From Snow Days to Heat Waves

Climate Impacts on Heat and Health in the Boston Area

Monday, May 24, 2021, 6pm EST









NOTIFICATION OF RECORDING

This meeting will be recorded and the Metropolitan Area Planning Council (MAPC) may choose to retain and distribute the video, still images, audio, and/or the chat transcript. By continuing with this virtual meeting, you are consenting to participate in a recorded event. The recordings and chat transcript will be considered a public record. If you do not feel comfortable being recorded, please turn off your camera and/or mute your microphone, or leave the meeting.





Welcome!

In this webinar, we will have both the chat and the Q&A open.

- Zoom Chat: Share insights and comments with other attendees and panelists.
- Zoom Q&A: Ask the speakers questions that we'll try to address during the Q&A

Your microphone is not on. Please use the Q&A and the chat to communicate with us and each other. Please be respectful of the panelists and other attendees.

Welcome!

This meeting is being recorded. Chat transcripts and the recording are public record.

We will send a recording and presentation materials to registrants in the next week!

Welcome



Mia Mansfield
Executive Office of Energy and
Environmental Affairs

Our Speakers



Jeanette Pantoja Metropolitan Area Planning Council



Patricia FabianBoston University



Zoe DavisCity of Boston



Sara BensonMuseum of
Science, Boston



Ibrahim López-HernándezGreenRoots



Melanie Gárate Mystic River Watershed Association



Joey Williams
CAPA Strategies



Ben CaresCity of Chelsea



Sasha Shyduroff Metropolitan Area Planning Council

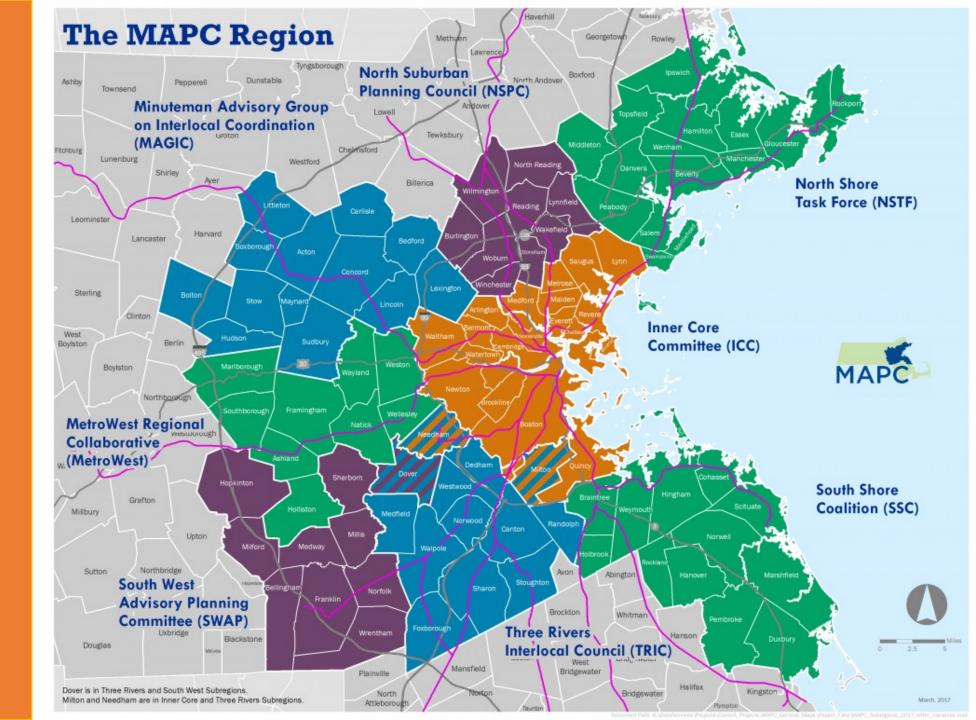
Moderator

Moderator

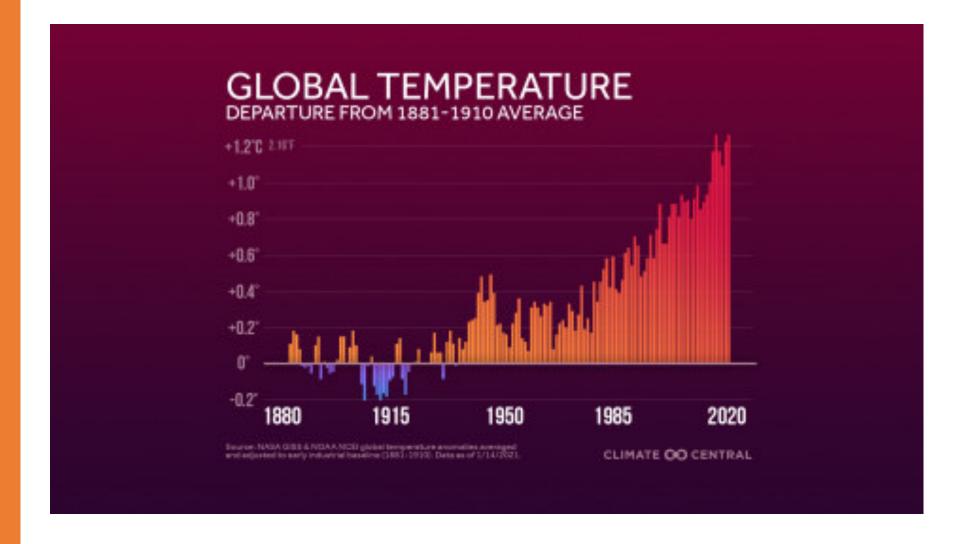
Heat, Health, and Climate Change

Presentation by Metropolitan Area Planning Council
For "From Snow Days to Heat Waves" Webinar
May 2021

Metropolitan Area Planning Council – Regional Planning Agency for Greater Boston

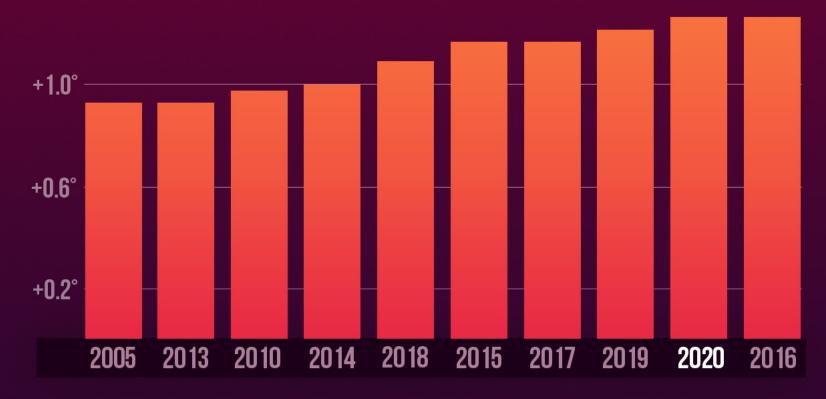


Our planet has been getting warmer for at least 100 years.



