



May 22, 2019

His Worship Rob Vagramov
Mayor, City of Port Moody
100 Newport Drive
Port Moody, BC V3H 5C3

Dear Mayor Vagramov,

The Fraser Health Medical Health Officers are concerned about the impacts of extreme heat in our region and are sharing resources to raise awareness and provide guidance for what municipalities can do to protect their residents, particularly the most vulnerable, from extreme weather due to climate change. In 2009 in B.C. there were 156 excess deaths attributable to an extreme heat event and there are an estimated excess 300 deaths associated with heat waves annually in Canada. Those most at risk include: children, the elderly, people on certain medication, and the homeless.

Extreme heat plans have been shown to be effective across North America. We recommend that you and your staff consider incorporating recommendations from the BCCDC's guide for municipal heat preparedness into your plans, including mapping assets that can be helpful in extreme heat situations, hosting extreme heat information on your website, reaching out to your community through social media, and working with organizations who work with vulnerable populations, such as the homeless, to provide water.

Health Canada also has a variety of resources that are free for use. There are audience-specific public heat-health brochures that use consistent and evidence-based heat-health messages tailored to the needs of vulnerable groups:

- 1- Keep children cool! Protect Your Child from Extreme Heat
- 2- You're active in the heat. You're at risk! Protect Yourself from Extreme Heat
- 3- It's way too hot! Protect Yourself from Extreme Heat
- 4- Staying Healthy in the Heat fact sheet

Workers who are outside during the hottest hours are also at risk. Information resources are available to protect your employees, such as parks and recreation staff and engineering/maintenance workers, from extreme heat.

We need your help to take care of the health of vulnerable people in your community.

If you have any questions regarding these resources or how you can get further involved,



please do not hesitate to contact the Fraser Health Climate Health Lead, Dr. Andrew Larder at andrew.larder@fraserhealth.ca.

Sincerely,

Dr. Ingrid Tyler, CCFP, MHSc, MEd, FRCPC
Medical Health Officer – Medical Director,
Fraser Health Authority

Cc: Amy Lubik – HCP Representative
Richelle Foulkes – Community Health Specialist, Fraser Health, Port Moody