Maricopa County, Arizona

Perhaps the largest urban center to experience the nation’s most extreme heat

### Typical year:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>Environmental temperatures ≥ 100°F</td>
<td>mid-May</td>
<td>1st week October</td>
</tr>
<tr>
<td>Days where max. temp ≥ 110°F (119°F)</td>
<td>26 days (average)</td>
<td></td>
</tr>
<tr>
<td>Days where min. temp ≥ 90°F (95°F)</td>
<td>13 days (average)</td>
<td></td>
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</tbody>
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Motivation for Action, 2005

Exceptionally high temperatures in July 2005

Media Reports:

“Many heat deaths may go uncounted”

“Heat deaths catch officials off-guard”

“Heat wave claims 18 lives in 5 days”

No surveillance system for heat-associated deaths in place at that time
Drinking from sprinklers, Phoenix homeless scrabble to survive heat wave

Heat kills 18 in Phoenix; most victims are homeless

Phoenix officials ask for donations of water, ice after heat wave kills 12

Christine Keith/Arizona Republic/AP Photo
Heat Relief Network (HRN)

- Maricopa Association of Governments (MAG), municipalities, non-profit and faith-based organizations
- Goal: to prevent heat related *deaths*
  - More than 40 Cooling Centers
  - 32 water collection sites
  - 8 hydration stations/water distribution sites
  - Well checks by faith communities and others
Public Education

**Take a HIKE. Do it RIGHT.**

More than 200 hikers annually are rescued from City of Phoenix desert and mountain parks and preserves. This simple checklist can help keep you from becoming a statistic.

- **Watch the Weather:**
  - Yes, “It’s a dry heat” – but Arizona’s temperature can be deceiving and deadly. Hike when it’s cool outside, try early mornings and evenings when there’s more shade.

- **Dress Appropriately:**
  - Wear proper shoes, clothing, hat and sunscreen.

- **Bring Water:**
  - Hydrate before you go. Hike with plenty of water, more than you think you need. Turn around and head back to the trailhead before you drink half of your water.

- **Keep in Contact:**
  - Carry a mobile phone.

- **Team Up:**
  - Hike with others. If hiking solo, tell someone your start and end times, and location.

- **Be Honest:**
  - Do you have a medical condition? Asthma, heart problems, diabetes, knee or back problems? Don’t push yourself! (Even trained athletes have been caught off guard by getting dehydrated on Arizona trails.)

- **Don’t Trailblaze:**
  - Enjoy the Sonoran Desert’s beautiful and undeveloped landscape, but please stay on designated trails.

- **Take Responsibility:**
  - Don’t be “that person” – the one who wasn’t prepared, shouldn’t have been there for health reasons or ignored safety guidelines. Be the responsible hiker, who takes a hike and does it right!

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**DON’T LEAVE ME BEHIND!**

**IT’S TOO HOT IN A PARKED CAR.**

A public service message from the City of Phoenix Parks & Recreation Department and Fire Department

City of Phoenix

[www.phoenix.gov](http://www.phoenix.gov)
The proportion of heat-related deaths in those who are homeless has decreased, although the absolute number of deaths remains roughly the same.
Heat-Associated Death Risk Factors

- 62% of deaths occur outdoors
  - Most of these are in urban areas (45%)
  - Smaller proportion in desert areas (23%)
  - 11% of these outdoor deaths are in cars

- Of those that died indoors
  - 18% had no air conditioning (AC) at all
  - 24% of people did not have their AC turned on
  - 45% of people did not have working AC
    - Vast majority had a non-functioning AC (80%)
    - The rest had no electricity service at that time
Evaluations & Improvements

- **Cooling Center Evaluation, 2014**
  - Need to increase visibility and hours

- **Community Assessment for Public Health Emergency Response (CASPER), 2015**
  - Cost of electricity a significant barrier for 25%
  - Yet less than half aware of utility assistance

- **Homebound Population Assessment, 2016-17**