10 HOTTEST GLOBAL YEARS ON RECORD

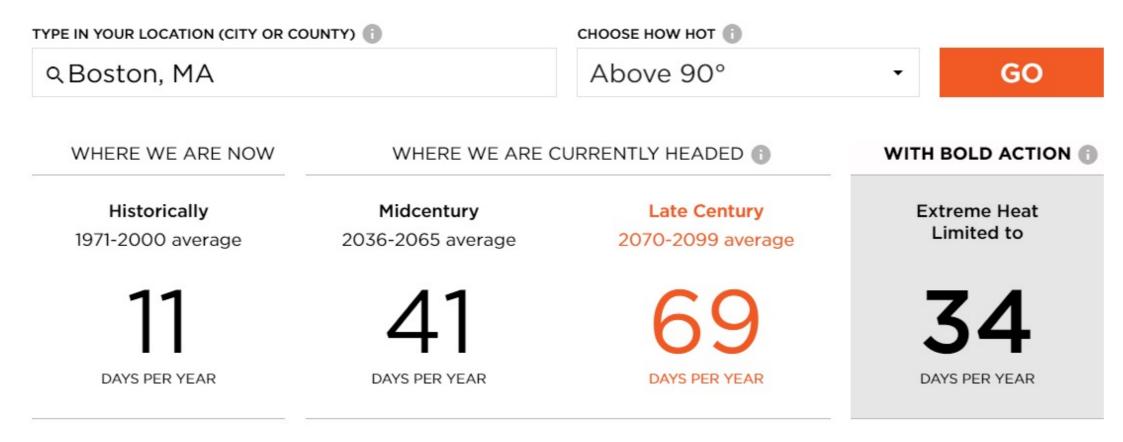
+1.4°C 2.52°F



Source: NASA GISS & NOAA NCEI global temperature anomalies averaged and adjusted to early industrial baseline (1881-1910). Data as of 1/14/2021.

CLIMATE CO CENTRAL

We expect increasingly hot summers.



Source: Union of Concerned Scientists Killer Heat Interactive Tool (2019).

We have a lot more to learn about the connections between health and climate change.

COMMENTARY ENVIRONMENTAL HEALTH

HEALTH AFFAIRS > VOL. 39, NO. 12: CLIMATE & HEALTH

COMMENTARY

Adding A Climate Lens To Health Policy In The United States Only **5 percent** of all US climate resilience investments went to the healthcare sector in 2016.

Renee N. Salas, Tynan H. Friend, Aaron Bernstein, and Ashish K. Jha

AFFILIATIONS V

PUBLISHED: DECEMBER 2020 @ Open Access

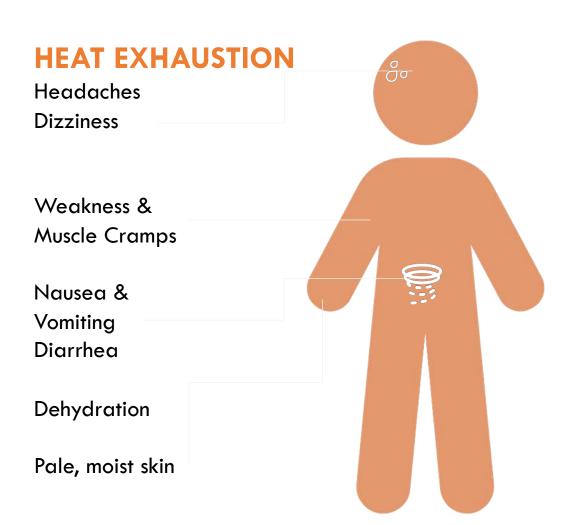
CLIMATE | OPINION

We Need a National Institute of Climate Change and Health

The NIH has a budget of more than \$40 billion—but spends a measly \$9 million on this looming public health emergency

By Howard Frumkin, Richard J. Jackson on November 22, 2020

Extreme heat interferes with our body's ability to cool down, causing a range of symptoms.



What to do

Sip water or sports drink

Move to a cool place

Remove excess clothing & fan skin

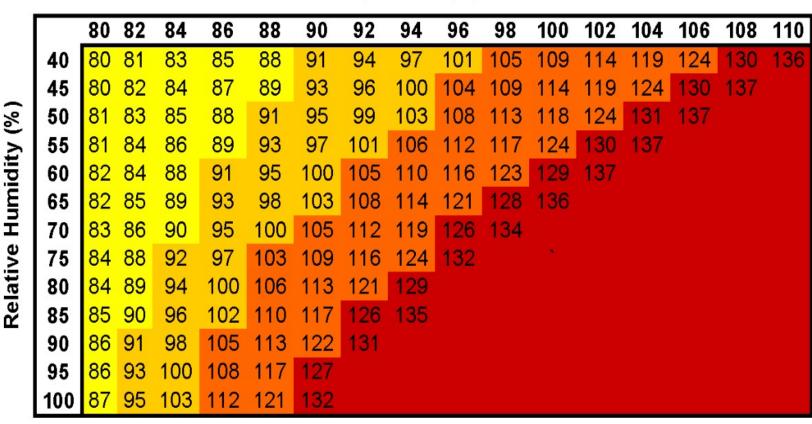
Place cool cloths on skin or take a cool bath

Heat is more harmful to human health when humidity is high because humid air hinders the evaporation of sweat, and thus reduces the body's ability to cool itself.

NOAA's National Weather Service

Heat Index

Temperature (°F)



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

☐ Caution ☐ Extreme Caution ☐ Danger ☐ Extreme Danger

Heat impacts health in several ways.









Infectious Diseases









Kidney Disorders



Mental Health

Sources: Adapted from the Massachusetts Medical Society, New England Journal of Medicine.

Heat affects us all, but some of us are at greater risk.



Infants or young children



Older adults



People with preexisting health conditions



Pregnant People



People who work in hot environments



Socially isolated people



People who rely on transit & walking



People without AC or stable housing

Our <u>vulnerability</u> to the impacts of climate change depends on three factors:

Exposure Capacity to Adapt Sensitivity

Exposure

The level of exposure to weather-related hazards (e.g., low-elevation community on the coast, neighborhood with few trees and lots of parking).

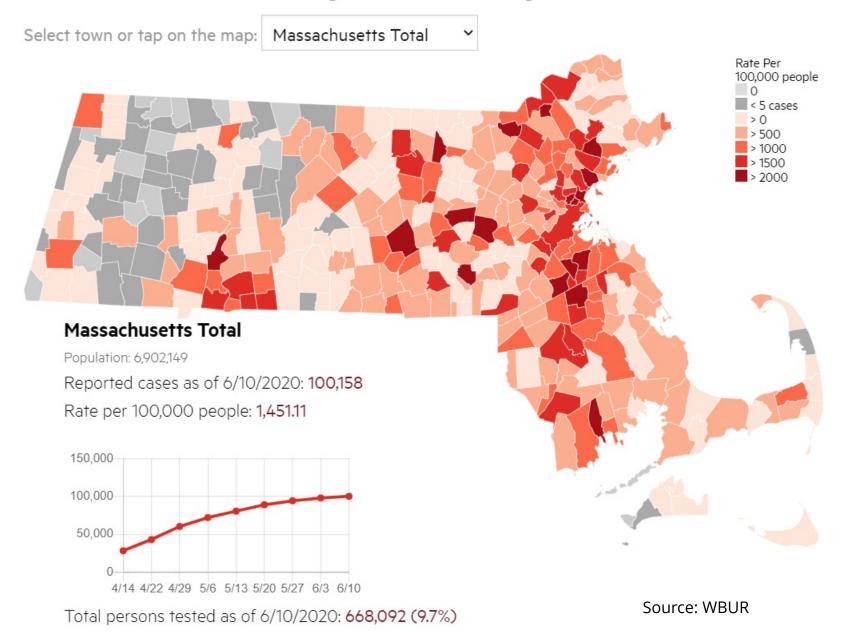
Sensitivity

The conditions that affect someone's sensitivity to or degree to which they can be affected by those hazards (e.g., age, pre-existing health status, work outside).

Capacity to Adapt

The ability people have to get out of harm's way, adjust to changes, or bounce back after an event (e.g., access to information and financial resources).

Coronavirus Cases, By Town Or City



Similar social inequities that contribute to climate vulnerability increased vulnerability to COVID-19.

Why do we care about climate vulnerability?

