

miTracking

Michigan Environmental Public Health Tracking

October 2020

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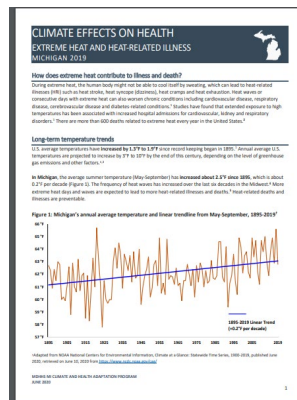
New Resources

Heat & Heat Illness

During summer, Michigan and the rest of the U.S. can experience extreme heat, where temperatures are much hotter and/or more humid than average. When temperatures go up, some people can be more at risk for heat-related illness (HRI). New MI and U.S. resources are available:

Michigan Heat Awareness and Safety Factsheet

The Michigan Climate and Health Adaptation Program ([MICHAP](#)) in collaboration with MiTracking created a [factsheet](#), which provides health information on heat impacts, who is at risk, and how to protect yourself.



Michigan 2019 Data Report- Climate Effects on Health: Extreme Heat and Heat-related Illness

MICHAP has created this [data report](#), which includes:

- How extreme heat contributes to illness and death
- Long-term temperature trends
- Trends in emergency department HRI visits by daily temperature
- Demographic patterns in HRI visits

CDC Heat and Health Tracker

The [Heat and Health Tracker](#) is a tool to help people prepare and respond to extreme heat events. The tracker offers historical, real-time, and projected maximum temperature data, which is timely, user-friendly, and at the local-level.

Portal Updates

Updated Data

- Air Quality –
 - Modeled data – 2016
 - Monitored data – 2018
- Climate Change – extreme precipitation – 2019
- Ticks – 2019
- Workers' Compensation – 2017

**HEAT AWARENESS AND SAFETY
MICHIGAN**

During the summertime, Michigan can experience extreme heat, where temperatures are above 90°F (32°C) for several days. Extreme heat can lead to heat-related illness (HRI) and even death. People at greatest risk for HRI include: older adults, young children, outdoor workers, and people with chronic conditions. Heat waves have also been linked with increased hospital admissions for cardiovascular, kidney, and respiratory diseases.

Health Impacts
When the body's temperature rises and cannot be cooled by sweating during extreme heat, heat-related illness (HRI) can develop and become life-threatening. People at greatest risk for HRI include: older adults, young children, outdoor workers, and people with chronic conditions. Heat waves have also been linked with increased hospital admissions for cardiovascular, kidney, and respiratory diseases.

Who is most at risk for HRI?

- People with chronic conditions (e.g. diabetes, cardiovascular disease, and respiratory disease)
- Outdoor workers
- Low income individuals and families
- Adults over 65 years of age
- Infants and children
- Athletes

How can I protect myself?

Stay Cool

- Find somewhere with air conditioning.
- Do not rely on a fan to keep you cool.
- Avoid direct sunlight.
- Drink more water than usual.
- Avoid alcohol or liquids containing high amounts of sugar.

Stay Hydrated

- Take cool showers or baths.
- Wear lightweight, light-colored clothing.
- Don't work until you're thirsty to drink more fluids.
- Remind others to drink enough water.

Michigan State University, National Oceanic and Atmospheric Administration

Heat Vulnerability Data Explorer

Use this interactive map to explore information on heat exposure, vulnerability and points of interest during the heat season in your area. For more information on these resources, see about the Data Explorer.

Number of days above 90°F since April 1st

Legend

- 0 - 4
- 5 - 9
- 10 - 14
- 15 - 19
- 20 - 24
- 25 - 29

Population Characteristics

Age 65 and over: 24.4%

Low income: 6.2%

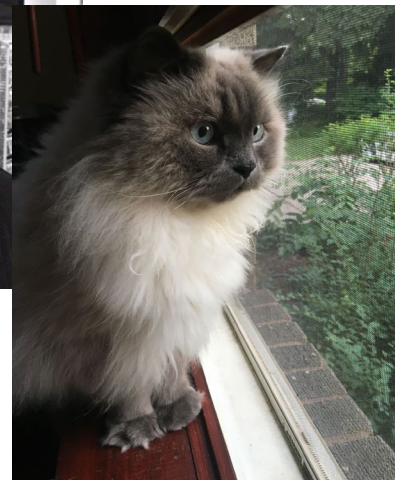
Outdoor workers: 4.6%

People with chronic conditions: 19.8%

MiTracking Team

Meet Sydney

- Home state: *Ohio*
- MiTracking role: *Epidemiologist*
- Favorite MiTracking dataset: *Ticks*
- How long have you been with MiTracking?
3 years
- Why Epidemiology?
I'm a nerd who likes helping people
- What else have you worked on recently?
MDHHS SAS (Statistical Analysis System) Users Group & MDHHS COVID-19 hotline
- Where can we follow your cat, Kiwi?
Instagram @kiwi_himalayancat



Announcements

Virtual Presentations

MiTracking is a great online resource covering a range of environmental health topics. We are now offering VIRTUAL presentations and trainings on how to use the portal. If you are interested in a FREE training, please contact our email. Check out our [brochure](#).

Updated Content Pages

Did you know MiTracking has a content page for every content area hosted on the data portal? MiTracking reviews and updates these pages every year. Content pages provide basic subject knowledge and additional sources. Check them out today!

MiTracking Sharing Best Practices

Find suggestions for the best [MiTracking sharing practices](#), including a description, "How to" on using the data portal, ideas for use, and National Tracking information.

Questions about COVID-19?

Visit [MDHHS COVID-19 webpage](#) for frequently asked questions, finding test sites, and information on "Mask up, Michigan" and MI Safe Start. For additional questions, call the COVID-19 hotline at 888-535-6136 or email COVID19@michigan.gov.



mdhhs-mitracking@michigan.gov



1-800-648-6942



www.michigan.gov/mitracking



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