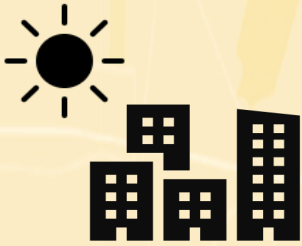


Urban Heat in Montréal: Addressing the challenges of rising heat waves



**SAMUEL CENTRE
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CONNECTEDNESS**

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Urban Heat Island: Phenomenon that reflects higher temperatures in urban areas than in surrounding rural areas
Heat Wave: Three consecutive days of temperatures of or higher than 30°C

Physical Health Effects	Mental Health Effects
<ul style="list-style-type: none"> • Exacerbation of chronic illnesses • Heat Stroke • Excessive Sweating • Trouble remaining conscious & Blackouts • Headaches • Muscle Cramps and Sweating 	<ul style="list-style-type: none"> • Increased anxiety • Increased aggression & violence • Risky Behaviours • Increased Stress • Sleep Disturbances



Elderly



Infants & Children



Living alone

Vulnerable Populations



Those with Chronic & Psychological Disorders



Athletes



Low income

9.3 in 2010 **6.4 in 2018**

Daily Death rate per million
 Source: Institut national de santé publique du Québec, 2018

Recommendations



Improve efficacy of existing policies



Limit social isolation through community programs



Address mental health challenges

Address environment, health & social isolation implications multi-dimensionally



Reduce neighbourhood health inequalities