- Efforts to mitigate climate change and build resiliency through the built environment should prioritize communities most impacted by climate change
- For solutions to tackle vulnerabilities at the root, those most impacted should be active leaders and participants in mitigation and resiliency efforts

MAPC Heat Projects Across the Region

- Metro Mayors "Building Resilience to Climate-Driven Heat" Preparedness and Adaptation Plan
- COVID-Safe Cooling Grant Program
- Keep Cool Somerville
- Cool It with Art How-To Guide
- Peak Demand Management





Communications Resources for Municipalities and Individuals

- Extreme Heat Flyer Template
- Social Media Toolkit on Extreme Heat
- Utility Bill Assistance One-Pager

www.mapc.org/resource-library/extreme-heat-resources/





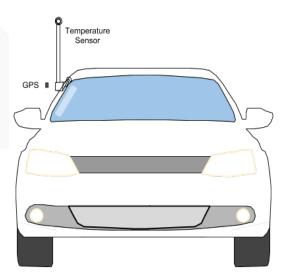
Expanding local capacity to address climate change



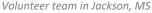
Mobile Monitoring

- Volunteers affix temperature sensors to vehicles.
- Drive pre-planned routes across city.
- During one-hour traverses, collect tens of thousands of data points depicting near-ground temperature and humidity.
- Measurements are used to create heat maps at 10meter accuracy (compare ~90m for satellite imagery). Prioritizes accurate measurements and community engagement.







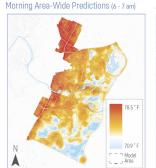


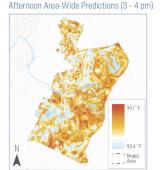
Campaign Outcomes

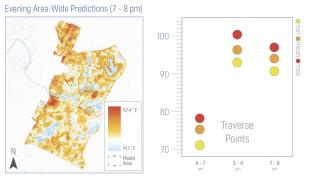
Locally generated data empowers city decisions

- Spatial distribution of heat: Detailed maps at 10-meter resolution across the city.
- <u>Social vulnerability</u>: Which communities are exposed to higher or lower temperatures.
- <u>Distribution of green assets</u>: Do street trees, parks and water bodies result in lower temperatures? Evenly distributed?
- Built environment: Which structural types and design features correlate with high or low temperatures?
- Housing policy: Can increased housing density be achieved while keeping temperatures the same (or less) than today?

City-level workshops and an optional peer learning component help prioritize heat mitigation interventions: increase canopy cover; decrease impervious surfaces; green corridors; zoning incentives for cool roofs etc.; cooling stations; awareness campaigns.







Left: Austin, TX: Model outputs from morning, afternoon, and evening traverses; traverse point data summary

Below left: Wide asphalt roadways with sparse vegetation. This landscape type appears to absorb heat throughout the day and remain hot.

Below right: Shaded residential areas remain cooler during summer heat waves and lower the risk of heat-related illness.



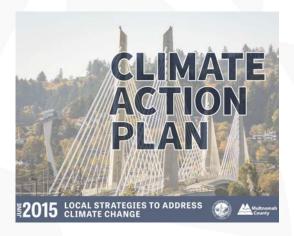
Wide asphalt roadways with sparse vegetation



Shaded residential neighborhood



Heat Data Implementations



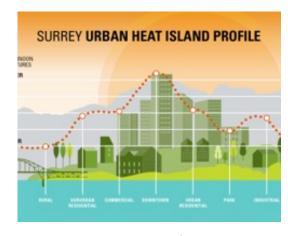
Climate Action Planning
Portland, Oregon



Social Vulnerability & Adaptation Strategies
O'ahu, Hawaii



Tree Canopy Intervention
Boise, Idaho



Heat Preparedness
Surrey, British Columbia



Partnership Building & Collaborative Action
Houston & Harris County, Texas



Public Engagement
Boston, Massachusetts



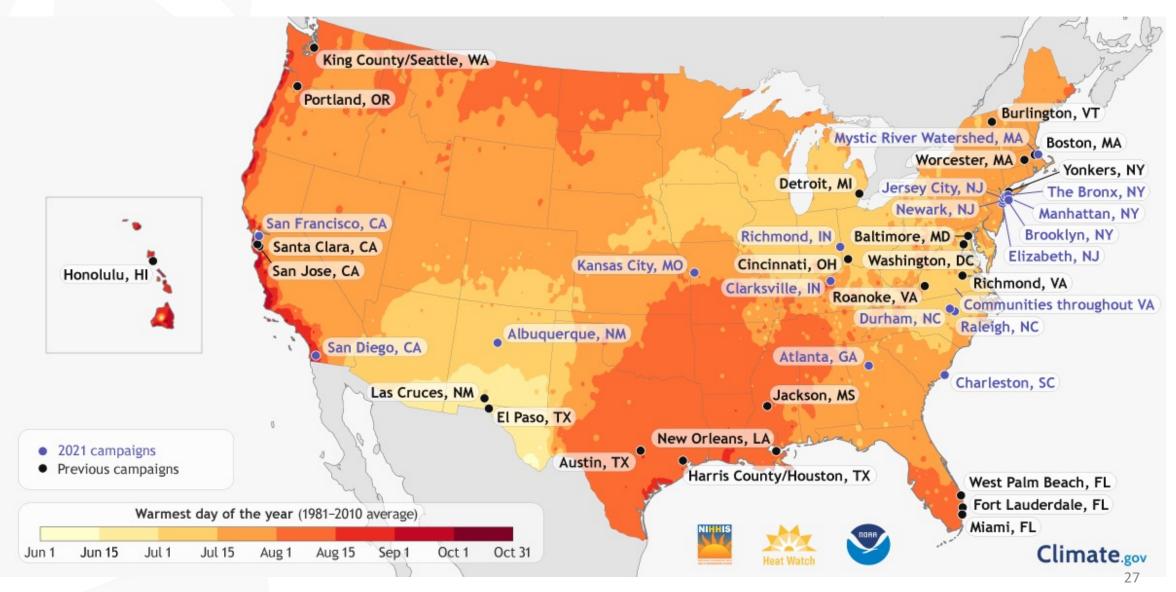
Health Vulnerability & Youth
Engagement
Richmond, Virginia



Heat, Health, and Community
Baltimore, Maryland



US Heat Mapping Locations ('17-



WICKED HOT MYSTIC

Wicked Hot Mystic: Heat Mapping in the Mystic River Watershed

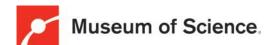
Sara Benson Museum of Science, Boston sbenson@mos.org





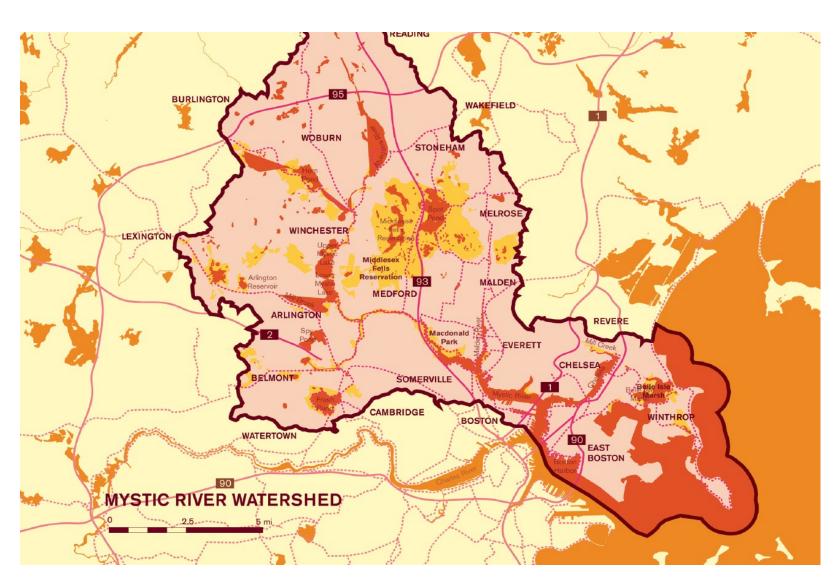






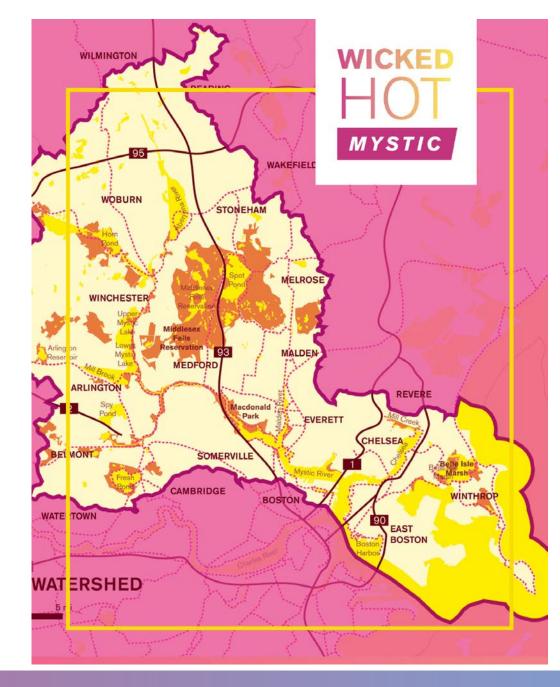
What is the Mystic River Watershed?

