

OLDER ADULTS are feeling the [^]STRESS *climate*



Older Adults have increased health risks from climate stressors

As we age, our bodies lose their ability to effectively handle health stressors. Chronic health conditions, limited mobility, financial status, and dependence on others for daily living also contribute to an increased risk of adverse health outcomes from climate stressors.



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Heat-related deaths in older adults have **doubled in the last two decades.**

In Colorado, 20% of older adults have trouble walking or climbing stairs.

Can you access air conditioning or a community cooling center?

Watts N, Amann M, Arnell N, et al. The 2020 report of The Lancet Countdown on health and climate change: responding to converging crises. The Lancet. 2021;397(10269):129-170. doi:[10.1016/S0140-6736\(20\)32290-X](https://doi.org/10.1016/S0140-6736(20)32290-X)

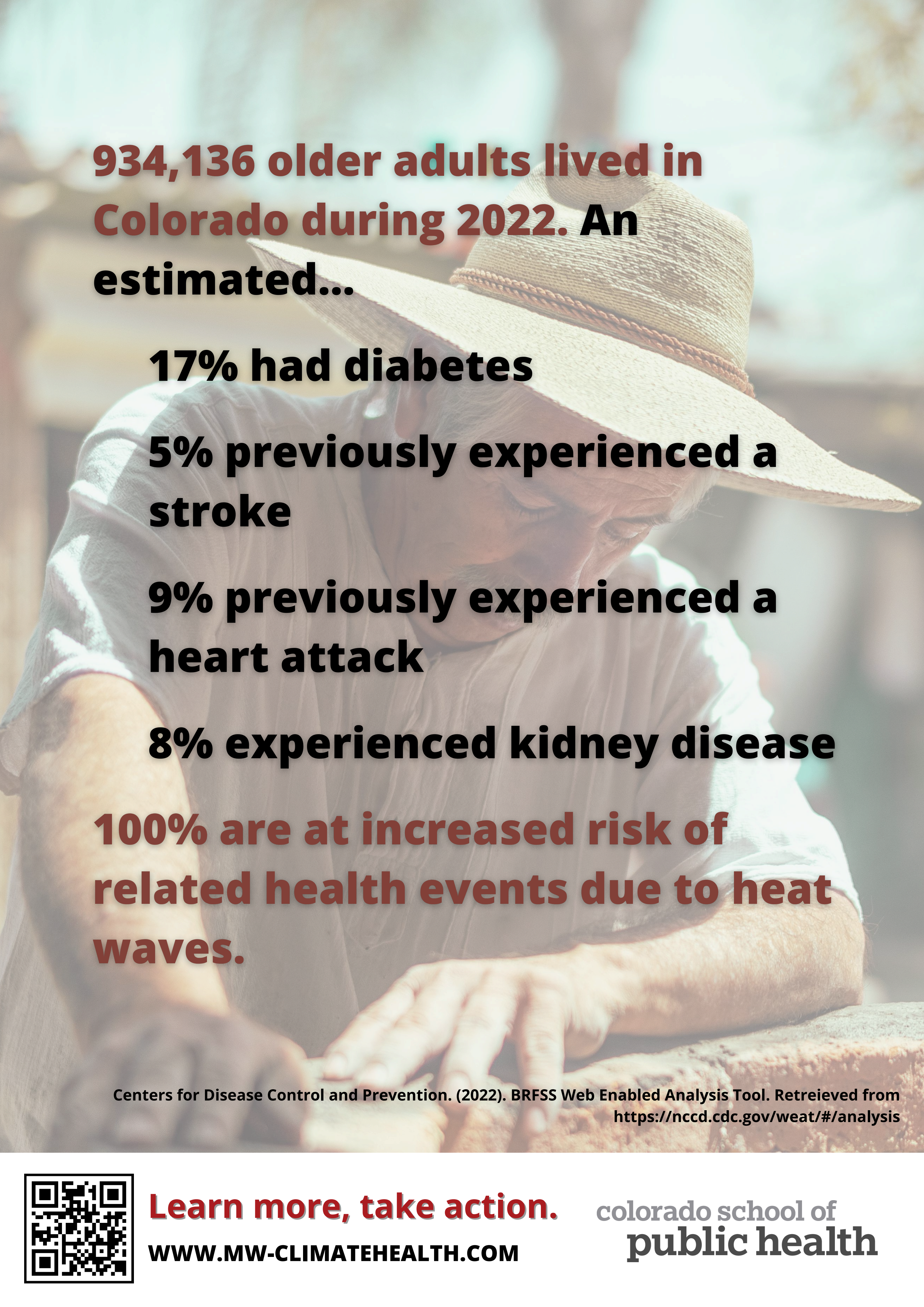
Centers for Disease Control and Prevention. (2022). BRFSS Web Enabled Analysis Tool. Retrieved from <https://nccd.cdc.gov/weat/#/analysis>



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934,136 older adults lived in Colorado during 2022. An estimated...

17% had diabetes

5% previously experienced a stroke

9% previously experienced a heart attack

8% experienced kidney disease

100% are at increased risk of related health events due to heat waves.

