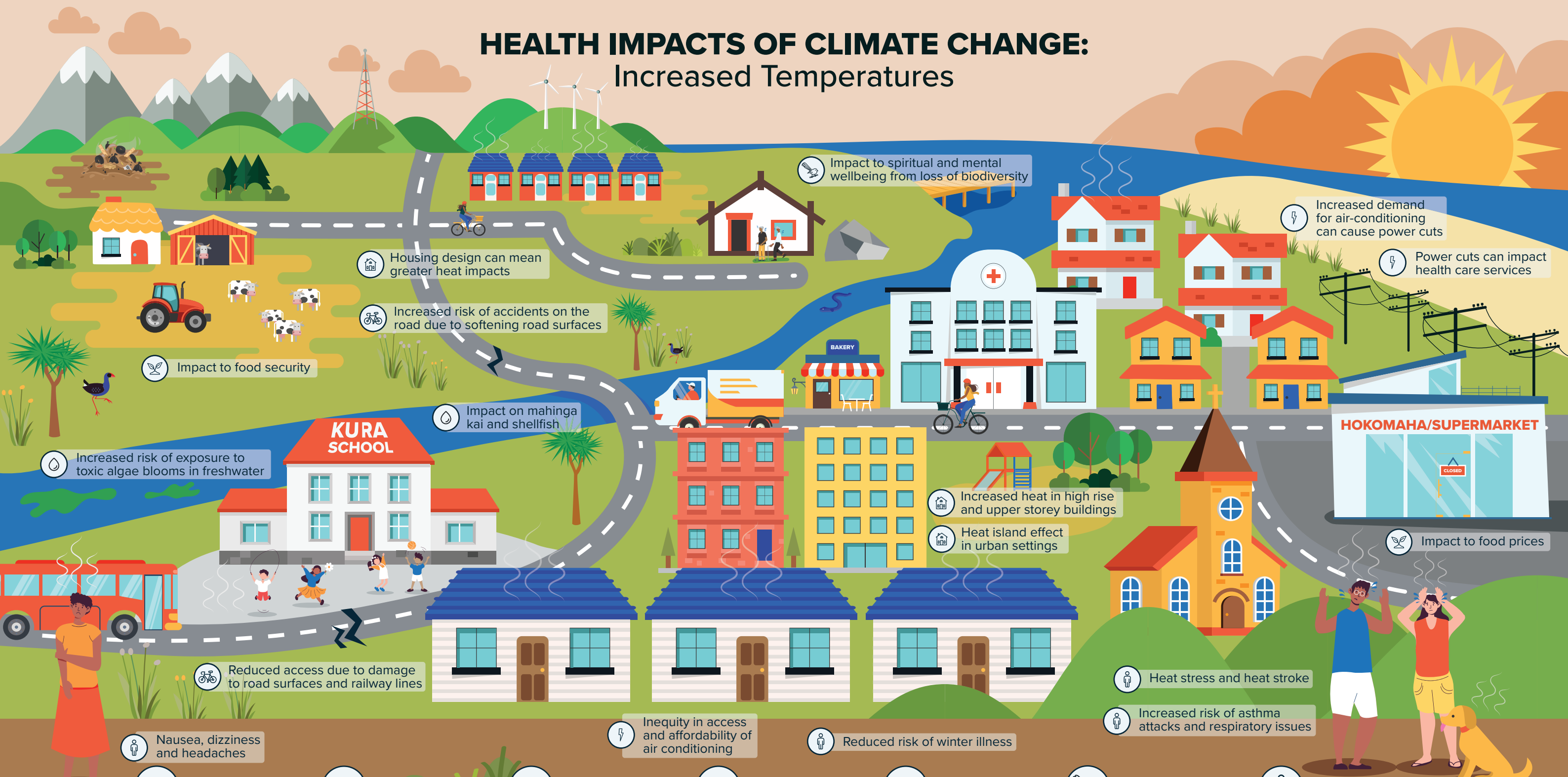


# HEALTH IMPACTS OF CLIMATE CHANGE: Increased Temperatures



Nausea, dizziness and headaches

**HOUSING AND COMMUNITIES**  
Many houses are not well designed to keep cool. Materials in urban environments such as brick, concrete, and steel can increase heat health risks; trapping heat, causing a heat island, and increasing the overall temperature in urban communities.

**TRANSPORT**  
Increased temperatures can cause road surfaces to soften and melt, leading to more accidents. It can also cause railway lines to buckle, impacting freight which can in turn impact food supplies. Damage to roads and railways can reduce accessibility of locations, including health care services, schools and work.

**WATER**  
Increased temperatures can increase the risk of exposure to toxic algae blooms in freshwater, which can cause a range of illnesses. Toxic algae blooms in freshwater impact the safety of recreational activities including swimming and boating activities. This can also make shellfish such as mussels, pāua and kina unsafe to eat.

**ENERGY**  
Increased temperatures can create higher demand for air conditioning, potentially overloading the energy system and resulting in power cuts. Households also may not be able to afford the costs of air conditioning. Power cuts can impact health care services and the care needs within facilities such as aged care homes.

**LOCAL FOOD SYSTEMS**  
Increased temperatures could positively impact food security by making some crops more available or available for a longer period. However, increased temperatures can also cause harm to livestock and damage to crops from heat stress. This can also create significant mental and physical stress for farmers and agricultural workers who need to work through increased temperatures to support their animals and crops.

**BIODIVERSITY**  
Biodiversity loss due to drought/increased temperatures/fires is impactful to the health and wellbeing of everyone. A particular concern for Māori is damage or loss of indigenous ecosystems, which can impact spiritual and mental wellbeing, as well as cultural identity. Natural environments are significant sources of wellbeing to the community, and their loss can have huge impacts.

**DIRECT IMPACTS**  
Increased temperatures can cause significant health impacts, particularly for pregnant people, babies, children under five, older people, disabled people, and people with existing and chronic health conditions. Increased temperatures can also result in longer periods of pollination, impacting people with respiratory issues.

Housing design can mean greater heat impacts

Increased risk of accidents on the road due to softening road surfaces

Impact to food security

Increased risk of exposure to toxic algae blooms in freshwater

Impact on mahinga kai and shellfish

Impact to spiritual and mental wellbeing from loss of biodiversity

Increased demand for air-conditioning can cause power cuts

Power cuts can impact health care services

Increased heat in high rise and upper storey buildings

Heat island effect in urban settings

**HOKOMAHA/SUPERMARKET**

Impact to food prices

Reduced access due to damage to road surfaces and railway lines

Heat stress and heat stroke

Increased risk of asthma attacks and respiratory issues

Inequity in access and affordability of air conditioning

Reduced risk of winter illness