Located in the Greater Boston Area, the Mystic River watershed is home to over half a million diverse residents within 76 square miles and 21 communities



What is Wicked Hot Mystic?

- Heat and air quality mapping in the **Mystic Watershed**
- Goals:
 - Community engagement
 - High resolution temperature data
 - Data visualization and communication
 - Layer maps with factors such as tree canopy, surface temperature, income level, elderly population, or emergency room visits.
 - Compare maps of extreme heat "hot spots" in the Boston area with maps of where people are in order to understand what neighborhoods and people are the most impacted.





I SEE CHANGE



Aug 30 Fershid Aspi Investigating: Extreme Heat



81.4°F

Could use some shade at this barren intersection (Charlesgate westbound on Comm Ave).



Jul 17 Suzanne Mrozak Investigating: Extreme Heat



79.3°F

Our cat's favorite way to beat the heat



Aug 9 Jo Oltman Investigating: Extreme Heat



♥ Cambridge, MA, US

83.1°F

Pretty warm out today, but so lovely in the cemetery, under the shade of trees and surrounded by greenery

Urban Heat Island Mapping

- Collecting air temperature, humidity, and air quality data
- Late July/Early August 2021
- Involving volunteer scientists from all 21 communities in the Mystic



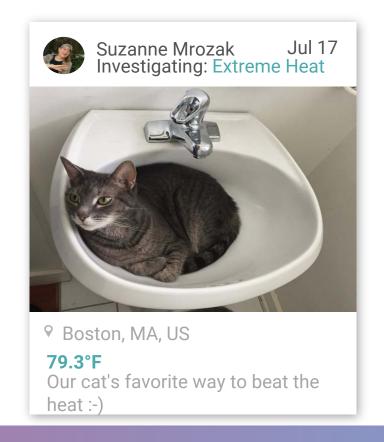
How can you be involved?

- Sign up to be a volunteer scientist for summer 2021!
- mos.org/wickedhot





- Collect data on your own time
- Sign up at <u>ISeeChange.org</u>



Thank You!

mos.org/wickedhot



@museumofscience @mystic.river.watershed @noaaclimate



@museumofscience

@MysticMyRWA

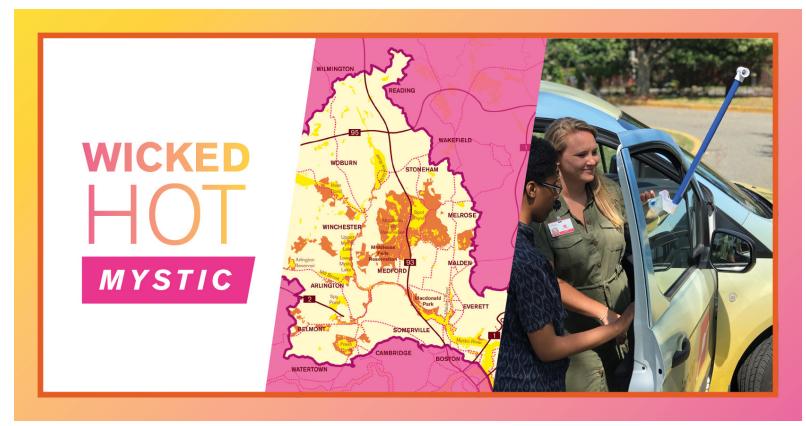
@NOAAClimate

Contact:

Sara Benson

sbenson@mos.org

@sarabenson7





The work is funded by the Municipal Vulnerability Preparedness grant program

Data Dashboard

City Heat Plans

Temperature Sampling

Photovoice

Community Resources





A collaborative research project between GreenRoots and the **Boston University School of** Public Health.

The main goal of the project is to build the capacity for these communities to respond to extreme heat events. Our research considers heat exposure and related health concerns among the most vulnerable populations in the Chelsea Creek communities.

c-heatproject.org Twitter: <u>@C HEATProject</u>

Co-directors: Fabian & Scammell

Funded: Barr Foundation





Boston University

Patricia Fabian

UNIVERSITY

GreenRoots

- Madeleine Scammell
- Leila Heidari
- Chad Milando
- Pilar Botana
- Flannery Black-Ingersoll
- Julie de Lange
- Abgel Negassa
- Alina McIntyre
- Jonathan Levy
- Patrick Kinney
- He Guo
- Fei Carnes
- Ameera & Alex Saba

GreenRoots

- Roseann Bongiovanni
- Ibrahim López-Hernández



Advisory team

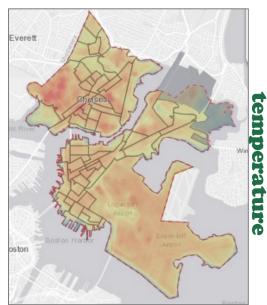
- Ben Cares City of Chelsea, Planning and Development Department
- Melanie Gárate Mystic River Watershed Association/Mystic Resilience Collaborative
- Matt Frank Chelsea Housing Authority
- Rafael Mares The Neighborhood Developers
- Peyton Siler Jones City of Boston, Climate Resilience Program
- Fidel Maltez City of Chelsea, Department of Public Works
- Tracy Nowicki Chelsea Senior Center
- Indrani Ghosh Weston & Sampson

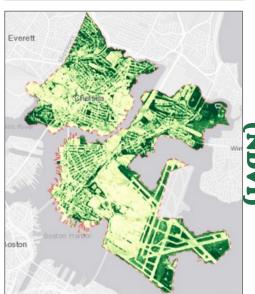


Kalila Barnett

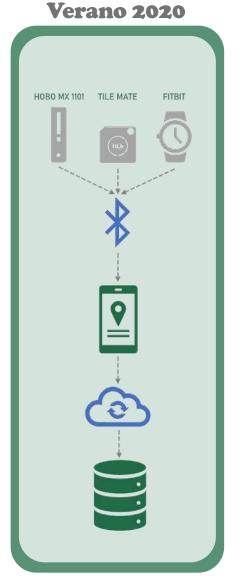








Summer 2020



Summer

2021







Temperatures indoors during hot week, summer 2020





Mean heat index

- Outdoor 74 °F
- Indoor 77 °F
- Personal 78 °F

Participants:

- Spent 75% time indoors at home
- 100% have some form of air conditioning but 80% described their home last summer as hot or warm
- 38% said they had to make choices about which bills to pay



- Indoor temperature was higher than outdoor temperature 87% of the time (38%-100%)
 - Temperature difference: 7.1°F higher (3.5°F -9.7°F)





Cooling strategies, Summer 2020

Most popular:

- Turn on AC
- Remove clothin
- Open windows



Least popular:

- Leave the home for cooler area
- Use the ceiling fan
- Close window shades



Almost 50% did not think they drank enough water

60% aware of dangerously high heat & heat warnings

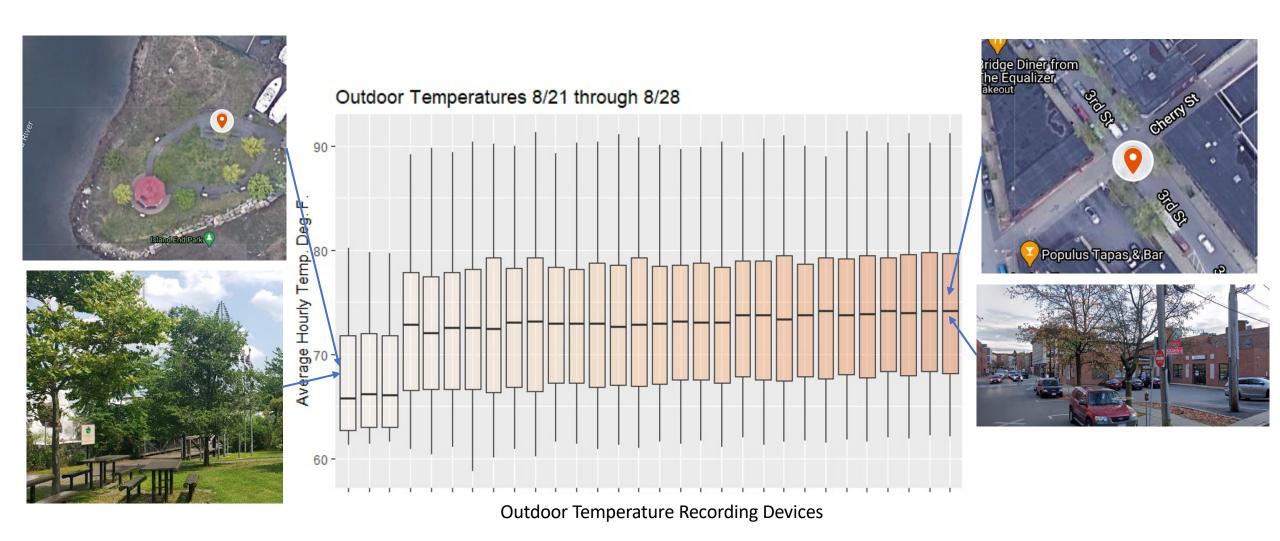








Temperature outdoors on a hot week, summer 2020







Mapping potential locations for outdoor interventions: bus stops





Bus stops:

Average # passengers getting on daily (weekdays) Source: MBTA





by City of Boston and Weston & Samson



Mapping potential locations for outdoor interventions: white roofs and greenspace

Empty lot (GreenRoots project)

https://www.youtube.com/watch?v=c50btcowo90&t=1s

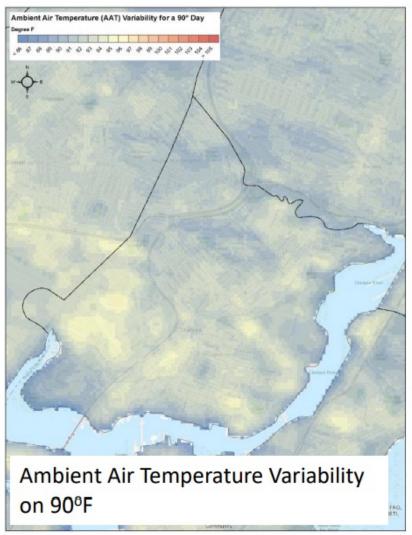


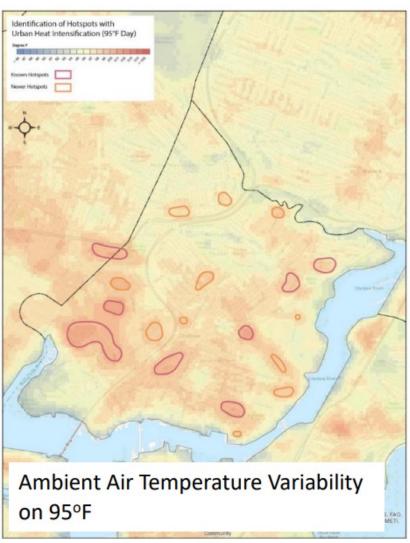


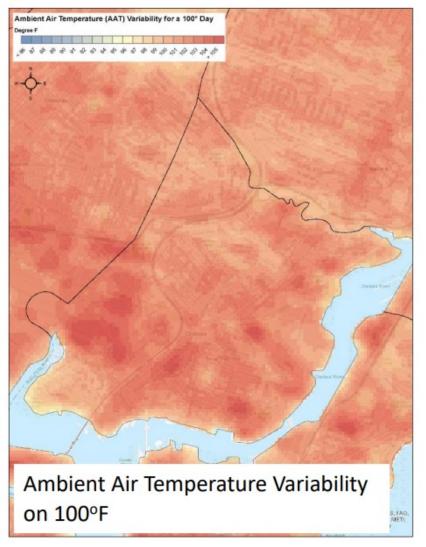


by City of Boston and Weston & Samson

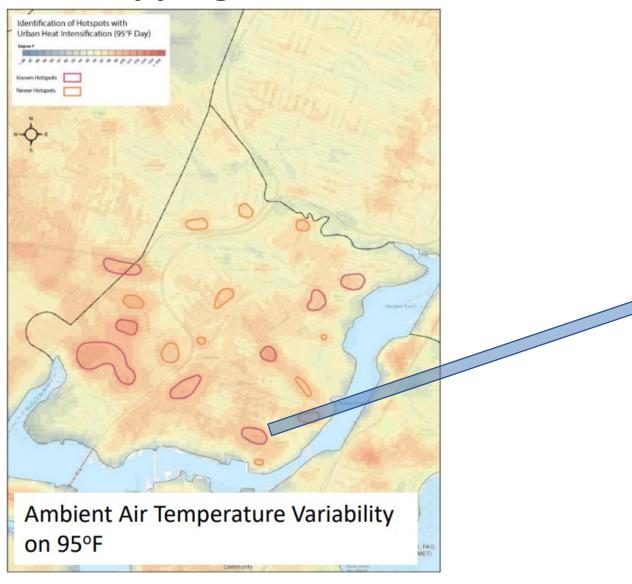
Municipal Vulnerability Preparedness Grant Program; Urban heat index mapping, Summer 2020 Data – Chelsea, MA Weston (a) Sompson

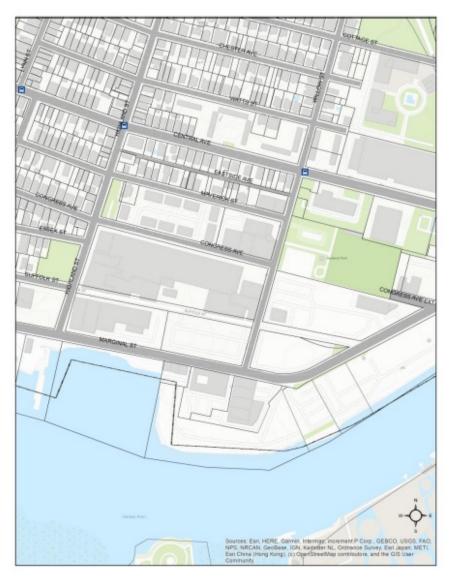






Municipal Vulnerability Preparedness Grant Program; Urban heat index mapping, Summer 2020 Data – Chelsea, MA