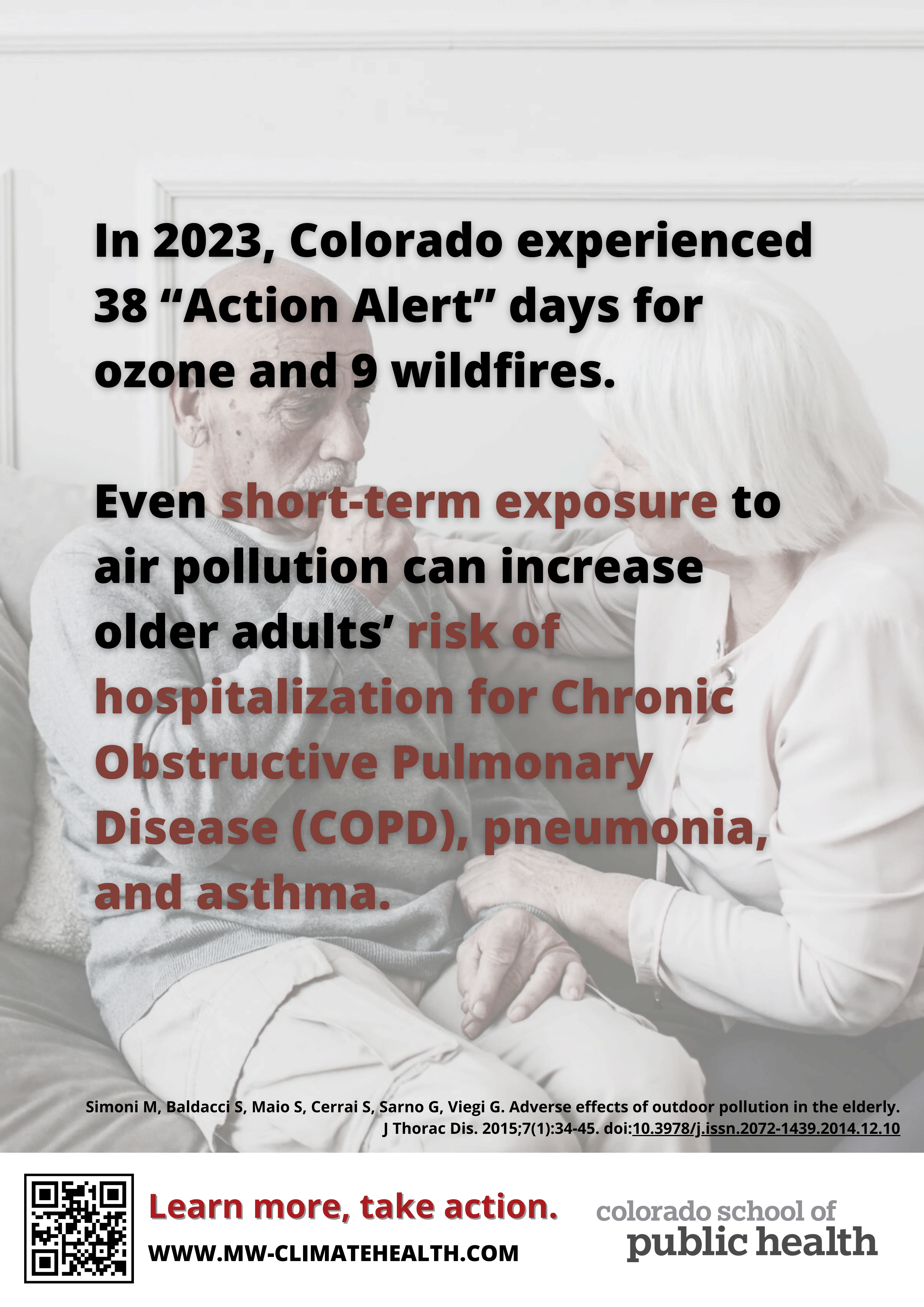
Centers for Disease Control and Prevention. (2022). BRFSS Web Enabled Analysis Tool. Retrieved from <https://nccd.cdc.gov/weat/#/analysis>



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**In 2023, Colorado experienced
38 “Action Alert” days for
ozone and 9 wildfires.**

**Even short-term exposure to
air pollution can increase
older adults’ risk of
hospitalization for Chronic
Obstructive Pulmonary
Disease (COPD), pneumonia,
and asthma.**

Simoni M, Baldacci S, Maio S, Cerrai S, Sarno G, Viegi G. Adverse effects of outdoor pollution in the elderly.
J Thorac Dis. 2015;7(1):34-45. doi:[10.3978/j.issn.2072-1439.2014.12.10](https://doi.org/10.3978/j.issn.2072-1439.2014.12.10)



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**The most commonly used
prescription medications by
older adults treat...**

diabetes (22.6%)

**high blood pressure or
heart disease (24.8%)**

high cholesterol (46.3%)

**Talk to your doctor about
potential side effects which
may increase your risk for
heat-related illness.**

Martin CB, et al. (2019). Prescription drug use in the United States, 2005-2016. NCHS Data Brief, no 334.
Hyattsville, MD: National Center for Health Statistics.



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