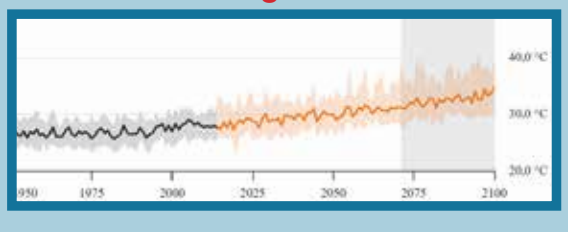
HEAT



Warming of the Arctic brings unseasonably high temperatures that accelerate ice melt and permafrost thaw across the region. These high temperatures disrupt wildlife habitats and intensify the impacts of climate change in one of the world's most sensitive regions.

Summers will be longer and hotter.



Hottest summer day expected to be 4-5 °C warmer than now, reaching 30 °C in many communities.

More days with temperature higher than 25 °C (threshold used to define a day with extreme heat for Nunavik) in most communities.

Vulnerable Populations

Some people are more at risk of developing health problems due to their exposure, adaptability or sensitivity.

People with chronic diseases, cardiac and respiratory illnesses.

People dealing with addictions:

68.5 % **% of Nunavimmiut use drugs or drink alcohol more than once a month**

People with mental-health issues

Communities most at risk



Health Impacts

Climate change impacts health and different health determinants (food, land, housing, traditional knowledge, community, family) as defined in the IQI model.

Complications of health conditions due to heat: dehydration, side effects of medications, heat stroke, etc.

26 °C **Maximum indoor temperature recommended to avoid impacts on health and well-being.**

Heat can reduce sleep quality, which increases stress, anxiety and mental-health issues. Adults should sleep between 7 and 9 h per night, newborns between 14 and 17 h per day.

Warming temperatures can facilitate the introduction of new species in the ecosystem but also viruses, bacteria and parasites, increasing the risk of water-borne, food-borne and vector-borne illnesses.

Climate change | NRBHSS

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