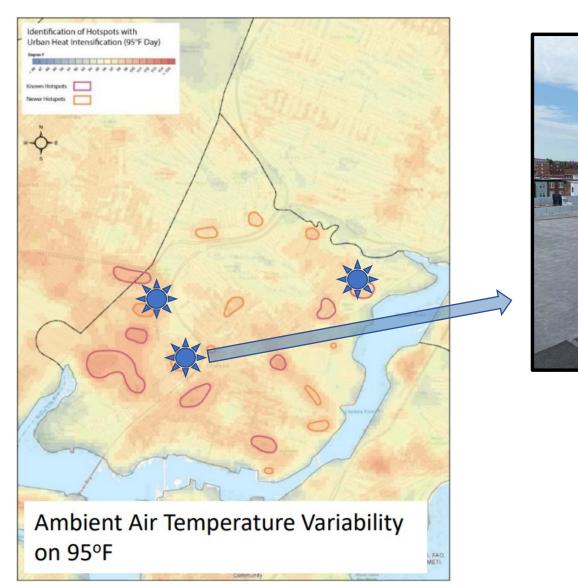




Municipal Vulnerability Preparedness Grant Program; Urban heat implementation project



Municipal Vulnerability Preparedness Grant Program; Urban heat data collection, Summer 2021 Data – Chelsea, MA





Chelsea Public Schools; Williams Middle School

SUMMER 2021 PLANS

Summer

2021







Photovoice



1) Residents record and reflect on their community's strengths and concerns related to heat vulnerability



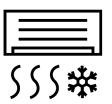




2) Promote critical dialogue and knowledge about heat vulnerability and mitigation strategies







3) Generate insights that will be relevant to resiliency efforts of policymakers







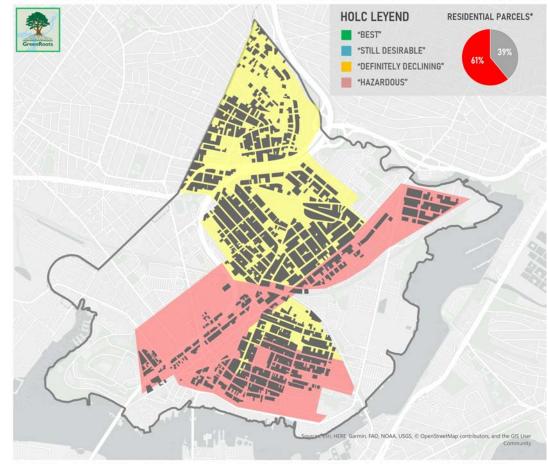


Youth Involvement: ECO

- 1. Capture & analyze surface temperatures in parks / open spaces.
- 2. Promote awareness of urban heat islands and historic redlining
- 3. Use collaborative mapping tool to upload data.
- 4. Help with C-HEAT Photovoice project.
- 5. Work on hydration station placemaking.

REDLINING IN CHELSEA

CURRENT RESIDENTIAL PARCELS* AS THEY WERE APPRAISED BY THE HOME OWNERS LOAN CORPORATION (HOLC) IN 193



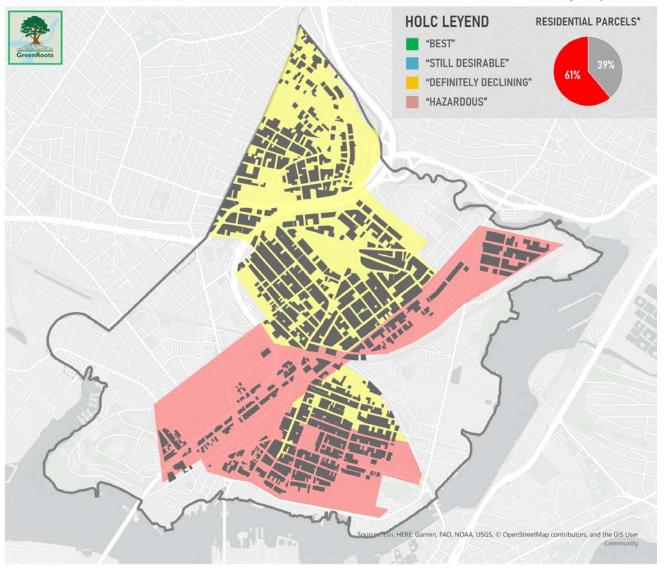
^{*} Residential parcels identified in this analysis includes parcels designated as R1 and R2 by the City of Chelsea, where structures were constructed prior to 193





REDLINING IN CHELSEA

CURRENT RESIDENTIAL PARCELS* AS THEY WERE APPRAISED BY THE HOME OWNERS LOAN CORPORATION (HOLC) IN 1938

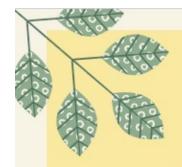


^{*} Residential parcels identified in this analysis includes parcels designated as R1 and R2 by the City of Chelsea, where structures were constructed prior to 1938.





- 1 Majority of residential structures were redlined.
- 2 Historical disinvestment practices contributed to lack of greenspace.
- 3 Increased flooding and extreme heat risk to public health.



Heat Monitoring

- Use "heat guns" to collect surface temperature measurements
 - Create a data collection campaign and strategy (e.g., Prioritize locations, teams, and data collection plan)
 - Record observations (e.g., # of people, families, children, at parks, etc.)







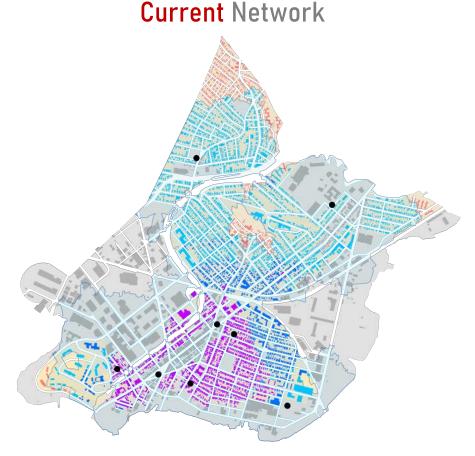




Expansion & Upgrading of Hydration Stations

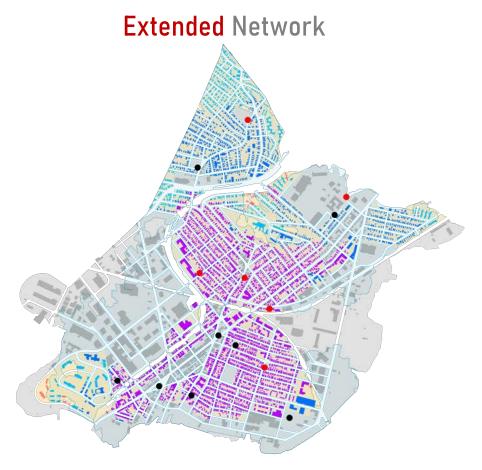
MAP LEGEND

- Current Hydration Station Location
- Expected Hydration Station Expansion
- 10 Minute Area
- 3+ Stations in 10 Minute Area
- 2 Stations in 10 Minute Area
- 1 Station in 10 Minute Area
- 0 Stations in 10 Minute Area
- Residential Parcels (2020)



90% of buildings in residential zones are currently within a 10-minute walk of a hydration station in Chelsea.

25% of buildings in residential zones currently have at least 3 hydration stations within a 10-minute walk of a hydration station in Chelsea.



99% of buildings in residential zones would be within a 10-minute walk of a hydration station in Chelsea.

62% of buildings in residential zoneswould have at least 3 hydration stations within a 10-minute walk in Chelsea.





Thanks!



















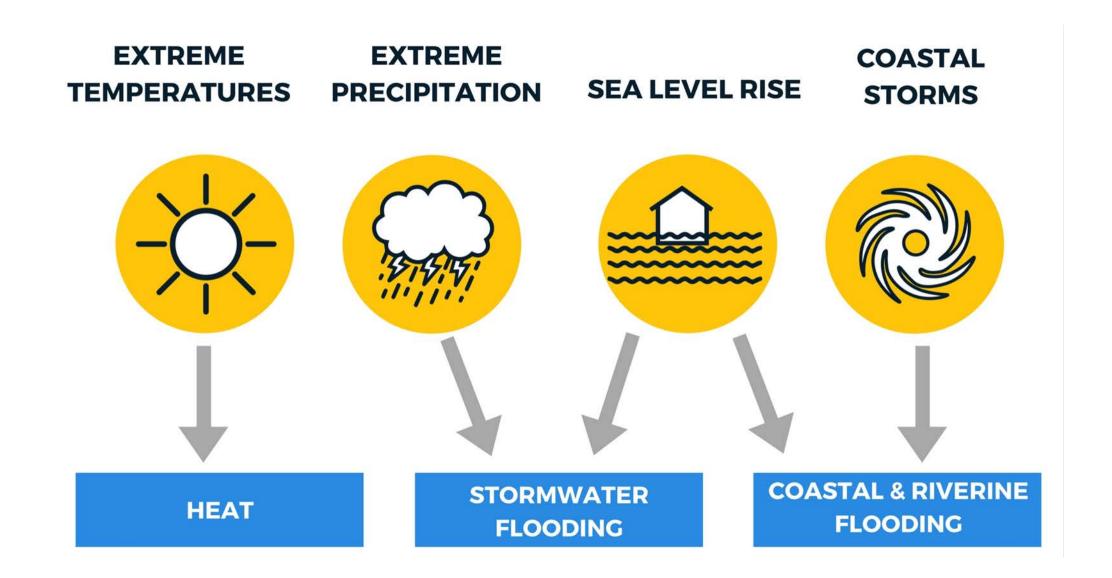






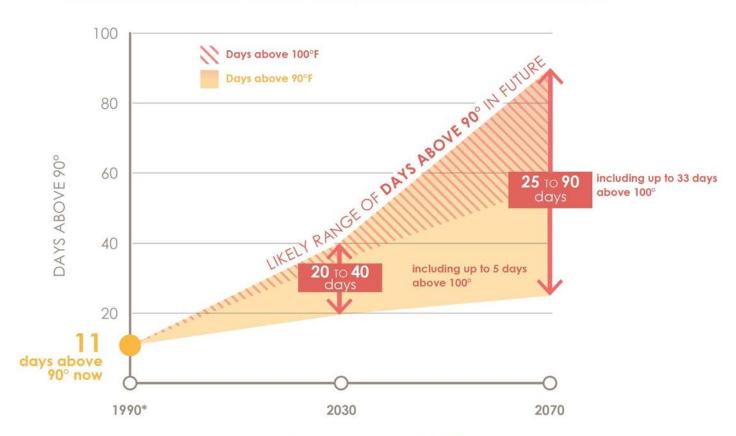


BOSTONIANS ALREADY EXPERIENCE IMPACTS OF CLIMATE CHANGE



Boston's summers are projected to be much hotter in the future

THE NUMBER OF VERY HOT DAYS WILL INCREASE



^{*} Baseline represents historical average from 1971-2000 Upper values from high emissions scenario. Lower values from low emissions scenario.

Data source: Rossi et al. 2015

Projected changes in summer temperatures:

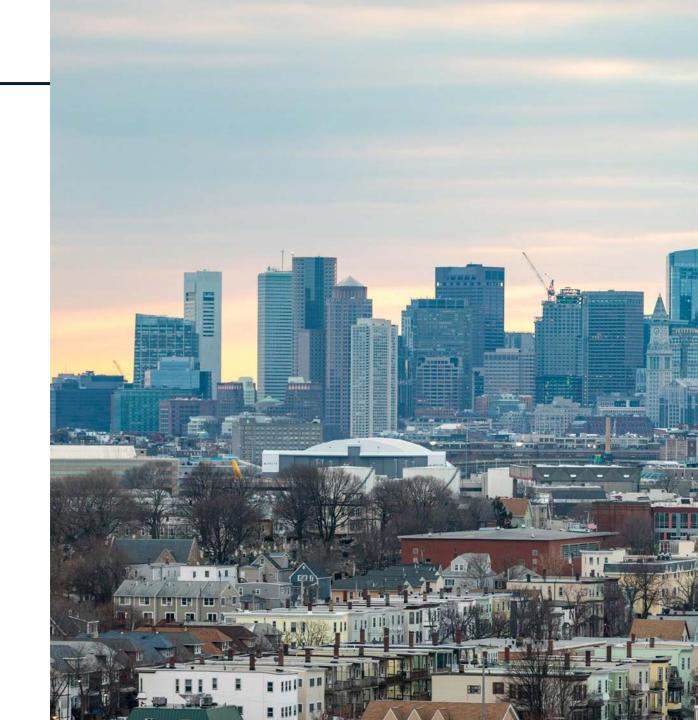
- Increase in average summer temperature
- Increase in number of days with extreme heat
- More frequent, longer, and hotter heat waves
- Temperatures increase will depend on how quickly and by how much we can reduce global greenhouse gas emissions.

Source: Climate Ready Boston, based on Boston Research Advisory Group Climate Projection findings

HEAT RESILIENCE STUDY

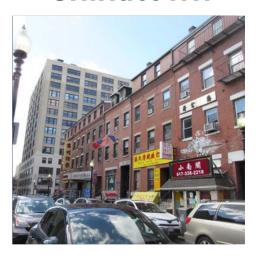
The Study will identify:

- Heat adaptation strategies
- Metrics for heat risk and reduction
- Where strategies will have the greatest impact
- Implementation timeline



Citywide + 5 Focus Neighborhoods

Chinatown



Dorchester



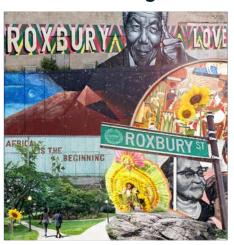
East Boston



Mattapan



Roxbury



HEALTHY PLACES BOSTON

Collaboration between three City plan:

- Expand the urban tree canopy
- Plan for open space
- Help Bostonians thrive in a changing climate



Heat Resilience Study

The heat resilience study identifies strategies to address future impacts of extreme heat. The goal is to increase citywide resilience.



Urban Forest Plan

The 20-year plan will be designed to set citywide goals for canopy protection and expansion.



Open Space and Recreation Plan

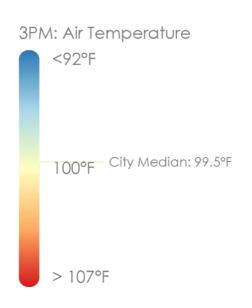
Updating the seven-year plan for improving and protecting open space in Boston.

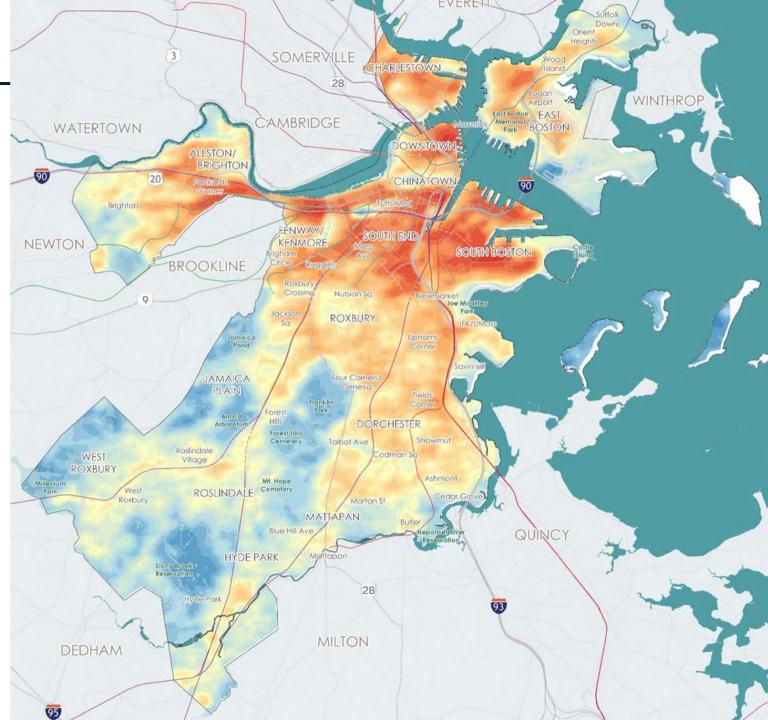
Citywide Heat Modeling

Modeled Land Surface Temp (10 am) SOMERVILLE WINTHROP CAMBRIDGE WATERTOWN CHINATOWN EENWAY/ KENMORE NEWTON BROOKLINE Everett Satellite ROXBURY Somerville JAMAICA Newton Roslindale WEST ROXBURY 10AM: Land Surface Temp ROSLINDALE Highlands <85°F MATTAPAN HYDE PARK 105°F MILTON DEDHAM

Daytime Air Temp (3 pm)

High daytime temperatures generally follow solar exposed areas with hardscape areas, limited vegetation, and or limited wind ventilation

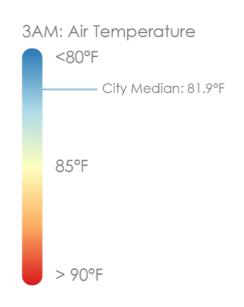


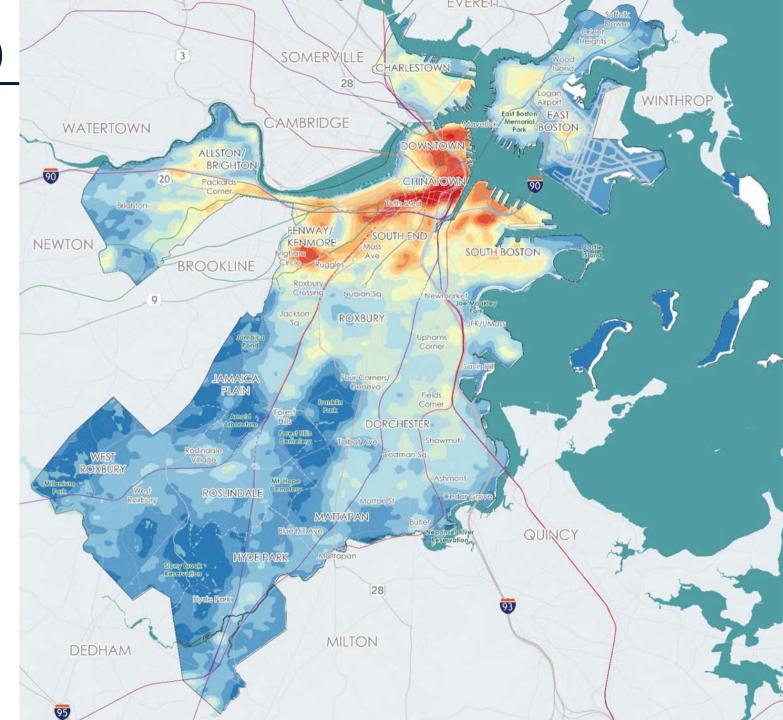


Nighttime Air Temp (3 am)

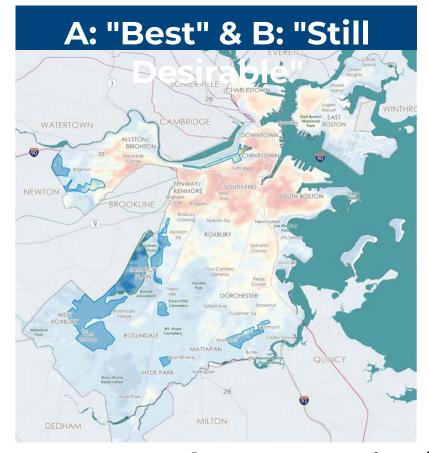
High nighttime temperatures generally follow areas that retain and slowly release stored heat.

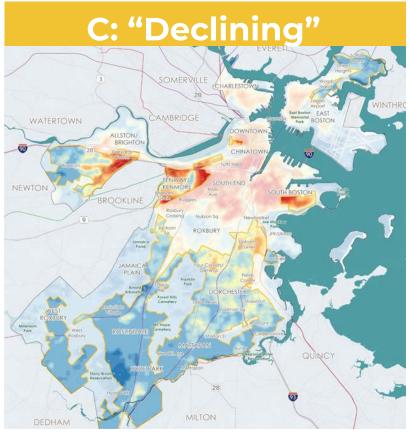
Urban centers with massing and form trap heat within the urban canopy due to limited ventilation, sky views and high thermal storage.

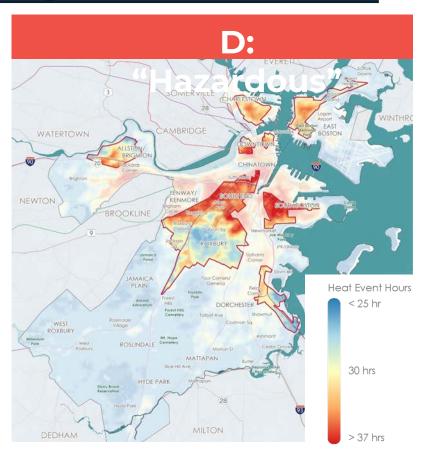




Areas that were redlined in the past are hotter today







Compared to Boston's citywide median ... A areas: B areas:

4.2°F cooler in day 1.7°F cooler at night 4% more parkland* 32% more tree cover* 1.3 F cooler in day 0.5°F cooler at night 18% less parkland* 7.5% more tree cover*

C areas:

(median temp same as city median in day and night) 12% less parkland* 2.2% more tree cover*

D areas:

3.3°F hotter in day 1.9°F hotter at night 16% less parkland* 7% less tree cover*

*percentage points

Heat Resilience Strategies

Strategies to improve heat resilience

Heat Relief Cooling off during heat waves



Heat ReductionCooler neighborhoods



Healthier Neighborhoods & Community Healing



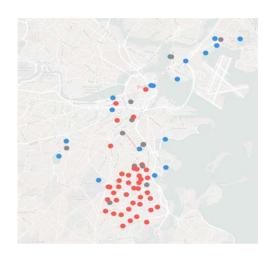
Supporting Strategies

- Growing community connections and checking on neighbors
- Mitigate displacement risk from heat strategies
- Increase adaptive capacity
- Reduce carbon emissions to reduce long-term warming

Upcoming events



COMAP SURVEY





OPEN HOUSE #1

May 27th, 2021 | 7-8pm











OTHER UPCOMING EVENTS

- Neighborhood & Charrettes -Weeks of June 7th and 14th
 - Neighborhood heat modeling results and
 - site-specific heat resilience challenges and opportunities
- Open House #2 June 29th

Our Speakers



Jeanette Pantoja Metropolitan Area Planning Council



Patricia FabianBoston University



Zoe DavisCity of Boston



Sara BensonMuseum of
Science, Boston



Ibrahim López-HernándezGreenRoots



Melanie Gárate Mystic River Watershed Association



Joey Williams
CAPA Strategies



Ben CaresCity of Chelsea



Sasha Shyduroff Metropolitan Area Planning Council

Moderator

Moderator

Take the MetroCommon 2050 Policy Survey!

Metro Common 2050 is Greater Boston's next long-range plan. The action-oriented plan will include steps for state and local governments, institutions, non-profits, the private sector, and even individuals to help reach our goals for equity, jobs, housing, transportation, health, and much more.

Help improve the plan by giving your feedback on our policy recommendations.

Take the survey at http://mapc.ma/PolicyFeedback





Ways to Get Involved

- ✓ Volunteer with Wicked Hot Mystic this summer: https://mysticriver.org/climate-resilience
- ✓ Take the Community Survey: Experiencing Extreme Heat: https://www.mapc.org/planning101/heat-prep-2021/
- ✓ Create your personal cooling plan before the next heat wave

More Information

Learn more throughout Heat Preparedness Week: https://www.mapc.org/planning101/heat-prep-2021/

Recording of today's event will be available at https://www.mapc.org/planning101/

Thank You!













